



4.5 ketoCONTINUUM #7 23:1

7. <u>23:1 OMAD: ALL in 1 hour.</u>	ALL calories & sweeteners in one hour. 23 hours = Only salt, water, tea, or coffee.	Begin checking blood numbers right before you eat.
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23 + 1 = 24 23:1

OMAD: One Meal A Day ACIOH: All Calories In One Hour
 23:1 Twenty-three hours of fasting. 1 hour to eat.
 Time-Restricted Eating

Print your [ketoCONTINUUM](#)

DOWNLOAD the Dr. Boz Spreadsheet. Patrick V's [instructional video](#).

Pencil and Paper VERSION: Use this [LINK TO PRINTABLE Spreadsheet for Dr Boz Ratio](#).



WWW.FORACARE.COM

Promo Code: DrBoz

	ketoCONTINUUM	WHO DOES THE WORK?	
BEGINNER	1. I eat every 2-4 hours	CHEMISTRY CARRIES YOU	4 - 6 weeks
	2. LESS THAN 20 total carbs. I eat every 6-8 hours.		
	3. I "accidentally" missed a meal. [Keto-adapted]		
BASELINE METABOLISM	4. Eat 2 meals per day.	YOU DO THE WORK. Discipline needed.	LIVE HERE.
	5. 16:8		
	6. Advanced 16:8		
	7. 23:1 OMAD: ALL in 1 hour.		
STRESSING METABOLISM	8. Advanced 23:1/OMAD	PSYCHOLOGY. Use tribe for best results.	Use Intermittently
	9. 36 Hour Fast		
	10. 36 Hour Fast without Celebration Meal		
	11. 48 Hour Fast		
	12. 72 Hour Fast		

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BEST PRACTICES FOR KETO GROUP:

Weekly Meetings

Free

No Food

Start promptly. Stop promptly. 1 hour is enough.

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

NEWBIES watch for the first couple of meetings.

VETERANS: Lead the way. Show newbies the culture.

DR. BOZ RATIO
Glucose ÷ Ketones

- Under 80: Might Get Autophagy**
 - Weight Loss
- Under 40: Solid Chance of Autophagy**
 - Repair of Immune System
- Under 20: Best Chance of Autophagy**
 - Goal for Cancer Patients

DR. BOZ

Check-in IDEAS

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

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