

A GUIDE TO
KETO-*ish*

WITH DR. LISA KOCHE



Keto-ish Course Outline

Pre-program preparation

Getting started:

Overview:

- A beginning guide to set you up for success on this Keto-ish journey
- This course follows along with the provided PDF version of the book Get LIT by Dr. Lisa Koche
- We are no longer including the bars and supplements with the course. This course is provided at a more affordable rate due to this alteration, however please feel free to visit spectrawellness.com/shop to purchase any desired products mentioned in the course!

4 most important things to prepare for Keto-ish journey

- Hydration
 - 1L bottle, filled at all times
 - Can add lemon and sea salt
 - Drink 2-3L of water a day
- Download an app to track your macros
 - Tracking fat, protein, and carbohydrate intake every day
 - MyFitnessPal is a good option as well as the Keto Diet App
- KETO-ish Tracker
 - Blank trackers to use to track intake of food and exercise
- Shopping list (p. 142)
 - Stock kitchen with what you like from these lists
 - Fruit and veggies: organic options when available, keep an eye on carb value for these and be sure to not over-do your carb intake
 - Meats: get organic, local, grass-fed, free range meats. Processed meat is inflammatory and goes against our goal
 - Nuts and seeds: go with what you like, but pay attention to carbohydrate amounts
 - Fats: Coconut, MCT, and C8 Lit oils are great options
 - C8 LIT-oil is a tasteless oil that has an extracted form of coconut oil that works faster (Coconut oil and MCT oil are also great fats)

Pre-program call with a Keto-ish patient:

- Leanne Vogle cook books are a great resource
- The idea behind the first portion of the program is to heal your gut
 - Removing eggs and dairy for the first portion

- Can measure NET carbs
- Load into the app everything you're eating for about 3 days, not long term
- Choose the diet plan based on the amount of carbs you're normally getting
 - If you workout a lot and are eating lots of carbs, it will impact the amount of carbs you're starting with (Between 25g, 50g, and 75g)
- Liquid stevia from a plant based source is okay in moderation
 - You can get creative with desserts and small snacks.
- Protein servings
 - One scoop of a low carb protein powder (ideally not whey because it is a milk product)
 - Palm sized piece of meat or fish
 - One tablespoon of oils
- No calorie counting necessary!
 - Primarily counting macros due to the inflammatory nature of carbohydrates
- Ensure you get an initial weight when starting your journey.
- To choose which level you're at, identify what the current daily level of carb intake is. For individuals who have been very meticulous, beginning at the 25g per day level is okay; however, generally teenagers and young adults or those who tend to be more active will typically begin in the 50g-75g range and can decrease from there.
- Choosing fat and protein servings:
 - Make sure you are taking enough fats to feel full.
 - Based on the carb serving intake, you can fill in using ranges provided in the LIT journey book for the other macros.
 - Ex. higher end of protein based on exercise as well as caloric density options
- Eating keto preserves muscle mass and gives people freedom from feeling "hangry"
- Eggs can potentially be incorporated back in the future
- Dairy should never be added back into the diet
 - Grass-fed, clarified butter can potentially be added back later
- Be sure to not over-do the LIT oil, can cause some stomach discomfort
- Add electrolytes to your water through Lit-lytes or sea salt
- Fat bombs can be a good dessert option
- Spirulina powder is a superfood that helps with detox and energy that adds vegetables to shakes without having to add more vegetables

We are teaching the body to shift to using fat as an energy source and fuel to burn up in addition to carbs.

Week 1

Overview:

- Introduction to DIM foods
- Elimination diet phase

Module 1 Video:

Elimination phase

- Removing inflammatory foods from your pantry and diet
 - DIM foods
 - Tend to be easy-to-grab foods
 - Impact how you feel for up to 72 hours after consumption
 - Foods that are GMO, have pesticides, or are likely to cause food allergy reactions
 - These block the ability to lose weight, keep you foggy, and make you tired

Genetically Modified Organisms (GMOs)

