



Paleoketogenic

An ancestral diet

The best diet for the human being?



01

The Diet

Learn to differentiate
paleo from keto and
understand their
union

02

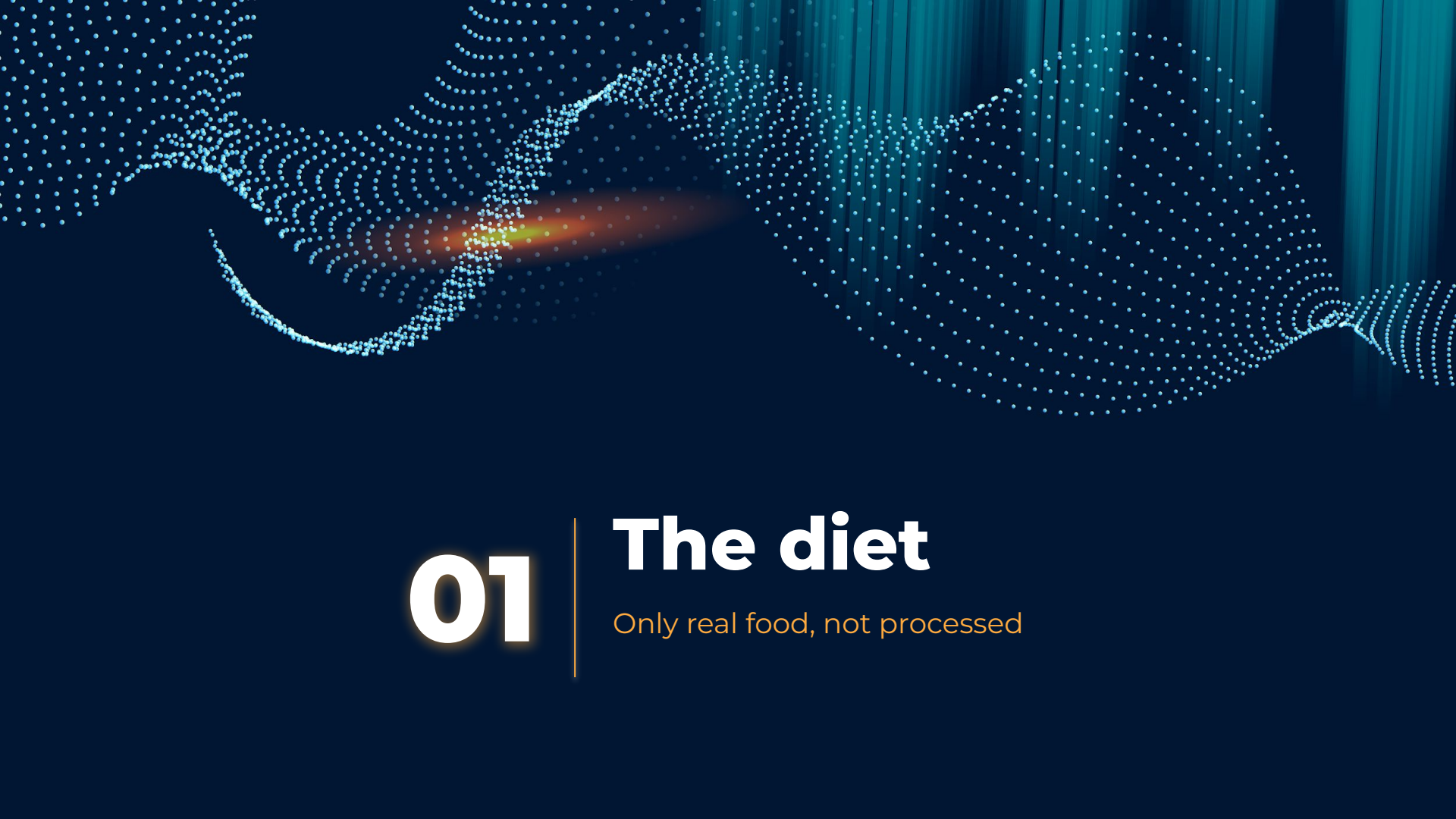
For whom

People who benefit
most from this diet

03

How to start

Simple weekly steps
to put it all into
practice



01

The diet

Only real food, not processed

Part 1: Paleo Diet

Nutritional approach that focuses on food consumption prioritising:

- Nutrient rich
- Unprocessed
- Based on Paleolithic foods

It is about eating what has been eaten for the longest time in the history of humanity.

