

# Why Are You Bloating And Constipated On the Ketogenic Diet?

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Many people complain of being bloated to the point where they can see their stomach sticking out when they walk by a mirror. The other common complaint with the ketogenic diet is being constipated.

*At the beginning, people typically really like a ketogenic / low-carb diet. Then the bloating and constipation starts ....*

## A Build -Up of Endotoxins Starts the Problems

The naturally occurring bacteria in your gut release these endotoxins. If these endotoxins penetrate your body, they cause inflammation. That can cause many things ranging from depression to pain and insulin resistance and of course, bloating.

If you have inflammation in your gut (stomach and intestines), you will have a problem with the detoxification process in the bile pathway. This causes you to reabsorb toxins rather than eliminate them. This breakdown of the detoxification process becomes one of the main problems with ketogenic diet.

Eating a meal that is high in saturated fat causes these endotoxins to enter the body. So if you eat a ketogenic diet, the endotoxins are entering your body at a high rate.... so how do you stop it?

The way to combat this is to base your diet around eating more fruits, more superfoods and more vegetables.

## It Makes a Difference with the Types of Foods You Eat on a Ketogenic Diet.

For instance, if you eat a lot of processed meats, bacon, sausage and cheese, you will have lots of exotoxins entering your body. If you eat those same things but add the right kinds of fruits, veggies and superfoods, you will greatly stop the endotoxins from entering your body.

**This of course, reduces bloat and constipation.**

Also, you will be able to follow your keto plan, if you do it right.

There are lots of various strategies people use to eat more fruits, vegetables, and superfoods while on the ketogenic diet. The best strategy, however, will be the strategy that you will personally follow on a daily basis.

I created 3 options of strategies that I give to my patients: a beginners option, an intermediate option, and an advanced option. These options follow the Daily Cyclical Ketogenic Diet and all help with both weight loss and anti-aging.

Below are 3 articles that I recommend you read if you are doing Keto. Start with the meal plan for anti-aging and weight loss article ... and if you want to understand the details of how it works, read the other two articles.

#### Articles to read:

- Meal Plan Strategies for Anti-Aging and Weight Loss:  
<https://mynutritionadvisor.com/meal-plan-for-anti-aging-and-weight-loss/>
- Ketogenic Diet Overview – A Beginners Guide:  
<https://mynutritionadvisor.com/ketogenic-diet-overview-beginners-guide/>
- Daily Cyclical Ketogenic Diet:  
<https://mynutritionadvisor.com/daily-cyclical-ketogenic-diet-meal-plan/>

## The Western Diet Doesn't Have Enough Superfoods

When people eat a western based diet that characteristically does not contain a variety and abundance of fruits, vegetables and superfoods, they have a decrease in the bacteria that makes sure the gut lining is healthy. There is typically a decrease in the good bacteria (Bifidobacterium) and an increase in bad bacteria (e coli).

This also causes an interference in fat metabolism and also causes people to become bloated.

This is obviously a problem because the majority of people want to lose body fat and this slows down the process.

When there are large numbers of bad bacteria in your gut, it will cause inflammation, insulin resistance, bloating and constipation.

We know that reducing the amount of carbs you eat will benefit insulin resistance, but you need to reduce carbs while maintaining or increasing the fiber you eat. The way to add more fiber is with fruits, vegetables and superfoods.

## Fiber Reduces Being Bloated

When people reduce the amount of carbs they are eating, they typically also have a large decrease in the amount of fiber they are eating. The problem with this is that fiber is very

important for your microbiome, which are the good bacteria that live in your gut. You need to focus on eating more plant based foods such as fruit, vegetables and superfoods.

Not eating enough fiber leads to being bloated and constipated. The fiber should ideally come from fruits, vegetables, and superfoods.

“Note that raw vegetables are typically better than cooked vegetables to replace the microbiome”

### **The Obese have a Bad Microbiome**

People who are obese generally have less diversity in their microbiome (the bacteria living in the intestines). This is also a common problem with people who eat a strict ketogenic diet. The common link is that both groups do not eat enough fruits, vegetables and superfoods.

