winstonai

Feb 03, 2026
AI Model v4.13

Integrity report

Untitled

Anonymous

HUMAN SCORE	READABILITY SCORE
98%	33 / 100

English · 257 words · 1,685 characters

Assessment

Winston has detected the text as 98% human. The content closely matches human linguistic structures and nuances. We are highly confident it was written by a human.

This text has a **readability score of 33/100** and has a **U.S. school College level**, which means it is difficult to read.

AI prediction map

Likely AI generated Possibly AI generated Unlikely AI generated

Ketosis is a metabolic state where the body turns from glucose to fat as its primary fuel. Normal people tend to consume much of their energy from carbohydrates. Carbohydrates are then metabolised to glucose, which is then circulated throughout the body and is either converted into energy immediately or stored as glycogen in the liver and muscles. Ketosis occurs when carbohydrate intake is reduced sufficiently to fill glycogen stores and the body searches for alternative fuel. That alternative is fat which is converted to molecules called ketone bodies.

When blood sugar drops, insulin levels drop. Insulin is the hormone that pumps glucose into cells and stimulates fat storage. Lower levels of insulin warns the body that carbohydrates are not producing energy. As a reaction, the liver begins to break down fatty acids into ketone bodies, usually beta-hydroxybutyrate, acetoacetate, and acetone. These ketones may cross the bloodbrain barrier and be a reliable source of energy for the brain which is traditionally heavily dependent on glucose.

This metabolic shift is not instantaneous. Most individuals enter ketosis within 24-72 hours of very low carbohydrate consumption, though specific timing is dependent on activity level, metabolism, and amount of glycogen stored before. During this time period, the body "grows up to become fat-adapted" meaning it is more efficient in burning fat for energy instead of using glucose.

Food intake at rest without conscious planning can help slow down weight loss over time.

Non-weight loss effects of ketosis have also been examined. Historically, ketogenic diets were used as a way to treat diseases.