

Keto Flu

SYMPTOMS OF KETO FLU

For the average person, keto flu symptoms may begin within the first day or two of eliminating carbs from your diet, especially if you've been enjoying a diet high in refined sugar and processed foods.



AM I REALLY SICK?

The keto flu is a group of symptoms that **MAY** occur as your body becomes keto-adapted

BRAIN FOG »

« DIZZINESS

« IRRITABILITY

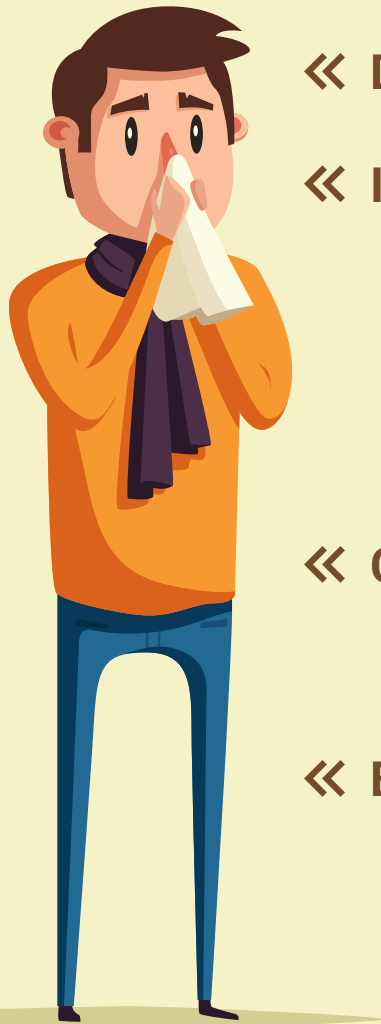
NAUSEA »

DIARRHEA »

« CONSTIPATION

MUSCLE »
CRAMPS

« BODY ACHES



TIPS



STAY
HYDRATED



INCREASE SALT
& ELECTROLYTES



EAT MORE FAT



EXERCISE
LESS



REST
MORE