- 2,990,000 years of paleolithic
- 12,022 years to the present



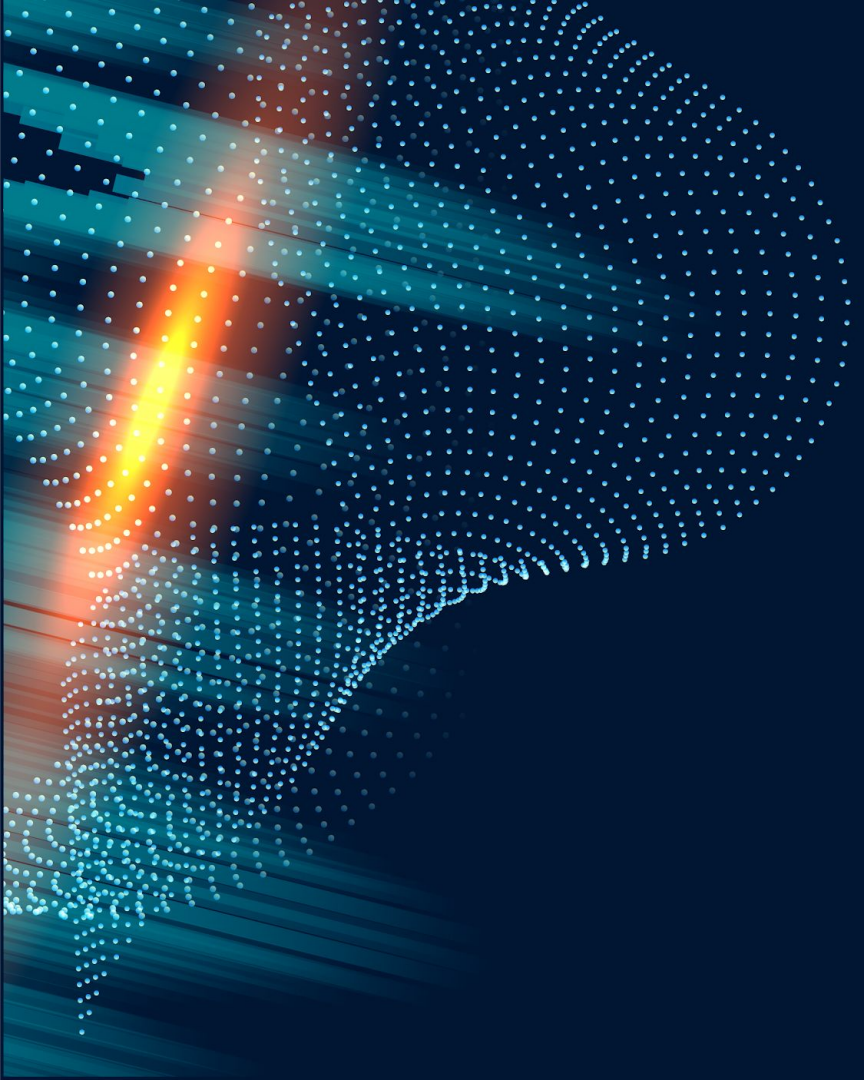
Types of modern studies:

Epidemiological

Estimation of the existence of correlation between 2 variables.

Group

Estimation of the existence of causality between one variable and another.



The truth

Most beliefs about food come from
epidemiological studies, such as
Framingham (1951)

Benefits of the Paleo diet



**Less
inflammation**

↓ Activation of
the immune
system



**Lower Leaky
Gut**

↓ Diseases
(autoimmune)



**Fewer
antinutrients**

↑ Assimilation
of nutrients



**Better
Microbiota**

↑ Bacterial
diversity

Excluded foods and why

Processed Food

They break the definition

All Cereals

Leaky Gut because of lectins

Sugars (pastries)

They contain cereals and trans fats

Legumes

Too many anti-nutrients

Dairy

Leaky Gut because of casein

Oils and Seeds

Omega 6 High Inflammation

Food included

Meat and fish

Amino acids and
essential fatty acids

Eggs and organs

Fat soluble vitamins
and protein

Fruits and vegetables

Water-soluble vitamins
and minerals

Nuts

Unsaturated fats and
vitamins

Honey

Sugars, vitamins and
minerals

Tubers

Starch and sugars,
carbohydrates

Part 2: Keto Diet

Low-carb eating plan that forces the body to burn fat more efficiently.

It focuses on getting into a state of ketosis:

Liver produces ketones → Use fats as main energy source



Ketosis

makes you feel like

SUPERMAN

But in reality

it's just our

natural state.

