



2.06 No Ketones? Sip BHB + Do This

FOCUS ON A SUPPORT GROUP:

Lead by the public. For the public. You do not need to be a doctor to lead a group. You need to like people.

Curriculum for Keto Group = Connect to Others. Don't teach keto. Teach relationships

BEST PRACTICES

Weekly Meetings

Free

No Food

Start promptly. Stop promptly. 1 hour is enough.

No gossip. Teach through examples - not gossip. Focus comments on yourself, not others.

NEWBIES watch for the first couple of meetings.

VETERANS: Lead the way. Show newbies the culture.

Ideas for Check INs

1. Share you Keto WHY
2. High/ Low: Tell the best part of your keto week and the worst part of your keto week.
3. Find your place on the ketoCONTINUUM
 - a. [Print these cards for easy reference](#). Ask attendees to find their current place on the ketoCONTINUUM.
 - b. Share your success and struggle.

Revisit your WHY KETO.

Start the meeting by reminding one another that the meeting is not about having all the answers - but rather having support.



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If No Ketones by Day 4, Fail Upwards

- 1) No Sweet tasting Drinks except BHB (Ketones-In-A-Can)
- 2) Sip on [BHB](#) OR swallow [BHB capsules](#)
- 3) Start [MCT C8:C10 Softgels](#)
- 4) No White Stuff
 - a) Bread
 - b) Rice
 - c) Potatoes
 - d) Pasta

Stay at this phase until you master it. Seven days of no white stuff is a great reset. Now add that free [Cronometer app](#) and see if your carbs are less than 100 per day. Stay at 100 carbs per day for one week. Once you master 100 carbs per day for a week, then cut down to 20 carbs or less. Stay the course. Step into this chemistry instead of diving in.

- 5) No Alcohol