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Thread: [What's your opinion on a ketogenic diet](#)

Demon. - April 26, 2020, 9:57 am

I'm probally going to start doing a ketogenic diet because I want to know how it will affect my health. I have had a drug induced psychosis this year and I have read in alot of articles it will benefit my health right now. I would like to see what you guys think of this diet.

Geralt - April 26, 2020, 11:58 am

It's decent but not as special as people make it to be. It all depends from person to person, some people will feel much better physically and mentally while others will see 0% results, some will even feel worse.