



Module 1 Q&A Handout

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Video Time Stamp: (00:00:00):



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1. After meeting my macros on the app, later in the day it wants me to eat more fat. How do I do that w/out going over in the others? 126

I would contend that the first, until you're keto adapted, the only thing I want you looking for the, especially that first week is I want you counting carbs. I only want you counting carbs. Quit looking at fat, quit looking at macros. You're being, you can look up grams of carbs and that's it. That's it. That's all you get to look at. So if you happen to eat more fat, you get to the, so I've already had 20 carbs. What can I eat? Well you can eat a stick of butter, you can eat it. I mean you can eat fat but you can not eat any more carbs.

Video Time Stamp: (00:25:49):

So other things include fatty cheese. I think pepperoni slices are really good cause they're really fatty. I mean there's pork bellies, other places where you get, it's some protein maybe, but mostly fat. I want you mostly fat. So if you get to the part of the day where you've had 20 carbohydrates, that's really what I care about. That first week I would ask whoever asked this question to hold it and ask it again in week three because it's a different answer then it's a different audience that I'm talking to. But what I really want to satisfy at the beginning here and as you head into module two is you're going to see me strictly say, quit looking around. I want you only focused on how many total carbohydrate grams are you eating. And it's questions like these that are really powerful. If you can follow this and then can you again in two question answers from now because I think it would be a very important question.

Video Time Stamp: (00:26:48):

2. If I am using BHB, how much, how often?

Video Time: 00:27:34

So then I just sip on it all day long. So again, at the beginning, if you're back at you'll learn this next week for the people who have struggled, they've tried to get through that first week and really fallen off victims too. Some of the dangers of the transition in that first week. Again, I'm trying to prepare you for that this week by counting those carbohydrates, sorting you into the people that are in the 200 club, knowing that you're going to struggle. But if you are in the 200 club and you're trying to do what I asked, which is alright, if you've taken in 300 carbohydrates a day and I'm about to slam to 20 and you're on a blood pressure medicine and you're maybe on some diabetes, the medicines you need to slow down.

And in the meantime, I need him to sip on BHB because what happens with those BHB supplements is you're going to drink them in their salts. They just go into your blood and then you're going to pee them out. If your body doesn't know how to use them, you're just going to pee them out. So by putting in a big glutton of them, first of all, it's a great laxative. You put in a gluttony, like drinking a bunch of salts is a great laxative, but so don't waste them. They're expensive. If you put them in and you sip on them, what you do is you start to wake up a few cells to learn. Oh wow, that's a keton. I wonder what I do with that. So by sipping on this, it really does change the transition. BHB salts only last a couple hours in your system before your kidney will say, all right, we didn't, it's a wasted molecule.

Video Time Stamp: (00:28:22):

We don't use it. So by, by sipping on them all day long is the right answer. And that will be important as we go forward.



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3. How do we get vegetables and keep our carbs down?

I would contend that the vegetable content as you become more keto adapted is much lower. I would say what is the reason you want vegetables? And I'm not trying to be a carnivore advocate here. I'm just saying if, if you're saying you're getting vegetables because they're healthy, I'm saying vegetables were always added because of their nutrients. So if you're looking for specific nutrients, let's talk that game. But if you're saying, "but I was told vegetables are healthy." Yup. And you were told that breakfast cereal was healthy too. Oh, this is a different way of thinking. I would push you back to that fridge guide and say which vegetables are the best and start using vegetables in a way that keeps your carbohydrates less than 20 per day.

Video Time Stamp: (00:29:23):

4. Do I stop taking supplements like D three Cod liver oil, vitamin Metamucil capsules?

So I would contend that at the beginning, I, I don't, yeah, the only one that really makes my skin crawl is the Metamucil. Again, those are all carbs. They are carbs that have been modified to not be absorbed. Which is the same thing that fiber is. That's why vegetables have so many carbohydrates in them is they are carbs that you don't absorb except they still do things to you. And that's a longer story than we're going to get in today. But it will come up in the future, especially next week when we talk about constipation, diarrhea and all kinds of poop stories. Vitamin D three important so is K2 and I would tell you that the people who need the most supplements are the ones that have been.

Video Time Stamp: (00:30:15):

They'll be the longest. So at the beginning I would say I wouldn't take any of those supplements if I was telling somebody right out of the gate, you're going to go into the ketogenic diet and you know, tomorrow is day one. What, what do I do with these supplements? And I would just say, pause them for a moment. Just don't take those. Without the Cod liver oil. But daily vitamin D, vitamin D three, all important. But one of the key things to becoming healthy is that you stop losing the nutrients out your gut. You're not going to do that the first week, but there are plenty of problems that happened the first week. And I would mitigate that by saying just put those on hold for a week.

5. When will the workbook be published?

Yeah, I know I talked about the workbook on video one.

Video Time Stamp: (00:31:05):

The outline is very similar to what is in your handouts. But the published workbook will probably be, I don't know, I'd like to think June. Stay tuned. Yeah, we're getting there.



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6. I thought you weren't supposed to be doing keto

That's my favorite. Okay.

7. Will members who need to go at a slower pace, get lost in the crowd?

And that's the whole point of, this was again, one of those questions that way at the bottom. But members who are going at a slower pace don't necessarily have a no, you are the focus right now is that the newbies, the people who have never done this or they've fallen off and they're not Keto and they're looking to restore their patterns for Y. So this is it for you that I'm trying to slow down and say, yup, I get that there are people that are super advanced and want to know more about the dr boss ratio and have all these great advanced questions and they're going to be the target audience in week three and four.

Video Time Stamp: (00:32:06):

So hang in there. Please don't feel like you're getting lost doctor for the 200 club.

8. Dr. Boz for the 200 club, what do we do if 1 of 3 are over 200 and the other 2 are under 100, should I delay starting in order to get to

What would I do if one of three are over 200 and the other two are 100? Should I delay it? So what she's saying is I asked you to count how many carbs did he had in the last three days and she's like, one of them is over 200 and the other two are at 100 or or under 100. So her average for the three days is under 200 and I would say you're going to be just fine. She's not part of the 200 club then. So again, what I'm looking for is people who, who are eating at least 200 carbs per day or more and they come to the table with a bunch of chronic illnesses. They're the people who have the most trouble and that's the ones I'm trying to, to offer these answers to as we prevent you from falling off the cliff there.

Video Time Stamp: (00:32:57):

9. What formally accepted keto products do you recommend people remove from their pantry? Example Keto ice cream, nut flours, others?+65

All right, question number 65 folks wanted to know what formal aspects what formally accepted Keto products do you recommend people remove from their pantry? Example, keto ice cream, nuts, flour, others, again when you look at the products in your pantry, and when I'm talking about cleaning out the pantry for this week, it is a, it is [inaudible] cathartic therapy. If you know, you are using Keto ice cream or my personal crux is I cannot have



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Maccabee and that's in the house with me cause I eat them all. I love them. I eat them all. I buy them thinking they're, they're for the kids, they're for somebody else and I eat them off. So if you have things in your pantry where you know it's a form of the devil, I guess just tempting you, then get rid of it.

Video Time Stamp: (00:33:54):

I mean, I have learned that when I have coconut flour around or I have almond flour around, that I'll find that I need to bake. But when they're not in the house, I don't do it. So if I look at a what, when, no, what should be kept in the pantry and what shouldn't, I would try to use, Oh, where're your demons? Okay.

10. What about protein and calories macros? Do we need to worry about these? I hear conflicting information.+62

What about protein-calorie macros? Do we need to worry about these? I hear conflicting information. 62 of you want to know that question and I would say, ask me again in a week or two. The audience for this week is I want them only looking at total carbohydrates for the next week.

11. What is the difference between BHB and MCT? Are they interchangeable?+60

What's the difference between BHB and MCT? Are they interchangeable answers? No one's assault that is already made. Ketones that you swallow. MCT is the oil that does not need to be digested.

Video Time Stamp: (00:34:45):

It is absorbed. So it comes right from your gut into the liver. The liver then spins that fat into ketones. So the MCT, your liver makes the ketones and the rise, and your ketones last for about four to five hours. The BHB spikes those ketones much quicker and as little as 15 minutes, but really only lasts a couple of hours and your liver did not make any. I think it is very interesting that when those folks have a few ketones in circulation, it does signal the liver that, Hey, we should be making ketones. We've got ketones around, we missed something. So ketones be get ketones. And that is one of the life hacks that I've really come to appreciate. I did not, no that when I wrote the first book. Anyway, you can. But I do have a really good chapter in any way you can about MCT.

Video Time Stamp: (00:35:33):

I have turned that into a YouTube video that I think is really helpful. If you're looking for a more thorough answer there.

12. What is the goal with the thumb print - is it for this to disappear?+54

What's the goal of the thumbprint? Thank you for asking this question. I really liked this once you have 54 of your life, what do I do with this now? Hmm. So the thumbprint, yes, this is inflammation. When people say, and I use the word chronic inflammation it's amazing how many people just think it's like a cognitive dissidence. They don't think I'm talking to them. I think that can't be me. I don't have any inflammation. I'm fine. And then you, you can do one blood to ask. You come to my office. You have high blood pressure. You have a, you're overweight, your joints hurt.



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Look, that's all signs of inflammation. But to give you the best measurable moment of inflammation is to do the thumbprint.

Video Time Stamp: (00:36:18):

And yes, when you're healthy, it's gone. That's the powerful answer that you store fluid in your body. And nobody asks you for permission. You hardly, it's such a subtle change in your overall symptoms that you hardly notice, but the thumbprint is a way for you to say, Oh, snap I got some fluid, you know, in the plane trip over here is really long. So I get here and I can feel that my legs have a tightness to them. And I did a thumbprint and it was, you know, it was real 48 hours later it was pretty gone. But you know, just having it, having that long plane ride is something I, yeah, I thought it was going to be somebody else's problem. Much like cognitive dissonance. But sure enough, you use that as a way to say inflammation is real.

Video Time Stamp: (00:37:02):

It does. And it's measurable. So this will disappear. Knowing that you do have to push pretty hard and you're pushing right on the bone. The bone should have fascia and skin. There should be, there's no fat there. If you do have fat there, it doesn't leave a dimple. Fat doesn't leave a dimple. Only inflammation does. So a very good question. Really, really important question there.

13. Was advised menopausal women should not always eat under 20 carbs per day and that "feeding" hormones at certain times is advised Comment?+53

What are your buys for menopause? Not always. Okay. What advice was advised menopausal women should not always eat under 20 carbs per day and that feeding hormone is a certain time is advised. And I know you got 53 of you that one of the answers to this I, I don't support this line of thinking. And if you look at some of the measurements of hormones and why hormones are better produced when the inflammation is low in a woman who's got a history of menopause or premenopausal we need a stable supply of fat delivered hormones. And I contend by the end of this course you're going to see if you stay consistently Keto, watch what happens at about six weeks to the way your ovaries listen. I mean, if you're premenopausal or your ovaries listened to estrogen and progesterone production, but also how your skin looks how your body feels, what's your sex drive? All of those are related to steady and very stable. Delivery of fat-based hormones. When people carb cycle, there's very good evidence that it doesn't take a lot of

Video Time Stamp: (00:38:36):

Carbs to push them right over that insulin surge and it reverses their progress. And I contend it's, it stops the ultimate repair of that adrenal pituitary access where you need to have a constant communication happening between all those hormones.

