

You've more than likely heard about the ketogenic [diet](#). From celebrities to influencers, everybody is getting behind the keto-craze as they say keto to help in everything from acne to cancer.

It refers to the generation of ketones that a body does naturally to generate energy from fat when the sources of carbohydrates are low. A ketogenic diet is a hack into the starvation state.

Originally, the keto diet was designed for epilepsy and not for weight loss. Later, doctors realized that a low carb diet allows the body of the patient to force the stored fat as a fuel or source of energy. Fueling the body with the help of ketones reduces seizures. So, today's modern craze- keto diets is the descendant of the low carb diet in the condition of epilepsy.

On normal diets, the ATP is generated from glycogen (composed of the molecules of glucose). When the liver is unable to pump out enough glucose, it starts producing ketone bodies for providing energy to your body. In the process of ketosis, the liver cells depend mostly on the ATP derived from oxidizing fatty acids.

The process of weight loss with the help of a ketogenic diet is the same as the other diets. The amount of fat going inside the fat cells is less than the fat coming outside the cells. However, you cannot count calories in the mechanism of the keto diet. One of the most important reasons for losing weight via keto diet is your hunger reduces a lot and ultimately your stored fat comes out in order to provide energy.

As the levels of insulin are regularly low, fat is easily pulled out of the fat cells and your body gets used to burning the stored fat of your body. Keto diet also helps with the dopamine addiction from spiking the levels of blood sugar.

Not only it is used in weight loss, but it has also proved to be effective in coping with the signs of aging. According to research, it also proves ketones to be signaling molecules. They interact with other molecules present in the cells. It helps in aging with different pathways by regulating oxidative stress and increasing enzymes.

Low-carb diets appear to give short-term weight loss, unlike the keto diet. You should avoid eating fruits, processed food, drinks high in sugar content, and conventional dairy products when you are on a ketogenic diet.