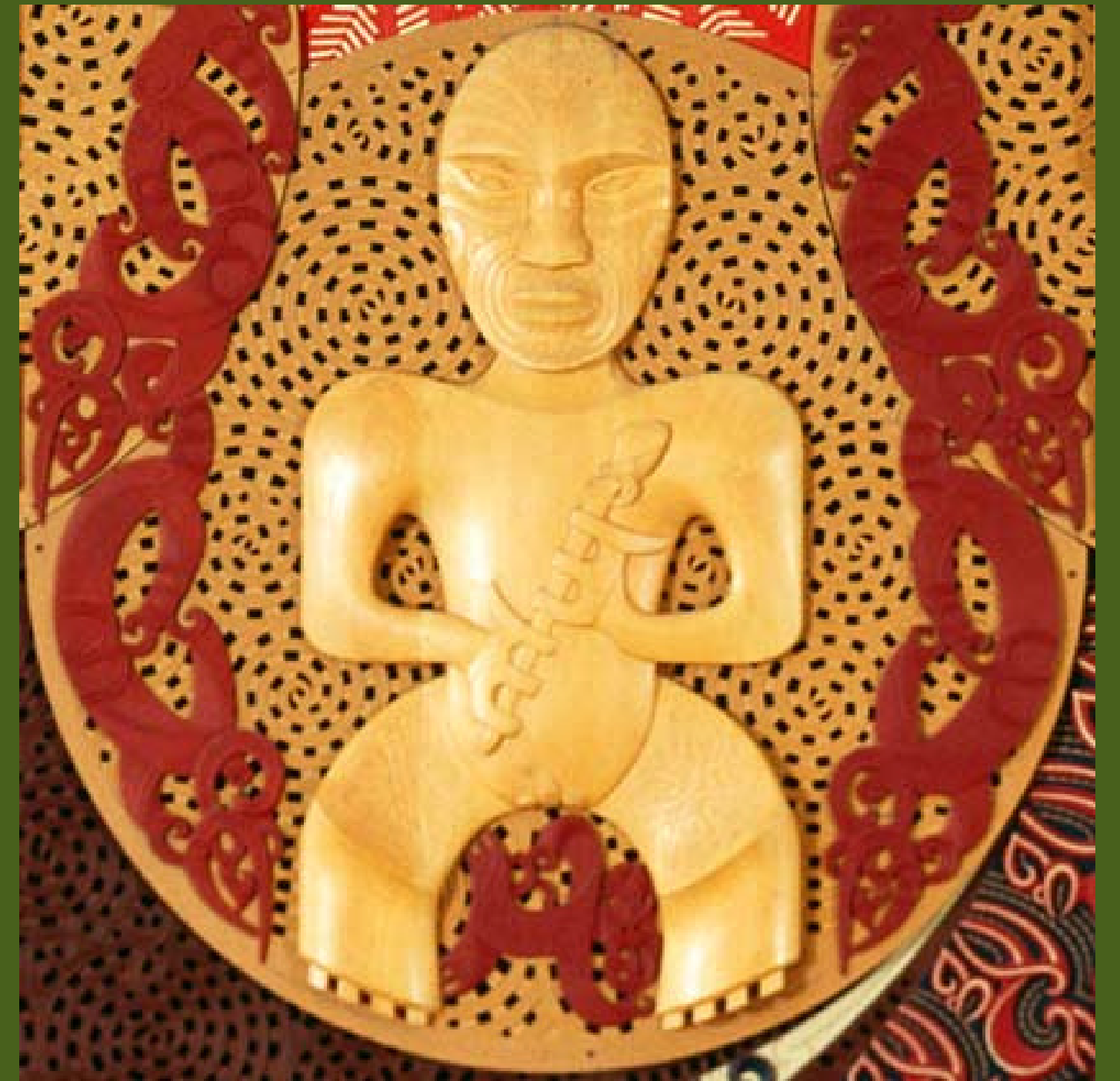






Japanese family meal old illustration. Created by Neuville after photo by unknown author,  
published on Le Tour Du Monde, Ed.  
Hachette, Paris, 1867





