A top-down view of various fresh ingredients arranged on a dark grey surface. In the top left, there are slices of cooked salmon, olives, and a sprig of rosemary. In the top right, a large piece of salmon is visible. In the middle left, a halved avocado sits next to a glass of olive oil. In the bottom left, a piece of raw salmon is shown. In the bottom center, there are fresh basil leaves, raspberries, blueberries, and blackberries. In the bottom right, there is a slice of lime and a slice of orange. Scattered throughout are small white salt crystals and a small bowl of mixed nuts.

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This book is dedicated to my patients, who are committed to walking in divine health. Finally there is a lifestyle program that will enable them to live a long and healthy life generally resistant to disease. You catch a cold or the flu, but you develop disease by consistently making the wrong food and beverage choices. Beyond Keto provides a road map for choosing healthy foods and beverages to lose weight, prevent most diseases, and for many, even reverse disease. My patients have fueled my desire to research and find the answers to their health problems. I have found that there is no magic supplement, vitamin, or medicine that will cure most diseases. The best solution is simply letting your food be your medicine. Beyond Keto is a tool for doing just that. To your health!

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PREFACE

NOT LONG AGO I visited an island in Greece where people have grown olives and produced olive oil for thousands of years. The island actually has an olive tree that is over two thousand years old!

While enjoying their Mediterranean cuisine and slower-paced lifestyle, I had an epiphany. These people live longer than almost everyone else on the planet. They have answers that we on a Western diet with our ever-expanding waistlines and list of sicknesses and diseases should really stop and learn.

I understood the power of the Mediterranean diet, and it didn't take me long to see that here was an entire group of people living the Mediterranean lifestyle. They ate that way at home. They ate that way in restaurants. And they have been eating that way for centuries.

Yet they smoke! At 39.1 percent, Greece, of all the countries in the world, has the ninth-highest percentage of people aged fifteen and older who smoke.¹ In the United States roughly 14 percent of adults smoke cigarettes.² Yet Greece has lower numbers for heart disease and cancer, as well as obesity.³

The answers are always in the food. Here was a living, breathing Mediterranean lifestyle right in front of me—and it worked. What's more, they had years and years of research and results on the medical side of things as undeniable proof.

That is where we are going with this book. We start with a healthy keto diet (part 1) and work out all the kinks that have tripped up many people on a typical keto diet. Then we move over into a Mediterranean-keto lifestyle (part 2).

It's the same diet, just tweaked and adjusted a bit so you can live in the sweet spot that prevents most sicknesses and diseases while simultaneously bringing you incredible health and vitality.

That's where we are going. I welcome you to join me.

—DON COLBERT, MD

INTRODUCTION

ONE EPIDEMIC RESPONSIBLE for countless diseases, sicknesses, and unfulfilled lives is the obesity epidemic, and it is only getting worse. I wrote *Dr. Colbert's Keto Zone Diet* in 2017 to help combat that epidemic. After all, obesity is the root cause of most of the diseases we face today. Thousands of readers were able to lose weight and control their appetites. The keto diet worked wonders!

As a practicing physician, I continued to work with patients and kept looking for ways to improve their lives. That's what I've done and will always do.

Unexpectedly, I began to hear that many people on the keto diet, including some of my patients, were being placed on statin medications to lower their cholesterol. For many, their cholesterol had gone up fifty to one hundred points!

This didn't make sense, because lower cholesterol is usually a natural result of a healthy keto diet. And higher cholesterol was not the only problem. Some keto diet followers were developing other issues as well, such as

- joint pain
- muscle aches
- nasal congestion
- sinus issues
- fatigue
- brain fog
- memory problems
- gut issues (constipation; irritable bowel syndrome, or IBS; food allergies; food sensitivities; etc.)

- prediabetes
- type 2 diabetes
- heart disease
- hypertension
- cancer
- weight gain (on occasion).

Statin medication for high cholesterol can actually cause some of these very symptoms, but these symptoms were being experienced by many keto dieters before they went to their primary physician and were placed on statin drugs. Obviously something in the keto diet was not working.

So I dug a little deeper. I read, researched, studied, compared, and prodded my patients with questions. As a result, I found several gaping holes that apply to virtually everyone on the keto diet.

We will discuss these holes in the typical keto diet in the pages to come, but the most common and biggest hole affects 80 percent of keto dieters. It's more than a hole, really; it's more like a sinkhole that swallowed the entire road!