### **This is the form of the Ketogenic Diet that I prefer: Daily Cyclical Ketogenic Diet**

After some trial and error, you will find what version of the ketogenic diet that you like.

I put my patients on the [Daily Cyclical Ketogenic Diet](#) specifically to help repair and shift the microbiome to add more good bacteria.

## **Drink A Superfood Smoothie To Reduce Bloating**

This reduces inflammation, reduces insulin resistance and reduces bloating. I easily do this by having my patients drink at least one superfood smoothie per day that is full of superfoods and fiber.

I have found that when I gave people lists of raw vegetables to consume on a daily basis, they did not do it. Some people may make a salad for 2 or 3 days in a row, but then they typically stop doing it. That is why I switched to smoothies. People generally prefer smoothies over salads, they are faster to make, smoothies taste better than salads and people love to drink them for breakfast or lunch.

We have over 50 different superfood smoothie recipes: <https://mynutritionadvisor.com/recipes/>.

You can filter for “low sugar” recipes, which will help keep your body in ketosis longer throughout the day than our recipes that are higher in sugar (from fruit).

## **You Can Reduce Bloating With Your Coffee**

If you're a coffee drinker, I recommend adding superfoods to your coffee. Many people will add cacao or cinnamon.

We have cacao [Ancient Chocolate] and cinnamon [Ancient Delight] superfood mixes that I recommend instead ... because they each have 9 superfoods in them, and taste great in your coffee [but you will want to blend them in your coffee since these superfood mixes contain whole seeds].

Many of you are probably already keto coffee [or also known as “Bulletproof Coffee”]. I recommend adding superfoods to this to turn in into a Superfood Keto Coffee.

The superfood mixes will keep you in ketosis while providing you will very important micronutrients and antioxidants that are lacking in a typical ketogenic diet.

Here’s the recipe we recommend for Superfood Keto Coffee:

<https://mynutritionadvisor.com/superfood-keto-coffee-recipe-aka-butter-coffee/>

The link will further explain why I recommend adding superfoods to your coffee – especially when on the keto diet.

## ADDITIONAL RESOURCES

### **Ketogenic Diet Articles:**

Do you want to better understand how the ketogenic diet works? We have 2 articles to help you become an expert in keto:

- Ketogenic Diet Overview – A Beginners Guide: <https://mynutritionadvisor.com/ketogenic-diet-overview-beginners-guide/>
- Daily Cyclical Ketogenic Diet – With Meal Plan: <https://mynutritionadvisor.com/daily-cyclical-ketogenic-diet-meal-plan/>

### **Superfood Smoothie Recipes:**

We have over 50 superfood smoothie recipes on our website:

<https://mynutritionadvisor.com/recipes/>

### **Superfood Keto Coffee Recipe:**

Coffee drinkers: try replacing your entire breakfast with this instead.

<https://mynutritionadvisor.com/superfood-keto-coffee-recipe-aka-butter-coffee/>).

### **How to Make Smoothies to Target Your Health Problems:**

Watch this video where we will walk you through how to find smoothie recipes that target your specific health problems:

<https://www.youtube.com/watch?v=yw3dtfnHLR4>

## RECOMMENDED PRODUCTS

### Superfood Keto Coffee

In order to make superfood keto coffee, you will need coffee, ghee or butter, coconut oil or mct oil, and these 2 superfood mixes:

1. Ancient Chocolate: <https://mynutritionadvisor.com/shop/ancient-chocolate-superfood-mix/>
2. Ancient Delight: <https://mynutritionadvisor.com/shop/ancient-delight-superfood-mix/>



### Superfood Smoothies

In order to make superfood smoothies, you will need a blender, fresh/frozen fruits and vegetables (depending on the recipes you choose), each bag of superfood mix, and a canister of smoothie protein.

For the superfood mixes and protein, we have both a startup and refill bundle that contain this. The startup bundle contains a recipe book where the refill bundle does not. Pick either of these:

1. Startup Bundle: <https://mynutritionadvisor.com/shop/superfood-mix-startup-bundle/>
2. Refill Bundle: <https://mynutritionadvisor.com/shop/superfood-mix-refill-bundle/>

