

### **Title A: How People Lose Weight on a Ketogenic Diet**

Subtitle A: This article reviews four reasons why keto gives you a weight loss advantage compared to other diets.

### **Title B: How the Keto Diet Can Supercharge Your Weight Loss**

Subtitle B: The keto diet can make it easier to lose weight in four ways. Learn more here!

### **Title C: Why Keto Works for Weight Loss**

Subtitle C: Many people have found weight loss success with the keto diet. Here are four reasons why the diet works so well.



[\(image source\)](#)

If the current COVID-19 virus pandemic has caused you to start stress eating, you may be interested in

learning more about some healthy diet options.

The ketogenic diet is an extremely popular weight loss diet plan. Similar low-carb diet plans include the paleo diet, the military diet, Atkins, and the low-carb Mediterranean diet. However, keto is a bit more purposeful. It's a low-carb, moderate-protein, high-fat diet designed to get your body into ketosis, a state where it's burning fat instead of sugar for fuel.

When in [ketosis](#), it's much easier to lose weight. Here are four reasons why.

## Burn stored body fat

The most obvious weight loss benefit of keto is that it makes it easier to burn your [stored body fat](#) for energy rather than depending on carbs. By consuming no carbs and no sugar, your body adjusts fairly quickly to burning either the fat from your diet or the fat in your body to fuel your day-to-day activities and vital body functions.

## Feel fuller

High-protein, high-fat foods like meat and eggs are very filling, making it easier for you to stay full while eating fewer calories. In fact, many people do intermittent fasting on keto or choose to replace meals with bulletproof (high-fat) coffee.

Additionally, a high-sugar, high-carb diet can cause derangements to your thyroid hormones and hunger hormones, which can leave you feeling hungry all the time. Going on keto can help [reverse](#) these effects, leveling out the hormones that regulate your hunger and fullness levels.

## Reverse insulin resistance

Another key weight loss benefit of keto is that it can reverse [insulin resistance](#). Insulin is the hormone that helps manage your blood sugar levels. However, if you eat a high-carb diet, requiring high amounts of insulin to manage the sugar, your body may start to ignore the insulin, which leads to the secretion of even more insulin.

Insulin resistance is associated with type 2 diabetes and weight gain, as high levels of insulin direct your body to store sugar as fat and prevent your body from burning your stored fat.

Going keto can help your body become more sensitive to insulin, making it easier to manage your blood sugar levels and slashing your risk of weight gain and type 2 diabetes.

## Maintain metabolic rate

Finally, keto may help maintain your metabolic rate, or the number of calories you burn at rest. Most other diets actually cause your metabolic rate to decrease, making it very difficult to eat at a caloric deficit. This is because, on most other diets, you actually [lose muscle mass](#) along with fat—which is not ideal. If you want to lose weight, fat loss is the true goal.

However, keto is different. It [preserves](#) your muscle mass and your metabolic rate, making it easier to cut calories and lose weight.

Nutrition and healthy eating are vital to your overall health, and the ketogenic diet is a highly nutritious, beneficial way of eating when it's properly planned. Medlixx offers targeted keto-friendly supplement pills containing apple cider vinegar and green tea extract to help you meet your weight goals and regain health on keto.

### Sources:

- <https://pubmed.ncbi.nlm.nih.gov/30128963/>
- <https://pubmed.ncbi.nlm.nih.gov/18500949/>
- <https://pubmed.ncbi.nlm.nih.gov/23632752/>
- <https://pubmed.ncbi.nlm.nih.gov/30452850/>
- <https://pubmed.ncbi.nlm.nih.gov/30513859/>
- <https://pubmed.ncbi.nlm.nih.gov/29467800/>