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## Occupy Health: with Susan Downs, MD

What's Real and what is not

**Occupy Health**  
**Friday at 11 AM Pacific**  
**May 25th 2018: Health Benefits of the Ketogenic Diet**

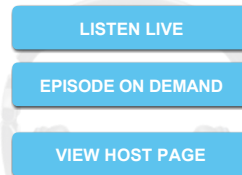
Dr. D'Agostino discusses mechanics and benefits of the ketogenic diet. Ketosis has many health benefits including increasing insulin sensitivity, enhancing brain metabolism, decreasing reactive oxygen species, spurring on mitochondrial biogenesis, and improvement of many health conditions. Ketosis is not to be confused with the Atkins Diet as the ketogenic diet does not recommend a high amount of protein as high protein levels lead to sugar spikes and an increase in insulin levels which many experts believe leads to the pathway of chronic diseases. One does not need to be in ketosis all the

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### Featured Guest



#### Dominic D'Agostino, PhD

Dr. Dominic D'Agostino is a tenured Associate Professor in the Department of Molecular Pharmacology and Physiology at the University of South Florida Morsani College of Medicine.

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