

# Keto After 50

Hongru Du

**Cutting out carbs? - Bodybuilding.com Forums** Feb 20, 2008 · I started a keto diet this week. I'm taking in less than 30 grams of carbs and my energy is fine. 02-20-2008, 03:20 PM #12 Vipersg123 B.S. Kinesiology CSCS Join Date: Nov ...

**Thread: Keto issue for atheletes and very active people** Aug 30, 2002 · Keto issue for atheletes and very active people I am a pro wrestler which requires a lot of cardio vascular training as well as a bodybuilder. I also play Dance Dance Revolution, ... Thread: aspartane and citric acid effects to keto? Oct 8, 2003 · Re: aspartane and citric acid effects to keto? Originally posted by hayez could please someone explain why these will kick you out of keto??>i have some diet soda and i ...

**Gaining Muscle on Keto - Bodybuilding.com Forums** Sep 30, 2019 · You can gain muscle on keto but the lack of muscle glycogen could blunt the growth response. I guess you wouldn't get as depleted - but then the question becomes what's ...

Recomp (IF) vs Keto Diet (CKD) - Bodybuilding.com Forums May 14, 2012 · The whole reason I got on the keto diet was because I have been gaining weight on the stomach area and summer time is coming up. My body fat was up to ~16% and is now ... **An Abrasive Noo Yawk Guidos Keto Log - Bodybuilding.com ...** Apr 2, 2008 · Forum » Main Forums » Nutrition » Keto » Keto Logs » An Abrasive Noo Yawk Guidos Keto Log Page 1 of 2 1 2 Last Results 1 to 30 of 37 **Bodybuilding.com Forums** Nutrition Misc Keto Keto Logs Keto Recipes Losing Fat Losing Fat Logs Specifically For You Teen Bodybuilding Teen Misc. Teen Workout Logs Over Age 35 Over 35 Workout Journals Over 35 ... **Citric Acid and keto -**

**Bodybuilding.com Forums** Apr 29, 2007 · well, apparently epileptic children on keto diets are not allowed drinks containing citric acid. and apparently it might affect liver metabolism. **Breaking out of keto - Bodybuilding.com Forums** Jan 31, 2019 · I am currently on keto diet. But I am just a few kilos from achieving my goal so how do I get out of keto desired after I achieve the specific goal. How can I get out of it without ...

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