Let me explain. People like the keto diet and the benefits that come with it, but on average only about 20 percent of people or less actually stay with it long term. That's the norm with any diet.¹ Only a few will stick with it, and usually it's those with a motivation (disease, health, lifestyle, etc.) so strong that they keep going no matter what. When it's doctor's orders in a life-or-death situation, they really stick with it, but not everyone is in such a tough situation when they choose the keto diet.

The remaining 80 percent keep what they had come to enjoy on the keto diet—such as butter, cream, cheese, coconut oil, and fatty meats that they ate while losing weight—as they go back to their normal American diets with excessive sugars, carbs, and starches.

It may seem like a minor issue, but that is the number one problem. The vast majority of keto dieters combine their new and old eating

habits together. They mix the eating of a lot of saturated fats with the usual high-carb, starchy, sugary American diet.

The direct result: inflammation! No wonder their bad cholesterol levels were going up. Inflammation is a root cause of almost all chronic diseases, including cardiovascular disease, arthritis, most cancers, autoimmune diseases, even Alzheimer's disease and Parkinson's disease. It turns out that saturated fats cause inflammation, especially when eaten with refined carbohydrates or sugars or when you don't have enough omega-3 fats (fish oil) in your body.²

On the keto diet, with sufficient omega-3 and the very low carbs, starches, and sugar, keto dieters were, for the most part, able to get away with eating a lot of saturated fats. But once they went back to their normal American diet, the mixing of saturated fats with carbs and sugar caused inflammation, not to mention weight gain.

But that was not all. The high amount of saturated fats was also causing insulin resistance, which has been found to be a root cause of prediabetes, type 2 diabetes, Alzheimer's, Parkinson's, and many more of the more than one hundred autoimmune diseases.

Something had to change, and quickly! The keto diet is good, and it is still the absolute best way to lose weight, maintain a healthy metabolism, and fight sickness and disease (even cancers), but if the vast majority of people eventually revert back to their old eating habits, then the healthy benefits of a keto diet will begin to unravel.

I knew there had to be a better way. There had to be an option that provided the benefits of a keto diet with a lifestyle that could be lived and enjoyed long term. And there is an answer! Reduced to two simple steps, here is the answer:

Step 1: Start with a healthy keto diet to lose weight, gain health benefits, or treat or prevent sickness or disease. That is part 1 of this book.

Step 2: Then slide over to a healthy Mediterranean-keto lifestyle that enables you to keep the weight off, be healthy, and avoid sickness and disease. That is part 2 of this book.

The answer, where all this is taking us, is a lifestyle that mixes the benefits of a keto diet with the joy and practicality of a healthy lifestyle. To prove my point, you can jump right into the Mediterranean-keto lifestyle if you want, and you will still lose weight (just more slowly) and still get all the health benefits of the keto diet.

As for rising cholesterol levels that plague so many ex-keto dieters, they will usually be very pleased with their cholesterol levels when they are living the Mediterranean-keto lifestyle. The same applies to their other symptoms.

This isn't a new trend or craze. It's a lifestyle that people in the Mediterranean countries have been living for centuries, and the health benefits are well documented.

If you need to lose weight or are suffering from ailments, an illness, or a disease, then I strongly suggest that you start with the keto diet (part 1 of this book) and then roll that into the Mediterranean-keto lifestyle (part 2). Follow these with recipes and meal planning (part 3), and you are on your way! If you are pleased with your weight and health, feel free to head directly into the Mediterranean-keto lifestyle.

Amazingly the Mediterranean-keto lifestyle is a weight loss plan, a treatment plan, and a prevention plan—it helps prevent almost all the diseases and cancers that plague society—all rolled into one. If you want these health options, there is none better.

This is a disease-stopping, weight-reduction, healthy lifestyle, but don't rush unless you want to or have to. Take it at the pace that suits you and your family the best. The end goal is a healthy lifestyle that you enjoy for years to come.

I'll see you there.

THE NORM—AND WHY WE ARE HERE

WHEN IT COMES to food, we typically do what we are told, eat what's put in front of us, follow the food recommendations of the US Department of Agriculture (USDA), listen to our doctors, and let society dictate our eating habits. We basically follow along.

Some will argue, “That’s not true. I’m not controlled by anyone. I eat whatever I want.” That is also true—and also part of the problem!

You see, as a whole, we in the Western world (the United States, in particular) eat whatever we want, then go to doctors and expect them to fix what ails us. But there is no magic pill that makes us lose weight, much less stems the tide of all the sicknesses and diseases that come as a result of what we put in our mouths.

The government is of little to no help either. Take a look at the US dietary guidelines, and you will see it is recommended that carbohydrates make up 45–65 percent of our calories per day.¹ If we eat 2,000 calories a day on average, that means 900–1,300 calories, or 225–325 grams, should be from carbs every day. No wonder we are fat!