14. until DrBoz BHB powder is available again, what other brand is acceptable?+52

So I don't, I don't advise my patients that, okay, tell the doctor boss powders available what other brand is acceptable. So if you go to boss md.com and go to favorites, you'll see that. Or dr boss favorites. The Keto perfect has been what I was using before this. Again I think they're a good brand. But there's a reason I made my own.



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15. By the time I hit my fat goal I'm generally over on protein. Is that a problem? If so, how do you suggest we address that?+52

By the time I hit my fat goal, I'm generally over on proteins. Is this a problem? Again, very similar to what that first question was. So for these first two weeks, I want you just focusing on total carbohydrates.

Video Time Stamp: (00:39:36):

We'll get to that question as you get more keto-adapted.

16. Are magnesium soaks, aka Epsom salt baths, better than or different from, oral magnesium supplements?+46

Our magnesium, magnesium salts, AKA Epsom salt, vast, better than or different from oral supplements? The answer is yes. This next week the module that's opening in about another hour will give you a whole lesson on this and a worksheet on how to think about your magnesium is a huge part of module two is magnesium. So good question. That's a little foreshadowing that's coming your way.

17. how is the best way to deal with sugar/carb cravings+44

What's the best way to deal with the cravings? You know, there's actually a couple of videos saying, is it a craving or is it hunger in working through that paradigm of which one is Mmm, w which 1:00 AM I having? Am I having a sugar carb craving? Or is this really hunger? And I will tell you this is the crux of what becoming ketogenic is all about.

Video Time Stamp: (00:40:34):

The reason there's a support group is this is hard when you're struggling alone. That little bite of sugar is the, it feels wonderful. Like, Oh, thank you. I just needed that. But that's exactly what my heroin addicts would have said to me. It's exactly what my alcoholics and I just even one drink. And when the addiction has become really hardcore, these cravings speak to them like it's like a delic languages and just derail their progress. Best way to deal with this. I tell you to hop on the salt of a bandwagon. And again, one of my biggest mistakes over the last four years was under appreciating how much and how important replacing salt is. Mmm. And not just the white salt. And I, I was, I like salt salt, don't worry about it, but I really have had to eat my words.

Video Time Stamp: (00:41:24):

I've had eat my words on a lot of things, but man, I stand corrected. And personally I had a heck of a time giving up my heavy cream in the morning. And after I added the Solei salt that you might have seen me talking about on YouTube, I, this is black coffee with salt in it. It's got some of my solar water in it because it really does change the cravings and how they last, how long they work. It is a salt thing. And part of that's what you're going to learn about with magnesium. But part of that is finding a way to suck on it, to put it in some water, to add the water to your coffee, to add it to your T. You just can't appreciate that enough how important it is.



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18. Where do you consider the waist for measuring? At the bend in the side, just above the belly button? Other?

41 of you wanted to know, tell me more about measuring my waste.

Video Time Stamp: (00:42:12):

Where exactly do I do it? So I like to think of waistbands as the answer. If it goes around your waist band, that's my favorite place to measure. But most importantly, I just need you to remember where you did it. So if you say, this is where I measure my waist, then measure at that place again. So I think where, where the, smallest part of the waist for a woman in a man, it's usually right where he wears his, his belt. So finding that place in you, it isn't so much that all of you match the same place that you measure. It's that you match yourself and you measure the same place now and in the future.

19. What causes inflammation and what is its impact on the brain, joints, organs, other?

All right. What causes inflammation? What impact is it on brain's joints? Oregon's 41% of you want to know it will age you.

Video Time Stamp: (00:42:57):

There's a lot of this that we're going to cover as we get into weeks two, three and four. Again, it is the whole if you want to notice the personality of my clinic, this is what it looks like. Inflammation of brains, joints, organs and other. And as they age there is a point of no return where their damage is done. But I will tell you that most of you, it's preventable, not just in a little way, but in a major way.

20. Is it true higher protein levels caused kidney problems?

Question number 20, is it true high protein causes kidney problems? The answer is no. That's not true. Kidneys are most commonly damaged by pressure and glucose, diabetes and high blood pressure are the two. Number one things that kill kidneys. They do it slowly and they don't ask your permission as you look at the ketogenic diet.

Video Time Stamp: (00:43:42):

I think it is the biggest prevention, prevention of kidney problems, not the cause coffee heavy cream. My comforts that sustained me during fast. Now, yeah. So this is the carb. I actually, that's one of the reasons Spencer's on the phone, so I'll, I'll get to him in just a minute.



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21. Coffee & Heavy Cream, my comforts that sustain me during fasts, now measure 15.2g carbs. Coffee has carbs?+33

But coffee has carbs. Black coffee shouldn't have carbs in it. You know, I got a message from a Spencer, the adviser this morning who says in his text that there can be some fiber if the coffee filter puts the beans into the coffee. And so that's why there's some of the coffee components into the in the, in the chronometer app that says it has carbs. I can't remember how many are in one cup of coffee, but I don't know a

Video Time Stamp: (00:44:32):

Carb or two. That is if there's coffee grounds, if there's flecks of fiber that end up in a coffee. And so it's a good filter offset. If you've ever let a cup sit and then you pour it out and you can see the black Brian's at the bottom. This is where they're kind of coming up with some of these carbs. Personally I'm a huge proponent of coffee, so I am not the one to defend them as any carbs in my, in my mind I'm counting it as zero. But in all fairness the, the accuracy is what is what gets the chronometer stuff set apart. You can you can take it on my word, that coffee perfect in your fast. I, I hope that you get to the part where we can say goodbye to your crabby cream.

Video Time Stamp: (00:45:18):

I do not want the newbies hearing that they are in this stage where they need cream in their coffee. It is one of the solutions. They need fat in their drinks. A cream heavy cream tastes good. So that's why you'll hear me default to that. So don't newbies, I want you putting cream in. Do not decrease your cream. We'll talk to the more advanced folks in a couple of weeks on, on what to do about their green.

22. If I've successfully done both IF, Keto, and even Carnivore, but am not losing, is that a Stubborn Liver and how do I deal with that?+33

Okay. If I've successfully done intermittent fasting, Keto and even carnivore, but I'm not losing, is this a stubborn liver and how do I deal with it? Yep. We've got a whole section of that. That is absolutely what we're going to cover. Not today. This is not for two and a half years. Always net carbs for calculations I verified in ketosis mojo. Why total carbs? I'm, I'm over carbs daily.

Video Time Stamp: (00:46:03):

Okay. So she's saying,

23. Been keto 2.5yrs. Always Net Carbs for calculation. I've verified in ketosis via Keto-Mojo meter. Why Total Carbs? I'm over carbs daily+32

Hey, I'm fine. I'm two and a half years in. I'm metabolically healthy. I just study myself. Why do I have to do total carbs? If you're healthy, you don't have to do total carbs. This is the rules that I put out for my patients, especially



Module 1 Q&A Handout

when they're struggling. So total carbs is the way to identify where they're getting carbs, where they shouldn't be. But if you've got the perfect health and don't have any problems, you're okay. Congratulations. Keep going.

24. Concerned protein recommendation from cronometer too low, afraid hair will fall out.+31

Concerned protein recommended nation for chronometer is too low, afraid my hair will fall out. I love this one because it was a couple of comments that so yes, hair falling out is a reflection of malnourishment. So Mike, I just distract from the newbies on day on week one with the difference between malnourishment and ketosis are completely different.

Video Time Stamp: (00:46:54):

What I'm trying to ensure is we have a state of ketosis of heat genic guaranteed. And that means we need high-fat and we need high fat, low protein, low carbs. We need high fat. When hair falls out, there was malnourishment and inflammation going on already and you were at a very stable holding it together kind of moment. When you switch ketosis, if you lose hair, but you can prove that you are peeing ketones, you are checking your ketones, you're in ketosis, that will go away and you are, you are paying a price for being for

Video Time Stamp: (00:47:30):

Months in the past. But what you are guaranteed if you stay the course is you will get that keyed it ketones. Our state of ketosis is a state of continued repair for a body that has been malnourished. The hair falling out is something really common. But the people who lose hair are malnourished. They, even if they're you know, they say, I don't, I've been to my doctor, I'm not malnourished. I'm telling you, your body's saying it got malnourished somewhere and you're paying a price of it falling out when you switch it to a ketogenic state that the last few parts of hair particles, like a doc, I don't want to lose any more hair. I'm like, well then cut the crap. Get on board and stay the course because we have cells to repair and they don't repair overnight. It takes time.

Video Time Stamp: (00:48:15):

So stepping into a state of ketosis and then don't go out of it, stay the course, which is the whole point of this class because that's what happens. They go into ketosis, a little hair falls out, they go back on carbs, which does not help. And then they say, Oh, I'm gonna try it again. Then they lose a little more hair cause we're going to lose that hair anyway. And then they go back out and this cycle saying, I can't go on keto because it makes my hair fall out. No, Keto wasn't, what did that, the chronic inflammation and the poor nourishment is what did that

25. Will we always eat such high fat for life on keto?+31

well, we always eat high fat on Keto. Nope. But, and you gotta let the newbies live that live in that place forever. So for this week, we high-fat, that's what we're going to talk about. But keep that question for the future.

Video Time Stamp: (00:48:59):



Module 1 Q&A Handout

26. Do you suggest blood work as a baseline? If so what test should be run?+31

Do you suggest blood work? Yeah, I do. For some people that ha in general, no. If you look at the average person start, don't have, I can't do this. I can't do this. I can't do this. Those basic measurements are from your own your own home, your own life. You know, the one thing that I've become a big fan of is studying their Omega three content, which is in the he has a finger prick at home. You get control of it. It doesn't come with a doctor's visit. Of course I'm answering that blood work. Question to the average person. If you have diabetes and you've had a heart attack and you've got high blood pressure and you've got all these other problems that I hope you're following with a physician in general and they should be checking blood work, but it's nothing beyond what they should be looking at.

Video Time Stamp: (00:49:45):

I'm a big proponent for screening everybody with the hemoglobin, UNC that's the three month report or the diabetics get checked, averaging what their blood sugars have been and we'll get to that in the lessons that are coming ahead. BAS

27. Where is the best place to learn to use the Cronometer? I find it difficult!+29

, best place to learn the chronometer app. We're going to get to Spencer. He's going to be my first person when I'm done with these 80 questions.

