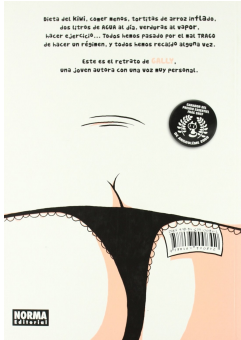


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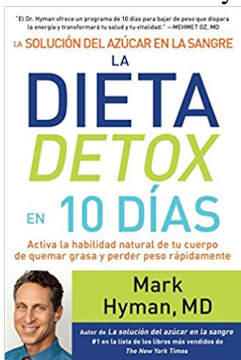


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# KETO

VERSUS

# PALEO DIET

WHAT'S THE ADVANTAGES?



| KETO   | PALEO   |
|--|---|
| Reduces body fat while preserving muscular tissue mass   | Reduces allergic reactions. Burns off kept fat due to the fact that metabolic rate rises.   |
| Lowers blood LDL (low-density lipoprotein, the "negative" cholesterol), high blood pressure and also sugar.                | Stabilizes blood glucose. Cleans pollutants from skin and also teeth. Improves rest patterns.   |
| Increases degrees of HDL (high-density lipoprotein which safeguards the heart versus conditions: the "great" cholesterol). | 35% ought to originate from fish and shellfish and also lean meat, each taking an equivalent fifty percent.                                   |
| Reduces insulin degrees. Improves signs and symptoms of Parkinson's illness and also lowers seizures in epileptic kids.    | 15% originated from fruits, veggies, nuts and also seeds, each. There is no dairy products, no salt or sugar, and also practically no grains. |

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