

# IS KETO GOOD FOR THE BRAIN?

Research says **YES**

Research shows ketones are neuro-protecting compounds that can decrease inflammation and enhance the function of mitochondria.

## What causes a neurological disease?

When your brain cells are not producing and using energy efficiently, because of dysfunctional mitochondria.

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## Which neurological diseases?

The Keto Diet has been shown to have positive effects on brain cells and may be able to help with these neurodegenerative diseases

- Epilepsy
- Parkinson's
- Alzheimer's
- Huntington's
- ALS
- Lewy body dementia