28. You mentioned that you are working on a second book. can you tell us more about what the book will contain and when it will publish?+28

You mentioned you're working on a second book. Yes, it's coming out. Hopefully publish soon. I'm on the third edit. Each morning I do two hours of online Skype editing, another chapter and I've got one chapter left to right and one chapter left to edit with my editor. I'm, I'm hoping I get it written this weekend or shortly thereafter.

29. What supplements do you recommend?+26

What supplements? None right now.

Video Time Stamp: (00:50:31):



Module 1 Q&A Handout

30. Is the fat macro one we have to meet at 100%?⁺²⁴

Yeah. Fat Matt macros. You should meet a hundred percent. What I really don't. So it's instead of this, I would look at the opposite. I want you eating fat, but I don't want you looking at macros right now. The only thing I want you counting is carbs. Total carbs. Keep it at 20 or less for now. And we'll get to this question in a couple well weeks and it'll be a different audience than I'm answering the question for.

31. This may come in a later module, but can you address thyroid health and keto?⁺²⁴

This may come in a later module. Yeah. Thyroid and Keto. It does come later.

32. How do we lose weight? Do we eventually lessen our fat intake so our body will use our own body fat?⁺²³

How do you lose weight? Do we eventually less than the fat? Yes. This is a chemistry thing before you can lose weight. If you want weight loss, we have to fix the chemistry first. What I'm doing with the first two weeks of this Keto course is preparing you for the hiccups and getting you over that ketogenic transition in a way that's the safest and that to guarantee that you have a fat-based hormones in circulation that you lose weight by using chemistry for your, for your health.

Video Time Stamp: (00:51:26):

And you're going to see those in the videos coming ahead.

33. If 16/8 is part of my lifestyle, yet carbs have crept back into the 8 hrs, do I need to go back to phase 1?⁺²²

If I'm 16, eight as part of my life yet carbs have crept back in, do I have to go back to phase one? What I would say is you're going to learn about something called the keto continuum and I would say if you fell off of 16, eight then I want to know how, where you fell onto and so you'll get to Keto continuum in a bit. And I want you to ask this question once you understand the, what the Keto continuum is. Yeah, it looks like 22 of you have the question so we should revisit that in the weeks ahead.



Module 1 Q&A Handout

34. I often get Charlie Horses during the night? What supplement or food is best to eliminate these?+21

I often get Charlie horses during the night. That is a magnesium problem and you are going to hear all about that in the videos that are just about to be released here in an hour or so.

Video Time Stamp: (00:52:07):

35. I know the fridge list is only suggestions but I was so surprised to see Spam listed due to how highly processed Spam is?+20

I know the fridge guide list is only suggestion, but this is my favorite. What's up with spam isn't that highly processed? And again, this is one of those things where I, I think people lose focus of what your body is, is used to and that is spam is no more processed than a hotdog. Spam is maybe a little more processed than pepperoni, but it is really high fat and meat and especially in a time where we're trying to, you know, look at where do the resources come from and can we stop just eating the most desirable parts of the animal, but instead use, you know, all of it. Like, like the stuff that's in the spam spam is processed and it's got a lot of salt. It by process I don't mean that it's got a bunch of ingredients in it.

Video Time Stamp: (00:53:03):

Go to the back of a can of the spam and look how many ingredients it has. It's not nearly as bad as the number of ingredients you find in your breakfast cereal. So when I think of processed, I think of particles that got really put down into the microscopic level and then go back up into something beautiful as, as, as if to deceive us and want to make us want it. Spam to me is less processed than bread than some of the particles of wheat and flour. And so I would say you know, when I, when people ask me, I use spam in hopes to evoke a little controversy saying, Hey, guess what this has better nutrients in it. Then that box of cereal does. Why? Because you're going to be able to absorb the nutrients in this box of spam. Do I think that there are other foods out there that are healthier whole foods? Sure. But that doesn't always a fit in people's budgets and hotdogs and spam and yeah, they taste good for some ever had spam. I was in Haiti doing a mission trip and I thought it was like, I didn't know it was actually, I didn't know it was real, but I was so sticking hungry and I can remember them frying spam and having this crispy. Oh it tasted so good.

Video Time Stamp: (00:54:18):

And then I wasn't Keto then, but I was hungry and so yeah, spam has, that's like place in my heart.

36. What is 'dirty' keto?+20

Okay. What's dirty? Keto. It means they're adding carbs and I don't, I don't want to agree to this. Dirty keto means they don't really measure. Ketosis is not a diet. It is a chemistry set. You're going to learn about that as we go forward.



Module 1 Q&A Handout

37. How do you get to a Dr Box ratio of 20 to fight Cancer? And how long do you maintain at 20?+20

How do you get a ratio to fight cancer? That's for a future subject.

38. On Cronometer what should we set the Activity Level at? Our actual or none? Same with Goal Timeline.+18

Chronometer says what activity level should you say to that? I would actually always, I would actually try to send it at what you do. When people are looking at activity level, it's kind of like that same moment when doctors ask you, do you exercise? It's a dangerous question to ask and I would be very careful when you answer it because I want you to think about in the last week, how many times did you exercise?

Video Time Stamp: (00:55:00):

And then if it's only been twice, then try to really respect that that's what your activity is closer to zero than it is actually having a routine. If you're pretty good about holding a routine, then maybe you can have an activity level that matches. So I would actually mine while in Hawaii, is it none.

39. The cronometer reads 2.8g carbs for coffee. Is that really so? Thought in one meal I was around 20carbs but said 42, had 2 eggs + lamb chop+18

Here's the 2.8 grams for coffee fencer. Can't wait to beat you up on that one. Alright, we'll come back to that.

40. I have had to change Emails to open your class. But I am not able to understand that Cronometer. More explanation please!+17

I have had a change an email open your class, but I'm not able to understand the chronometer more explanation please. The chronometer app is absolutely something we're going to talk about.



Module 1 Q&A Handout

41. COVID19 blood clots are hypothesized to be caused by oxidative stress. Will keto lower my oxidative stress level?+17

Phobic blood clots are hypothesized to cause oxidative stress. Oh, I like this one too. Well, Keto, lower that. Yes. If you look at some of the supplements that you can go to the ER, to the health food store and buy for oxidative stress like NADH or for candles or they're all based on antioxidants, Cod liver oil, and they are meant to absorb those electrons that are doing naughty things to the insides of yourself.

Video Time Stamp: (00:56:06):

And I would contend that you will never take enough supplement compare to what it is when your body produces ketones to a level of 1.1 1.2 you know, somewhere around one or more, you couldn't take enough supplements without like overdosing to provide the oxidative relief that having a state of ketosis does to your cells relative to what the supplements do. So again, when people ask, what supplements do you take, I'm going to say get healthy. People don't need to take them. Maybe you're not healthy today, but I want you to looking forward to not needing all of that because your body will do a better job than my prescription pad or the supplement store will ever do.

42. Can you explain why it's difficult for one person to raise ketones and another it's easy?+17

Can you explain why it's different for one person to raise ketones easy for another? Yes, this has to do with insulin and we're going to get into that the next week.

Video Time Stamp: (00:56:58):

43. Best location to measure on the neck?+16

Best location for measuring a neck. Oopsy Daisy is I think of it as a neck tie. So if I would put this around my neck, that that's the place where a neck tie goes. That's where you're trying to measure. 17 is your magical number. If your number is 17 or greater, your risk of sleep apnea is almost 90%. Even if you're muscular, even if you're the football player who's got really big muscles thanks to his workout schedule, if their neck size is 17 or greater, the number of people with that demography who have sleep apnea, it is shocking.



Module 1 Q&A Handout

44. You mention total carbs but cronometer says carbs less fiber. It looked I went over on carbs due to eating vegetables but then fi+15

Total carbs. You can set the chronometer app to have carbs less than fiber. Mmm. I went over to get eating vegetables, but it has fiber. Yes, I understand. And I would really push you to get to 20 total carbs at least for two weeks, either.

Video Time Stamp: (00:57:50):

For those of you that are saying, I'm at a stall, I don't know where to go. Yeah. Do the two weeks of total 20 carbs and watch what happens.

45. Do you have any recommendations for snack options?

Do you have any recommendations for school snacks? Yes. High-fat snacks, like pepperoni, pepperoni. This next week you're going to see the grocery list and I think sardines are a really good snack. I think bronze, Rutgers really good snack. I think pepperoni is a really good snack. I think a bell baby bell cheese is a really good snack. All high-fat. Okay.

46. Should I be following the calorie and macronutrient recommendation on Cronometer?+15

Calories. Macronutrients. No, we're going to get to that this week.

47. Do we eat until we are satiated or once we hit our macros we stop? Even if we are not full?+15

Eat until you're satiated. Associated. Yes. That's the whole point. Especially the first two weeks. I want you thinking of nothing else except do you feel full? Do you feel full, keep eating? Do you feel full? You feel full? Those are the things I want.

Video Time Stamp: (00:58:37):

And if you're eating to feel full, but you're going over on your carbs, then you got to find fattier things to eat.



Module 1 Q&A Handout

48. Can I eat carnivore on your plan, Dr. Boz?+14

I eat carnivores. Yeah. I, I, I don't think anybody who's been key to long term misses the observation that the longer you are Keto, the more people tend toward carnivores. But that's, yeah, so I have a carb manager that I really liked. Do I need to use chronometer? No, I recommend chronometer because especially if you're just starting out, you gotta learn one of them and at least chronometer has evidenced that if I need to help you with a Mac, a micronutrient, if you have troubles, man, it's a lot easier to figure out when the app supports the physician. And so I know there's been a lot of grumbling about it, but I would contend that it's worth the effort.

Video Time Stamp: (00:59:21):

If you, if you're a keto coach, I would be figuring out this app. I would have some of the little support that I've got Spencer on the line for, because we need you keeping accurate data. If you've got a good plan and you're working and you're healthy, don't, don't bang your head against the wall. But if, if you're new and you, or you've struggled I would say reset. I'm going to push you to the chronometer app. If you come to me and you're in a problem, and I'm trying to trust a data source that has hurt my patients before where I trusted the deck, the app, and it wasn't accurate. And this is why I've become so adamant to saying, if you've had medical problems, let me help you.

49. My ketone levels are very low in the morning. Is this normal?+14

My ketone levels are low in the morning. Is this normal? I would say not.

Video Time Stamp: (01:00:04):

If you're healthy we'll get to that. And if you, the lessons,

50. I don't see salad greens - other than spinach - on the Fridge guide. I eat large quantities - are they "approved"?+14

I don't see salad greens other than spinach on your frame guides, what's up with that? Again, we're looking for a nutrient dense high ketogenic foods. So stick to spinach, stick to something, cabbage, Brussels sprouts. Those are enough. Put some bacon fat on them.

51. I'm confused about drinking ketones if we want to generate our own by eating low carb how does it make sense to drink ketones??+13

I am confused about drinking ketones. If you want to generate your own, doesn't, that doesn't make sense. So drinking ketones is for people who are having trouble. You're going to hear about that as we go forward. I do some good lectures on that.



