

**fat is the cause of type 2 diabetes nutritionfacts org** - *sounds frustrating richard w since your diet is low in fat with zero animal fats diet most likely isn't the problem however you may still have some fat in your muscle cells causing a little insulin resistance to remain, understanding our bodies serotonin the connection* - *continuing the series on the physiology of nutrition i present to you the connection between food and mood serotonin while it's easy to see how what we eat has a direct impact on our waistlines it seems a little foggier how our nutritional choices affect our brains, pasta to eat or not to eat diabetes self management* - *if you're craving spaghetti but don't want to see higher glucose numbers later on here are a few things you can try try a lower carbohydrate pasta, adverse reactions to ketogenic diets caution advised* - *typical ketogenic diet macronutrient ratios this article is inclined toward balancing the discussion of the pros and cons of this high fat low carb low moderate protein diet*

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