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[Keto Pro Burn Gummies Review. The Ketogenic Diet as MEDICAL THERAPY | Beth Zupec-Kania, Denise Potter & Dr. Dominic D'Agostino](#)



[The ketogenic diet is often used as a tool for weight loss and to improve metabolic health. However, it is increasingly being considered, studied, and used as a medical therapy for chronic physical and mental health conditions, and it can be tailored to patients' specific needs. Beth Zupec-Kania, Denise Potter, and Dr. Dominic D'Agostino discuss the benefits of the ketogenic diet, how they customize keto for patients with dietary preferences like veganism, how to ease into the change with a pre-keto diet, and how the keto diet may be able to help people reduce or eliminate medications under the supervision of medical professionals. Sign Up to Get Your Ultimate Guide to Glucose: \[https://levels.link/youtube?utm_campaign=ketotherapy\]\(https://levels.link/youtube?utm_campaign=ketotherapy\) ðŸ“ˆ“What Beth Zupec-Kania, RDN, CD; Denise Potter, RDN, CDCES; and Dominic D'Agostino, PhD, discuss: 00:00 ðŸ“ˆ” Intro 02:49 ðŸ“ˆ” Using the ketogenic diet as therapy for various conditions 16:49 ðŸ“ˆ” Eating a ketogenic diet often helps people improve their nutrient intake 18:39 ðŸ“ˆ” The ketogenic diet can be customized to fit a person's needs 22:44 ðŸ“ˆ” Medium-chain triglycerides can help increase fat intake 24:32 ðŸ“ˆ” Gluten is inflammatory 27:18 ðŸ“ˆ” Beth encourages patients to do a pre-keto program 35:12 ðŸ“ˆ” Looking at macros on keto 37:24 ðŸ“ˆ” A ketogenic diet can drive metabolic health changes 46:49 ðŸ“ˆ” The benefits of the ketogenic diet that go beyond weight loss 1:11:59 ðŸ“ˆ” Can keto help people reduce their medications? ðŸ“ˆ“ WHO WE ARE: Levels helps you see how food affects your health. With real-time, personalized data gathered through biosensors like continuous glucose monitors \(CGM\), you learn which diet and lifestyle choices improve your metabolic health so you can live a longer, fuller, healthier life. ðŸ“ˆ”— LINKS: Transcripts & Show notes: <https://www.levelshealth.com/podcasts/230-how-the-ketogenic-diet-may-work-as-a-medical-therapy-for-various-conditions-such-as-migraine-epilepsy-mental-health-issues-and-more-beth-zupec-kania-denise-potter-dr-dominic-d> ðŸ“ˆ“2 CONNECT: Subscribe here on YouTube: \[https://youtube.com/@levels?\]\(https://youtube.com/@levels?sub_confirmation=1\)](#)

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