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Keto rapid max cleanse advanced weight loss formula

Can you really lose weight quickly and keep it off? Experts have long believed it’s impossible, but a recent study out of Spain suggests that a version of the ketogenic diet may do just that.In a small study, published in February 2018 in the journal Nutrition and Metabolism, 12 obese people followed an adjusted version of the popular ketogenic diet that was very low in calories for about two to three months, and lost about 45 pounds each — and kept the weight off even after increasing their calorie intake one to two months later.The likely reason they were able to keep the weight off, researchers say, is their resting metabolic rate (RMR) was maintained, and they retained their lean muscle mass. RMR is a measure of metabolism (meaning how your body uses energy), while immobile, and it plays an important role in sustaining weight loss, according to other research, published in August 2016 in the journal Obesity.”[This study] does support other existing research findings that you can indeed lose weight on a ketogenic-inducing diet, and higher levels of protein intake, while following a calorie-restricted diet does help preserve the loss of lean muscle mass,” says Lona Sandon, PhD, RDN, assistant professor in the department of clinical nutrition at the University of Texas Southwestern Medical Center in Dallas.RELATED: 10 Essential Facts About Metabolism and Weight LossWhy Increasing Protein Intake to Induce Ketosis Helped Participants Maintain Lean Muscle MassIn the study, About 81 percent of participants’ weight loss came from fat loss, which was made possible through the main mechanism of any ketogenic diet: ketosis, a metabolic state through which the body turns to burning fat or protein rather than carbs for energy.The classic ketogenic, or “keto,” diet calls for consuming a low amount of carbs, a high amount of fat, and a moderate amount of protein. But in the current study, participants induced ketosis by getting the majority of their calories from protein, a small amount from fat, and a low amount from carbs. One of the side effects of very low-calorie diets is loss of lean muscle mass, but on the adjusted keto diet in the study, participants preserved lean muscle mass. Researchers attributed the preservation of lean muscle mass to participants’ sustained RMR, and their results support those of a prior study, published in February 2017 in the Journal of Clinical Endocrinology and Metabolism.A Closer Look at How Researchers Drew Their Findings on the Adjusted Ketogenic DietBefore researchers accepted participants into the 2018 study, they screened them for health issues, like diabetes, that could have affected the study results or excluded them from safely following the program.Twenty participants were tasked with following a very-low-calorie keto (VLCK) diet consisting of 600 to 800 calories. They took supplemental docosahexaenoic acid (DHA) omega-3 fats, vitamins, and minerals. DHA is an important structural component of the human brain, which was added to participants’ diets to ensure their body had enough of the component during fat loss. They took vitamins and minerals to make up for the nutrients lost from carb-containing foods. Meanwhile, they also followed a “formal exercise program.” The program was not defined in the study paper, and the study authors were not available for comment by this story’s publication.Participants met with researchers 10 times over a four-month period. During 4 of the 10 visits, researchers analyzed participants’ blood and body fat for changes in body weight, hormones, ketone bodies (which are produced during ketosis), and muscle losses. After 60 to 90 days, participants were gradually taken off ketosis and placed on a low-calorie diet consisting of between 800 and 1,500 calories per day, and then a maintenance diet consisting of 1,500 and 2,000 calories, depending on the participant. Out of the 20 participants enrolled in the study, 12 completed the regimen and lost about 44.5 pounds each.RELATED: Does the Ketogenic Diet Work for Type 2 Diabetes?What the Study Results Suggest if You’re Considering the Ketogenic DietDr. Sandon says this diet regimen is typically very challenging for people to stick with and ultimately unrealistic to follow in a real-world setting, adding that the small study group furthermore hurts the credibility of the findings.Katherine Arvesen, RDN, who in private practice in Plano, Texas, also notes that the study was not randomized and controlled, which is the gold standard for medical research to minimize error and bias. In this study, the patients were their own controls, meaning their results were compared with their own baseline (starting) measurements, not with the results of a control group.Ideally, Arvesen says this study would have a control group following the same calorie limit with typical intake percentages of fat, protein, and carbohydrates. Arvesen also cautions the sample size of the study was small, and the study duration was relatively short, possibly reducing credibility of the findings further.Experts agree more research needs to be done to determine which keto diet has the potential to preserve muscle and help increase the chances of