Module 1 Q&A Handout

52. Can magnesium be measured?+12

Magnesium gets covered this next week.

53. How to achieve adequate levels of Potassium on Keto? According to Chronometer, when dairy kept for a day+11

What about potassium? According to the chronometer when dairy was kept in a daily unit, it didn't I see somehow they couldn't get to their potassium when dairy was kept for a day.

Video Time Stamp: (01:01:03):

Oh, I think dairy, I'm sorry. I'm thinking dairy. So potassium supplements. That's the other cool thing about the chronometer app that you can learn is what foods increase this micronutrients. So it has suggested who's there, especially if you say, okay, I want to improve my magnesium. I want to improve my potassium. Potassium is a lot easier to improve oil orally than magnesium. So if you go into the app and you say, I want to follow this micronutrient of potassium then it will have suggested foods that helps you reach that goal. So I would encourage you to to attend one of Spencer's teaching sessions that's coming up. Hmm. All right.

54. How do you eliminate or pick products --is there a range of carb numbers you try to stay with as a base range?+10

How do you eliminate or pick products? Is there a range of carbs? So that's a long answer. Some products were I picked because it was convenient at the beginning.

Video Time Stamp: (01:02:00):

But I've learned a lot more about where we're mostly where the average person's going to miss the information. And so I, I push products that that have hurt my patients or left without an answer or kind of deceived us into a promise that they couldn't keep. Like, Oh, we're going to raise your car. We're going to raise your ketones when you drink this ketone. And I'm raising it, I'm checking my ketones. They're my patients. We're checking to spend the money. Their ketones didn't raise either. And as soon as we got on a good product, the numbers worked. So there's a lot that goes in whether or not I endorse a company or not,



Module 1 Q&A Handout

55. Impossible to clean out cupboard/fridge. Cook for others who will not do Keto. My downfall is the temptation of "their" foods. Suggestions?+10

I'm impossible to clean out my covers. Your friends, I cook for other people who are not Keto. My downfall is temptations of their foods. And this is real.

Video Time Stamp: (01:02:49):

So they're living in a household where they need to claim their own cupboard and this is hard. I will push you to say, stay the course, find as much elimination as possible in the name of old. Try to throw out as much processed food as you can. But boy, the distance to you and temptation is, is real when it comes to sustainability. And I would encourage you to start a support group because that's the number one reason is that if you can't control the people that are in your home, create the tribe that helps you

56. When you recommend that we purchase certain products, have you confirmed that these are available outside of the US (i.e. Canada)?+9

when you recommend that we purchase certain products. Okay. In the U S versus not the us. I have a link down here that I actually, I'm going to show you in a minute.

57. I'm using MyFitnessPal for years. I'm from Slovenia and Cronometer does'n have much food from Europe. Is MyFitnessPal ok?+9

My fitness pal is also very good. They were saying they, they already have it and it works well for them.

Video Time Stamp: (01:03:39):

So I'm like, keep using it. Don't worry about it if you're, if you're working well, that's great.

58. Would you please address the hair loss possibility and the keto diet. I've read about taking MSM powder to help with this+9

So again, another hair loss and they were looking at MSM powder, which I don't know if I know what MSM is. So I would say my patients with hair loss all have I cortisol, they have hormones, they're chronically inflamed. It is so universal. It is so much related to their insulin that you're going to learn a lot about what I do in the next few next few little, well, this is a good question too, actually.



Module 1 Q&A Handout

59. on Module 1.6 when you said throw out "other sweeteners" does that mean typical keto approved sweeteners like monk fruit or erythritol?+9

Other sweeteners I said in throughout other sweeteners. What I meant by that is I have tried to list all the ways you can acquire a sugar and then somebody says, my sugar is raw organic sugar. And I'm like, no, that's bad too. It's full of carbs.

Video Time Stamp: (01:04:28):

So at one time I left out honey one time and then it's the, it's another one. So if it's a Keto, if it's Mumford or Richard tol again, eventually I hope that you don't need those, but dang, they're expensive. Don't throw those away. I, I would, we'll get to some of the sugar substitutes in a bit, but you're right. Don't throw those away.

60. What role should mindfulness play in the process of moving from his Standard American Diet to keto?+8

What role should mindfulness plate? Huge. Huge. That's the whole reason I'm working on support groups is you have, you have some skillsets that aren't being practiced in our culture. And this is one of the ways that we learn them, that I have my own little support group that happened at three o'clock in the morning this morning. The reason why is you do need time to answer that.

61. I started keto to reduce my blood pressure. After 2 weeks my pressure was normal but after a year of ketosis it up again? What's up?+8

So start Keto to reduce my blood pressure. After two weeks, my blood pressure is normal.

Video Time Stamp: (01:05:14):

But after a year of ketosis, it's up again. This is real. This happens. So what has happened is his body needed some decrease in the insulin and decrease in his but he then stalled. And I would say, I want to know when you say that your Keto, I want to know what your ketones are. I want to know that you're peeing on a stick and there's ketones in your urine. And if so, then we're going to talk about being at a baseline metabolism. What happens next? So by the end of this course, you'll know the answer to this.



Module 1 Q&A Handout

62. I keep checking Amazon for your products and am only finding the pills. When will the others be available?+8

I keep checking on Amazon for products. Yes, I had a bloody nose of learning about finding manufacturers in the United States. They're all made in the United States, but they had a problem. I had a total recall. Unfortunately, mine got recalled when it shouldn't have.

Video Time Stamp: (01:05:55):

I didn't know that I could fight that and keep the products on there. So I headed down a path to do what the, what the the recommendation was instead of saying, wait, wait, it's not my product. I got recalled. But I had already started this plan of destroying all the products that were there at Amazon, which is huge financial issue. And I am finally getting out of jail from Amazon. This happened January 1st. So we're what, four months into this mess? Almost five months. Yeah. Today's May 1st. Yeah. Painful but so go to Bozmd.com go to Dr Boz favorites and that is usually where I post other people's products that I really do like

63. Food intolerance: will they disappear when in ketosis.+7

food intolerances. Will they disappear? Yes. This is your immune system fighting against you. I will tell you there's some great stories coming up that you'll learn about top tips for starting Keto.

Video Time Stamp: (01:06:48):

64. Your top tips for starting keto? Take it slow, jump in, other?+6

Take it slow. A jump. Yeah. Take it slower. Jump in. Mmm. I, I'm a jumping kind of gal. But you're going to see when people did that. There are some that run into trouble. Alright, we're getting some easy ones.

65. What's your opinion on vegetable oils? Ok to start or dump them?+6

So vegetable oils. Eventually I, I let people get rid of those, but I don't want the newbies worrying about that right now. I don't want them thinking about the types of fat I want. I'm thinking about total carbohydrates, only 20 of them for two weeks. We'll get to seed oils in a bit.



Module 1 Q&A Handout

66. Just trying to understand why the protein is so low+6

Why is approaching solo, cause it's not a high protein diet. It's a high fat diet. I am trying to change your chemistry and that happens with, with exactly the instructions.

67. Do you suggest any modifications for people with a History of Gastric Bypass surgery?+6

I was just going through a gastric bypass surgery. People, you guys are the toughest. I have a special place in my heart for helping you because you got a mess.

Video Time Stamp: (01:07:42):

You've got a section of your guts that's missing that you need for producing some of these fat-based hormones and listening for them. And unfortunately, I do have very several very good success stories with a gastric bypass patients. But the first thing they suffered with is they go on a high fat diet and get chronic diarrhea. The crumbs on a part isn't as big as as it sounds, it, it will get better. But bring that up in a couple of weeks cause you'll, you will know.

68. Dairy causes me arthritis (in the joints of my fingers) so I avoid it. Will this effect change for me on the keto diet?+5

like that dairy causes arthritis. Yes. That's cause you're reacting to what's in the dairy. Make sure that it is not the, the lactose, lactose is the sugar that's in dairy and when you use high-fat products to make the dairy, this doesn't happen. But the longer you have low inflammation that the S the, the sharper, that's the word I like to use.

Video Time Stamp: (01:08:34):

The sharper your white blood cells get at targeting the things they're supposed to. When you have a food intolerance, when you have an an antigen, which is probably part, I'm not using the word antigen correctly there, but found in dairy that your body reacts to. That lessens when those, when those white blood cells get sharper.

69. What about Carnivore? My BS stays around 97 but can't get the ketones much higher than .07... Would the BHB help?+5

So carnivore my blood sugar stay around 97, but get ketones much higher. Okay. Would be to be held. But yeah, so we're getting to some of these that are only five people ask the question.



Module 1 Q&A Handout

70. Sleeping or not sleeping and sleep aids are a big issue. Can you talk a little bit about that?+5

So I'm going to scroll through them sleeping. I do a whole thing on sleeping, coming up

71. I have been off sugar and carbs for about a week now. Am I still supposed to track my carbs for three days?+4

then off sugar and carbs for a week. Now I still track my total carbs for three days. No, keep going. They said, am I still supposed to track it? Just you. You already got through the hard part.

Video Time Stamp: (01:09:19):

72. Is the fridge guide only used for getting into ketosis? Concerned about bacon being a best choice for long term , meat choices in general?+4

Keep going. Fridge guide. Only use for getting into ketosis. Concerned about bacon being a first choice for long. I like bacon. I've been on keto for five years. It's still on my top choice. We'll talk more about that as we go forward.

73. Exercise is a bonus, if we do it, correct? or is their a set amount we must do or is recommended?+4

Exercise is a bonus. Yes. But I would not recommend anybody exercising for the first two weeks of Keto. And in fact the most I let them do is walk. You're going to hear a video about that in the next week too.

74. Do you care the muffuletta from Costco is packed in soybean oil? How do we mix it with braunsweiger?+3

Yeah, I love muffaletta. The one at Costco has it in soybean oil. You'll see on my diet, on my list that there are several out there that have an olive oil, but Mmm. How do you mix it with brunch Riker and you just mash it in there. Good. Mmm.



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75. I am able to raise my ketones quickly with a little bit of fasting, but glucose rises quickly with a little nonketo eating. Why?+2

So I'm able to raise my ketones quickly with a little bit of fasting, but my glucose raises quickly with a little bit of Manchino. Yes, you are metabolically not healthy. We'll get to that.

76. How many days are weeks does it take to break a carb addiction?

How many days are a week?

Video Time Stamp: (01:10:18):

How many days? Four weeks does it take to break carbon diction? It depends on how long you've been at it. Hang in there. We will get to working on this day in and day out as we go forward. Alright.

77. Do we need to buy chronometer gold for the course?

Chronometer do I have to buy the gold? Nope. Start with the free version.

78. Any suggestions for buying hamburger regular/lean/extra lean. It seems most are stores are now lean or extra scene any suggestions?

