

Recommended Steps to Starting Keto and More

Pre-Keto

- Watch any YouTube videos with Dr. Stephen Phinney and/or Dr. Jeff Volik.
- Expand your learning with others as you grow. Subscribe to YouTubes - *Low Carb Down Under*
- Understand that there is a lot to learn about how *your body* reacts to this *lifestyle* change. It's fun, embrace it.

Starting

- Surround yourself with Keto friendly foods ahead of time so you have healthy choices. There are many lists available...Google
- Use a *digital food scale* and a *macro food app* to help you understand your nutritional needs. These tools just help take the guessing out of your plan. Scales are cheap. The app I use is **www.cronometer.com** It has a nice interface and is loaded with lots of user friendly information.
- Another helpful tool the Ketonix breath analyzer. It measures the acetone in your breath and has a good correlation to blood testing for ketones in your body. It's a fun, motivating tool to let you know your level of ketosis. I ordered mine on-line from Sweden. The inventor, Michel Lunden, invented this as a tool for himself as the ketogenic diet cured him a brain seizures. He needed a device to measure his state of ketosis. I like the tool as I use it multiple times a day and even bought an extra mouth piece as friends want to try. It beat the slightly more accurate blood testing in both expense and convenience.
- Try to get your food macros kcals to (Fats 70% - Protein 25% - Carbohydrates 5%). When in doubt add fat. As you learn what your body can tolerate, this can change.
- Dr. Stephen Phinney's Maintenance Diet of over 10 years -
Protein 80 -110g 400 kcals, Carbs < 50g 200 kcals, Fats 200g 1,800 - 2000 kcals
- When hungry eat high fat. In time (weeks) you will lose that hunger as you become adapted. You are hungry because your body craves carbs. You will train your body to crave fats. I know, it sounds funny, but it's true. You will crave a stick of butter! Wild!!! Also, it's not that you never get hungry; you will. But you won't feel tired and have you will have the energy to get on with something else rather than focus on your hunger.
- Understand the difference of being in ketosis and ketogenic adaptation.
- Be careful of eating too much protein. It can sneak up on you. You can have more on a high physical activity day because you'll burn it that day, depending on your total kcal intake of that day and the energy burned. but you will find these things out as you play with your numbers.
- Don't rush your learning about keto. It's a lifestyle change. You will learn if it is easy for you to duck in and out of ketosis. Maybe you won't want to. Other little things like salted or non-salted

butter. I like the taste of salted but I buy unsalted and add salt to my own taste with Himalayan pink rock salt. You will learn many substitutes for your favorite tastes and your tastes will actually change too. It's exciting and fun. Take your time.

My Routine

This is present after 5 months of continual ketosis and a weight loss of 41kg in that time

- AM: - Bullet Coffee (Coconut oil tsp - Butter tsp). I use tsp instead of Tbsp because I have 2 cups
- Sometimes I eat breakfast (1 eggs, 1 bacon, about 100g avocado, 10g butter)
- Lunch: Bullet Coffee - I find I have tons of energy for the afternoon instead of being sleepy.
- Dinner: at work I have a premade salad with a mix of calculated items that's different every time.
- (Leafy greens, blue cheese, black olives, broccoli, olive oil 15- 20g - Celery with almond butter)
- Dinner: at home I have a YouTube keto creation or my standard of Salmon, avocado with butter, spinach and/or broccoli in same fry pan as the cooked salmon to soak up the coconut oil and extra butter added.
- I know, I know, I skip a meal. You don't have too. It's easy for me. Sometimes I skip two meals. I am 6 months into this now and have moved on with the addition of some intermittent fasting. See *YouTube - Dr. Jason Fung*. This is added fun, especially if your weight loss stalls.
- Snacks: I smash 10 - 20g of butter in a small sauce bowl, then salt. Add 10 - 15g macadamia nuts + 20g almonds and/or walnuts. Each bite is a nut or two combined with the salted butter. Be careful! It's really easy to overeat macadamia nuts. I agonize when weighing them every time.
- I try for 70-85 Fats 15-29 Protein 5-10 carbs. 50g of carbs is for maintenance. 20g weight loss

