The Amazing Benefits of Beta-hydroxybutyrate

Beta-hydroxybutyrate, also known as (BHB) have been used therapeutically for the treatment of epilepsy since the 1920s. Today armed with even more scientific evidence. Many practitioners have continued using them as nutritional therapies for obesity neurological disorders.

For the last couple of years, this powerful metabolic therapy is being used in an expanding range of applications. Including performance applications, many people are also choosing to add BHB to their lifestyles based on the science of the potential benefits for health performance and possibly even fat loss.

How does Beta-hydroxybutyrate work within our body?

When our body breaks down fats in our liver, it creates these little molecules which then move into our blood and circulate through the body to whichever organ system use them, as a source of fuel. This process only happens when there is a lack of glucose or sugar.

Endurance athletes love burning energy this way because they feel like in maximized their performance. In the past athletes were very sugar-fueled. You have heard a lot about carb loading and things like that, but now we are seeing athletes are moving more towards this fuel source.

Because it gives such a great source of fuel for the body, it is excellent for brain functions, mood, and concentration. But BHB also helps a lot with endurance, so there is a lot of benefits aside from you know maximizing their energy supply. Most people have opted for a lifestyle that naturally produces these Beta-hydroxybutyrate molecules in their body.

When in this metabolic state, the first things you see are changes in blood glucose levels and insulin levels. You are also going to see insulin levels go down and see improvements and insulin sensitivity changes in metabolic syndrome markers like cholesterol. Improvements in HDL cholesterol and LDL even changes in blood sugar levels.

BHB also can impact our hunger hormones seeing changes in food cravings. Unfortunately, it can be a challenge to keep your body producing these molecules. In the past few years, there has been high demand for quality BHB Salts pills like the one’s by NamFon Nutrition that you can take allowing you to instantly repeat the benefits. Without needing to following a specific eating plan. This trend is booming, and millions of people are reporting fantastic results.

We have a quote from Nash Donald, one of NamFon's excited customers “Energy confirmed; As soon as I start taking the pills I felt an increase in energy which made it easier for me to do 3 miles each day.”

Clearly, there is something to all the hype. To find out more about BHB Salts, please visit the company's website namfonnutrition.com or on amazon.