We are born in a

state of Ketosis.



KETOSIS EXPLAINED

TRADITIONAL DIET

High Carb



GLUCOSE LEVELS RISE



PANCREAS SECRETES
INSULIN



INSULIN MOVES
GLUCOSE INTO CELLS



ENERGY IS CREATED

KETOSIS DIET

High Fat



GLUCOSE LEVELS FALL



LIPASE RELEASES
TRIGLYCERIDES



FATTY ACIDS TRAVEL TO
THE LIVER



LIVER PRODUCES
KETONES INTO ENERGY

 nutraworx

How to get into ketosis, achieve metabolic flexibility



Physical exercise

After depleting
glycogen stores



Fasting

Prolonged
hypoglycemia, low
insulin



Keto diet

Forces ketone
production by
lowering carbs and
increasing fat

Why do we want ketosis?

Benefits of ketones

- Burning fat for energy
- Concentration
- Less fatigue
- Reduced risk of cardiovascular disease, lower triglycerides
- Satiety - not hunger
- Improved body composition



Excluded foods

Very simple, everyone who has:

- Medium and high glycemic load
- Medium and high glycemic index

From the Paleo foods they remove:

- Honey
- Fruit (a part from "sugar-free" fruits and berries)
- Tubers



Food included

Meat and fish

Amino acids and
essential fatty acids

Eggs and organs

Fat soluble vitamins
and protein

Vegetables and nuts

Water-soluble vitamins
and minerals

Fruit

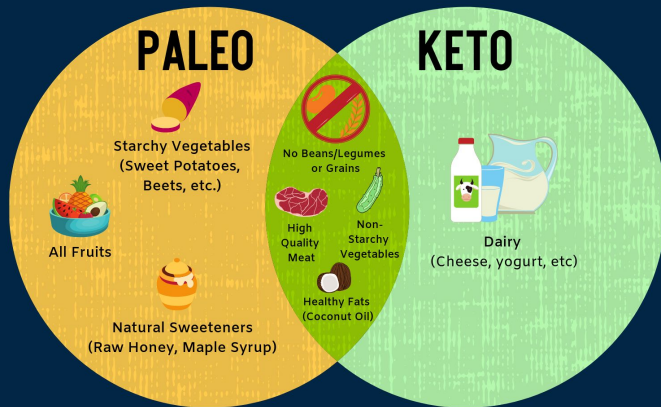
Unsaturated fats and
vitamins

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Sugars, vitamins and
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Tubers