# *THE KETO DIET*

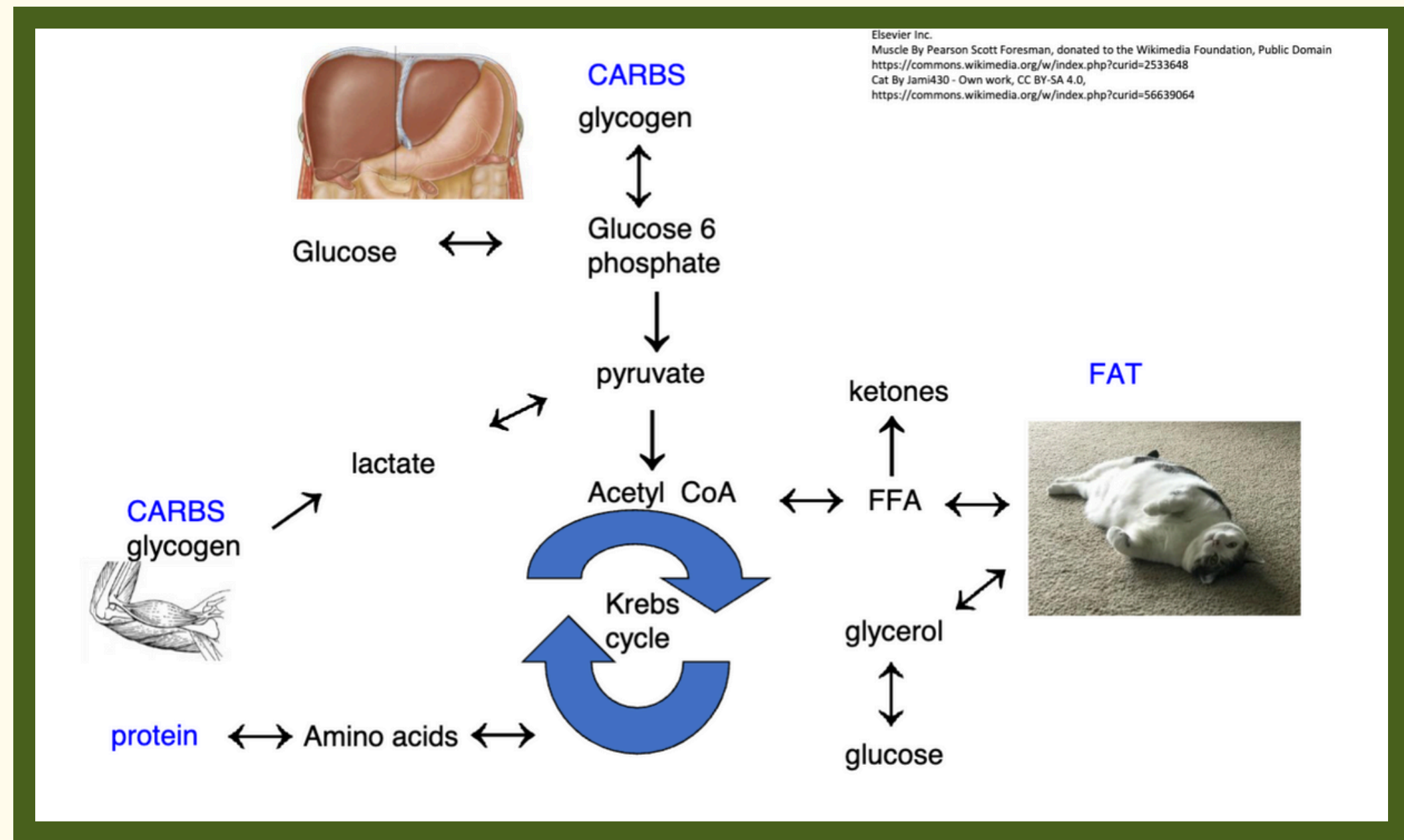
**Charlotte Tukiri**



# *The physiology of keto*

**A low-carbohydrate, high fat diet.**

Puts the person into a state of 'nutritional ketosis' - aims to burn through fat stores



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# Biblical origins of low carbohydrate diets

Mark 9:29 ▾ New King James Version ▾

**29** So He said to them, "This kind can come out by nothing but prayer <sup>[a]</sup>and fasting."

'This kind' references a person appearing to have epilepsy



# Keto and epilepsy treatment



First paper on keto and epilepsy – Guelpa and Marie (1911)



Russell Wilder – clinican at the Mayo clinic who is recognised as the first **clinician** to credit ketogenesis as an epileptic treatment (1920)

