



KETOSIS VS. KETOACIDOSIS?

What's the difference?

KETOSIS:

- Research shows the induction of **nutritional ketosis** by time-restricted feeding, fasting, or by using ketogenic diets strongly inhibits renal cyst growth and fibrosis in several different orthologous and non-orthologous animal models of PKD.
- **The body's fuel source** changes from glucose to fat
- **Normal process** of the body
- 0.6 to 3 mmol/L range for ketone blood level
- Provides linear energy throughout the day with **no blood sugar spikes** or dips

Ketoacidosis:

- **Occurs in diabetics** who have difficulty managing their blood sugars
- Requires a ketone blood level **greater than 5 mmol/L**
- **Extremely high** level of ketones in the blood
- Occurs when the **blood's PH becomes too acidic** for the body to handle