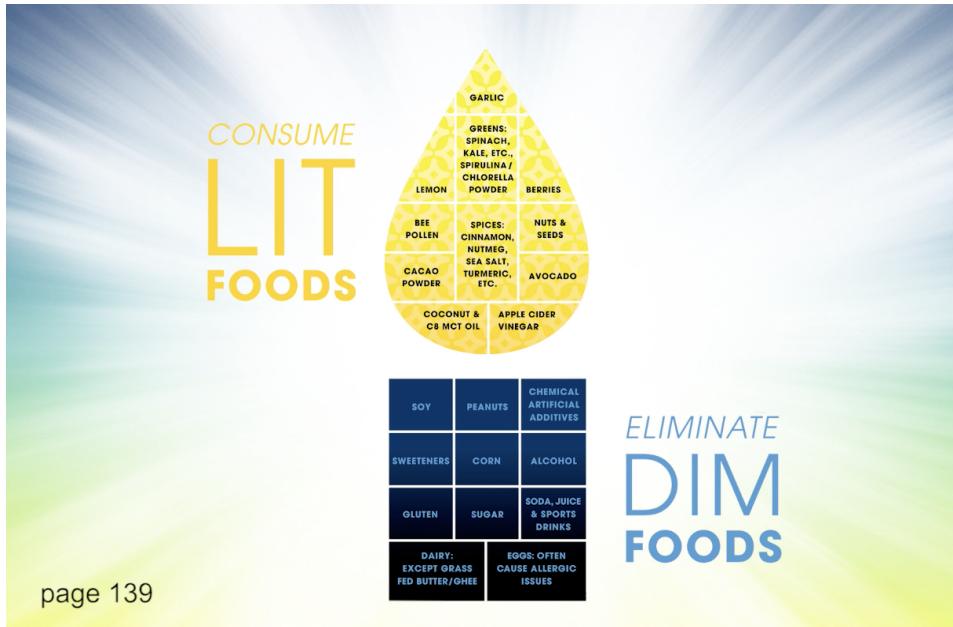
- Genetically modified foods in labs
 - Initially created to grow and produce more food for the world, be resistant to pests, and in terms of gluten, speed up the drying process to be able to make food ready
- Problem foods:
 - Sugar
 - Gluten
 - Corn
- Makes people tired, foggy, cranky, and addicted to these foods
- Antibodies against these foods go away after non-exposure to foods over a 2 week time period and reduce inflammation

DIM foods

- A list is provided in the graphic below.
- Soy: often GMO and is in a lot of foods as an additive
- Chemically added artificial ingredients: look for words you don't recognize, dyes, and numbers as signs you should not be eating those things
 - It doesn't matter if it says 'Keto' on it— these things are still not clean!
- To have success on the keto diet, food choices must be clean
- No sports drinks, juices, and soda
- Dairy: all over the ketogenic diet as an 'easy snack'
 - Most people react to dairy, especially in large amounts
 - Many people react to cheese
 - Two dairy products that are allowed
 - Grass-fed butter: butter that specifically comes from cows that were fed with grass (Kerrygold butter is a good option)
 - Ghee: clarified fat from butter
- Eggs: highly inflammatory for many people
 - Some people are able to start with eggs, but sometimes will have to revisit if hitting a wall

- Peanuts: grown at the base of the Mississippi river, which also grows cotton on the same land
 - There are heavy amounts of pesticides in this area from agricultural runoff and pesticide usage during cotton farming.

Food is fuel. It is a signal that either lights you up or dims your light.



Homework:

- Weigh yourself so you can see before/after results
- Grocery shop for LIT foods/purge pantry of DIM foods
- Track carbs on MyFitnessPal app
- Bonus homework:
 - Try a fat bomb recipe (delicious keto snack)

Call recording:

General teachable moments:

- Initial stages are to reduce the inflammation from inflammatory foods
- The body will still go into ketosis if the numbers are on the lower side for fats and proteins. This is okay every once in a while, however long term that is not sustainable because you will feel hungry.
- When playing with an elimination diet, after 2-3 weeks without the inflammatory foods, you can try adding them in and observe if there's a change in weight loss or inflammation to know which foods are reactive for you.

- After 7-10 days of fewer carbs, your body will start urinating more due to dropping insulin levels, which can lead to a loss in electrolytes. Be sure to replenish your electrolytes, otherwise this is when 'keto-flu' kicks in.

Week 2

Overview:

- How to use food as fuel to become extra-LIT
- Why are some foods more LIT than others?