We eat on average 133 pounds of flour per person per year,² which translates into about 1.3 cups of flour per person per day. That’s a lot of carbohydrates, which then turn into sugar when our bodies use it for fuel. The fact is, the sugar and corresponding insulin spikes in the body with processed carbs, and many non-processed ones, are similar to straight sugar.

As for sugar itself, we eat a lot of it! The average American eats and drinks a total of about 130 pounds of sugar each year.³ There are about thirty-six tablespoons in one pound of sugar, so that breaks down to almost thirteen tablespoons of sugar each day per person! Most of the sugar is hidden in foods and drinks, but still, is it any wonder that

prediabetes, type 2 diabetes, obesity, and insulin resistance numbers are off the charts?

And did you know that our sugar addiction is actually a biological disorder, driven by insulin, appetite hormones, and neurotransmitters that fuel our insatiable food cravings and “affect the same brain pleasure centers as heroin or cocaine”?⁴ Not only are the sugars (and carbs) we consume addictive, but they play with our minds, our hormones, and our wallets!

Of course, our expanding waistlines are not solely the result of consuming the daily recommended number of carbs along with lots and lots of sugar, but carbs and sugar play a significant part in our overall weight gain. Don't believe me? The United States is the most overweight industrialized nation in the world.⁵ More than 70 percent of the US population over age twenty is considered overweight.⁶ In 1960 only 13.4 percent of the US population was obese, and now we are up to over 40 percent.⁷ And because obesity is a root cause of many diseases, it would then follow that we would have a dramatic increase in these obesity-related diseases over the past fifty to sixty years. That is precisely what is happening. According to the Centers for Disease Control and Prevention (CDC), more than 10 percent of the US population already has full-blown type 2 diabetes and almost 35 percent of those over age eighteen have prediabetes.⁸ That means we are almost to 50 percent of the US population being prediabetic or type 2 diabetic! In fact, we may have already crossed that point, as that stat is already being reported.⁹

Those high blood-sugar levels also affect our memory. One ten-year study of over 5,100 people found that those with high blood sugar had faster rates of cognitive decline than those with normal blood-sugar levels.¹⁰ Diabetics have almost twice the risk of developing dementia.¹¹

But that is not all. High glucose and high insulin levels are also predictors of cancer and cancer-related death.¹² Over time, obesity leads to insulin resistance, which is usually a root cause of heart disease, obesity, diabetes, cancer, and dementia.¹³ A study found that only 12 percent of Americans are metabolically healthy, meaning that 88 percent have either insulin resistance or significant risk factors for it.¹⁴

These foods we eat of our own free will—all readily available, approved by the US Food and Drug Administration (FDA), and USDA recommended—also cause inflammation, and we now know that inflammation is the source of virtually all chronic diseases. Those nasty chronic diseases include autoimmune diseases, cardiovascular disease, arthritis, cancer, Alzheimer’s disease, and Parkinson’s disease.

As expected, there has been a steady rise in the frequency of autoimmune diseases in the last several decades.¹⁵ Today around fifty million Americans have an autoimmune condition,¹⁶ millions more are on the autoimmune-inflammation spectrum, there is a heart attack every thirty-four seconds,¹⁷ and 40.14 percent of men and 38.7 percent of women get cancer.¹⁸



The average American consumes 130 pounds of sugar each year, about 3,550 pounds in a lifetime.¹⁹

Cardiovascular disease, which kills more people than all forms of cancer combined,²⁰ happens to be the costliest killer as well. The American Heart Association (AHA) states that heart disease is increasing and predicts that 45 percent of the US population will have at least one issue related to the disease by 2035, with the associated costs expected to double, from \$555 billion in 2016 to \$1.1 trillion in 2035.²¹ The AHA noted that unfortunately other risk factors, such as obesity, poor diet, high blood pressure, and type 2 diabetes, are on the rise.²² Not only are Americans not getting the message about heart disease, but they are not getting the message about what they should eat and drink.

Combining obesity with inflammation is like tying a brick to a paper airplane in a rainstorm and expecting it to fly. It is doubly impossible.