Starch and sugars,
carbohydrates



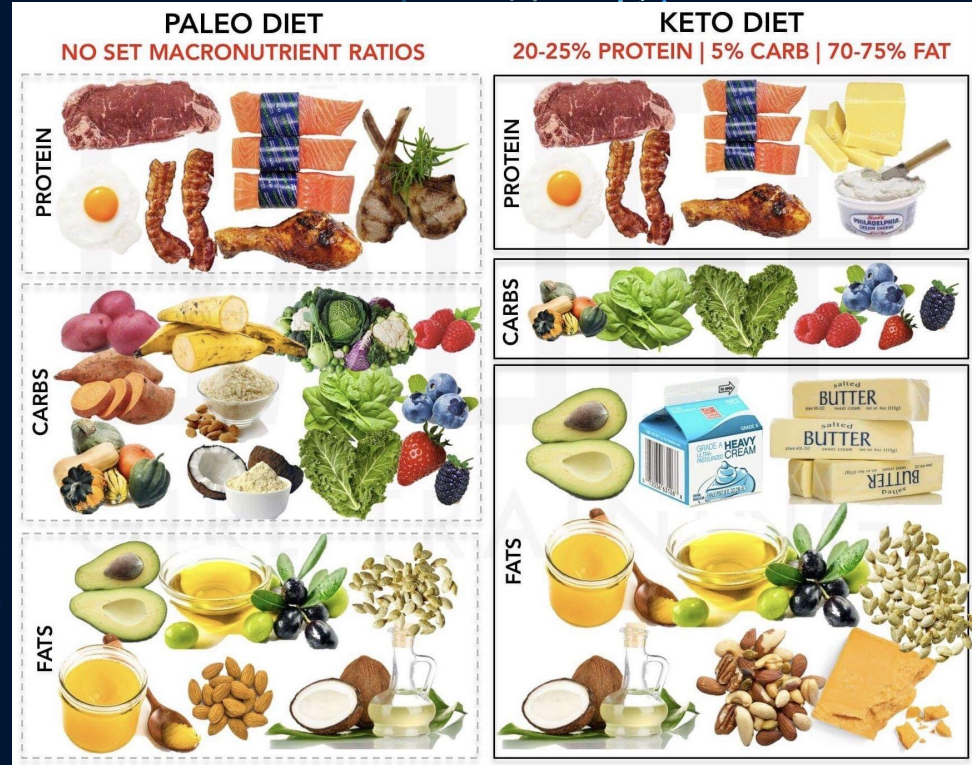
AN IMAGE REINFORCES THE CONCEPT

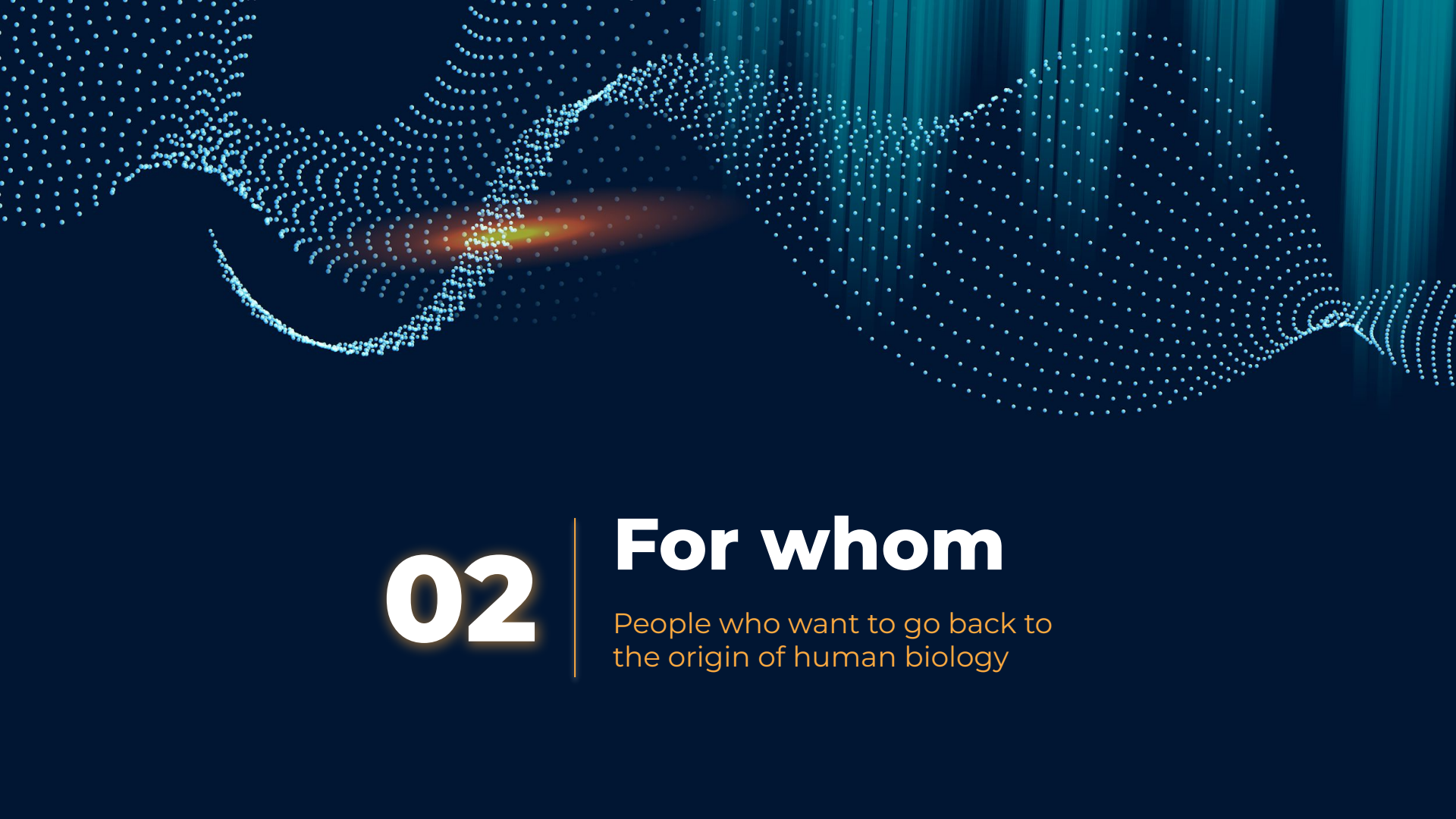
Very similar but different...

