



GemeyLovesKeto.com

**Week 1**

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## **Getting Into Ketosis – Because It's the Mostest**

I may be a bit biased in believing that the ketogenic lifestyle is the best way to eat and live, but research backs me up! Outside of being the most effective strategy for weight loss, keto can enhance and prolong your life!

Check out these awesome benefits:

**It's anti-inflammatory** – Burning fat for fuel creates far less inflammation than burning sugar does, and ketones themselves turn off inflammatory pathways. Inflammation is the body's response to an injury, stress or illness. Think about bumping your head against something and the bump that appears afterward. The bump is a form of inflammation.

Studies have shown that most chronic diseases (cancer, diabetes, **heart** disease, and cognitive disorders/decline) are all rooted in one cause: inflammation. Consuming processed carbohydrates, sugar, and toxin-laden foods cause poor gut health. This adds stress to the body, resulting in inflammation. Removing these toxic substances from your body will help reduce inflammation, which we often see as bloating and an inability to lose weight no matter how physically active we are. With the removal we are one step closer to whole-body health.

**It builds a stronger, denser brain** – Ketosis causes your brain to create more mitochondria, the powerhouses of your cells. You can literally generate more energy when you strengthen your mitochondria, leaving you with excess willpower and a sharper mental state

**It burns body fat** – Ketones influence ghrelin and cholecystinin (CCK), the hormones that control your hunger. Hunger feels different when you're in full ketosis – it fades from an obsession to a background thought. Once you are in nutritional ketosis and burning fat for fuel, it's very easy to enter prolonged periods of not eating (fasting) and during that fast, your body is burning up your fat stores for energy.

**You can eat like a king (or queen)** – Bacon, grass-fed steak and butter, pastured eggs, olive oil, coconut cream... you can eat real, satisfying food on a ketogenic diet. Take THAT low-cal, low-fat diets!



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**Keto cures!** – This is the number one reason I am committed to living a ketogenic lifestyle (and you thought it was the tasty fat bombs!)

A ketogenic diet has been proven to treat – and even cure – chronic and life-threatening disease.

These are just a few of the diseases that keto cures: Epilepsy, PCOS, Type-2 Diabetes, depression, certain cancers, autoimmune disease, dementia, and Alzheimer's.

I am so passionate about keto's ability to prevent, treat, and cure chronic and life-threatening disease that we will spend a lot of time talking about this topic.

Once you shift your focus from simply losing weight to actually improving and preserving your life, this lifestyle change will be simple and long-term.

When weight is no longer an issue – no longer the main thing that you are worried about – that's when it becomes easy to burn up body fat!



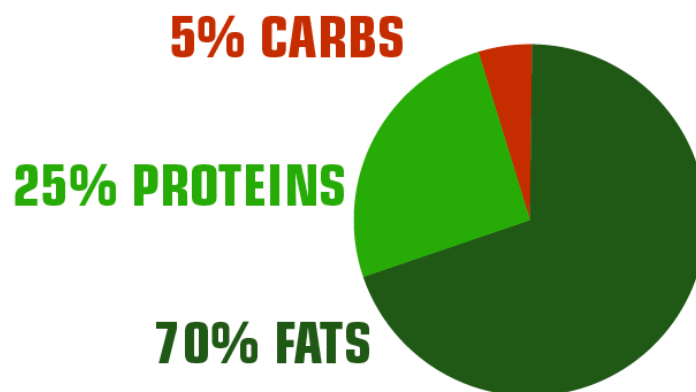
## MACRONUTRIENTS

There are three macronutrients that the body uses for energy: carbohydrates, protein and fat.

While each person's macronutrient ratio will vary slightly, to get into ketosis a typical macronutrient intake will look like this:

- **70-80% healthy fats**
- **25-30% high quality protein**
- **5% carbohydrates**

## MACRONUTRIENT RATIO



Basically, you want to consume 20 net grams or less of carbohydrates in a day, with a moderate amount of protein and a lot of healthy fats.

Too many carbs and too much protein (more than 9 ounces in a sitting) will kick your body out of ketosis.

Please note that calories are not as important when helping the body to first enter ketosis; we focus on them a little more later on as we discuss ongoing weight loss and weight maintenance.

Eating at a calorie deficit for long periods of time is simply not a sustainable method of providing the body with energy, mental clarity, or overall health.

For these first two weeks together let's keep the focus on lowering carbs, enjoying healthy fats, and eating high-quality foods.

You can keep keto very simple if you do not mind repeating meals.

Eggs, grass-fed ground beef, chicken thighs, avocado, spinach, coconut, avocado & olive oils, macadamia nuts, unsweetened almond milk, coconut milk and/or cream, butter, ghee, celery, almond butter, and water could get and keep you in ketosis without much prep or thought at all.



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### Signs of Ketosis

While you can purchase ketone strips and blood glucose meters at pharmacies and online to test your urine and blood for the presence of ketones, it is just as easy to monitor your body. Signs of ketosis include:

- Metallic tasting/smelling breath
- Strong smelling urine
- Thirsty
- Reduced appetite
- Diminished cravings for carbs/sugar
- Mental clarity
- Euphoria
- Sustained energy

If you are experiencing many of these symptoms and have been eating that 75-20-5 ratio of healthy fats, proteins and carbs, there is a good possibility that you are in ketosis.

### The Keto Flu

No, you are not dying; your body is detoxing from carbs and sugar. The “keto flu” refers to flu-like symptoms that many people experience when they become fat-adapted. Symptoms may include fatigue, sugar cravings, dizziness, brain fog, nausea, insomnia, and irritability. It will not last, and as soon as that big dark carb-withdrawal cloud leaves your life, the beautiful rainbow of ketosis appears. Some people experience the keto flu for less than 24 hours, and others get lucky and get the flu for a week. Keep calm and keto on, and use these tips to get through the storm:

1. Drink up to 6 cups of bone broth (or bouillon).
2. Eat more healthy fats (such as another avocado).
3. Drink more water and add a dash of Himalayan salt to that water to up your electrolytes.
4. Pickle juice is an awesome source of electrolytes (just be sure there is no sugar in your pickles!)
5. Exercise, even if all you can do are some yoga sun salutations.
6. Don't give up!

Change is only sustainable if you stick to it. The ketogenic lifestyle works, and this is your journey to better health!