Module 2 Video:

- Page 139 in Get LIT Book

The Importance of Incorporating Green Leafy Vegetables Into Your Diet

- Contain chlorophyll, which resembles our blood cells and can help expand oxygenation of our tissues.
- Mitochondria and chloroplasts are the same
 - We are driven by light and there are certain foods that carry more light to bring into our bodies (biophotons)
- Food sources are just as important as food choices
 - Biophotons are retained longer as there's shorter amount of time between growth and consumption

Body pH

- Bodily pH is optimal around 7; the more neutral your body is, the better you will be able to adapt to the ketogenic diet
 - Ex. Lemons and apple cider vinegar aid in maintaining pH

Oxidative Stress and Antioxidants

- Foods that help fight off oxidative stress are considered to be LIT
 - Stressors may be: environmental toxins, antibiotic usage, medications
 - Antioxidants can be found in many foods and supplements to help prevent oxidative damage
 - Glutathione is the master antioxidant
 - Glutathione rich foods: asparagus, leafy greens, and walnuts
 - Sulfur containing foods that help you make your own glutathione: garlic, onion, and avocado
 - Spices can be used for buffering inflammation and clearing free radicals to reduce oxidative stress

- Make sure to get greens and berries– be creative!

Homework:

- Order pH strips if desired and test pH levels daily
- Take note of the 5 LIT foods you incorporated into your diet for the next week
- Try experimenting with ketones

Call recording:

General Teachable Moments

- Electrolytes are important to put in your water while transitioning to reduce feeling fatigued
- There is often a delay in getting your ketone levels up while moving from a carb burner to a fat burner
- Exogenous ketones can help with mental clarity and anxiety
- Protein will help maintain your muscle mass
- The goal is to find something that can be maintained life-long; don't get wrapped up in the minutia of the carb levels
- A good, healthy weight loss will be no more than 2-3 pounds per week
- When testing pH:
 - Don't use urinary pH
 - Use salivary pH
 - Hydrion pH 6.0-8.0 strips
 - Goal pH is 7
 - Processed foods inflame your body and cause you to be more acidic
 - Hacks: apple cider vinegar or lemon in water can help keep your pH under control
- Always make sure to get enough vegetables in
- Checking ketones
 - Keto Mojo is a recommended monitor
 - Make sure to get ketone strips
 - 0.5-3.0 ketone blood levels are the levels to be considered in ketosis
- Workouts 15-20 minutes 3x per week is recommended to keep the process going
- Breathing exercises
 - Box breathing:
 - Breathe in to fill out your belly for 4 seconds, hold for 4 seconds, exhale for 4 seconds, then hold for 4 seconds. Repeat.
 - Helps to boost metabolism
- Goat cheese is less allergenic

Week 3

Overview:

- The basics and benefits of being in a state of nutritional ketosis

Module 3 Video:

The Metabolic Flexibility of our Bodies Down to a Cellular Level

- We take electrons and oxygen and our mitochondria create ATP, a form of cellular energy
- This food energy pathway can be fueled with carbohydrates or fat
 - Good fats help to remove the fat from our bodies
- The ketogenic diet dates back to the 1920s when it was used to treat a variety of conditions, including epilepsy in children
- Evolutionarily, our bodies were designed to be metabolically flexible due to the lack of assurance in the type of food our foraging ancestors were able to find

The Liver Produces Ketones When the Body is in a State of Ketosis

- Acetone- can cause bad breath
- Acetoacetate- in the urine
- Beta-hydroxybutyrate (BHB)- primary ketone produced in a nutritional state of ketosis
 - Levels higher than 0.5 can allow you to feel energized and have mental clarity
- Blood monitors can allow you to monitor whether or not you're in a state of ketosis
 - Optimal blood levels of ketones: 0.5-3.0
- Keto-acidosis
 - Seen predominantly in type-1 diabetics
 - Blood ketone levels are in the 10-30 range and blood sugars are high
 - Unlikely in someone who is not a Type 1 diabetic

Keto-ish Level System

- Patients who began on the strictest form of the diet often get burned out and can feel foggy and frustrated with the diet- it's important to start with the best level for you
 - Page 146 in Get LIT book