Cautions

- Don't mixup/confuse grams, kcal, and macros % of meal when using apps.
- A low carb diet changes how your kidneys function. On a high carb diet, kidneys hold liquid. On low carbs, kidneys excrete fluid (salt/minerals). These need to be replaced. Dr. Phinney covers this in his YouTube video as do many others. This can help you avoid early stages of adaption of headaches, dizziness and weakness - the Keto Flu.
- Eating out: The biggest problem I've found is friend pressure you eat carbs. I have not figured out why. I guess sharing food runs across all cultures - too enjoy together. My solution is I carry with me a tiny container of half coconut oil, half butter salt to taste (about 20 g of each). This helps keep my macro ratios in order and I select leafy greens and fish/meat from the table/menu.
- I did have one possibly out of ketosis situation. It was the Chinese New year and I was invited to a family home for a tradition new year's meal. It would have been easy to select keto good foods and be okay, especially with my oil/butter container with me. But the host wanted me to try her rice cake as she made it for the special occasion. So I did and I knew, for diet purposes it wouldn't be good. But I made up my mind to learn what and how my body will react to going out of ketosis. I ate 4 pieces. It was good and she was pleased even though she knew of my

diet. I had some candy (sugar) and a few other non-good carbs. Even 2 shots of whiskey, which is ok by the way provided other carbs are in line... FYI, my Ketonix breathalyzer took me to the edge of ketosis but not out. I'm assuming that the meter was friendly to me and perhaps I was out. But I felt no negative symptoms and got back deeply within 48 hours

How and Why I Got Started

I am a 65 year old male - One day I stumbled across the movie *Run on Fat - Cereal Killers 2*. As an ex athlete and retired sports coach, I found this movie fascinating. I only wish I had learned about this earlier in life. Especially when my brother and I rode our bicycles around Lake Michigan, the 4th largest lake in world in 8.5 days. This movie was my introduction to the Ketogenic Diet.

I thought it was amazing that we can throw a switch in our body to burn fat instead of glucose. Instead of only having 2,000 kcals of glucose stored energy in our bodies, we can tap into 50,000 kcals of fat energy and not run out (bonk). What?@!\$%*&! Is this possible? The answer is yes but it takes some discipline to train your body to get adapted to burn fat (1 - 6 weeks although some benefits to the diet are immediate - everyone is different). But the main benefits aren't weight loss! The main benefits as you will research are improved brain function, a better feeling of well being, more energy - reduces tumors, starves certain cancers, improves healing time. This diet is a no-brainer!

In the past, I would go on a diet each time my clothes got tight and I got to 106 kg. It was kind of an emergency as I live in Asia and fat clothes are hard to find. I would proceed to drop 4 kg through calorie restriction and exercise. I felt good but it wasn't easy. It was a fight not to add calories. I was hungry much of the time and after the 4 kg loss, I stalled out. The weight crept back over a month or two and I'd go again in this cycle for years.

This last time, I got to 107 kg and had a heart attack. I had an 85% blockage in my coronary artery. I had a stint put in and put on 6 different medications. I got immediately back on my old diet, lost 4 kg, stalled and then found the movie, thus keto. After learning a little more about the new research of cholesterol, I stopped taking one of the six meds (Statin) to reduce my cholesterol. I did not consult my doctor as I figured he won't know of the new research anyway. Two month later at my next appointment, he laughed at my increased blood levels of cholesterol as I explained a little of what I had learned. I asked... How is my glucose reading? How is my triglyceride reading? How is the Triglyceride/HDL ratio? Good. Good. Good. How is my LDL particle size? We don't measure that. Now who's laughing?... I like this doctor. I told him of my plan. I told him I could be his science project. I suggested a treadmills test as I had one 3 years ago. He schedule it and was okay with the stopping of the statin. He would like me to continue the others for 3 more months. I agreed.

Now, 7 months later, I am 86 kg and still losing a little each week. That's a loss of 21 kg (46 lbs.) I have been in ketosis for 5 continuous months. I enjoy it and love the food. I don't miss any non-keto foods or at least I don't think about them. I'm cycling 2 x a week 25 km and running 2 x 1600m with added walks 4-8 km a week. The speeds and time are improving. This is my new life style that I have enjoyed growing into.