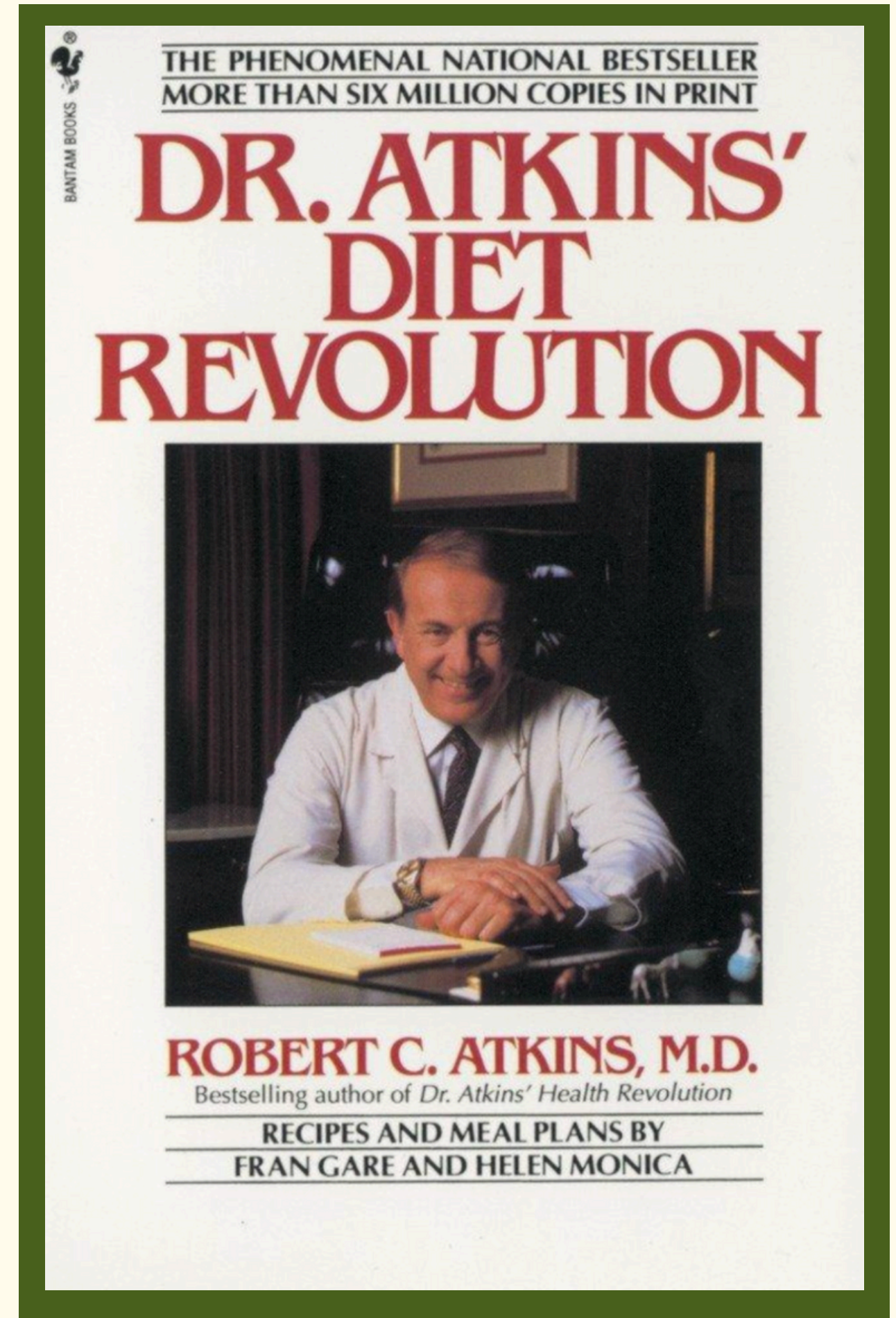


# *Keto and metabolic syndromes - the keto revolution of the 1970's*

The introduction of the 'Modified Atkins' diet - adding parameters and guidelines to the theory

Published 1972

Atkins, R. C. (1972). Dr. Atkins' diet revolution (1st ed.).  
Bantam Books.

