

The Main Problems with LCHF Ketogenic Lifestyles

Addiction

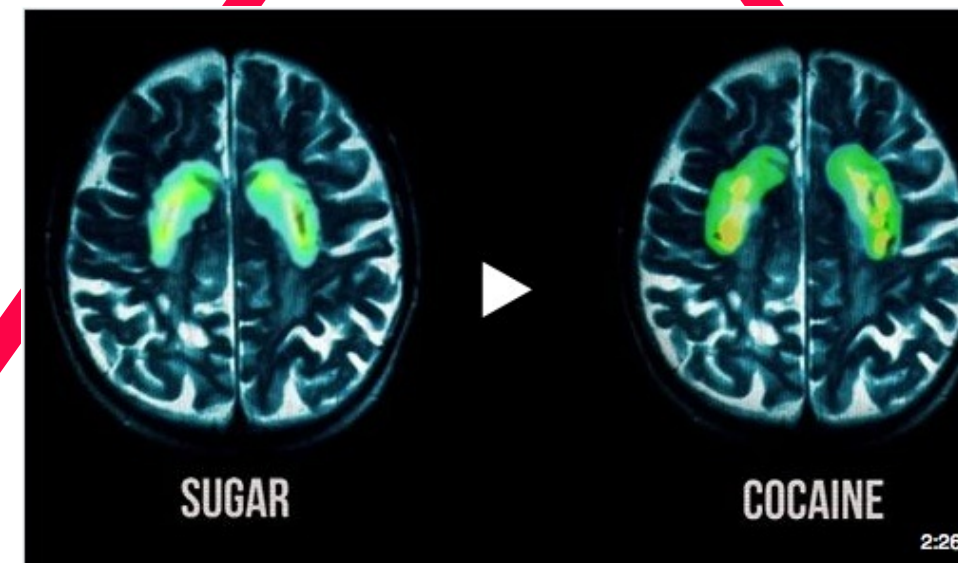
I Can't!!!! + I Won't!!!!

Severe
Biochemical addiction.
1 day at a time.
Not so severe - may take
just a few days to get
back on track

The battle for your
mind..

