

Possible Initial Symptoms

1 HUNGER

The first week of the diet, some may feel hungry throughout the day. This is due to your body adjusting sugar regulation, and utilizing fat for energy. Once your body has regulated these two processes, your hunger and cravings will decrease. During this time it is important to use your sea salt to keep electrolytes up as low levels will increase hunger cravings. Healthy fats are also recommended (like butter, coconut oil, avocado, etc) to help you feel fuller longer. Keeping up fat, salt, and water intake throughout the day will keep this symptom at bay.

2 HEADACHES

Another symptom you may experience is headaches. As your body is regulating to its new metabolism, electrolytes tend to drop radically which can cause a decrease in blood pressure. This decrease in blood pressure can cause headaches and light headedness. Any dieters on blood pressure medication is advised to check their blood pressure often during this first week and keep in contact with their medical doctor if medications need to be adjusted. To help keep headache to a minimum, or decrease a current headache, add ½ teaspoon of sea salt to a glass of water and drink it until the headache is gone or dissipates.

3 NAUSEA AND FATIGUE

Due to the change in metabolic processing your body will need some time to adjust from using energy from sugar, to energy from fats. During this transition phase your body is regulating these processes and you may feel associated nausea and fatigue. As your body adjusts to using fat for energy these symptoms will decrease. Those who had a diet high in sugar, carbs, and processed foods will have a harder time with this process and will experience this more than others. Using ½ teaspoon of salt in your water will again help curb these symptoms. If you are a dieter on blood pressure medications or diabetic medications keep special attention to these symptoms as it may be related to your medications. Keep in contact with your medical doctor as adjusting your medications may be necessary.

Detox Symptoms While In Ketosis

1 MUSCLE CRAMPS

As your body is regulating from using sugar for energy to using fat for energy your sodium and mineral stores may become depleted. This will cause muscle cramps and spasms. It is important that you take your vitamins and use your sea salt daily as this will help keep this symptom to a minimum. Add sea salt throughout the day if you are experiencing muscle cramps and spasms as you may not be getting enough.

2 BAD BREATH

Once your body has adjusted to the new metabolism and you are in ketosis your body will produce ketone bodies. This is a goal of the diet as your body is now burning fat for energy. The bad news is that ketone bodies are released everywhere, even in your saliva. This will cause bad breath. Keeping your water intake up and not having a dry mouth will help with this symptom.

3 CONSTIPATION

Many dieters experience constipation while on this diet. This change in diet will affect your bowel movements making you slow or sluggish. Keeping your water intake and fat intake up will help keep your bowels soft and moving. However, if this does not help addition of digestive enzymes, a pro-biotic, or stool softener may be needed for digestive relief.