

# Controlling Rheumatoid Arthritis With The Ketogenic Diet: Personal Experience



**Mind the fat: Controlling rheumatoid arthritis with the ketogenic diet. A personal experience in defying chronic inflammation.** by Geta C. Fabian

★★★★☆ 4.7 out of 5

Language : English  
File size : 3806 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Print length : 129 pages  
Lending : Enabled  
Screen Reader : Supported  
Paperback : 440 pages  
Item Weight : 1.42 pounds  
Dimensions : 6 x 1.11 x 9 inches



Rheumatoid arthritis (RA) is a chronic autoimmune disease that causes inflammation of the joints. It can affect any joint in the body, but it most commonly affects the joints of the hands, feet, knees, and spine. RA can cause a variety of symptoms, including pain, swelling, stiffness, and fatigue.

There is no cure for RA, but there are a variety of treatments that can help to manage the symptoms. One of these treatments is the ketogenic diet.

The ketogenic diet is a high-fat, low-carbohydrate diet that has been shown to be effective in reducing inflammation and pain in people with RA. The

diet works by forcing the body to burn fat for energy instead of carbohydrates. This process produces ketones, which have anti-inflammatory properties.

I was diagnosed with RA in 2015. At the time, I was experiencing severe pain and stiffness in my joints. I was also very fatigued and had difficulty sleeping. I tried a variety of treatments, but nothing seemed to help.

In 2017, I started the ketogenic diet. Within a few weeks, I started to notice a significant improvement in my symptoms. The pain and stiffness in my joints decreased, and I had more energy. I was also able to sleep better.

I have been following the ketogenic diet for over two years now, and my RA is now well-controlled. I am no longer experiencing any pain or stiffness in my joints, and I have more energy than I did before I started the diet.

The ketogenic diet is not a cure for RA, but it can be an effective way to manage the symptoms. If you are struggling with RA, I encourage you to talk to your doctor about whether the ketogenic diet is right for you.

## **How the Ketogenic Diet Works**

The ketogenic diet is a high-fat, low-carbohydrate diet that forces the body to burn fat for energy instead of carbohydrates. This process produces ketones, which have anti-inflammatory properties.

Ketones are produced when the body breaks down fat. When the body does not have enough carbohydrates to burn for energy, it will start to break down fat instead. This process produces ketones, which are then used for energy.

Ketones have a number of anti-inflammatory properties. They can help to reduce inflammation in the joints, which can lead to a reduction in pain and stiffness. Ketones can also help to improve sleep and energy levels.

## **Benefits of the Ketogenic Diet for RA**

The ketogenic diet has a number of benefits for people with RA. These benefits include:

- Reduced pain and stiffness
- Improved sleep
- Increased energy levels
- Reduced inflammation
- Improved mood

## **Risks of the Ketogenic Diet**

The ketogenic diet is generally safe for most people, but there are some risks to be aware of. These risks include:

- Kidney stones
- Electrolyte imbalances
- Dehydration
- Nutrient deficiencies

It is important to talk to your doctor before starting the ketogenic diet to make sure that it is right for you.

## How to Start the Ketogenic Diet

If you are interested in starting the ketogenic diet, there are a few things you need to do.

1. Talk to your doctor to make sure that the diet is right for you.
2. Start by gradually reducing your carbohydrate intake. Aim to eat no more than 50 grams of carbohydrates per day.
3. Increase your fat intake. Aim to eat around 70% of your calories from fat.
4. Make sure to get enough protein. Aim to eat around 20% of your calories from protein.
5. Drink plenty of water and electrolytes.

It can take a few weeks to adjust to the ketogenic diet. During this time, you may experience some side effects, such as nausea, vomiting, and fatigue. These side effects will usually go away after a few weeks.

If you have any concerns about the ketogenic diet, talk to your doctor.

The ketogenic diet is a safe and effective way to manage the symptoms of RA. If you are struggling with RA, I encourage you to talk to your doctor about whether the ketogenic diet is right for you.

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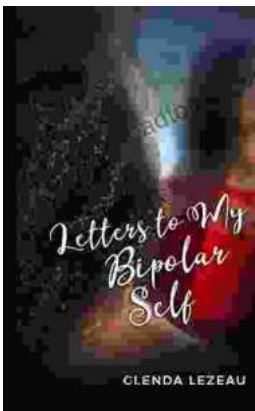
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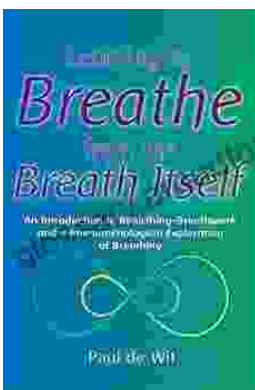


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