Internal

External



Helplessness
I Can't

Rebellion
I Won't

What To Look Out For

First week - month

Headaches
Fatigue
Dizziness
Heart Palpitations
Irritability

Drink extra water and salt/bone broth.
Go easy on exercise

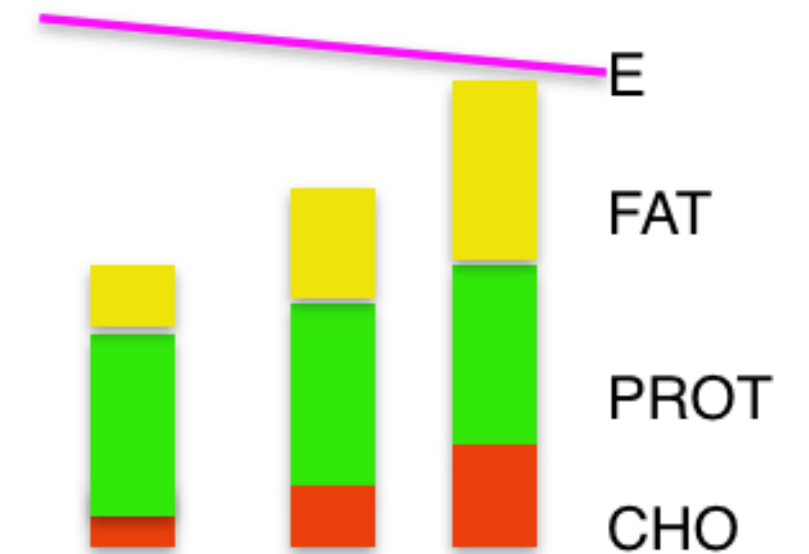
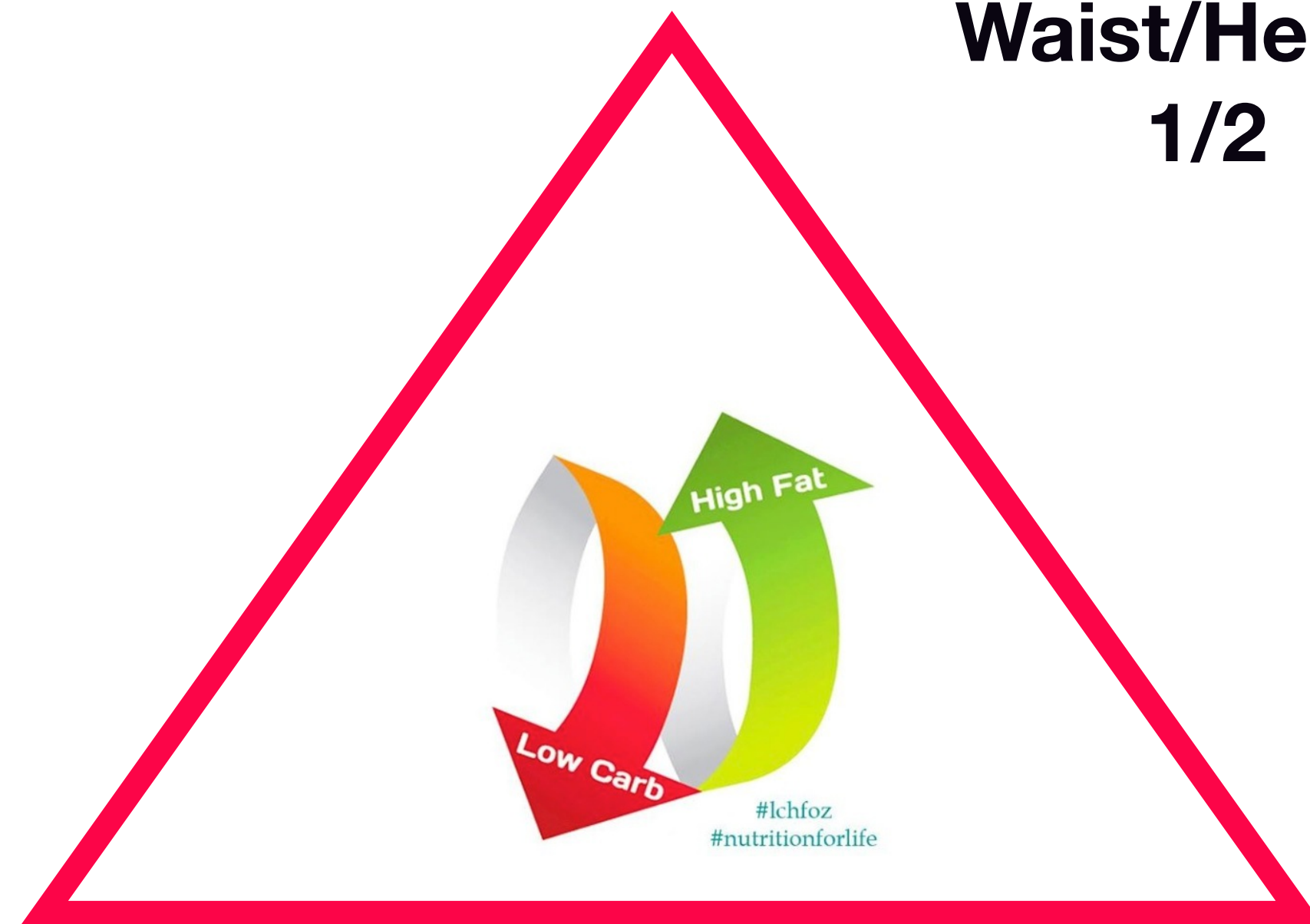
Hunger

