

# 5 WAYS THE KETO DIET CAN IMPROVE THE IMMUNE SYSTEM



Those with diabetes, heart disease, high blood pressure, cancer, and compromised immune systems are at higher risk for severe COVID-19 complications.

## 1 KETO FIGHTS DIABETES

- Diet shown to lower blood sugar and blood pressure
- Can improve or even reverse Type 2 diabetes



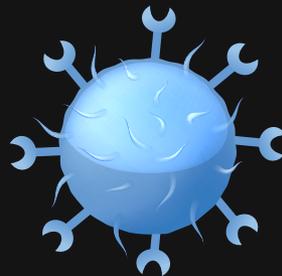
## 2 KETO HAS ANTI-INFLAMMATORY EFFECTS

- Low in carbohydrates & sugars which reduces inflammation
- Produces the ketone body beta-hydroxybutyrate (BHB), which may help limit inflammation



## 3 KETO REDUCES FLU SEVERITY

- Increased activity of protective gamma-delta T immune cells.
- Increased mucus production in lungs which reduced spread of H1N1 influenza virus \*



## 4 KETO ENHANCES AUTOPHAGY

- Diet increases the autophagy process \*, replacing old cells with new ones
- Properly-functioning autophagy helps immune system ward off germs



## 5 KETO IMPROVES GUT HEALTH

- Minimize inflammation by maintaining a healthy gut
- Higher levels of ketones linked to increased gut healing \*



\* Studies in mice