

Stress Weight Gain/Loss Connection

There are some that will not lose weight with the ketogenic diet because of STRESS. There are different types of stress.

- Not enough quality food – all calories are not alike, choose organic, grass fed, wild caught
- Low calories – can create a stressor to the body of starvation
- Not enough nutrients for normal physiological function
- Mind set – negative attitude will create cortisol response therefore an insulin response
- Blood sugar/cravings – eat too many small meals throughout the day keeps insulin levels high
- Sleep – interrupted sleep is a stressor