The Goldilocks Principle

~~Hunger Games~~ - Eat to Satisfaction

Waistline

Waist/Height
1/2



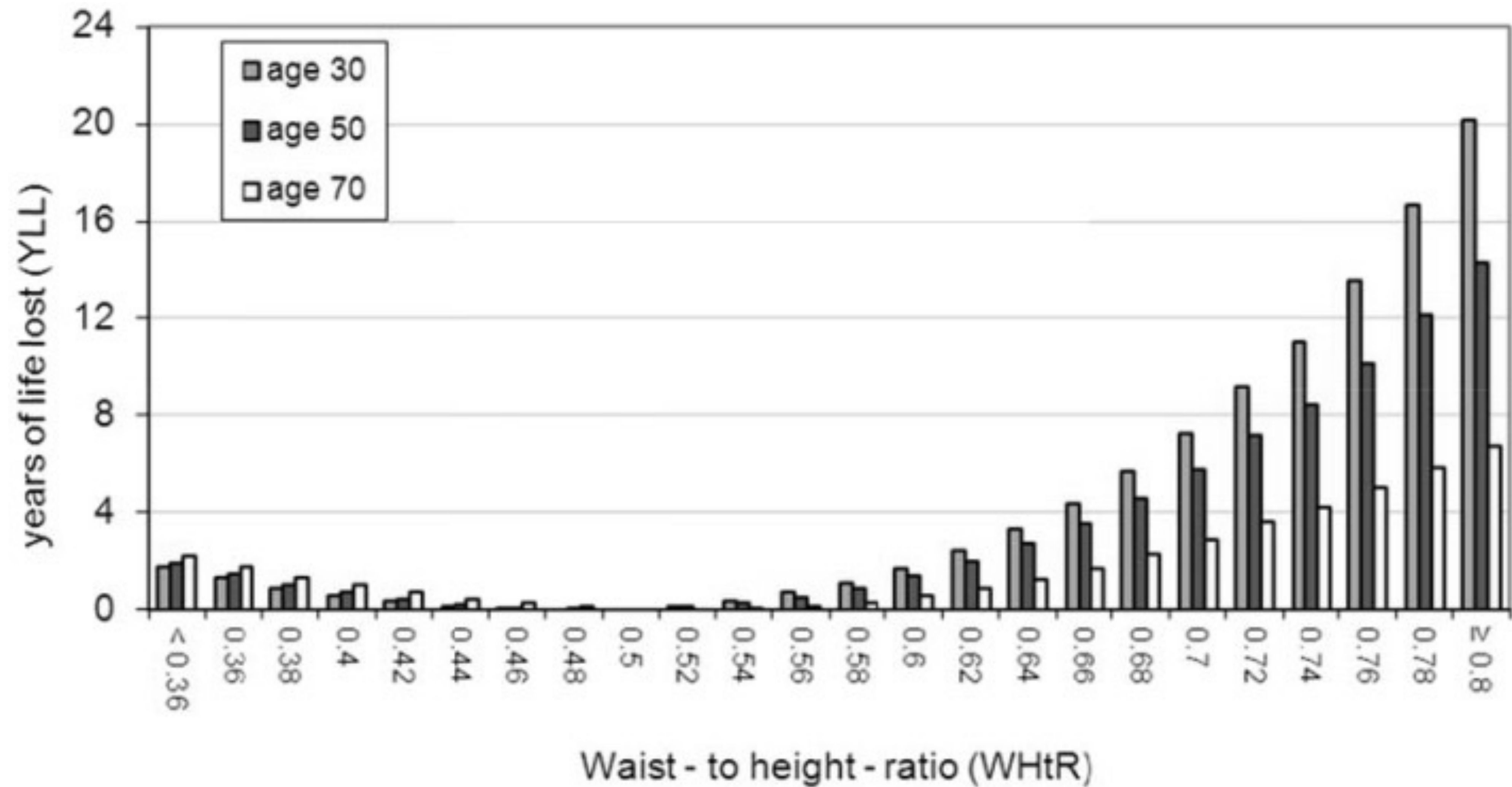
Increase fats
as you go

Energy

Cramps!!!

Salt





Waist To Height Ratio

Simplest Longevity Measurement


Which Blood Tests Are Important?

MELBOURNE PATHOLOGY

LDL CARE DOWNLOADER

Interpretation of blood fats

- 30 years ago
 - High cholesterol, Triglycerides unimportant
- 20 years ago
 - Bad cholesterol (LDLC), Good cholesterol (HDL)
- 10 years ago
 - Modified LDL atherogenic
 - Oxidised, Glycated, Apo(a)/Lp(a), Small Dense LDL
- Today
 - Triglycerides are important!
 - Move away from LDLC: Non HDLC = LDLC + VLDLC



Prof Ken Sikaris

Which Blood Tests Are Important?

MILBOURNE PATHOLOGY
LOW CARB DOWNUNDER

Conclusions

- Blood tests for carbs
 - HbA1c
 - average glucose
 - HbA1c \geq 6.5% Diabetes
 - HbA1c $>$ 5.6% CVD risk
 - hyperinsulinaemia
- Blood tests for fats
 - Fasting Trig $<$ 1.0 mmol/L
 - Body is using fat
 - Trig $>$ 1.5 mmol/L
 - Small dense LDLC
 - Low HDLC

- Other tests
 - ALT
 - Fatty Liver
 - Urate
 - Susceptibility to carbs
 - Troponin
 - Damage to heart

TG/HDL Ratio

Which Blood Tests Are Important?

