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Chapter 1: Introduction to the ketogenic diet Chapter 2: The history of the ketogenic diet Prior to discussing the details of the ketogenic diet, it is helpful to discuss some introductory information. This includes a general overview of the ketogenic diet as well as the history of its development, both for medical conditions as well as for fat loss.

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time the ketogenic diet is being used, just as when a medication is prescribed. There are some problems that can occur especially during the start of the ketogenic diet. Because of these possible problems, patients are admitted to the hospital for initiation of the ketogenic diet, so that monitoring for symptoms and frequent blood work can be done.

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