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Due to a lower carb intake, people with diabetes may experience hypoglycemia if they don't make appropriate changes to their diabetes medications. It feels like everyone is talking about the Keto diet right now. And with so many people boasting its benefits, it can sound like an exciting train to jump on. However, before beginning a new diet plan it is always a good idea to do your research and weigh the pros and cons of the diet, as well as speak to your doctor about whether or not it is a good plan for you.

The symptoms are dehydration, frequent urination, excessive thirst, dizziness, drowsiness, headaches and muscle cramps. Think about how your lifestyle fits with such a restrictive plan, as well as what you're willing to give up temporarily. Let that be your guide to help you determine if the keto diet is right for you. The keto diet may be dangerous if you have certain health conditions, like kidney disease.

While much of the initial rapid weight loss is water weight, it's still a highly motivating way to start your keto journey. Often, just restricting carbs to very low levels results in ketosis. But the rest of the list below will help make sure that you're successful. A keto diet can also help treat high blood pressure,⁴⁶ may result in less acne,⁴⁷ and may help control migraine.⁴⁸ It may also help improve many cases of PCOS and heartburn, while also often reducing sugar cravings. Finally it might help with certain mental health issues and can have other potential benefits.

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