The screenshot shows the top navigation bar of the website with links for Home, Happiness, Health, Work with Darag, About, and Contact Me. The main header features a profile picture of Darag Rennie, the site name 'DaragRennie.com', the tagline 'Simplifying Life's Lessons', and a search bar. Below the header is a secondary navigation bar with categories like Blogposts, Happiness, Health, Sitemap, and Legal. The main content area displays a blog post with the title 'Which Blood Tests Are Important?' and an introductory paragraph. A sidebar on the right contains a promotional box for a 'Free 5 Resources Report' and a preview of the report's content, which includes text about cholesterol and a photo of the author.

FTG < 1
TG/HDL Ratio < 0.87

HBA1C < 5.6

Liver Enzymes Low

Fasting Insulin 3-4

Glucose Tolerance Insulin Response

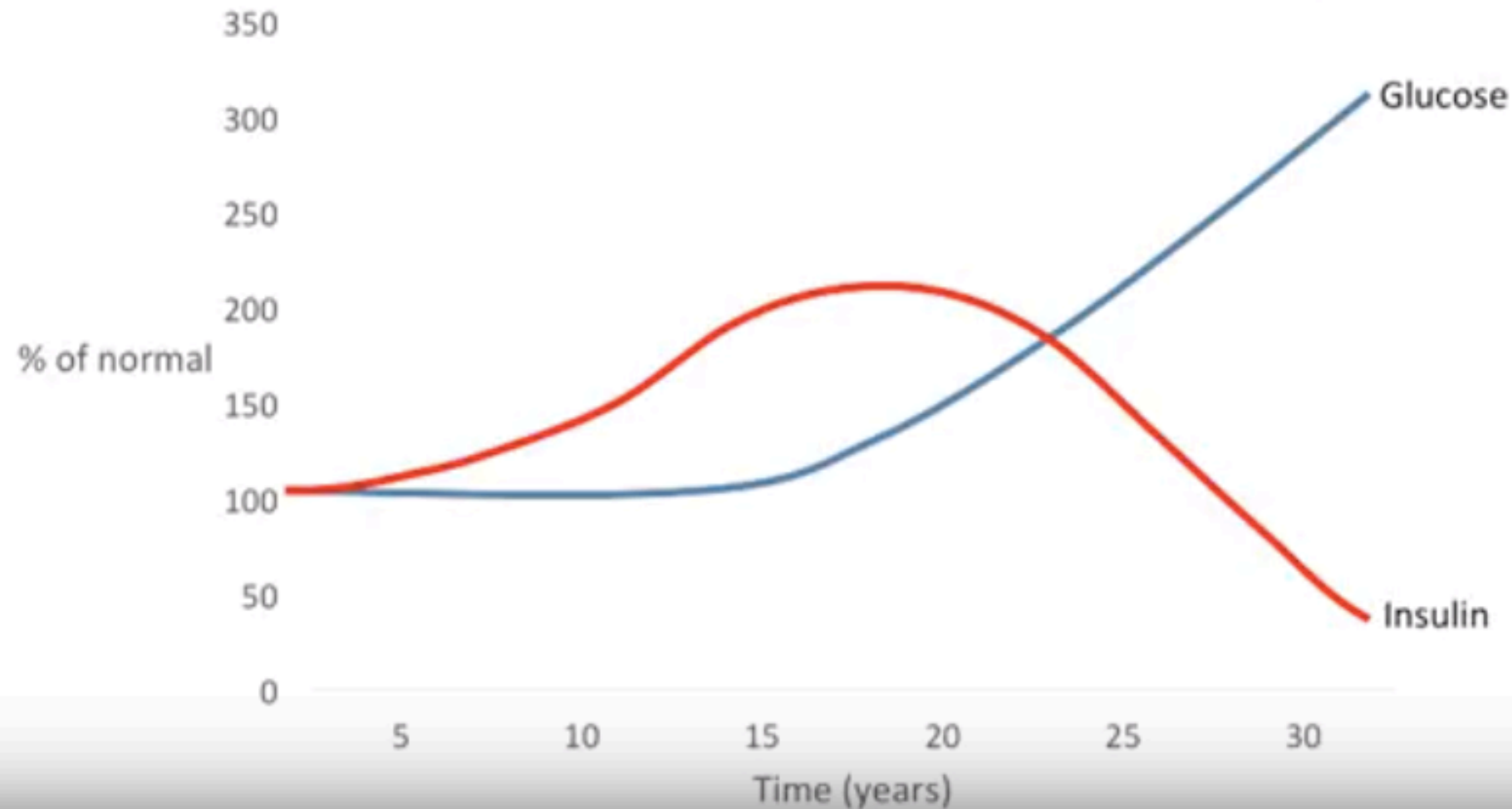
Prof Ken Sikaris – History of medical thought

Prof Ken Sikaris – History of medical thought

Which Blood Tests Are Important?



