Factors Influencing Ketosis

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Disclaimer and Disclosure
• Information presented is not medical or nutrition advice.
• Presentation includes data on ketone technologies patented by University of South Florida.
• I am an inventor on patents that have been commercialized and royalties from products supports USF research.
APPLICATIONS OF THERAPEUTIC KETOSIS

Strong Evidence

- Weight Loss and Management
- Type 2 Diabetes
- Metabolic disorders (GSDII, PDHD, MADD, etc.)

Emerging Evidence

- Type 1 Diabetes
- NAFLD
- Cancer
- Inflammation
- Anticatabolic Effects
- Exercise Performance

Neurological Applications

- GLUT1D Syndrome
- Dravet Syndrome
- Lennox-Gastaut Syndrome
- Doose Syndrome

EPILEPSY

- Alzheimer’s disease
- Angelman Syndrome
- Kabuki Syndrome
- Migraines
- Anesthesia Resistance
- Oxygen Toxicity Seizures
Ketone Levels Influence Neuroprotection in Cells, Tissues, Organs, Animals and Humans

(Summary: Ketones preserve Metabolic Homeostasis)


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https://anesthesiology.duke.edu/?page_id=828766

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8th BIENNIAL CONFERENCE
11-12 2019
WASHINGTON, D.C.
MEET • SHARE • LEARN
Many Factors Influence Glucose and Ketone Production and Utilization (eg. Post-Exercise Ketosis)

2.3 mM Glucose 6.9 mM BHB (measured post-EVA at rest)
Ketosis 101
Factors Influencing

Fasting and Calorie Restriction (Adipose)

Ketogenic Diet Ratio (and Foods)

Ketogenic Fat

Exogenous Ketones

Hepatic Ketogenesis

Glucagon
Glycogen, Insulin

Liver

Ketones

Fuel

Exercise

Stress

Sleep

Infection

Inflammation

Menstruation

Estrogen

Thyroid

Drugs

Glut1 Deficiency Foundation

7th Biennial Conference
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Karina Noboa
Bethany Carter
Maricel Soliven
Kristi Storoschuk

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Jacob Sherwood
Chris Hinojo
Nicole Stavizski

USF Health
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References: Efficacy and Mechanism of Nutritional and Supplemental Ketosis