DAILY SERVINGS

	FAT 1 serving = 14g or 1 tbsp	PROTEIN 20-25g, 1 scoop powder, 3oz, or palm size meat	CARBS Total grams per day
Low Carb (LC)	6-11	4-8	LC <75g
Very Low Carb (VLC)	7-12	3-6	VLC <50g
Keto (K)	8-13	3-5	K <25g

page 146

- This is a flexible level system to work with based on what is and is not working throughout this journey
- Use the shopping list to identify serving sizes
- Questions to think about:
 - Have you tried the KETO diet before but it didn't work for you?
 - If this is you, begin with the Very Low Carb (VLC) diet.
 - Do you have diabetes, insulin resistance, or hormonal issues but have a lot of weight to lose?
 - If this is you, start with the Keto (K) diet.
 - It is important to reboot the insulin receptors, so this will be most efficient in the Keto diet range.
 - Are you brand new to the concept of KETO?
 - If this is you, begin with the Low Carb (LC) diet
 - Limits the crash to ease into the keto diet
- Goal is to get blood ketone levels to 0.5-3 and limit DIM foods in diet to be replaced with LIT foods.
- Keep an eye on the carbohydrate daily cut-off!

Homework:

- Experiment with new keto recipes, there are SO many out there to choose from (try not to get overwhelmed by this!) There is absolutely nothing wrong with sticking to a few favorites!

Call recording:

General Teachable Moments

- The 2-3 week range is when there's a lot of detox and flushing out of the mitochondria; this might be a time to keep the supplements around
- Keto-flu will typically happen within the first couple weeks
- Around week 3, mitochondrial biogenesis will be triggered
 - The body makes new mitochondria to allow to harness this new energy source
 - It's important to add support to the body while the engines are burning more fuel more efficiently
- Mitocore: multivitamin that is more mitochondria mediated
 - Coenzyme Q 10 (COQ10) and breath-work can be enough to support your mitochondria
- The body requires two main sources of input for electrons to produce energy: food and oxygen
- If you are not a teenager:
 - Shortening the eating window to allow for more fasting time can be beneficial, but be sure to pay attention to how your body responds
- When you first introduce eggs back in, it is preferable to not have them every day
 - Don't introduce dairy and egg at the same time
- An inflamed leaky gut, which can be the product of illness, trauma, and medications, will hinder the progress in weight loss
- Supplements for cortisol:
 - Ashwagandha
 - Phosphatidylserine
 - Theanine
 - Adrenevive Blend
 - GABA- a bit stronger
- Without using the ATP, it will slow the system down and not be as effective for weight loss
 - Important to keep moving and exercising through this process

Week 4

Overview:

- Transitioning into this new Keto-ish lifestyle

Module 4 Video:

- If you decide to check ketone levels, if you are not in the Keto group, it might be difficult to get a number from 0.5-3.

- There are still benefits from being at the lower end of the range!

What to Expect in the First Couple of Weeks in This Journey

- Symptoms are different for everyone
- To switch from one fuel source to another, it takes some time to adjust
 - The process of becoming fat-adapted/keto-adapted can take anywhere from a few days to 8-weeks.
 - If you're having issues, try a different level within the keto-ish program.
- Keto-flu
 - Symptom where it feels like you have the flu while adjusting
 - It is normal to feel:
 - Achy
 - Exhausted
 - Drained
 - Foggy
 - This is a reaction to the sudden drop of the hormone insulin
 - Hold on to fluids and electrolytes when there's high insulin levels
 - Best hacks
 - Electrolytes
 - Magnesium
 - Potassium
 - Calcium
 - A cup of bone broth
- Keep hydrated! This diet acts as a diuretic, so it is normal to lose lots of fluids.
 - Lemon and sea salt in water is a great way to stay hydrated
- GI responses
 - "Disaster pants"
 - Uncontrolled diarrhea
 - Not common, but go slow when first transitioning to avoid this
 - If you are not used to eating fats, go on the lower end of fat servings for each day
 - Enzymes are needed to break down fat in the GI tract, so they need to "wake up" if you have not been eating fat
 - Nausea, diarrhea, and constipation can be common— adjust dietary intakes as well as pacing of servings when adjusting to this diet
 - Hack: take a probiotic supplement to help the gut to settle in
- Tiredness and foggy brain are responses to decreased fuel in the mitochondria
 - Increase fat and proteins to respond to this
- "Annoying" symptoms
 - Bad "fruity" smelling breath
 - Hack: peppermint oil to put in your mouth