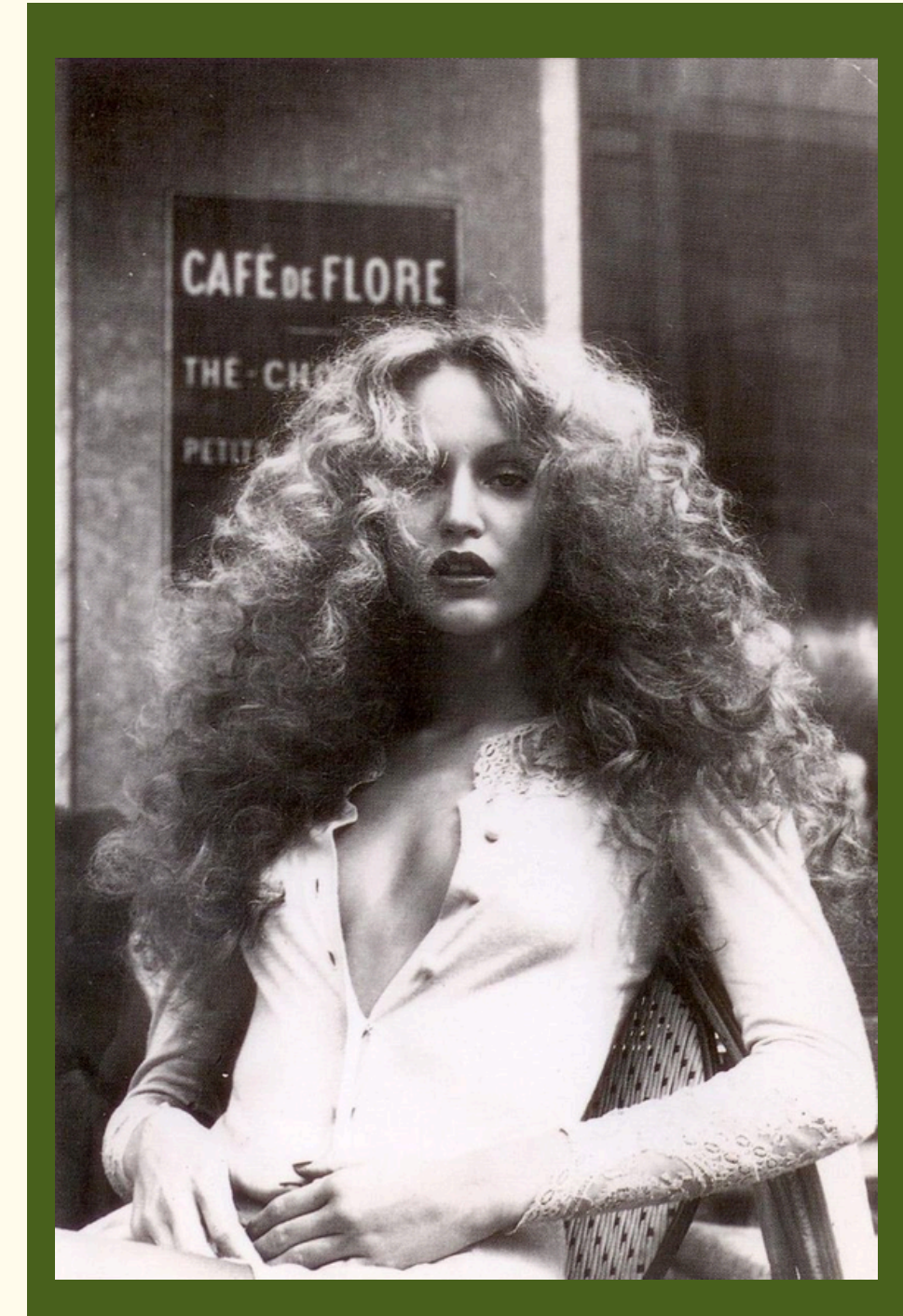




# *Keto and diet culture - the 'skinny' boom of the 70's*

**Keto was one of many diets circulating in  
the 1970's.**

Anything promoting weight loss = favourable!



Jerry Hall: The girl can't help it. (n.d.). The Society Chronicles.

Influential models Twiggy and Jerry Hall in the 1970's

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# *The modified Atkins diet*

Eric Kossoff popularised keto treatment once again in the neurological scene, successfully managing a 6 year old girl with epilepsy to the point where she was not having seizures.

This 2003 medical success cemented keto's use in epilepsy treatment, and expanded its uses to other neurological conditions such as Dementia.





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# *Keto and the (modified) Atkins diet - is it effective?*

Short answer - yes.

