

Personal research paper about health
An alternative view on some common health issues

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0.1 Introduction

This is my personal research paper about diet and health. Here I will organize all the information I can find about this topic for my own reference.

0.1.1 What is the ketogenic diet

The ketogenic diet is known for being a low carbohydrate diet. In this diet your body will switch from using glucose over to ketones as its primary fuel source.

The only way the body can go into ketosis is when insuline levels are low enough.

0.2 Alzheimer

In this part the studies on alzheimer's disease (AD) are discussed.

0.2.1 What is Alzheimer's disease?

0.3 Protein study

In this part the studies on protein are discussed.

0.3.1 What are protein?

0.3.2 How much protein should I consume

blabla Weinert (2009)

0.4 Carbohydrate study

0.5 Fat study

Bibliography

Weinert, D. J. (2009). Nutrition and muscle protein synthesis: A descriptive review. *J Can Chiropr Assoc*, 53(3), 186–193. jcca-v53-3-186[PII]. Retrieved from <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2732256/>