Supplements to consider

- Daily electrolyte support
 - A blend of minerals
- Unrefined, crystal sea salt
 - Put in food and water when feeling tired and foggy
- Vitamins and supplements
 - High quality multi-vitamin
 - High doses of vitamin D
 - Omegas
 - Probiotic
- If you have had your gallbladder removed:
 - Supplement with fat digestive enzymes
 - The gallbladder helps to break down and digest fats, therefore extra support is necessary

Hunger and cravings

- Identify cravings and how they might be identifying any deficiencies
- Breaking habits and patterns that have been developed over the years

Homework:

- Try a few of the hacks that were discussed in the module
- Listen to the Q&A for this week to hear about the LIT Scale, then download and check out the lit scale

<https://members.drlisakoche.com/wp-content/uploads/2020/11/the-lit-scale.pdf>

Call recording:

General Teachable Moments:

- The midway point can be frustrating and we can fall off the wagon a bit
- In week 4, your body will be actively producing ketones and your brain will be clear, your appetite will be controlled
- Electrolytes and sea salt are imperative to maintaining ketosis throughout
 - Bone broth is very simple and has lots of nutrients
- When in a more fat burning stage but still need time for mitochondria to catch up, increase protein intake and decrease fat intake
- Exercise should be pushed more during this week
- Supplements to aid in fat burning:
 - Good quality multivitamin
 - Fish-oil
 - Vitamin D
 - Probiotic

- Turmeric
 - Coenzyme Q-10
 - L-carnitine
 - Mitocore
- When you produce new mitochondria, the old mitochondria and inflammation can clog things up and overload your liver and slow your weight loss
 - Chemicals are stored in fat cells by the body to dilute toxins; when fat cells are broken down the liver has to handle and detoxify
- Hepatica and Lymph drops: 10-20 drops twice a day will help keep things moving
- Mindset:
 - The LIT scale: daily awareness tool to assess where your mindset is each day to allow you to reach success (in book)
 - Looks at physical symptoms, internal thoughts, external relationships, and patterns
 - The first step in progress is awareness
 - Medium zone is likely where most people are
 - Play with the scale and determine where you are, accompany with an affirmation
 - Can you become an observer in a traumatic situation? How can you keep your energy clean and stay in the eye of the hurricane?
 - Welcome the old patterns that come up, sit with them, journal them, then let them go.

Week 5

Overview:

Building a keto-ish meal

Module 5 Video:

- Page 148 in the Get LIT book will walk through how to put together a meal without needing a recipe

Morning/first meal

- A shake, either protein and/or coffee shake
 - Base: creamer
 - Organic coffee
 - LIT ingredients: cacao powder, protein powder (vegan or grass-fed whey), 2 servings of fats (C-8 oil and/or grass-fed butter or ghee), collagen, cinnamon, he shou wu (adaptogen that can help with stress)

Snacks

- If you are feeling hungry, make sure you are hydrated
 - Craving can resolve with sea salt and lemon water
- Nuts and seeds
 - Portion them out to avoid going over limits
- Seaweed snack
- How to make a keto-ish snack
 - Page 157 in Get LIT Book has recipes
- LIT keto ketones can keep brain functioning and reduce cravings when put into water

Cooking a meal

- Page 150 in Get LIT Book
- Choose your parts of the meal and how you would like to cook them!
- Bone broth can be added as well as sea salt and spices to add minerals back as well as enhance flavor

Homework:

- Try some guided meditations on youtube (Ask Angels is Dr. Lisa's Favorite)
- Try my "fatty coffee" recipe!
- Test your ketone levels

Call recording:

General Teachable Moments

- When reaching a lull:
 - Monitor ketones
 - Begin tracking carbs for a few days
 - Often need to cut the fat and up the protein or add supplements for insulin resistance
- After a few days of carb-loading, it is likely that you will feel more hungry after and while adjusting back to nutritional ketosis
- Can go on Youtube and find guided meditation for any situation and take 10 minutes during your day to reduce stress
- If you're still feeling groggy in the morning, put your feet in the earth and allow the sun to hit your eyes for 5 minutes to support your circadian rhythm.
- Supplements for cortisol:
 - Ashwagandha
 - Phosphatidylserine
 - Theanine
 - Adrenevive Blend
- Adrenals to balance hormones and act as a pick-up

- Turmeric helps with inflammation
- When you're stressed, you're losing energy and increasing cortisol— pull yourself out of stressful situations and change your mindset to be more productive and aware
- Cooking with fats
 - Olive oil is for low-medium heat; when used on high heat, it can become unstable and inflammatory
 - High heat: coconut oil, avocado oil (tasteless alternative), grass-fed butter
- Put sea salt on food and in water to keep sodium levels up

Week 6

Overview:

Benefits of transitioning to a metabolically keto-adapted system

Module 6 Video:

What does this transition mean in terms of benefits for your body?