Keto initially makes you lose weight faster than other calorie deficits (~3.3kg more over 6 months)

**BUT**

This equalises by 12 months - **any calorie deficit will do the job!**

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# *Health risks of keto*

Initial brain fog

**Increased long term risk of:**

Kidney stones

Micronutrient deficiencies

Muscle wasting

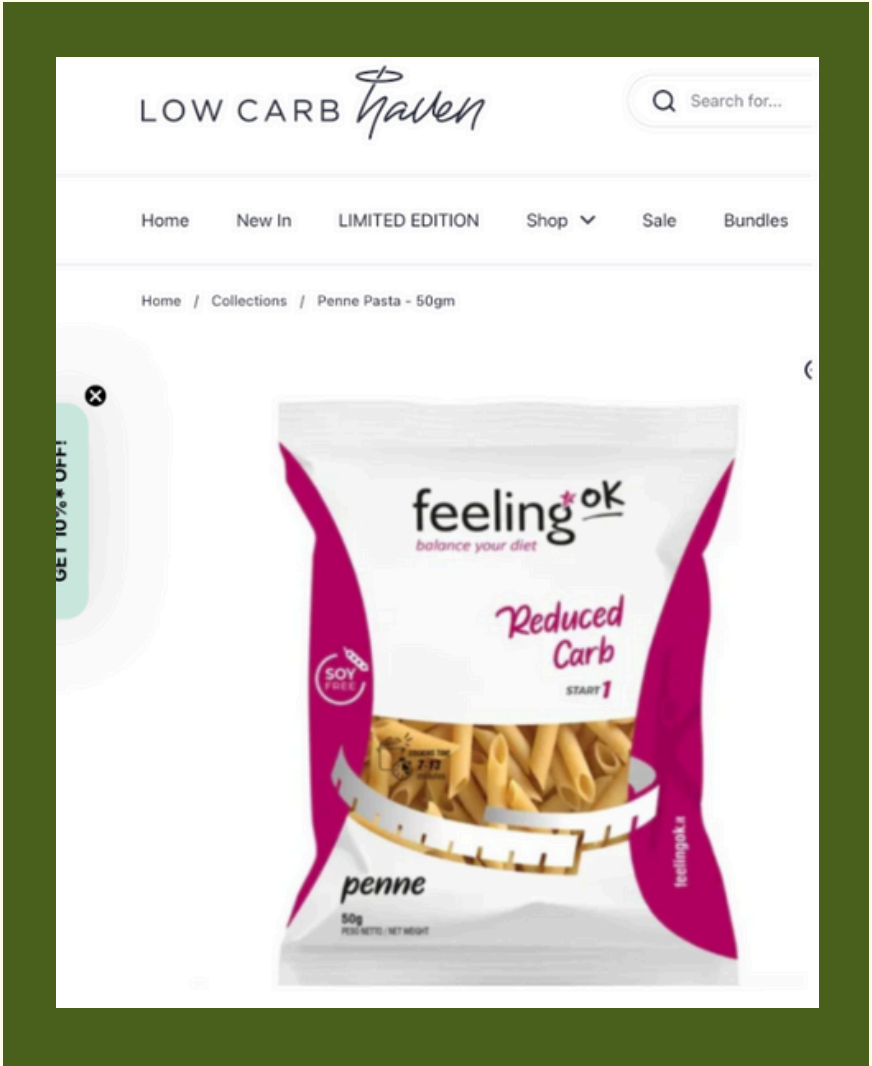
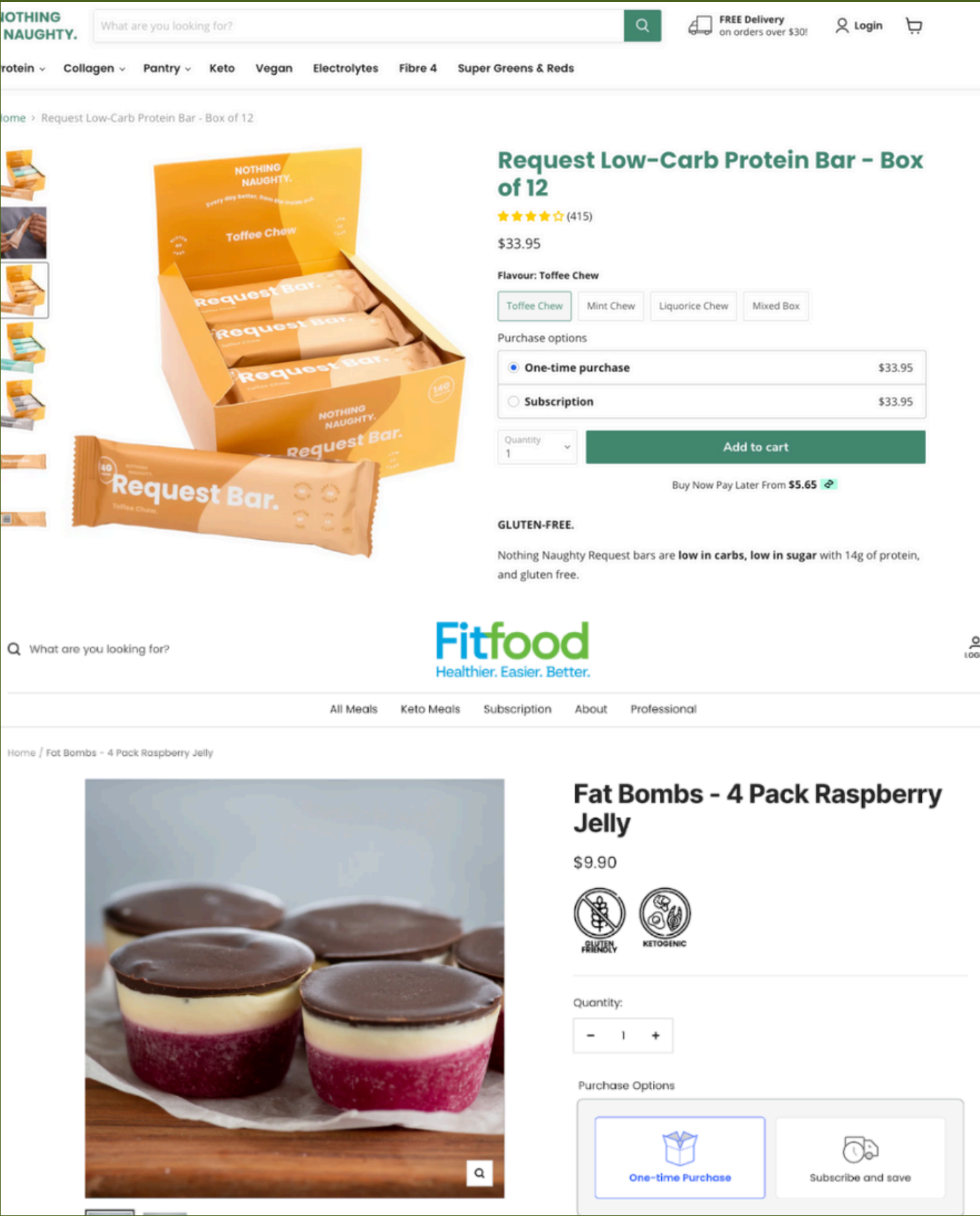
Higher risk CV mortality



