

# Ketosium Gummies: Discovering the Benefits of Ketosium's Advanced Keto Gummy Formula

[Click here to get "Keto Gummies" from the official website \(Special Discount Code Applied\)](#)

[People's Keto Gummies. Are Konjac Noodles Keto Friendly?](#)



[Check out My FREE Healthy Keto Acceptable Foods List 50% https://drbrg.co/4bJ0W4f](https://drbrg.co/4bJ0W4f) Have you heard of konjac noodles? Find out what they are and if you can have them on the keto diet. Timestamps 0:00 What are konjac noodles? 0:18 Are konjac noodles keto-friendly? 0:48 Is it ok to consume konjac noodles? 1:20 Benefits of konjac noodles 2:00 Other keto-friendly pasta alternatives 2:12 Bulletproof your immune system \*free course! Are konjac noodles keto-friendly? Other names for konjac noodles are miracle noodles or shirataki noodles. Konjac noodles are keto-friendly. They are 97% water and 3% fiber. Fiber is a carb, but it doesn't have any effect on insulin. This type of fiber can have some interesting effects, including: It may act as a detox It may help support weight loss It may help loosen mucus Something to keep in mind about these noodles is that they are flavorless. So, you'll have to add things to them to make them flavorful. These noodles do not have the same texture as pasta noodles, but they're similar. You may also get very thirsty if you consume these noodles. Benefits of konjac noodles: They can decrease hunger They may help stabilize your blood sugars They may help decrease constipation They don't have any calories Other keto pasta alternatives: Spaghetti squash Zucchini noodles Dr. Eric Berg DC Bio: Dr. Berg, age 58, is a chiropractor who specializes in Healthy Ketosis & Intermittent Fasting. He is the author of the best-selling book The Healthy Keto Plan, and is the Director of Dr. Berg Nutritionals. He no longer practices, but focuses on health education through social media. Follow Me On Social Media: Facebook: <https://bit.ly/FB-DrBerg> Instagram: <https://bit.ly/IG-DrBerg> Anchor: <https://bit.ly/Anchor-DrBerg> TikTok: <https://bit.ly/TikTok-DrBerg> Disclaimer: Dr. Eric Berg received his Doctor of Chiropractic degree from Palmer College of Chiropractic in 1988. His use of "doctor" or "Dr." in relation to himself solely refers to that degree. Dr. Berg is a licensed chiropractor in Virginia, California, and Louisiana, but he no longer practices chiropractic in any state and does not see patients so he can focus on educating people as a full time activity, yet he maintains an active license. This video is for general informational purposes only. It should not be used to self-diagnose and it is not a substitute for a medical exam, cure, treatment, diagnosis, and

prescription or recommendation. It does not create a doctor-patient relationship between Dr. Berg and you. You should not make any change in your health regimen or diet before first consulting a physician and obtaining a medical exam, diagnosis, and recommendation. Always seek the advice of a physician or other qualified health provider with any questions you may have regarding a medical condition. #keto #ketodiet #weightloss #ketolifestyle Thanks for watching! You may want to give konjac noodles a try.

## Are Konjac Noodles Keto Friendly?



What to Expect During the First Week of Semaglutide Weight Loss, â€‹Keto Genesis: 5 Fast-Acting Benefits for Weight Lossâ€‹ - cpe3035