Hamburger. How do I find the F? Everything says lean or extra lean. Go to a real butcher. Talk to the people at the Costco counter. They actually are real witchers that worked for them. That they will give you some, a specialty stuff if they know your name and face. All right.

79. Do you have a recommendation for an alternate for the Fora 6 as it is not available in Canada? KetoMojo? Other?

For a care is a good one that I recommend. Keto mojo isn't bad, but they're not available in Canada. And this is the part where I'm going to, if I can copy this and put it in the comments. Mmm.

Video Time Stamp: (01:11:08):



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I can't see comments from wearing out. So let's see if I can keep it copied until then. Okay.

80. At what point should we buy a meter?

At what point should I buy a meter? We'll get to that.

81. PMS!!! What do we do when those once a month cravings kick back on with a vengeance?

Yes. I know. Cravings. or with a vengeance. Why did I get there? Hmm. I don't know. We'll get to hormones.

82. How can a vegetarian keto program be done without dairy?

Can vegetarians do keto? Not easily. If I look at the hardest brains to heal, they're my chronic vegetarians between crag vegetarians and long distance runners. Mmm. I've helped them the launches since runners were actually easier than the vegetarians. Anyway, we'll get to,

83. do we need to get in the mega 3 blood test?

should you do an omega-3 blood test? In fact, I'd say that's the only thing I would do at the early part of this. Well, maybe that's what I did.

84. Carrie says, please address how to prevent or get rid of heart palpitations or pounding fast beating heart brought on by ketosis.

This seems to happen to me when I get into a ketogenic diet that is coming this next week too. Because the number one cause of that is that the whole world lives on the edge of well magnesium. I do every, there's a whole, I give a backstory in the video coming up this week, but use that to teach your other friends to say, look this video, watch what, watch what she says because palpitations it is an electrical current and when it gets caught in a loop or when one of the, one of the minerals in charge of the conduction gets low, it is it is palpitations, but almost always when palpitations happen that first week of a ketogenic diet, it is from one, well, magnesium.

Video Time Stamp: (01:30:51):

You're going to see me overkill on magnesium this next week and I don't think that's possible. I think everything I suggest you do, you should do. Because there, once it's fixed, it's, it really does get steadily better, better, better, better. But when it's hurting them, if everything from their depression in their brain to palpitations, to just, you know, you can, and I think I stated this in the video, you can die from low magnesium, but when you have low magnesium, they just want to die. It's just they're depressed, their brain goes slow, their energy is awful. I mean,



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and all these strange things happen like palpitations. So that's one of the ways that happens in the first week of the heat of genic diet. The second thing that happens is that you are doing such a flux of a change in your the, the pressure, and I hate to jump to the word blood pressure cause everybody thinks about a medicine. I'm talking that when your heart squeezes, it pushes blood forward and it pushes it forward at a pressure and then it relaxes as the heart fills up. So you have love, which pushes blood forward and dub it when the heart's feeling. And what when, when you

Video Time Stamp: (01:32:00):

Look at these two blood pressure medicines, it's what's the pressure of in your circulation when the heart beats and what's the pressure when the heart's relaxing. And that's what these two numbers for blood pressure are. And when you have a change in the volume of your blood, it switches. And in the first week of ketosis, you flush out so much fluid that their blood pressure drops and one of the things your body does to compensate when the, when the blood pressure gets lower is it beats faster. So the heart beats faster for the change in fluid that first week. And because of this major tidal wave of what happens to magnesium. And I would contend that that is the number one reason people stop the ketogenic journey is they run into one of these complications. That's why there's so much content for prep and, and week one because of these little hiccups that are totally preventable, completely preventable, but you got to have smart tools and some good solid no, it was nonsense answers.

Video Time Stamp: (01:33:01):

All right. Good questions. Very good. Okay, so this one has a 42 volts.

85. What time of day is the best time to test your blood?

Number one, and I know Dr. Barry and I differ on this, but you want the best answer, the most, the cleanest check of your blood because why are we checking your blood for we're checking your blood to see how metabolically healthy you are and you should look first thing in the morning when you get your blood to look right first thing in the morning, I know that you're healthy and okay, not just me, but anybody who's looking at your data can say that's healthy. This is what healthy looks like. And unfortunately there are so many people with chronic illnesses and chronic inflammation. I mean, my whole medical career, my whole clinic is filled with them. So it's 99% of all the people I see they have for health to get them to a healthy health is what are your numbers first thing in the morning.

Video Time Stamp: (01:33:49):

And when your Dr Boz Ratio is what it should be first thing in the morning, we're going to go through this Morris, as the weeks go on that's when you get to say I win.

86. What is the salt water ratio?

Okay. So here's, here's my, my lesson on Sole' water. So if you type into the internet as sole' with apostrophe over there, you're not apostrophe. I don't know what the, what the sign is over the water. And if you do it in YouTube, there's a couple of videos of people making this, but it's the water made from these crystals. And I think I can put the link to the, again, the only place I found the salt crystals is on this website. But they are bigger. There are big rocks of critic of salt. And so, you know how the pink Himalayan salt comes in this beautiful little

Video Time Stamp: (01:34:58):

Finally ground. Mmm. Powder salt, right? Well this is what it looks like before they find my chat, the chat, here's the chat. Where's the chat chat under this? Okay. All PR. Okay. So I think I just posted a link. Hopefully you all see that.



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That, that's the only place I know where to find these, but they're like this big, they're like, I wish I had some. And you take a Mason jar and you put like four or five salt crystals in the bottom and then you fill it full of water. And the key is don't put anything metal in your water once you start, cause it kinda does oxidizes the, the metal is real. So use a wooden spoon or a plastic spoon or what I do is just pour it. But you can continue to keep filling the water up until the coup till all the crystals have been dissolved.

Video Time Stamp: (01:35:51):

But you say, what is the concentration? And I would say it's to taste. So as I have the jar full and the rocks had only been in there 12 hours, they haven't really quite dissolved much, then it might take me a little more water to get the taste that I want in my coffee, in my coffee. But it is, it is not a subtle taste. When my husband accidentally picks up my coffee, which he never does, but because he knows there's salt in it. But he's like, what did you do to that? I think it tastes great. Cool. So, and then as the water, as I use the water, I just keep filling it up over it. You know, like every couple of days I'll, well here are the, here at the flat. I have some teenagers who've gotten used to this and they really like it.

Video Time Stamp: (01:36:32):

So we fill it up more often, but well would usually take me two or three days to like use a fourth of the jar, then I might feel back up. So as I continue to replenish the water, not only do I draw more of the salt, yeah, it gets dissolved out of the crystals, but you get a few I mean you'll, you'll dilute it out eventually. Okay, good question

87. Is this being recorded for us?

Yes, it's being recorded for us. So yes, it's being recorded.

88. How much BHB? A day?

So again, what, what I like to do is make sure that you enjoy the taste. So when I was first using BHB salts if you don't have a sweetener in there, it can be held.

Video Time Stamp: (01:37:21):

So that's what the Stevie is in there for it. I mean, my, my, Mmm, my husband is allergic to Stevia and he doesn't. So I actually tried a patch that didn't have any Stevie in it. I'm like, there's nobody else in the whole world that would buy that. Chad tasted terrible. So I put this DVD back in and said, honey, this product is not for you. And that's how the, the, the BHB and capsules came about. But when you, you know, so they usually come with a scoops. Let's just talk scoops. If I put a scoop of BHB in, you know, eight ounces of water some people thought that was way too sweet. Some people didn't like the taste and I said, add a fourth of a cup of heavy whipping cream. And when you put salt with fat, not only do you absorb it better, but it really can want that salted taste.

Video Time Stamp: (01:38:09):

So for many of my folks the salted part was much better. Now there is one of the powders that has fat in it. Again, should be coming back to Amazon here in the next week, but I've said that for two weeks and I need to just stop saying it until it's available. But so how much would you do? I just think about it as continually dosing your body with the, the trickle of of Mmm ketones, knowing that when you put them in, they're going to last two to three hours after that. So don't sit right up until bedtime. So maybe sip till five o'clock. Cause that it really is an energy and what you're doing is trying to expose yourselves to these ketones so that when you make the switch to ketosis, it's much less, it's much less.

Video Time Stamp: (01:39:00):

I hope that answers it. So it's, it is not an exact formula like I would write a prescription for, but I want you to like the taste. So you use the amount of water that you think it tastes good. There's been times where if I had, Mmm



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you know, if I, if you go back a few months, I really Jen [inaudible] I'm going to do it a lot less alcohol. I don't have a lot of alcohol, but I'm like, it really screws up my numbers. So it's been really easy in Hawaii to not have alcohol. But I'll probably one drink a month is what I would, I think it's happening now, but if I would have a glass of wine two or three times a month before some of the times I would wake up the next morning and I just, alcohol affects you so much more when you're in ketosis that I would mix up a shot of those BHB salts with a shot of heavy cream and ice and I would take that and I would sip on that for the next three hours.

Video Time Stamp: (01:39:53):

Man, by noon, my brain was perfect because I just didn't like the feeling of what my body was doing once I was really in a ketogenic state. And then I would use the BHB salts. So in that case, I put a whole scoop in a shot of heavy cream and ice, but it was really potent and I just took a little sips of it in between patients.

89. What tests should we take with a normal a panel annually?

Ah, okay. So the other blood tests that I recommend when I'm checking this for patients is I like to know what their B12 is, what their methylmalonic acid is. That's just another measurement of how malnourished are they? I'm a huge vitamin D

Video Time Stamp: (01:40:53):

Not checking it four times a year, but checking it once a year.

Video Time Stamp: (01:40:56):

And knowing that this is such a predictor of health, it's a predictor of breast cancer. It's a predictor of dementia. It's a predictor of diabetes. It's a predictor of aging. I mean, it is a fat-based hormone that when you're in ketosis, why do you not need to take as much supplements when you get healthy? Because you don't leak them out as much because your body is working better because you pull them in and your body will not let them go when you're low. But when you're chronically inflamed, you leak them right out your gut and you leak out more than you know, because now nobody's keeping track. Alright, so the other blood tests, I love it. Hemoglobin. Anyone see, I think that's a really powerful way to look at your red blood cells. And how sticky they are. Red blood cells deliver oxygen to your body and when you've had high sugars, your oxygen level, it gets lower because now the hemoglobin has a glucose stuck to it instead of a place for oxygen to be.

Video Time Stamp: (01:41:47):

That's why when a diabetic has a hemoglobin, a one C of 11, which is really high, those blood sugars old or 250 at least and there, Mmm. Their ability to heal a wound on their toe is limited because as the red blood cell shimmies up to the wound to deliver it, it doesn't have any oxygen to give because two of the parking spots our bumped out of the way from because of the sugar. Once the sugar binds to that spot in the red blood cell, it stays there until the red blood cell dies. So we, you know, when we check your blood, we're looking at a mosaic of some of the red blood cells that are a week old and some of them that are 90 days old. And then the spectrum in the middle. And when we look at the average to say, my goodness, almost all of their hemoglobin has been replaced with sugar.

