

Why BHB is a Miracle Molecule for Ketogenic Weight Loss

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Short Communication

If there was a way to potentially enter ketosis quicker, feel more energy, and reduce food cravings, would it sound believable? All of these things are easier to achieve than many thanks to a molecule called beta-hydroxybutyrate or BHB for short.

BHB is a type of natural ketone body that's produced when fatty acids are broken down by the liver. It's one of the most powerful sources of energy for your brain and body.

When carbs aren't present in the body, it needs something to use. It normally reaches for fat. However, the brain and central nervous system can't. So, it uses something better: ketones.

Keep reading to learn four benefits of exogenous ketone supplements like BHB.

Achieve ketosis quicker

Achieving ketosis is difficult. Remaining in ketosis? Even more difficult. First, you have to cut carbs for a couple of weeks and let your body adjust. As it begins to produce ketones to make up for the lack of energy, the body officially enters ketosis.

But, that's presuming you stay in ketosis which is much easier said than done. Some of the biggest signs you're transitioning in ketosis include improved cognitive function, appetite suppression, or side effects like fatigue.

BHB supplements have been proven in a University of Oxford study to help people achieve ketosis quicker by drastically increasing plasma ketones.¹ This creates the potential to remain in ketosis for longer periods to continue reaping its benefits.

Better focus and energy

Everybody that's tried to achieve their dream body and become healthier with the ketogenic diet has faced one common problem: the keto flu.

This dreaded side effect on slashing carbs results in headaches, mood swings, and enough lethargy to ruin productivity. It drives some people up the walls so much that they have enough, binge eat carbs, and

ruin their hard work. Your brain has to adjust to using ketone bodies as a source of fuel when carbohydrates aren't present. Don't worry. Beta-hydroxybutyrate contributes to elevated ketone bodies which may be neuroprotective, helping to preserve your cognitive function and improve focus!^{2,3} That means you can leverage this extra willpower to exercise, plan meals, and follow a diet more consistently.

Optimize your fuel preferences

Everybody's body is different. Some can burn fat like there's no tomorrow. Others, like many, have trouble burning stubborn fat that hangs on for dear life. That's okay.

Exogenous ketones also increase endurance in athletes by optimizing fuel preferences and how the body uses glycogen as an energy source.⁵

This means dieters can have more intense workouts that burn increased amounts of calories. They can push themselves harder and have better workouts.

Increase satiety and binge less

Let's be honest. One of the hardest parts of dieting is that you have to prevent cravings and stop yourself from indulging in foods you shouldn't. Whether it's when you walk past the cookie aisle at the grocery store or you're out with friends, it's hard not to eat junk food.

Luckily, exogenous ketones boost blood BHB levels which increase satiety and improve body composition.⁴ You will feel full. Not the need to binge eat pasta, bread, and carbs that knock you out of ketosis.

Conclusion

The keto journey can be tough and difficult. However, we can accelerate the benefits of ketosis (including fat loss) with a BHB supplement like KetosisNow. This amazing molecule can unlock the upsides of a ketogenic diet like improved weight loss, energy, focus, and satiety.

Since what you eat is half the battle too, consider investing in a keto recipe and meal plan maker like Ultimate Keto. It includes over 300 easy-to-follow recipe videos that help you cook delicious keto-friendly breakfasts, lunches, dinners, and desserts.

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