

Terms, Conditions & Cautions

Introducing a High Fat Low Carb Diet and Fasting

Medical supervision is recommended for the following:

- Those with an underlying medical condition.
- Those who are not sure about whether it may affect their prescribed medications should to speak to their doctor first.
- Type 1 or Type 2 diabetes where insulin is required will need doctor or diabetic nurse supervision as you may have to rapidly adjust your medication.
- Seek medical advice if you've any digestive problems or poor absorption of nutrients diagnosed from a blood test.
- Seek medical advice if you experience pain or cramping after fat consumption – which may indicate gall bladder issues.
- For anyone who has cancer – I do not specialise in the area of nutrition support for cancer but if you need a recommendation for someone who is, I'd be happy to help.
- Hypoglycemia – if you are prone to low blood sugar episodes, fainting or feeling weak between meals then extra supervision is recommended. Speak with Niamh and she can organise a consultation with a supportive Nutritional Therapist

The program is NOT recommended for the following health conditions:

- People who are underweight or have an eating disorder.
- People with a history of serious mental health problems.
- Children (under 18 years old).
- Pregnant women or breast feeding mothers.
- People feeling unwell or recovering from illness or surgery.
- People suffering from pancreatitis, active gall bladder disease or impaired liver function.
- People with a history of kidney failure.
- People who have undergone gastric by-pass surgery.

Absolute No's:

- Pyruvate carboxylase deficiency
- Porphyria
- Any kind of fat metabolism disorder

**Some of the above disorders will have been diagnosed at birth, while others are silent disorders. That's why it's always recommended to speak to your doctor before starting any new diet.*

Female Hormones

- * The keto diet can cause temporary changes in the female hormones. EXTRA CAUTION should be taken if cycle is affected to avoid pregnancy. It takes about 3 months to settle down.
- * *It is not advisable to drastically change your diet or fast if pregnant or breast feeding*

Disclaimer

*You must not rely on the information on this website as an alternative to medical advice from your doctor or other professional healthcare provider. If you have any specific questions about any medical matter, you should consult your doctor. I am not a doctor nor do I claim to have any formal medical background. I am not liable, either expressly or in an implied manner, nor claim any responsibility for any emotional or physical problems that may occur directly or indirectly from participating in this program. **By purchasing this program you are affirming that you do not have any of the above medical conditions, you are not pregnant and you are proceeding at your own risk, with your doctor's approval.**