Video Time Stamp: (01:42:35):

There's a reason they can't fight off infection, genital reason, and the brain isn't working where there's a reason they have more heart attacks. So I love hemoglobin. UNC. I'm now a big proponent of checking your Omega three index. I think it's really giving you a Mmm a H a strong peek into what kind of fats. I know there's a lot of questions about that earlier.



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90. What kind of fats do you eat ?

, Mmm. Do you, are you eating and are they healthy for you? And the answer isn't, is important the first couple of weeks, but after they've been keto for a while, we do get into that. Let's see if I can find that week. Where are you one? There it is. All right. Mmm. Good to chat. Okay. Change. We'll put that in there. That's the test that I'm talking about there. Just a really big deal when it comes to, you can test it yourself and you can follow it yourself and it looks at a specific, I'll, I'll be doing a podcast on this and it looks at the trans fats that you're, you have, Video Time Stamp: (01:43:52):

And it also looks at the, Mmm. The good fats that keep your red blood cells flexible and able to move in and through the blood vessels better. Mmm. Longer than I need probably two per day, but alright. I have hair. So there's another one, so,

91. Oh, did I just say Dr Boz, can you talk a little about fatty liver and lowering your blood sugar?

We're going to do a lot of that talk when it comes to Mmm Mmm. To week three. So I want you to save that question for then. It is a big part of what you're going to handle then, but right now we want these newbies to know that there in good company we've all been to where they're at and not overwhelming with some of these questions.

92. A hair is turning back to its natural color.

Video Time Stamp: (01:44:47):

I just wrote about this in the patient, but is part of my book where his wife accused him of using hair color or colored hair shampoo because he had gray hair and then it was like, it's got, it's not dingy, it's not great. It's, it's got color again. And he's like, is that real? Like I can't find any literature on this, but it's enough people that have said it. Then I'm like, well, I don't know. But there's a lot of people who's Uber birth it. So good question. Okay.

93. Nancy says 60 and other people says, I am definitely a holding some fluid. Should I still use added salt?

Okay. So that's a great question. I have leg cramps early in the morning. Oh, okay. So this next, this next question is going to really be answered when you get to that magnesium day and I push you to do some things that when, if you were in my clinic, if you were part of my keto group, I would have you, I know, I don't know what this is like when you're were in quarantine, but as businesses open up, let's pray to God.

Video Time Stamp: (01:45:57):

One of the businesses that they let you into is a magnesium float spa because you have fluid, yes, but it's in the wrong spot. That fluid is not in your blood vessels. And the problem with somebody who's in your situation is if you don't replace the salt, you then the intravascular part, the fluid that's inside the hoses drops and you're saying,



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well great, now we can pull it back out of her leg. That takes weeks. I mean, I can take a few days in a healthy person, but if it's been there chronically, it can take us weeks to get that out of there. So to have enough salt to keep you from lowering that blood pressure and suffering from the palpitations. The other lady was talking about this next week I need, you're using salt. But in there you're going to see, I'm having you check your blood pressure. Video Time Stamp: (01:46:38):

This is important. You got to help us help you. And with that is Hmm. Without the salt, you'll have side effects because you have the fluid. So you say, well what do I do first? I'm like, you have to replace the salt. Salt comes first and then you got to stick in the state of ketosis. Cause you can ring that inflammation out in the matter of 21 days. I have seen unbelievable improve. Like I couldn't recognize the person. Awesome. They lost so much fluid. It's powerful. But you gotta stay the course. And in order for you to stay the course, you've got to have few symptoms. So this next week you're going to have lots of tips and tricks of me saying, here's what I do. Here's what I would tell you to do. Let's hope you can find a way to do that.

Video Time Stamp: (01:47:22):

94. Electrolytes versus salt.

Mmm. You know what I, what I've learned is electrolytes are good. But the, to me the step one is the salt. And it is that micronutrients that's been in the salts. What, what, what I would have said before I had become a big proponent of Redmond salt was that the only thing salt was replacing was sodium chloride. And if you look at the, no, most of the white salt shakers, that's, that really was all you were replacing. There wasn't potassium in it, there wasn't other things. You do have quite a shift in the electrolytes over the course of that first week. But if you're eating the kinds of foods that are on the grocery list so that you're going to see in the next few hours, Mmm. There's plenty of nutrients in those foods and I want you eating it.

Video Time Stamp: (01:48:16):

I want you getting your nutrients from foods if you can. Mmm. And there are exceptions to this, but most of the time that keeps me is really good at keeping things well regulated. As long as the stuff coming in is high new, high density nutrients and that you don't have major protein in your kidneys. So I've old salt maybe I'll change my mind on that, but I, that's where I am today. Okay. So

95. Heather writes, why is blood sugar level higher in the morning then after eating

a great question that we'll get to in week three.

96. How do I share the viewers in my little group?

Is that what the app something, okay, so she's saying if, if I have a little group, can I share video? So one of the ways that I think you should, you could do it is having a video that you play on your iPad or whatever.

Video Time Stamp: (01:49:14):

Yeah. Cause once you have the course, you can always get back and you can always watch this as forever. What you'll also notice is that if I want to update a video, if I think I could do a better job or if I think, okay, I would teach that a little differently now a good online course doesn't just stay stable. There's some improvements that come over time and I hope I don't have to do it for awhile, but for that's the other benefit of just always going back to the original source material. So as you look at I mean other things, I suppose you can share your and password



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Video Time Stamp: (01:49:47):

With your group to the, to the course and they could get in and watch it. Once you've unlocked all the videos, that's pretty easy. But the, the part that I really care about is that you help them find it. Like if you watch people who've had palpitations, they suffer with that forever. If you can watch one of these next videos for the next week and show them that, and I mean they're not very long. I mean, some of them get to be 10 minutes, but they're short videos that give you the punchline and then what it should do is lead you to have a discussion. So to me, one of the best ways to run a meeting when you're just starting out is, you know, look at some of the struggles that people have had. Use a video for an expert, not an hour long video, but just a short clip of a video, like the ones that are in this course. And then go back to the discussions thing. What do you think about, where do you think it fits with us? How do you think you'd use that? So those are the different ideas I have for, Oh, playing it forward. I hope. I hope that answers that.

97. Keto for glaucoma.

Video Time Stamp: (01:51:08):

It's, it, it has a high it is an inflammatory process, but I don't know. I don't know anything. I haven't heard about the coma. That doesn't mean it's not possible, but just means I don't know about that.

98. Nancy, as a diabetic, am I better off getting a blood ketone meter?

I am peeing ketones constantly since day three, so that's good. If you're, if you're brand new into this stay the course for a little while. Meaning w what I worry about when somebody first goes Keto and then they quickly buy a ketone meter is they get really distracted with checking their blood ketones. And what I want you really focused on is your eating. So if, if you're new and you're saying, all right, I'm going to do this.

Video Time Stamp: (01:51:58):

I'm figuring this out. P on those ketone strips for a month, just stay the course with the cheap, easy, disposable answers that I am paying ketones because truly the first month, as long as you're making ketones, that's all I care about. Only when we get you keto adapted and the ketones fluctuate based on your insulin. Do I need some better data to be able to advise you so I don't care what your ketones are, as long as you're making them, when you're the first a few weeks of becoming ketone adapted, even if you're diabetic, I just say just pee on a stick. I mean, I did that with my mom for nine months. We didn't, I don't want to do anything more than that. Just stay focused on changing food behavior on watching how hard some of these other things are. The distraction of getting them to poke their finger and use that meter. Sometimes I don't find the return it

Video Time Stamp: (01:52:46):

Like, okay, so they can do that. But now they fell off the wagon and they really didn't focus on cutting out the carbs and they, they weren't following the 20 total carbs at the beginning. So now they didn't get keto adapted or they only got partially keto adapted. I am like put the blinders on, don't look at that. Look only at total carbs. And then PM ketones did. Okay, we're going to get to that. All this next week is going to be all about that.



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99. Can you cook with MCTC 80 10 and not change the benefits of it?

I don't know. I've never tried that. I'm sure someone out there that likes to cook most of the answer to that in the chat. If you answer that answer that I know that it's about the, the point of each oil has a heating point and if the oil has a higher heating point, like, like lard or tallow, that it doesn't oxidize when you use it.

Video Time Stamp: (01:53:47):

That's why cooking with olive oil has the consequences that it does. But I have, I don't know about CNC 10. It's awfully expensive to cook. Okay. All right,

100. How long do you have to do 20 grams of carbs after you are adapt?

Depends. So after your keynote, after we're gonna get to that right now, we're getting everybody keto adapted stick to 20 carbs. I'll answer some of these questions next week.

101. So my thyroid needs decrease.

So my thyroid needs decreased, but want to stop all on chronometer shows low on selenium. What vitamin supplement should take help, help minimum requirements for all vitamins and minerals. Okay.

Video Time Stamp: (01:54:56):

I don't know how to answer this question. I want to stop all on. Chronometer shows low on selenium. Okay. So I think you're asking what vitamins and minerals should you be supplementing when you have a low thyroid? And I think you need more. I think I need more information to me to know the exact answer. The thyroid is, it's such a fun but dangerous answer because of how much it changes in the first year of keto. I mean, most thyroid problems are an autoimmune problem where they have their body has attacked their own thyroid because the white blood cells are not behaving normally. And as that normalizes so to so many other things, I mean, it's just one of those canaries in the cave that we can check a lab for and give you very specific advice. But what I would tell you about the minerals is get a little better data in the chronometer looking for exactly which mineral you're trying to replace.

Video Time Stamp: (01:55:57):

The selenium is a very important one, but most people get a pretty good analogy of it when they're on a highly nutrient dense Mmm. Diet. I wouldn't, I don't have a mineral on a vitamin that I recommend. I, I tell you that you'd get most of that when you get high amounts of salt. Especially a good salt, like a, the Redmond salt that we talk about. In one of the papers and one of the handouts, I have a link to a PDF that shows you look at all the stuff that's in his soul. And that's why you see me hedging on this saying I don't want you to have another vitamin. First of all, there's the layers behind what happens inside a vitamin. Yeah. You're going to have way better return if you focus on keeping ketones high, keeping glucose. So having low inflammation, staying the course and putting salt and things, then yeah, whatever is the subtext of what you're asking in this question.

Video Time Stamp: (01:56:49):

these questions, if they think it's been answered or if it's Mmm. If it's better answered in a future video,



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102. So what can we learn from Omega three index?

You learn that. So we'll make it three index.

I have a video on this on YouTube but it is the skin in your white air, in your red blood cells are made up of lipids and the types of lipids that you have over the last a few weeks before you had that test done are found in your red blood cells.

