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Diabetes and Endocrinology

&

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## Ketogenics: Beneficial impacts on obesity and metabolic syndrome

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This oral presentation will focus on operationally defining ketogenics, covering clinical weight loss components and positive impacts on metabolic syndrome, a major risk factor of obesity. It will also cover the connection of metabolic syndrome to obesity while presenting research on the benefits of ketogenic diets on these conditions. Ketogenic diets have been utilized as early as the 1920's for treatment of epileptic seizures in children. Research now indicates the metabolic alterations that occur within the human body during a ketogenic state can be a beneficial and viable treatment option for obesity. The research will highlight the works of: Cox et al. (2016),

Dashti et al. (2004); Ede (2017); Freeman, Kossoff, & Hartman (2007); Roehl & Sewak (2017), & Volek et al. (2008) & (2016).

### Speaker Biography

Shaweta Vasudeva is a teaching professional, speaker, author and coach. As a result of her passion to help others become the best version of "SELF," she has founded a company called ShayTheCoach. She has earned a Bachelor of Arts and Master of Arts in Psychology and is currently pursuing a Master of Science in Kinesiology at A.T. Still University, College of Graduate Health Studies. She is a certified nutritional therapist, certified personal trainer, certified corrective exercise specialist and Goju Karate Black Belt. She currently teaches at Rio Salado College and takes clients for corrective exercise and nutritional coaching at her private practice in Phoenix, AZ.

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