*Despite the cons, the  
damage of  
carbophobia had  
already been done.*

The early 2000's saw the application of medical principles and treatment to the everyday person — the market boomed, and even low carb dog food was being created.

# Keto → profit



The keto industry  
was worth \$12.45  
billion dollars in  
2024

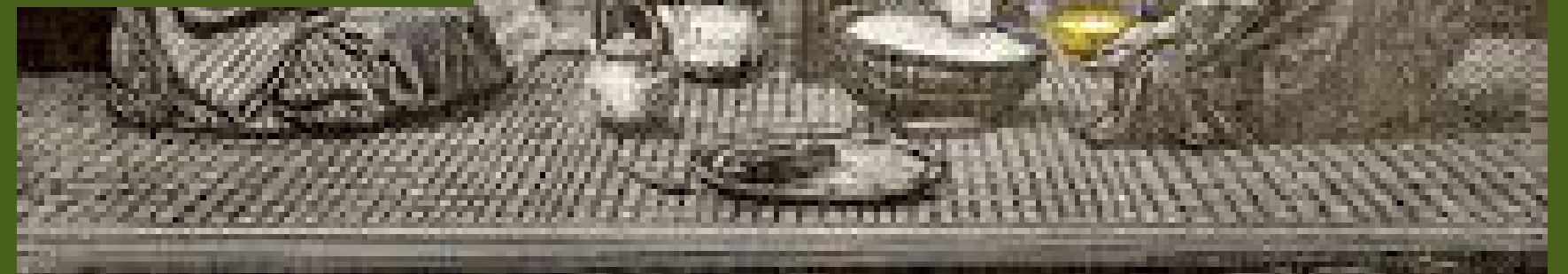
“Ketogenic Diet Market Size | Industry Report, 2020-2027” 2020)

