



## Ketogenic Diet (by Dr. Scott Sherr)

- A. Increase the amount of (GOOD) fat in your diet to about 70% of your total calories. Remember your brain is 75% FAT!
- B. You can do this by adding grass fed butter, ghee, coconut oil, avocado oil, and (raw) olive oil to your meals. If you are going to do high heat cooking, the best 2 are ghee and avocado oil.
- C. Remember that FAT is not bad for you. Your brain needs it!!
- D. Eliminate all processed foods (>3 ingredients is usually a tip-off), and all refined sugar from your diet. Stay away from high sugar fruits (although blueberries are okay) and relegate most of your complex carbohydrates to after about 3pm daily.  
<https://www.healthaliciousness.com/articles/high-sugar-fruits.php>
- E. Use Brain Octane, start with 1 tablespoon daily and then increase slowly to 3x/day. You can put raw on top of meals, etc or you can make yourself...
- F. Bulletproof Coffee in the morning or a non-coffee vanilla latte  
<http://drhyman.com/blog/2016/02/08/non-coffee-vanilla-latte/>
- G. Consider Intermittent fasting. Check out Bulletproof Intermittent Fasting.  
<https://blog.bulletproof.com/bulletproof-fasting/> At least try to go for at least 16 hours once/week. A great new book is called The Complete Guide to Fasting.  
<https://www.amazon.com/Complete-Guide-Fasting-Intermittent-Alternate-Day/dp/1628600012>
- H. Make sure the meat you cook is not over-cooked. Cook it medium rare. Do NOT char or blacken.
- I. Good food choices:
  - 1. <https://blog.bulletproof.com/wp-content/uploads/2014/06/BPDRMrast-06112014.55436.pdf>
  - 2. <https://www.amazon.com/Keto-Clarity-Definitive-Benefits-Low-Carb/dp/1628600071>
- J. Good info on fasting and brain injuries:
  - 1. <https://www.ncbi.nlm.nih.gov/pubmed/18241053>
  - 2. <http://onlinelibrary.wiley.com/doi/10.1002/ana.20062/abstract;jsessionid=AEE8D8CD923BCD82D9D2490BDF14023B.f03t04?>
  - 3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2367001/pdf/nihms42857.pdf>