

11<sup>th</sup>

March 15-16, 2018 | Barcelona, Spain

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With so many fast food options, social gatherings, and cultural norms of sharing meals, the ketogenic lifestyle (as any mindful and health conscious lifestyle) can be a challenge. Therefore, this oral presentation will focus on the history of ketogenic diets, differing between their clinical use versus fad use (risks and benefits of each), implementation within a practice and lifestyle management of a ketogenic diet (including testing options to ensure a ketogenic state has been reached and is being maintained). The research will highlight the works of: American Heart Association (2015); Anderson (2015); Cox et al. (2016); Dashti et al.

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