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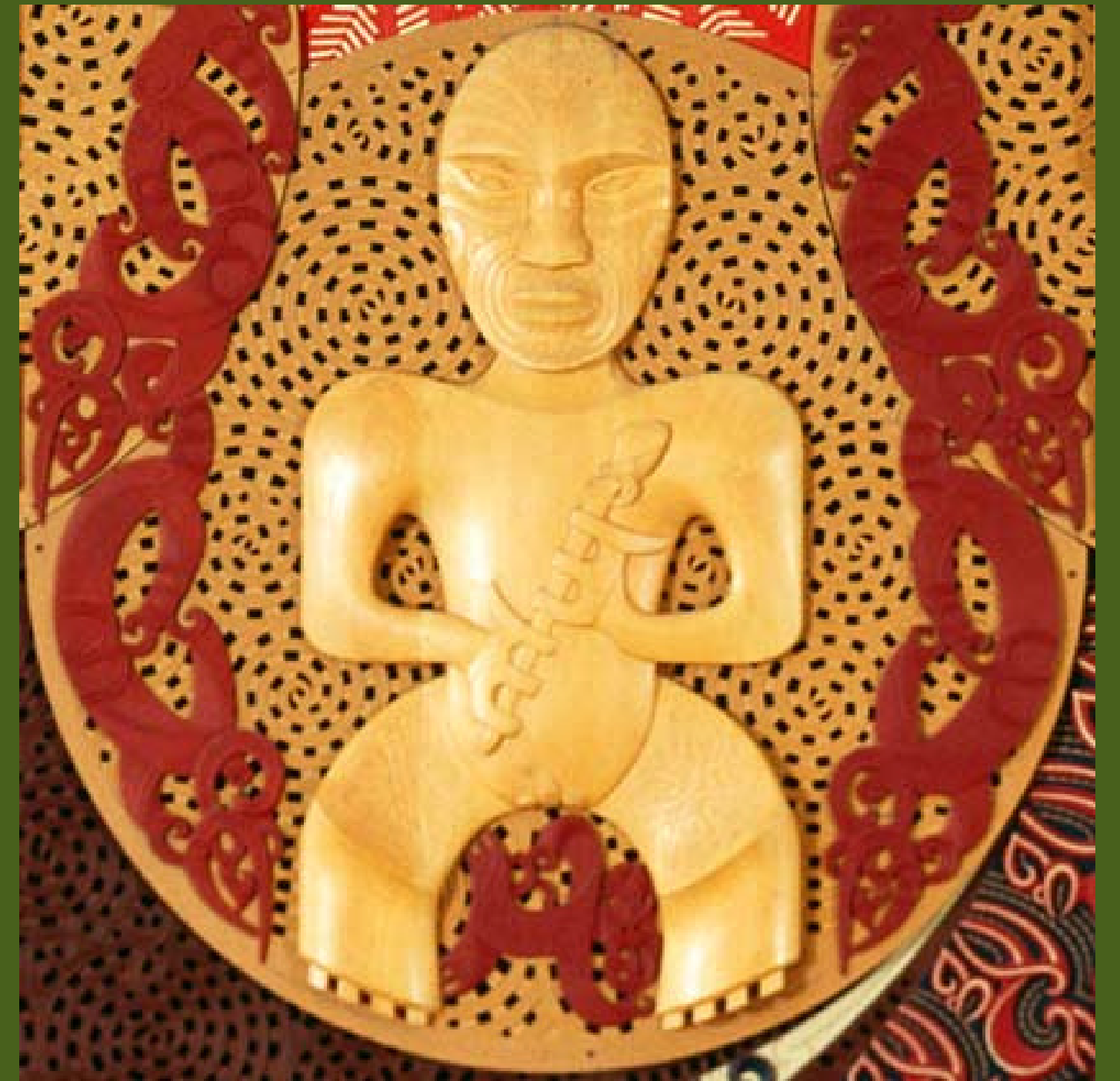
# *Following suit with fad diets - keto and xenophobia*

“Our ideas of what foods are good or bad are deeply embedded in racism, white supremacy, and anti-fatness. Diet culture praises foods like kale while demonizing others, **especially foods associated with BIPOC cultures**, like rice, biscuits, pasta, and tortillas”.











*PRESCRIBE  
EVIDENCE, NOT  
OPINION.*