sustained weight loss. But similar studies suggest the keto version analyzed in this study may hold promise. For example, a randomized study published in December 2014 in the journal Endocrine found that a very-low-calorie ketogenic diet was more effective at sustaining weight loss and preserving lean muscle mass in obese people than a standard low-calorie diet after one year.Regardless of its efficacy for weight loss, the ketogenic diet can result in side effects that many people may find unbearable. Commonly described as “the keto flu,” those side effects include fatigue, dehydration, and headaches.RELATED: Risks and Benefits of the Keto Diet Everyone Should Know”I would not recommend it for type 1 diabetics or for type 2 diabetics who are taking medication to lower their blood sugar,” says Sandon. She adds that this may be an appropriate approach for individuals who need to lose excess body fat quickly, but only in the short term. Long-term risks of following keto include nutrient deficiencies.Ultimately, if you’re considering keto, medical support may be the key to your success. Both Sandon and Arvesen recommend a consultation with a registered dietitian nutritionist upon approval from your physician before making major changes in your diet. If you don’t have one, you can find one at EatRight.org. Written by SaVanna Shoemaker, MS, RDN, LD on December 18, 2020 — Medically reviewed by Katherine Marengo LDN, R.D.KetosisWater-weight lossBottom lineThough the low carb, high fat keto diet was originally devised to help treat epilepsy, many people are turning to it to lose weight.According to some research, it provides several advantages over other diets, including making it easier to burn your stored body fat, maintain your metabolic rate (the calories you burn at rest), and feel more full on fewer calories (1, 2, 3).That said, you may wonder how much weight you can expect to lose in your first week on keto. Many people report extreme weight loss when first starting the diet. However, much of this can be attributed to water losses. This article reviews how much weight you can expect to lose on your first week of keto.Share on Pinterestmapodile/Getty ImagesOn keto, you strictly limit your carb intake, typically to 50 grams or fewer per day of total carbs, or 25 grams or fewer of net carbs, which are total carbs minus fiber.For most people, carbs are the body’s primary source of energy. When you limit carbs, your body burns through the carb stores in your muscles and liver — called glycogen — typically within a few days (4, 5). After this, your body switches to a metabolic state called ketosis, in which it uses ketones that are broken down from dietary fat or stored body fat, as its primary source of fuel (4, 5).This shift, during which you burn through your glycogen stores and switch to using ketones, usually takes less than a week. However, for some people, it may take longer (4, 5).Many people notice dramatic weight loss during this transition period after first starting the keto diet, but most of this is due to changes in water weight (6).SummaryWhen you restrict carbs on keto, your body rapidly burns through glycogen, the stored carbs in your liver and muscles. After your glycogen stores are depleted, you shift to burning fat. Many people notice dramatic weight loss during this transition.The glycogen stored in your muscles and liver is bound with water, typically at a ratio of 3 grams of water for each gram of glycogen (6).When you burn through these stored carbs, this water is excreted in your urine or sweat (6).As such, after starting keto, you may notice that you have to urinate more often and feel much thirstier than normal. You may also notice large weight losses, which are mostly water-weight losses (6, 7).Depending on your size and how much water weight you’re carrying, this weight loss can vary. Anecdotally, people report losses within the first week of anywhere from 1 pound (0.5 kg) to 10 or more pounds (5 kg). The larger you are, the more water weight you’re likely to lose after starting keto. Although, it’s unlikely that much of this initial weight loss is fat loss.However, once you enter ketosis, it’s much easier to utilize your own stored fat for energy, which is one reason why the keto diet may be advantageous for weight loss (3).SummaryWhen you burn through glycogen, your body releases the water that was bound to it. Much of your early weight loss is probably due to these water losses. Still, you’ll burn more stored body fat once you’re fully in ketosis.Many people use the keto diet for weight loss, and there are several reports online of dramatic weight loss shortly after starting the diet. This is likely mostly water weight because as you burn through your carb stores, your body releases the water that was bound to those carbs. Once you’re fully in ketosis, your weight loss will probably slow down, but it’s likely to be more fat than water. Last medically reviewed on December 18, 2020 Written by Ansley Hill, RD, LD on August 28, 2018What It IsCleanse vs DetoxMethodsEffectivenessBenefitsRisksBottom LineAs the global obesity epidemic continues, so does the search for easy and rapid weight loss solutions. In recent years, weight loss cleanses have taken center stage as one of the most popular methods