Impact on the immune system

- When the body is inflamed, we are more susceptible to pathogens
- Inflammation blocks t-lymphocytes, the primary way the body fights infections
- Nutritional ketosis “turns off” inflammation, allowing the immune system to function properly and optimally
- BHB has a direct benefit on the immune system

Impact on the thyroid, cortisol, and other hormones

Thyroid

- The total T3 may be suppressed on the labs
 - The body becomes efficient in ketosis, therefore you don't need as much T3
- Hashimoto's disease
 - Thyroid peroxidase antibodies are a marker for diagnosis of Hashimoto's; it has been seen that patients with this disease who eat on a keto-ish plan have dramatic decreases in these antibody levels

Cortisol- stress hormone

- High cortisol occurs when people are not eating enough
- When keto-adapted, often hunger is not a problem; therefore, it is important to make sure you are getting enough healthy calories into your body
- Healthy sleep habits and getting good sleep is crucial for progress!

Insulin and diabetes

- Fasting blood sugar level: normal is 80 mg/dL
- Hemoglobin A1c: 4.5%-5%
- Having labs at these rates can decrease your risk of cancer, alzheimer's, diabetes, high blood pressure, and cardiovascular disease

Cholesterol

- Eating good fats can increase your LDL cholesterol, but it can increase good cholesterol, which is important to have
- Triglycerides decrease significantly
- Ask your practitioner for a more detailed lipid profile
 - Need to know the size of the cholesterol particles
- Can always bring the fat intake to a lower level

Hormonal

- Men: increase libido, muscle mass, testosterone
- Women: regular cycle fertility

Sleep and stress can block you from success, as well as not eating enough quality food

- Reduce processed meats, pork rinds, overdoing dairy, and lots of the new 'keto' things they sell at the store, which may be reactive for you
- If hitting a roadblock, this may be the time to remove dairy and eggs

Call recording:

General teachable moments

- Egg Thins with cauliflower
- Pumpkin and squash have a lot of fiber– but for maintenance they are okay because of how they're nutrient dense
 - Be meticulous throughout the day when you're still training your body to be keto-adapted if eating these
- Glucose monitors: beneficial for those who are hitting a wall with weight loss results or are interested in what certain foods do to your body
 - Can monitor blood sugar to observe how daily
- The main goal is to be able to bounce out of the keto-ish diet when desired, then be able to go right back into intermittent fasting and being keto-adapted the next day
- Benefits of having ketones on your blood:
 - Immune system
 - Directly impact T-cells
 - Can potentially decrease the severity of COVID infection if in a state of ketosis during infection
 - Exogenous ketones can help balance the immune system

- Diseases
 - Cancer and heart disease risk decrease when you have ketones around
 - Elevated blood sugar and insulin are linked to fatty liver and other diseases
 - Look at labs in more detail:
 - Cholesterol: decreasing lab ranges for normal blood results
 - C reactive protein: raising the marker
 - Typically with Keto this will decrease
 - Can supplement with turmeric, vitamin D+K, fish oil
 - Blood sugar: normal should be below 90 mg/dL
 - A1C: average is 5.5-6
 - Keto-adapted, can be in the 4 range
 - Ensure you are getting restorative deep sleep to be able to get results

Week 7

Overview:

Intermittent fasting and how it can be used in your keto-ish lifestyle

Module 7 Video:

What is intermittent fasting?

- Restrict the hours in the day for when you're eating
 - Squeeze your food into an 8 hour window, and give your body 16 hours without food
 - Mimics a 5-day water fast
- Can be as simple as skipping breakfast or delaying your coffee to incorporate intermittent fasting
- Recommended to begin intermittent fasting if you are keto/fat adapted for 30 days
- Window of eating can begin from 11 am -12 pm and can close between 7 pm - 8 pm
 - In the morning before the window of eating, can have tea or black coffee but hydrate a lot, and at the end of the day can have a tea (such as peppermint)
 - Play with these windows to see what fits best for you!