Video Time Stamp: (01:57:50):

Your red blood cells are only a hundred days old at their oldest, 120 days old at their oldest. And so when we do prick your finger, you blot the blood onto the sponge and then that gets mailed into the lab where they analyze what type of lipids are in that, in that red blood cell, which is also an extrapolation of what kind of lipids your body is using. And in many a case is what you've been eating. Like you look at some of the trans fats come from mostly processed and a hydrogenated oils. They're really the, the devils of inflammation where there, their body or their, their component increases. Your risk of heart attack increases. Your risk of dementia, increases your risk of aging faster than you should. And so you can see what's in that. You can see how many transplants you have.

Video Time Stamp: (01:58:50):

You can also see how many Omega three fats you have, which are, you know, coming from your fatty fish. You can also see how many Omega six fats you have, which are also coming from animal products, but very healthy. And then saturated fat in our, in our blood has a, has a bad rap. But when you eat saturated fat isn't how you get to have saturated fat high in your body. Saturated fats in our red blood cells happen because you had a heightened, sullen state because you had lots of carbohydrates. So you learn about the, Mmm. About the profile of lipids that you have when you do that test. I think it's going to become more mainstream than we know,

103. I am interested in knowing if there's a way to get a sense of cholesterol levels without having a visit to the doctor.

During my last checkup most of my numbers were good with the exception of my LDL. Well, what I would tell you is I think you do have to go to a doctor to get this. If you don't, I don't know how to do that. I know that there are some, Mmm. There are some answers that that are learned through not just the cholesterol screen but also a very careful study of your particles.

Video Time Stamp: (02:00:42):

And when I'm looking at a ketogenic diet, somebody on a ketogenic journey, I start with the cholesterol panel, but before we do it, I warn them this is not just to look at the LDL or bad cholesterol. Here's what we're looking for. And we go through I, before I order this, I don't want you freaking out that your LDL cholesterol has gone up on, on Keto in the first few months. You're eating a high fat diet and we have some problems to fix. What we really want to improve is your inflammatory markers, your ratio of good cholesterol over total, your, your your vitamin D. I mean, some of the other markers that say how healthy is the patient, I want to know that their uric acid has gone down. I want to know what they have Hardy amount of iron, but not an excessive amount of ferritin. You know, those are the things that I warn them about before doing LDL cholesterol. So I start with the cholesterol panel.

Cause sometimes it's just what I need enough to see that I don't need any more blood tests to help the feel at ease

Video Time Stamp: (02:01:40):



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And that I don't feel that they're at risk. There are some times where it's off the charts and we need to do some more testing and that's when we spend a little more money at some of these other practical things. But boy, it takes a lot of coaching ahead of time. How do we, how do we rate the doc,

104. BHB products cost quality.

I'll tell you that the reason I made my own product is because I measured them at when you take so many milligrams of their product, what does it do to your blood ketones? And if it doesn't change it very much, it did not get my vote. So that's how I do that one.

105. College and peptides versus bone broth.

Do 10 grams of college and peptides replaced 10 grams of protein intake.

Video Time Stamp: (02:02:31):

This is better. Okay. This is a really advanced question. So I don't want to scare the newbies that are watching this. When I look at college and PO proteins, the reason I would, the reason I would, okay, so I don't know if you've seen the questions on here. Most people are saying, how is this such a low protein diet? How is it such a low protein diet to say you want to put the protein now in the form of a supplement? I think you're missing out on the best part of the diet, which is good food. So if I put a supplement in my, in my body, which before all the mess happened with Amazon, the only peptide I would do is a snippet peptide. And it is for the stimulation of fibroblasts. So fibroblasts are the cells that go dormant. When insulin formation is chronic in your body.

Video Time Stamp: (02:03:16):

They're the cells that are in charge of making cartilage and bone. They're not bones, but collagen and skin. And and when you watch people age faster than the clock, it's in part because their fibroblasts went to sleep. And there is evidence through the dermatology biopsy proven if you want to wake up those you turn, you take the college and snippets and you put that in a supplement and it's not protein does not. I mean, you know, you have the right one. If they're saying, Hey, you cannot count this as protein, you could die if this is the only protein you're eating cause it's snippets and the snippets stimulate these fibroblasts to wake up. And that's how you can see pretty amazing health skin placement, skin improvement in people who take that supplement for a good 90 days. I think eventually autophagy does a very similar thing.

Video Time Stamp: (02:04:07):

But if you're looking for a boost in that, that's the only reason I would use that. Bone broth is something that is a nutrient dense. Mmm. Drink that, especially if it's a good bone broth. Like tell them fire or the kind you make at home with chicken feet. It should be gelatinous. There's a video on that coming up. The reason you care about bone broth is you're trying to find a way to get through a fasting cycle. That is not what newbies need to be hearing about on week one.

106. Give me some advice for vegetarians.

And the vegetarian part is hard for me because I have this bias of studying people's brains for so long. But Mmm. The pattern that you recognize as a, as a physician, as an internet, as my history, is that vegetarians, they start out doing okay, but about the second or third year, especially if they've been at it for 10 to 15 years, they are some of the hardest patients I've had to repair their brains. And I contend that they're just missing a lot. I mean, the place you get some of these fat-based hormones or that, these fat molecules that improve this thing on your red blood



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cell is you're eating fish. Well, that's not a vegetarian. You get it from pigs and cows. I mean, so there's a, there's a disconnect that I don't, I don't know how to help you.

Video Time Stamp: (02:05:44):

I don't know if that's helpful, sir.

107. I've been doing keto for other reasons than weight loss.

I tend to get too thin and, and he desired what? Oh. And I'm at my desired weight. Should I eat more fat and protein? Yeah. So that's just, it is when you get metabolically healthy, the goals within chronometer change. When, when people talk about, I don't want to do keto, I'm already a Crohn's patient, super scrawny, I don't have good health. I'm like, yeah, your gut needs to be healed. And that healing comes by changing the chemistry that quit looking at the scale to look at the weight you want to be at is, are you eating enough to nourish your body and do you feel good?

Video Time Stamp: (02:06:48):

Those are some things that matter way more than what the scale says. And when you take care of a very chronically ill patient and you're going to hear some videos about this, there are some of the most heartbreaking patients I've taken care of is malnourished with autoimmune problems that affected the way their gut leaks out, mix out nutrients. And the only resolution I've had isn't from the extreme concoctions of Mmm. The ketogenic diet. It's from, I mean this, my prescriptions, but it's been from the ketogenic diet. I mean I can throw steroids at them, I can throw I mean, modulators, I don't, I can throw chemotherapy at them. I can put no heavy metals in their blood. And it, it changes things for a while, but it doesn't repair a lot of what happened when we shifted their chemistry. And so

Video Time Stamp: (02:07:36):

Those are the people that instantly come to mind when people say, I don't, I can't do keto. I can't afford to lose weight. And that they're their, their, their eyes or something in their hair's falling out. Their skin is so thin, you can see veins under it. I mean, they're not healthy. And they're worried about losing weight and weight is the least of the problems. Your body is, is malnourished. And so nourishment comes first. And then once you get healthy, that's stabilizes. Based on hunger and metabolic demands. I mean, it was a few years if more questions behind that, but I hope that answered your question.

108. So no gallbladder having lots of enzymes to process fat bowel movements float.

Yeah. You're, you have fat malabsorption, most likely just looking at that. You also can have people with no gallbladder still make bile.

Video Time Stamp: (02:08:29):

Bile is what helps your body absorb the fats. But if you make bile from your liver, you can't take out your liver. Your liver is still gonna make bile. It's still going to squirt it into your into your intestines. And that should emulsify fats, which is how you absorb them. But if you poop them out, which is why your food, your poop floats, I'm, I'm telling you, you are the person that needs to watch the videos for the next week because the fat malabsorption patients have the most rapid decline of their brain. I mean, your brain is what protect is protected by these fat based hormones and that cognition, they compensate, they compensate, and then they died. And so when I see fat



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malabsorption, I say, in your future you've got depression, you've got sleep issues, got memory problems, they're coming. Fix the malabsorption that's not from your gallbladder.

Video Time Stamp: (02:09:19):

A gallbladder, just as a bag that stores the bile. Your liver still makes plenty of bile. You can do keto on no gallbladder.

109. I've been on Keto since 2019. August, 20, 19 menopause since 2007. Hot flashes from then until they eventually went away with the beginning of Keto stall in January and hot flushes or back.

Yikes. What's the cause? It's a fat-based hormone. So you replaced them and they were pulsating correctly when you stopped having those hot flashes. But I would guess if you were doing your Dr. Boz ratio or if you were checking your numbers that when that stall happened, your doctor about ratios went up. We'll get to this later. But it's a good question. And it's a, it's again, the reason why ketosis is not the way you eat keto ketosis is chemistry. And if you are having problems check the chemistry. Mmm. So we'll get you through it.

110. So I had a hysterectomy. Is it POS? Is this okay?

I have had a hysterectomy.

Video Time Stamp: (02:10:34):

Is it possible in some way? Oh, is it all prohibited? Isn't like not prohibited? Nope. You can keep going. You don't need a uterus for keto.

111. I did not lose weight for two weeks of the fast.

I fasted for 21 days. I've been on keto for two years this way. This was my fourth longest fast of the year, my four long fast this year. I did not lose weight for two weeks of the fast. Don't understand why. I understand this question is in the company, but I really struggling. So first of all, why did you, why did you fast for 21 days? I would recommend that if it's for religious reasons. That's great. Congratulations. I hope it was very enlightening experience. But if you're doing this for health reasons, there's a way better reasons, there's way better ways to get the results you're looking for them to do that. First of all, it pushes your body into some extreme measures that I don't, especially if you're over the age of 50, I wouldn't do that.

Video Time Stamp: (02:11:41):

I would do it a different way. You're going to see that as we go through this course. So yeah. Stop that. Go to eating one meal a day and watching this course.



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112. I have colleges for breast cancer says no red meat.

I'm allergic to fish. This leaves me with foul. Do you agree with this? No. So I think you're on call. So have you read the book anyway? You can. I would look to see, I don't want to defy what your oncologist is saying, but the link between breast cancer and red meat is gnarly.

Video Time Stamp: (02:12:35):

I mean, it's very esoteric as compared to that high evidence of sugar in breast cancer, you have very good data that says lower the blood sugar, lower the blood sugar, lower the insulin, get those ketones high, get that dr ball's ratio fixed. If you have breast cancer, if you're a breast cancer survivor, unlike what I struggled with my own mother, I didn't have data on CLL, which is the type of cancer she had. There's lots of data on prostate cancer, on breast cancer. That sugar is the source of what fuels it. So stop it. Way more evidence on that than red meat stuff.

113. Does Keto help with Epstein BARR virus?

So again, Keto and Epstein BARR, any virus your body is in charge of taking care of. If you look at the people who struggle with Epstein BARR, they are not, I mean, I know this happens to teenagers, but if I have teenagers, even in my home, I can show you which ones are healthy and which ones aren't, which ones sleep well, which ones eat well and which ones when they get a cold it goes right away or they never get a cold, which one's immune systems will suffer longer and then when they do things right and they start doing life healthy, this past week they started doing things healthy and I have way more confidence.