Insulin resistance develops over years



Dr Paul Mason

Dr Joseph Kraft

26:00 / 29:03

J. Clin. Invest. 116:1802-1812 (2006) doi:10.1172/JCI29103

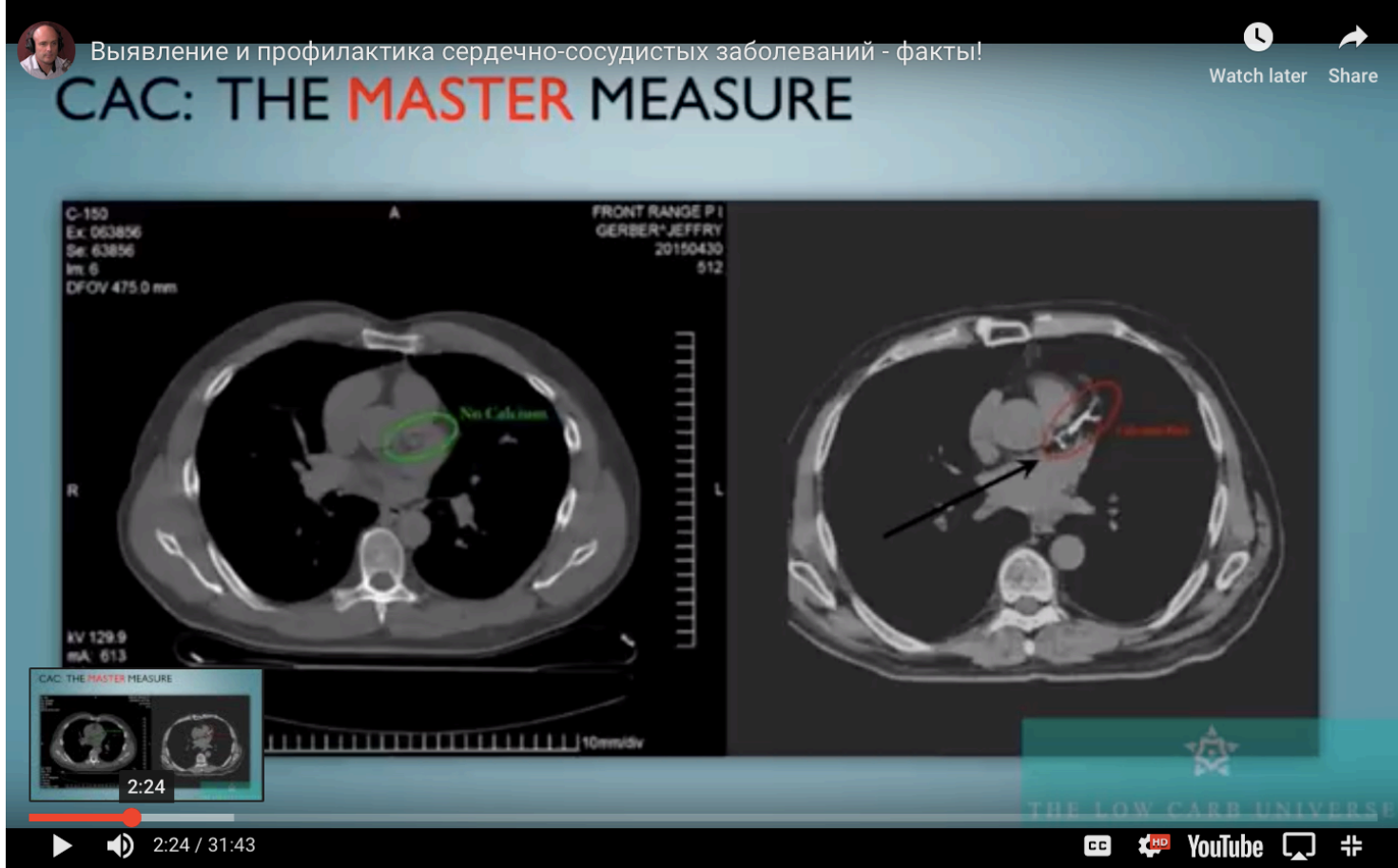
26:00 / 29:03

J. Clin. Invest. 116:1802-1812 (2006) doi:10.1172/JCI29103

Coronary Artery Count



Ivor Cummins
[The Fat Emperor](#)



Выявление и профилактика сердечно-сосудистых заболеваний - факты!

