# What is Keto Flu? A Beginners Guide To The Keto Lifestyle

Most diets leave you feeling hungry, tired, and sore from physical activity. While the keto lifestyle won't deprive you of calories, there are some side effects that you should be aware of. The most common side effect that few people talk about is “keto” flu. This part of the diet is often the biggest hurdle and where most people give up and run for the hills. We have the 411 on keto flu, what to expect, how to manage it, and more.

What Exactly Is Keto Flu?

The keto flu is basically your body withdrawing from carbohydrates suddenly. Most people who start a low-carb or no-carb lifestyle will suddenly remove them from their diet as opposed to a gradual tapering. This sudden removal causes a sort of shock to your system as your body enters a state of ketosis. The side effects are similar to a very bad flu and can last just as long.

What is the Cause of the Keto Flu?

Most people burn sugar, specifically glucose when their body needs energy. When your body runs out of sugar for fuel, it performs a switch to fat. The metabolic process is called ketosis. The switch between sugar and fat can confuse your system and lead to temporary fatigue and flu-like symptoms, but these usually last no more than a week.

Average Keto Flu Symptoms

The reason it is referred to as keto flu is that the side effects closely resemble the flu. There are many symptoms that may signal that your body is entering ketosis or already in a state of ketosis. However, there are six that tend to show up more often regardless of age or gender. They are:

* Gastric distress such as Diarrhea or constipation.
* Cramping of the stomach and muscles.
* Nausea is often paired with dizziness.
* Severe cravings for sugar in any form.
* Insomnia or restlessness when trying to sleep.
* Changes to mood such as irritability.

How Long Does a Keto Flue Last? Are There Treatments?

The keto flu usually starts the day after you cut sugar and carbs from your diet. Generally, it will last between 5 and 7 days, but some may experience a longer duration. The best way to prevent serious withdrawal symptoms is by phasing carbs and sugar out of your diet over a period of a month or six weeks. Drink plenty of water and sugarless tea and make sure to take an electrolyte supplement.