Doctors do their best to stand in the gap. They usually recommend

more exercise, fewer sweets, and more fruits and vegetables. That's good advice. In fact, researchers estimate that if we would just eat ten servings of fruits and vegetables a day (which is about 800 grams, or 28 ounces), then close to 7.8 million deaths worldwide could be prevented.²³

Do you think this is happening? Of course not. Millions of lives and billions of dollars could be saved by people simply eating more fruits and vegetables. Doing so reduces the risk of virtually everything, from type 2 diabetes and obesity to cardiovascular disease and some types of cancer. Approximately 12 percent of US adults meet the American dietary guidelines for fruit consumption (one and a half to two cups per day) and less than 10 percent do so for vegetable consumption (two to three cups a day).²⁴

The top fruits, apples and oranges in the form of juice, are both high in fructose (a natural sugar), which also plays into our run-away insulin levels and obesity rates.²⁵ But we do eat some vegetables. Yes, we do, but mainly potatoes and tomatoes in the form of french fries and pizza!²⁶ When the primary vegetables we do eat have added inflammatory oils, salt, and sugar, you can bet the nutritional value is reduced to almost nothing.

As you would expect with only 10–12 percent of the US population eating their fruits and vegetables, we are low in vitally important vitamins and minerals.

- Vitamin K₂: 97 percent of Americans may be low in vitamin K₂.²⁷
- Fiber: Virtually none of my patients initially consume enough fiber. This is vital for your body's health at many levels, and I will write more about fiber later, but I estimate that 95 percent of all Americans are low in fiber. That estimate holds true, for research shows that only 5 percent of Americans consume enough fiber.²⁸
- Omega-3: 90 percent of Americans have insufficient levels of omega-3 fats.²⁹

- Potassium: 97 percent of American adults are deficient in potassium.³⁰ Many fruits and vegetables have abundant potassium.
- Vitamin A: 51 percent of American adults are deficient in vitamin A.³¹
- Vitamin C: 43 percent of American adults are deficient in vitamin C.³²
- Magnesium: 50 percent of Americans are deficient in magnesium.³³
- Vitamin D: Approximately 42 percent are deficient in vitamin D, and that increases to over 70 percent in older adults.³⁴
- Calcium: One survey found that about 10 percent of girls age fourteen to eighteen, less than 10 percent of women over age fifty, 22 percent of boys age nine to thirteen, and 22 percent of men age fifty-one to seventy took in enough calcium.³⁵

The list of deficiencies is daunting, but even more disturbing is that each nutrient is supposed to play a role in the body to protect us from the very things that plague us. We desperately need what we are not getting.

To add insult to injury, while our bodies are deficient in so many vitamins and minerals, we throw a host of other things into our bodies that cause untold damage. From fake sugars to genetically modified organism (GMO) crops to processed meats to growth hormones to herbicides to pesticides to inflammatory oils to high-fructose corn syrup to refined flour to packaged food, we keep making things worse.

One small example is high-fructose corn syrup. This sweetener is used in countless items in our grocery stores, including bread, ketchup, cereal, salad dressing, and cough medicine. High-fructose corn syrup is what is called an obesogen, which is a fancy word for a chemical that makes us fat.³⁶ This man-made sweetener plays with the hormones in



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has been a board-certified family practice doctor for over twenty-five years in Orlando, Florida, and most recently in Dallas, Texas. He is also board-certified in antiaging medicine through the American Academy of Anti-Aging Medicine and has received extensive training in nutritional and preventive medicine. He is the author of three *New York Times* best-selling books: *Dr. Colbert's Keto Zone Diet*, *The Seven Pillars of Health*, and *Dr. Colbert's "I Can Do This" Diet*, along with best sellers *Toxic Relief*, the Bible Curé series, *Living in Divine Health*, and *Stress Less*. He has sold more than ten million books and treated over fifty thousand patients in his years of practicing medicine.



DIETS LIKE KETO AND MEDITERRANEAN ARE GREAT, BUT NOW THERE'S SOMETHING BETTER!

New York Times best-selling author Don Colbert, MD, has created a new dietary lifestyle, the beyond keto lifestyle. *Beyond Keto* blends the best of both worlds, the **ketogenic** and **Mediterranean diets**, and combines them with cutting-edge research on gut health. The key is eliminating foods that cause inflammation and insulin resistance.

If the typical ketogenic or Mediterranean diet has left you still feeling bloated or sluggish or you've seen your weight loss plateau, *Beyond Keto* will supply you with the tools you need to finally reach the low-carb anti-inflammatory lifestyle that will boost and enhance your body. In *Beyond Keto*, Dr. Colbert teaches you how to:



LOSE WEIGHT by shifting your body
into fat-burning mode

ELIMINATE INFLAMMATION
and related diseases

BOOST YOUR ENERGY
and increase longevity

BALANCE YOUR HORMONES
and heal your gut

This book also includes delicious recipes to begin a Mediterranean-keto lifestyle. Give your body what it needs to conquer disease and lose weight for good. Start living the beyond keto lifestyle today!

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