



# 4.3 ketoCONTINUUM #5 16:8

5. <u>16:8</u>	Eat ALL food, snacks, and supplements in an 8-hour window. No eating, snacking, or chewing for 16 hours.	That means no gum during fasting hours. Suck on salt if you need a substitute. Keep your coffee filled with fat.
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16 + 8 = 24 16:8

Print your [ketoCONTINUUM](#)

Why doesn't the fat come from the fat cells?

Fat cells follow the command of insulin. Less insulin instructs when to open and close the gates of fat cells. Only when the gates open will your body use those fats as ketones in the mitochondria of your body.

ketoCONTINUUM		
BEGINNER	1. I eat every 2-4 hours	4 - 6 weeks
	2. LESS THAN 20 total carbs. I eat every 6-8 hours.	
	3. I "accidentally" missed a meal. [Keto-adapted]	
	4. Eat 2 meals per day.	

The first 4 ketoCONTINUUMS added fat through your mouth. Fat came in. Carbs stopped. Your insulin production decreased.

Low carb dropped the insulin initially. Some fat cells released their stored energy. Eating twice daily dropped it further. Another crop of fat cells opened doors to storage.

Each time you notch your abundant insulin down, your chemistry changes. Each improvement opens more fat fuel.

ketoCONTINUUM		WHO DOES THE WORK?
BEGINNER	1. I eat every 2-4 hours	CHEMISTRY CARRIES YOU
	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.
	5. <u>16:8</u>	
	6. <u>Advanced 16:8</u>	
	7. <u>23:1 OMAD: ALL in 1 hour.</u>	
	8. <u>Advanced 23:1/OMAD</u>	
STRESSING METABOLISM	9. <u>36 Hour Fast</u>	PSYCHOLOGY. Use tribe for best results.
	10. <u>36 Hour Fast without Celebration Meal</u>	
	11. <u>48 Hour Fast</u>	
	12. <u>72 Hour Fast</u>	
		LIVE HERE.
		Use Intermittently

ketoCONTINUUM		TEST
BASELINE METABOLISM	5. <u>16:8</u>	LIVE HERE.
	6. <u>Advanced 16:8</u>	
	7. <u>23:1 OMAD: ALL in 1 hour.</u>	
	8. <u>Advanced 23:1/OMAD</u>	
		Urine PeaTONE Strips
		Blood Ketone Strips

Advance your chemistry to tap into your next layer of storage. Ratchet your chemistry to 16:8. Sixteen hours of your day without food. Eight hours where you can eat. Eight hours you sleep. Limit all eating to 8 consecutive hours. That means beyond sleeping, you need 8 hours when you DON'T eat. The block where you eat starts at one time and then stops eight



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hours later. From sunrise to sunset, you can't start and stop the eating clock. Put the fasting hours on either side of your eating window. Once keto-adapted, restrict the hours you eat. This advances you to the next layer of chemistry. Food enters your body only during those 8 hours. Then stop. This requires a conscious choice. Make this decision when you are ready. Choose the next step.

### HOW LONG?

Stay at ketoCONTINUUM #5 until you master this. Mastery centers around the removal of cravings. You will know you are good when your brain stops asking for food outside of those 8 hours.

You will not wake up tomorrow armed with the skills to all these challenges. You are likely not aware of the challenges until they punch you in the nose. Temptation is evil. It sneaks up on you.

Celebrate 7 consecutive days before moving on. Use the chart on the next page to keep track if using **URINE PeeTones**.

For those using the blood tests use [this link to DOWNLOAD the Dr. Boz Spreadsheet](#). Patrick V's [instructional video](#).

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

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BEGINNER	1. I eat every 2-4 hours	4 - 6 weeks	None
	2. LESS THAN 20 total carbs. I eat every 6-8 hours.		Urine PeeTONE Strips
	3. I "accidentally" missed a meal. [Keto-adapted]		
	4. Eat 2 meals per day.		
BASELINE METABOLISM	5. 16:8	LIVE HERE.	Urine PeeTONE Strips
	6. Advanced 16:8		
	7. 23:1 OMAD: ALL in 1 hour.		
	8. Advanced 23:1/OMAD		
STRESSING METABOLISM	9. 36 Hour Fast	Use Intermittently	Blood Ketone Strips
	10. 36 Hour Fast without Celebration Meal		
	11. 48 Hour Fast		
	12. 72 Hour Fast		