for dropping weight rapidly. This article tells you all about weight loss cleanses, their effectiveness and risks.Share on PinterestThe word “cleanse” implies making something clean or ridding it of impurities. There is no standard definition of what a weight loss cleanse is or what it should include. Generally speaking, the overarching goal of the cleanse process is to remove something from your diet or lifestyle in order to facilitate weight loss. These cleanses are typically brief and involve a specific set of instructions for diet modification to achieve a certain goal. Some simply aim to reduce weight, while others promise fat loss in specific body areas.The methods can vary greatly between cleanses. Some include herbal supplements or exercise, while others focus solely on the types of food you eat. Summary Though there is no standard definition, weight loss cleanses are usually short-term programs, in which drastic dietary changes are implemented in order to promote rapid weight loss.It’s difficult to differentiate between detox and cleanse diets because neither method has a standard, scientific definition. Plus, there’s significant overlap. The two terms are often used interchangeably when referring to this style of dieting, though some people claim that distinct differences exist. Both diets are intended for short-term use, usually lasting anywhere from one to 30 days.The main differences seem to lie in the overall intent behind the respective methods.Detox Diets Focus on Eliminating ToxinsDetoxification (detox) diets usually operate on the notion that your body needs assistance to eliminate harmful substances, or toxins, from your system that may be impairing optimal health. These toxins may refer to any dietary or environmental substance with the potential to cause harm, including but not limited to:PollutantsHeavy metals Industrial chemicalsPesticidesAllergensDetox diets usually involve very strict dietary regimens that may include fasting, herbal supplements, laxatives, enemas and eliminating many foods. Some of them also claim to detoxify specific organs, such as your liver, kidneys or colon.While weight loss may be one goal for some detox diets, they more frequently target a wide array of physical ailments, such as:AllergiesHeadaches and migrainesDigestive issuesFatigueNausea Acne and skin rashesHormone imbalancesThough detoxes remain very popular, there is no scientific evidence to support the effectiveness of this kind of diet regimen (1). Cleanses Usually Emphasize Healthy FoodsSome cleanse diets operate very similarly to detox diets and involve strict dietary modifications and supplements — others are less rigid. Generally, cleanses focus on eliminating unhealthy or highly allergenic foods while replacing them with nutrient-dense, whole foods to support overall health.Weight loss is a common goal of cleanse dieting, but cleanses may also be used to treat various digestive issues or food cravings. Foods frequently eliminated as part of a cleanse diet are:SugarProcessed foodsAlcoholDairySoyCornWheatGlutenSummary Cleanse and detox diets are difficult to differentiate, as neither is clearly defined. Though they’re quite similar, detox diets typically aim to eliminate harmful substances (toxins) from the body while cleanses aim to reduce weight and food cravings.The variety of weight loss cleanses is immense. If you google the subject, you’ll find an abundance of cleanses and their associated products. This overwhelming number is likely due to the lack of a standardized definition. Here are some examples of popular weight loss cleanses:Whole30: A 30-day diet cleanse that eliminates multiple groups of foods, including sugar, dairy, legumes, grains and alcohol. During this time, you’re encouraged to consume plenty of fruits, vegetables and lean proteins.Juice Cleanses: Typically lasting 3–7 days, these cleanses eliminate all foods other than juice and water. There’s often a specific series of fruit and vegetable juices to be consumed in a particular order.The Master Cleanse: Also called the Lemonade Diet, this cleanse consists of eating only a mixture of lemon juice, water, cayenne pepper and maple syrup for 10 days. BeachBody Ultimate Reset: This is a 21-day diet focusing on eliminating dairy, meat, eggs, sugar and processed foods. Nutritional supplements, probiotics and herbal laxatives are included throughout the process.10-Day Green Smoothie Cleanse: This cleanse replaces all meals with specific green smoothies that are made from various fruits and vegetables. You’re also allowed to eat unlimited amounts of non-starchy vegetables.As you can see from these few examples, weight loss cleanses can vary greatly in terms of restrictions, duration and necessary ingredients. Summary Weight loss cleanses show great variation in terms of duration, restrictions, supplements and foods. For example, some are restricted to liquid foods while others eliminate certain food groups.No scientific studies have been conducted on specific brands of weight loss cleanses. Thus, their effectiveness has yet to be established.Despite limited research on cleanses, they’re most comparable to short-term, very-low-calorie diets (VLCDs). Most research defines a VLCD as consisting of 450–900 calories per day. This number is comparable