Video Time Stamp: (02:13:50):

But if Corona virus comes into their system, they're going to take care of it a lot quicker. Their immune system is stronger. It's real. Epstein Barr's another virus. It shouldn't destroy you. Your body should be able to take care of it and when it destroys you, there is part of this that says there's chronic inflammation in the patients that this happens to. And to restore your white blood cells is how you fix Epstein BARR virus. That is, that's not going to happen in a week. That's consistently being Keto

114. When I joined three of the trouble clubs listed from all our congestive heart failure diagnosis, but I still need to worry about being in this club or is it for those transitioning.

Video Time Stamp: (02:14:48):

Okay. So if your transition, do you have through the hard part? So the key thing is, is if you've got a blood pressure of a hundred, over 67 and you walk, so her, the meds she's on is a diuretic Metoprolol, which is a blood pressure medicine probably due to controlling her heart rate. But, and then our third one was Coumadin. So if you show up to your doctor and you have a list of what pressures with heart rate first of all, don't think I'd have you on a diuretic. If your blood pressure's up a hundred, over 67. I think most doctors would agree that something needs to



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get, that's too low. Blood pressure you got, you're healthier than you were when that was prescribed. Metoprolol might even be lower based on heart rate and the blood pressure. But that's something your doctor needs to do. Video Time Stamp: (02:15:28):

And then Coumadin, Coumadin changes when you change your diet. So it's a it's processed through some of the vitamins, one of them being fat-based, vitamin, vitamin K and if you increase the amount of vitamin K, the Coumadin doesn't work as well. It's kind of like the enemy of Coumadin. So in a ketogenic diet you increase this fat based hormones and one of them is a fat-based vitamin called vitamin K. Well that's going to decrease the effect of your Coumadin. So you just need to check the Coumadin more often until you're stable. So if you're stable on the other side, stay put, but go tell your doctor what you did and then he's got to have to check some things, your shoe.

115. It says you have to the chronometer gold to make the Dr Boz ratio.

Oh, I didn't know that. Good point. I'll let Spencer coach you on that a bit.

116. How long does it take on keto diet to reverse inflammation and get fasting blood sugars down consistently?

Video Time Stamp: (02:17:31):

Depends on where you start. Depends on where you're at. Depends on how consistent you are. We're going to get to that in the next few weeks.

117. What's your experience with phew and feeling about vegan approach to the ketogenic diet?

Mmm, currently smash with fish two to three times a week. Otherwise, very low glycemic index veggies and berries. I don't know how you stay Keto. I don't know how you have enough fat with that. So again, she ptosis isn't a way of eating. It's a chemistry. So I think you've gotta be on a super low calorie diet in order to do that and eventually there's going to be a malnourishment. Mmm. So I will I will say, I don't know. I don't know how to coach you on that. I, I've had a few that tried this and they couldn't stay in ketosis.

Video Time Stamp: (02:18:23):

They just couldn't get enough fat. So, I know there are people out there that coach through this, but I'm probably not the best one of that.



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118. If you drink alcohol with zero carbs, why does it make your liver stop producing ketones?

Sylvester is your drink alcohol was, if I'm going to guess, it's, if you drink alcohol with zero carbs, why does it make your liver stop producing ketones? I've, I even heard that Keto. There's Keto. Alcohol zero. I thought zero carbs or low carbs was okay. Alright, we're gonna get to alcohol the next week. Hang tight. That's a good question. We'll get to it next week. What's your experience with fear or feelings about, Oh, I already know that's the same person.

119. Am I under the belief that carbs are not needed to function?

That's true. Yes.

Video Time Stamp: (02:19:21):

So yeah, you don't, your, your body will make carbs. There's a few cells that need them to, it's called leukemia Genesis. So it's a very advanced layer. The guy who was fasting for 21 days, he's in complete agenesis. And what happens in an elderly person when they're taking who can be a dentist is their sugars at 65 they hang out plus or minus 5% at 65. And your body works really hard to keep their, as they fast into those longer times, like seven, eight days, you can see the sugar go lower. But most people don't enter gluconeogenesis when they have chronic inflammation. And people who write into the sh channel saying, I'm in gluconeogenesis and my sugars are 85, like, it's not, it's not gluconeogenesis. You're not, you're still emptying glycogen. Gluconeogenesis correlates to a blood sugar of 65. Oh, that's the best way to tell you're in gluconeogenesis.

Video Time Stamp: (02:20:10):

And it usually takes a long time in strong ketogenic state or a long fast. And with that, there's consequences. So you don't need carbs to live. But there are some other subtexts that people usually put behind that question. I was trying to answer those at the same time.

120. I'm allergic to coconuts. What do you recommend?

Don't eat coconuts. Mmm. What is a good replacement for coconut oil? Mmm, I don't, I don't, I mean, I have used coconut cream and coconut flour and coconut oil, but this is, there was other ways to get high fat. I wouldn't, I don't think that's a barrier. I think, I'm trying to think the last time I had coconut oil months ago, months ago, you'll be fine. Mmm.

121. So will hair start to grow back?

Yes. When the inflammation is low, hair starts to grow back.

Video Time Stamp: (02:21:09):

That's real. One of my favorite things to, to promise with confidence is if you ever see a woman with a male pattern baldness, so at the top of her head when you're a dermatologist, you take a square centimeter and they actually



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will count that number of hair follicles that grow in that square centimeter to look at the square centimeter count for the top of the head. Versus the sides. It's just, it's exponentially less hairspray molecules on the top of the head. So that's from high cortisol. That's from high stress and I'm the only person that can replace that is fix that as you lower your insulin, lowering your carbs and switching that Dr. Boz Ratio once it's stable, the return of their hair, especially for these women who like wanted to get wigs, they've tried to do implants, I'm like, stop, just play the game of formal and you'll fix this.

Video Time Stamp: (02:22:03):

And you can also grow new here. Yes. That's Patrick talking. So he, he was just sharing this past week, but it was, it was Chester as they came back for abdominal hurricane. Yeah. That and like it's a sign of strong hormones. You know, obviously in a male testosterone is the hormone I'm talking about. But as a female, those hormones that grow your hair are the opposite of cortisol. Okay. So the question though, thanks Janet. Okay. So Beth says,

122. I purchased omega-3 tests. Should I send this in now?

I would actually, I would do it. I look at it at the beginning of your journey and then I'd wait like six months to look at it again. Because what's really interesting is how much you're going to learn about fats over the next six months. If you're at the beginning of your teen agentic journey and to look where you are now and to look where you'll be, especially make sure you at least get the \$75 one that has the trans fats in it.

Video Time Stamp: (02:23:09):

It's a huge like curtain reveal for what's going on behind there. There, what's your body's doing with that? Fat is a really good question about all right,

123. I've had a left Hemi colectomy. Does this affect Keto?

First of all, that usually is a very traumatic story, so I'm sorry that you've had that. But the, Mmm, there are specific parts of the colon that absorb the fluid in the last section and most of the time the surgeon does a really good job of giving you enough inches to do that and be able to, a form of that solid stool. Hopefully that's what your case is. And not that you suffer from chronic diarrhea or in some of my patients cases they've have that they had damage to the rectum where they, they can't hold their continents anymore.

Video Time Stamp: (02:26:32):

So left homemade Hemi colectomy means can be traumatic. I hope that's not you, but it doesn't prevent you from doing Keto. That part of the bowel is really just storage for the exit. And it's not really a, there, there are some parts to that vowel that where you transfer you, you ferment some vitamins and absorbed them. But again, I'm really praying that the surgeon was able to leave those sections. Usually if you can control your bowel it means those sections will still ferment. The, the bacteria that live right at the end of the colon will still ferment those vitamins into the absorbable form. We still get plenty of them. They're not chronically malnourished. If he did take out that section of your colon, he, hopefully they've shared that with you saying you really have to supplement a couple of vitamins.

Video Time Stamp: (02:27:24):



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124. Will addiction be a focus or lightly addressed in this course?

I'd have a whole nother course that I do on addiction. In fact, that's actually my plan to release the addiction one before this. But I got to shoot cleanup on this one now, so I'll probably put that off for a couple of months. It's the one that I, it's the lecture that I gave for department of defense. It's a, it's a long course. It's much more expensive than this course. But it's my baby. It's my favorite. Hmm. I think people will love it, but that's really where the addiction, I'm going to learn a lot from this course. That's my first one. Obviously I've said that a couple of times, but that's that's the one I had prepared ready to go is going to launch it in February.

Video Time Stamp: (02:28:10):

As soon as the department gave me permission to share that content. I recorded that last summer. I love that course. I, that's my favorite. Mmm. But you're not going to get as much from this one on addiction who gets them. So get some and you'll get some process that I think help because if you think a carbs aren't addictive, just give them up for 10 days and then watch what happens. And I do talk about that. So there's a section of it. But if you're looking for my best stuff on addiction that's not out yet.

125. So I had an issue with my liver.

ILT was 50, the 33. What's a good number? Lower. So it's just another form of inflammation inside your liver, but about a million things can do that.

Video Time Stamp: (02:29:05):

And I would be watching it over time. Every six months I'd have that rejection. I've seen that returned completely to normal when their liver is not so full of fat and their liver is not, they've done insulin, which is what we're about to do to you if your phones process, okay,

126. I have diabetes, high blood pressure, about 65,

I've lost 65 pounds. This was done through fasting and keto. I'm 15 pounds from ideal body weight. However, I'm still struggling with these conditions. Yep. You will be. Until that weight's off. It's, it's one of those what can I do for the last few pounds and stop taking the last two pills? It's looks like you blood pressure pills and, Hmm. I think that I just, so the 15 pounds is still metabolically inflamed, metabolically, not healthy. And I would say follow this process. You're going to have the answers before we're done. You might not get all the way done in four weeks, but you'll have the information that will guide you because it's going to be a support group you asked me.

127. Measuring what I ate is somewhat painful,

especially when eating leftovers. It's a pain to figure out amounts. Any clues on how to make this easier if you're still there, Spencer, do you, is it part of the chronometer allow you to, Hmm. Put it in cups or is it all in grams?

Video Time Stamp: (02:30:47):

So it depends on the entry, but most of the time we have a, you can select any number of different serving sizes. And when you're creating custom recipes or foods, you can set cups. Now they will do correspond to gram amounts cause that's generally how they break down the nutrition ratios and stuff. So,



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Video Time Stamp: (02:31:06):

So if he wants to, if he wants to change it, it's something you can change on the fly. It's not one of those back things that's always set on your account where it's going to carry forward. You can change it as you're putting it in.

Video Time Stamp: (02:31:16):

You can definitely change it when you're putting it in. And we will remember

Video Time Stamp: (02:31:20):

The last one you used.

Video Time Stamp: (02:31:21):

Thanks everybody. Bye. Bye.