Biggest difference:
energy substrate

Focus on:

Macros VS Quality Ingredients





02

For whom

People who want to go back to
the origin of human biology

FOR EVERYONE!

Stimulating ketosis should be the default,
the common...



Keto Flu

Some symptoms correspond to those of any withdrawal (tobacco, caffeine, drugs...):

- Mild fever, malaise, insomnia, tiredness, body aches, is simply the body's response to an unknown state.

Provide minerals (potassium, sodium and magnesium) to prevent and/or relieve symptoms.



People who have followed a similar protocol



Ketosis in sport

Endurance athletes

- 129 ATP from 1 palmitic fatty acid vs 32 ATP from 1 glucose molecule
- Less fatigue, tiredness barrier arrives later

Muscle development

- Less amino acids oxidation in muscle, more leucine = more muscle
- Carbohydrate reloads (we are more sensitive → more anabolism of the muscle)





03

How to start

The easiest way to adapt to the diet

Elimination by weekly simple steps



Let's play with food and enjoy it!

Metabolic Flexibility

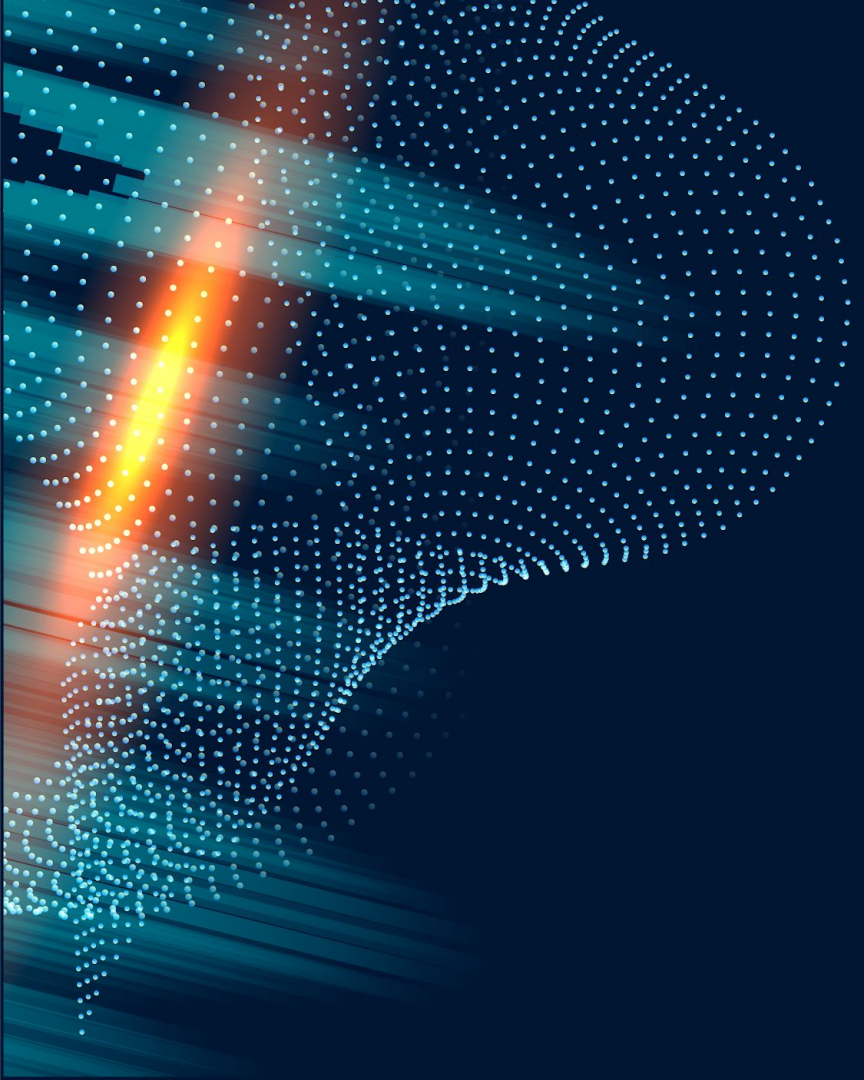
Ability to change energy substrate according to physical activity



Carbohydrate Refeeds

Incorporate them together with training or according to your objective.

Do keto with carbs



CONCLUDING...

YES

Answering the question at the beginning.
From my current point of view, it is the
best diet for human beings.



NOW YOU JUST HAVE TO PUT IT INTO PRACTICE

You know the basics, regaining
metabolic flexibility and improving
your health will only depend on
your will.

Thank you very much for your attention

Do you have any questions or want
to deepen?

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