to that of some popular weight loss cleanses. Several studies on VLCDs in obese people revealed significant reductions in weight (2, 3, 4).Interestingly, one 15-week study showed that short-term, rapid weight loss by way of a VLCD was more effective at lowering cholesterol and blood sugar than slower, sustained methods for weight loss (5). Both slow and rapid weight loss strategies led to a reduction in weight and body size. However, the group that used the slower weight loss strategy preserved more muscle mass (5). It should be noted that most of the VLCDs in these studies also incorporated total nutrition needs as part of the dietary strategy. These methods were closely monitored, well planned and nutritionally balanced. Weight loss cleanses differ from VLCDs, as they often eliminate vital nutritional components — such as protein — without providing any guidance for replacing them during the cleanse. These restrictions could ultimately lead to severe nutritional deficiencies, making such cleanses unbalanced and unsafe.Additionally, though appropriately planned VLCDs may be effective for weight loss in the short term, maintaining weight loss over a longer period is only possible through balanced, healthy eating behaviors after the VLCD period is complete.Summary Research suggests that very-low-calorie diets (VLCDs) may be effective for rapid weight loss, but many weight loss cleanses exclude vital nutrients. For long-term weight maintenance, a balanced and healthy eating style is critical. No reliable scientific research exists on weight loss cleanses despite the wide array of health claims that typically accompany them. Most of these statements are marketing taglines that are at best based on anecdotal evidence. Most weight loss cleanses are low-calorie and brief, and some research supports the notion that short-term, very-low-calorie diets (VLCDs) have a positive health impact.Several studies in people with type 2 diabetes noticed that a VLCD regimen significantly reduced fasting blood sugar levels (3, 6, 7).Some of the same studies also revealed a significant reduction in markers of heart disease risk for those who lost weight using a VLCD (4, 5).Keep in mind that many of these health effects are likely to be seen with weight loss in general and not necessarily unique to the VLCD method. It’s well known that achieving and maintaining a healthy weight can help treat and prevent various chronic diseases. VLCD methods are just one of many ways to lose weight and may not be ideal for most people.A VLCD in the form of a weight loss cleanse can be socially isolating and difficult to adhere to, as it’s far from a long-term, healthy eating pattern.Additionally, VLCDs in the aforementioned studies were carried out under medical supervision, whereas a weight loss cleanse sold on the internet won’t have that advantage. Many popular cleanses also replace a supportive and balanced approach to healthy living with costly investments in juices, supplements and instruction manuals — with little to no evidence backing their effectiveness.Perhaps most importantly, these extreme styles of eating don’t teach healthy behaviors for maintaining weight loss after the cleanse is complete. Summary Limited research exists connecting weight loss cleanses to any measurable health benefits. Yet, very-low-calorie diets may improve blood sugar control and reduce your risk of heart disease.Weight loss cleanses are an extreme approach and come with potentially detrimental health effects. Because there are so many different kinds of cleanses, it’s difficult to pinpoint exactly which risks are greatest for each type of cleanse.Rapid weight loss, such as that promoted by most weight loss cleanses, is associated with adverse health reactions, including dehydration and the development of gallstones (8, 9). Due to the restrictive nature of many weight loss cleanses, they may have a negative psychosocial impact on people prone to eating disorders (10).Furthermore, VLCDs accompanying many cleanse protocols could significantly increase your risk of nutritional deficiencies. Of course, this risk may vary depending on the duration and degree of restriction of a particular cleanse (11).What’s more, two recently published studies indicate that juice and smoothie cleanses that involve consuming very high quantities of green vegetables could lead to progression of kidney damage in people with chronic kidney disease (12, 13). For most people, focusing solely on weight loss at the expense of other health issues not only jeopardizes physical and mental wellbeing but also hinders the development of skills to implement long-term healthy behaviors post-cleanse.Summary Weight loss cleanses may be dangerous, especially for people with preexisting health conditions.Weight loss cleanses are extreme dietary approaches that promise rapid weight loss through very restrictive eating patterns. There is little research to support their use. In addition, they’re often nutritionally incomplete and may be dangerous for certain people, especially without appropriate planning or medical supervision. Implementing balanced, healthy eating behaviors that can be utilized long term may be a safer, more effective weight loss solution.

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