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Our family recently came across The Science of Carbohydrate Restriction and Ketosis Conference lectures from 2018 (<https://www.youtube.com/playlist?list=PLU8c735-naXkdtVP2MVC0sJwHdmcB4sdr>). It was interesting to note that a significant portion of this research was funded by the US Navy. That research indicates that a state of nutritional ketosis can be the foundation for solving many of the health crises currently plaguing the United States - from obesity to age related declines in mental and physical well-being. Further, it is an approach primarily focused on dietary changes that can be easily implemented by most people. In particular, nutritional ketosis has been shown to be an effective treatment for hypertension. Unfortunately, most health care providers receive little or no training in nutrition. Providing information on the benefits, costs and "how-to's" of nutritional ketosis will help turn any health care provider into a "Million Hearts Hypertension Control Champion" *🌐

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