CAC: THE MASTER MEASURE FOR HEART ATTACKS

Calcium Score	Risk Equivalent	10-Year Event Rate, %
0	Very low	1.4
1 – 100	Low	4.1
101 – 400	Intermediate	???
>400	High	
>1000	Very high	

Reproducible and quantifiable
 Based on 100's of thousands of subjects

J Am Coll Cardiol Img. 2015;8(5):579-596

MORE VIDEOS

2:39 / 31:43

Выявление и профилактика сердечно-сосудистых заболеваний - факты!

Yearly CAC Progression – Gotta Stop It!

Yearly CAC Score Increase Low (less than 15%)

Starting Score 100-1000 ~6 [Target Icon]

Yearly CAC Score Increase High (more than 15%)

Starting Score 100-1000 ~4 Years Pass by [Sad Face Icon]

8:42

2:52 / 31:43

On Medication?

Insulin or Insulin Releasing

Anti Hypertensives



If I Had Diabetes?

The screenshot shows the website DaragRennie.com with a navigation bar at the top containing links for Home, Happiness, Health, Work with Darag, About, and Contact Me. A search bar is located on the right side of the header. Below the header, there are menu items for Blogposts, Happiness, Health, Sitemap, and Legal. The main content area displays search results for the query 'If I had diabetes'. The first result is a post titled 'If I had Diabetes' dated July 19, 2018, with a 'Comments Off' status. The post text begins with 'Diabetes is a horrendous condition. If you can imagine all your small blood vessels falling apart all over your body you can get a sense of just how bad it is. That's why you end up with gangrene, amputations, go blind and lose your kidneys as well as double or triple your risk of [...]'. Below the text are social sharing buttons for Facebook, Twitter, Email, and a generic share button, along with a 'Like 0' button. A 'Continue reading...' link is also present. The second search result is titled 'Diabetes Type 1 – going against medical advice changed his life' dated November 27, 2014, with '0 Comments'. The text starts with 'I loved this story that Andreas highlighted. http://www.dietdoctor.com/overall-now-completely-new-life It's great the way P-O was so methodical about his numbers and self care. His story can help all of us, whether we have diabetes or not. The points that stick out for me are: 1. I then decided that the goal should be to keep insulin [...]'. To the right of the search results, there is a sidebar with a promotional banner for a 'Free 5 Resources Report' and a 'FaceBook Fan Page' section for Darag Rennie, which has 159 likes.

If I Had High Blood Pressure?

The screenshot shows the website Darag Rennie.com with a navigation bar at the top containing links for Home, Happiness, Health, Work with Darag, About, and Contact Me. A search bar is located in the top right corner. Below the navigation bar, there are menu items for Blogposts, Happiness, Health, Sitemap, and Legal. The main content area displays search results for the query "if i had high blood pressure". The first result is a post titled "If I had high blood pressure..." dated November 5, 2018, with a "Comments Off" indicator. The post text begins with a dialogue: "See if you can spot what's wrong with this conversation... A: How is your blood pressure? B: Oh, it's perfectly fine. It's normal!)." followed by another dialogue: "A: Are you on any blood pressure medication? B. Oh, yes;)! A: Why are you on blood pressure medication? B: Because my blood [...]". Below the text are social sharing buttons for Facebook, Twitter, Email, and a generic share button, along with a "Like 0" button and a "Continue reading..." link. The second search result is titled "Low Carb High Fat – How many doctors will it take?" dated February 26, 2014, with 6 comments. The text starts with "I've been thinking of creating this page for a few months, now on my 59th birthday, it's time:)" and continues with "There's a wave breaking on the shore of accepted nutritional theory. It's been building for a while, as brave doctors make a stand for what they know to be true from their own personal experience, only [...]". On the right side of the page, there is a sidebar with a promotional banner for a "Free 5 Resources Report" about diet confusion. Below this is a thumbnail for the report titled "5 Resources To Help You End Your Battle With Food & Your Weight". Further down, there is a "FaceBook Fan Page" section for Darag Rennie, showing 159 likes and a profile picture.

"I saved the lives of 150 people through heart transplantations. If I had cared about preventative medicine earlier, I would have saved 150 million people".

PROF CHRISTIAAN BARNARD

My Grandfather

Karen Thomson