Benefits of intermittent fasting

- Autophagy
 - Body's self cleaning mechanism for removing dead/underfunctioning cells
 - Fasting can increase autophagy
- Growth hormone
 - Makes you age backwards and can impact other hormones

- Healthy gut
 - Keto-ish plan has a large impact on your gut
 - If the gut is not happy, healthy, or balanced, you will live in a state of overall dysfunction and malnutrition
 - Healthy fats help the gut microbiome
 - Fasting and giving the gut a break decreases inflammation and increases the ability to digest, causing a domino effect in the body regulating

Concerns of intermittent fasting

- Individuals who are:
 - Type A
 - Overachievers
 - Exercising too much
- These people should NOT intermittently fast and focus more on ensuring adequate nutrient and caloric intake— the benefits will be prevented from happening

For those who are doing Low Carb or have a lot of weight to lose, intermittent fasting could be the most beneficial addition to your tool box.

Call recording:

General teachable moments

- If the C1 bone is misaligned, it can trigger a fight-or-flight reaction and can trigger cortisol release due to every nerve having to pass through that one bone as well as vertebral arteries providing blood supply to the brain.
 - Atlas orthogonal approach to aligning
- We need to break from a fear based construct that we're used to, and allowing space for the release of the old and open up to connection and empathy
 - When you release the inflammatory foods and allow your body to become open to the energetic and spiritual changes, you make the energy for the pineal gland to be receptive to energetic fields.
 - The cleaner the fuel energizing the brain, we can access parts of the brain we didn't know we had.
 - Emotions need to be released to see and feel the universe's push.
 - When you feel unsettled, write down the emotions that are coming up and sit with them.
 - Breathing exercises to breathe into your chakras then release through the top
- The more in control and clear you are, the less food you really need to properly function
 - Sun and nurturing is necessary for our own growth and optimization
- The more time you're fasted and in a nutritional ketosis state, the easier it is to get back into it
- Practice the exercise, “subtitles to our emotions”

- “Scale” from 0-100
 - 0-50 is healing
 - 50-100 is performance
 - What can we do to get to the next level of what we’re doing?
 - Hormesis: ways to stress the body to allow the body to let the bad mitochondria die off and make new ones

Week 8

Overview:

Wrapping up and looking forward for maintenance and sustainability

Module 8 Video:

What to do When you “Fall Off” the Keto-ish Plan

- The keto diet is not meant to be hardcore indefinitely
- From this 8-week period, your body now has the superpower to be flexible and metabolically adaptive
- When you fall too far off, you can jump back on with a fast or hard-core for a week or two to be in control
- Look at goals, determine how close you are to achieving these
 - If you have a lot of weight to lose and are doing well, keep going! Your body needs time to get those insulin receptors going
 - If you’re at or close to your goal, you can go into a more cyclical form of the plan
 - If you’re frustrated and want to take a break, take it! Pay attention to how your body reacts and feels

Intuitive Eating

- The mental clarity and freedom that comes with the keto diet bleeds into the other aspects of your life and allows you to wake up and take control.
- When inflammation gets removed and we sit with our thoughts instead of covering them up, you open your mind up to the beneficial changes coming your way.
- Based on what you have going on, you can intuitively plan your meals and how you eat to optimize how you feel in the long run.
 - Pay attention and connect to yourself

Maintain Your Trajectory Upwards

- Soak in epsom salts to maintain magnesium levels in the body
- Keep exercise up to use the ATP and keep ATP production going

- High Intensity Interval Training (HIIT) workouts
- 15-20 minute walks
- When keto-adapted, you will burn fat and build muscle easily

Call recording:

- Awareness in regards to how the blood sugar reacts to cortisol levels can be beneficial to understand the way your environment impacts your body.
 - Activity and food journal, write down sugar next to these activities whenever you feel.
- Keto-ish gives you a foundation for something that you can control in the midst of situations you cannot control
- Keto allows you to cross the line from healing into performance
 - There are biohacking tools available to keep enhancing the performance level of the body
- If you do a lot of carbs at any point, try to rein them in the days after.