

PREVIEW_ Ted Naiman - Presentation (LCC 2018) 2

Dr. Ted Naiman: What about ketosis? So I've decided I have to be in ketosis for every second of the rest of my life all the time. I don't know why, don't ask me, but I just have to be. Can I eat protein? And the answer is yes, you can eat a ton of protein.

Here is over 1 g per pound, here is over 1.25 pound, 221 g a day. These people are in continuous ketosis no problem. Eat all the protein you want. This is a meta-analysis and in all these studies they added over 1 g per pound.

They were all on continual ketosis. Here is a meta-analysis of 23 studies looking at beta hydroxybutyrate blood levels, as well as grams of carbs and protein eaten and they graphed them out with beta hydroxybutyrate going up on the top row.

You're going to immediately see there is a visual correlation between ketones and carbs. Of course there is a huge inverse correlation between ketones and carbs, but there's no correlation at all with protein intake.

Same data graphed different way, protein going up on the bottom row, no correlation with ketones, eat all the protein you want. Here's a ketogenic diet study. These people ate 30% protein. They were in continual ketosis, they had super-low hunger scores. They did awesome.

Here's a really old-fashioned ketogenic diet study and they had these 125 pound women and they found that at 100 g of protein a day, they were in continual negative nitrogen balance, but at 150 g a day they were in continual positive nitrogen balance, yet they had the same identical ketones, either way

and the authors concluded, "Hey if you're 125 pound woman, you would better eat 150 g of protein a day to maintain positive nitrogen balance. Okay, what about the G word - gluconeogenesis? We've all heard that protein turns into glucose.

I didn't know protein turned into glucose, you didn't really learn this in medical school. It turns out that protein does not raise your glucose. I like the title of this study, which summed it up, "Dietary protein contribute little to glucose production even under optimal gluconeogenic conditions in healthy humans."

They fed these people a bunch of protein and what happened to their glucose? Absolutely nothing. More studies... 106 g protein... Glucose did nothing. 132 g of protein... Glucose did nothing. 132 g of protein again... Glucose nothing.

160 g of protein... Glucose did nothing. There's another study - amino acids went up because they fed them protein, but what happened to glucose? Protein versus water no difference, didn't go up or down at all. Here is a study in type 2 diabetics.

This person's blood sugar was 160 the whole time. They 136 g of protein and nothing happened to glucose. Here's another study... Rate of glucose appearance in type 2 diabetics, protein versus water.

Which one is protein, which one is water? I didn't even put the legend on this graph, so we'll never know. It doesn't even matter, they are exactly the same.