



# 4.7 ketoCONTINUUM #8 Advanced 23:1

8. <u>Advanced 23:1/OMAD</u>	Move eating-hour within 11 hours following sunrise to match your circadian rhythm.	Record the Dr Boz Ratio first thing in the morning. Repeat before eating.
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Salt

[www.FORACARE.COM](http://www.FORACARE.COM)

Promo Code: DrBoz



[Link to DOWNLOAD the Dr. Boz Spreadsheet.](#)

This spreadsheet is an awesome tool built by one of my favorite fans, Patrick V. Watch his [instructional video](#) from Patrick V on how the spreadsheet works.

If you like to write with a pencil and paper, and not use an electronic spreadsheet, we've got you covered. Use this [LINK TO PRINTABLE Spreadsheet for Dr Boz Ratio](#). Track the Dr Boz Ratio.



Instagram

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[@drboz\\_annettebosworthmd](https://www.instagram.com/drboz_annettebosworthmd)

**DR. BOZ RATIO**  
**Glucose ÷ Ketones**

**Under 80: Might Get Autophagy**

- Weight Loss

**Under 40: Solid Chance of Autophagy**

- Repair of Immune System

**Under 20: Best Chance of Autophagy**

- Goal for Cancer Patients

