

## PREVIEW\_ Amber O'Hearn - Presentation (Breckenridge 2018) 1

**Amber O'Hearn:** The foundation of much of our biochemical understanding of ketosis comes from experience in fasted humans and animals. Particularly the work of George Cahill has been very influential.

He recently or relatively recently published a paper called Starvation in Man, which I'll be using some graphics from and that goes over a lot of his career and some of his more current thoughts on the issues.

The problem that that kind of origin carries with it is an implicit warning because obviously starvation is not recommended. It's not sustainable indefinitely, it's stressful to the body and it can have harms that are sometimes irreversible.

As you know even shorter-term fasts are controversial among experts, even among us and the concerns come down to potential damage to lean mass and all of the potential dangers of protein and calorie malnutrition.

And so if ketosis is like fasting, then it sounds like if we're going to use it, we'd better use it judiciously and sparingly.