



1.7 Trouble Club

IF/THEN CLUBS

200 CLUB

Count your carbs before keto? Use [the Cronometer App](#)

To sort out the 200 Club.

For 3 days before starting, keep track of your carbs. This will shed so much insight into your next two weeks. You will not regret this advice. Did you consume more than 200 carbs per day?

SEE YOUR DOCTOR CLUB

See a physician before you start if you:

#1 Taking blood pressure medications.

This is not a trick question. You got those prescriptions from the doctor. You know who you are. If you take blood pressure meds and you want to get off them, this lifestyle will amaze you and your doctor. However, the transition can be dangerous. Prepare yourself.

My patients taking high blood pressure meds must check their own blood pressures at home. This is my rule ON or OFF the ketogenic diet. If I prescribe them medication for blood pressure, they must know what their pressure looks like OUTSIDE of my medical office. Never has this been more important than when transitioning onto the keto diet.

Drop the carbs and down go your sugar - even if you are not a diabetic. With fewer glucose molecules comes fewer water molecules. Drop the glucose and the fluid departs through your kidney. This lowers the volume circulating in your arteries and veins. Not because of lost blood; because of lost water. Even if you drink extra water it won't stay in circulation. The force holding it in the circulation, the pull from the glucose, is gone. Less volume of liquid piping through your body means lower pressure within your pipes.

Your blood pressure actually changes a little bit every time your heart beats. Don't be surprised if your blood pressure number varies from 10-15 points. Give your system a few minutes to reset and check the pressures again.

Less pressure means lower blood pressure. Lower blood pressure means less medication. Your medication does not check to see if you are keto before it works. It works if you swallow it. Don't swallow it if your pressures are too low.

The rules I tell my patients:

- 1) You must use a home blood pressure monitor. Blood pressure is impacted differently for each person. After years of trying to predict who will have the worst or easiest time with blood pressure, I fail. Monitoring pressures at home saves lives. Get a monitor. Check your own pressures.



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- 2) Check your blood pressure 2-3 times a day when transitioning. As you reduce and remove carbohydrates from your diet, your blood pressure will drop quickly. Be careful.
- 3) Before you start keto, ask your doctor to rank your blood pressure medications from most important to least important. Use your doctors to help you remove those blood pressure medicines as quickly as your body adjusts. You only know the answer to this by checking your own blood pressure several times.
- 4) Ask your doctor what pressure is the right number to start lowering the medications. I use 100-110s/60-80s as a guide. If my patients have pressures in that range for several checks, it's time to lower medications.

Be careful. If you are not checking, you will miss the drop in pressure. For my patients, we have a list of their meds. I arrange them in order of 'FIRST TO GO' to 'LAST TO GO.' When they get 3 readings of blood pressure of 110/60-80 I remove a medication. In a matter of five days, I removed five blood pressure meds from a patient!

Let your doctor help you remove those blood pressure medicines as quickly as you remove the carbohydrates. In a matter of five days, I removed 5 blood pressure meds from a patient! The only way we kept him out of the emergency department was through his careful monitoring of the pressure as we walked through the first 7 days of his keto transition.

Study your blood pressure. Know your pressures before you start. As you transition into keto-chemistry, check pressures several times a day. Peeing ketones and lowering blood pressure go hand in hand.

#2 Patients with less than 25% of their kidney function left.

If you have blasted out 3/4ths of your kidney function from years of high blood sugars, high blood pressures, or other kidney-crushing problems, be sure your doctor knows you are doing this. Sadly many of these patients could have prevented the death of their kidneys had they used the ketogenic diet sooner. When looking at your labs from your doctor, you will find a section that says creatinine clearance. That is where you should focus. Not just the word creatinine ... but creatinine clearance.

You are going to want to be closely aligned with your physician as you take on a ketogenic diet.

#3. If you are taking Coumadin.

Not much explanation needed. The other name for this medication is Warfarin. See your doctor if you are starting the Keto diet on Coumadin. Your blood levels will need to be checked more frequently while you transition.

#4 If you take a diuretic prescription— commonly known as a pee pill—

Diuretics, or pee pills, make you pee. They pull water out of your system. The first week of the ketogenic diet makes you pee. It also pulls water out of your system. You flush out extra fluid as



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you transition from pine-needles to logs. Adding a medication that does the same thing can be double trouble. If you take a medication that makes you pee, your doctor will likely want you to decrease the dose or stop it altogether for the transition.

#5 If you inject insulin on a daily basis.

#6 Alcohol

If you drink alcohol on a daily basis, beware. Ketones will burn when available unless alcohol is present. Alcohol stops mitochondria from burning ketones. Once the alcohol churns through the furnace, ketosis begins again.

Limit your alcohol for the first 6 weeks of the ketogenic diet. I recommend halting all alcohol for those six weeks. You will gain the greatest improvements in metabolism if no alcohol enters the equation. If the thought of no alcohol for six weeks seems over the top, I caution you to start the ketogenic diet. This struggle to surrender carbs mirrors the struggle of patients dependent upon alcohol when cutting back. I don't recommend tackling both carbs and alcohol at the same time. Start with booze.

Once you can go 2 weeks without a drink. Then cut the carbs.

EVERYONE IN THE GROUPS LISTED ABOVE:

Stop. Slow down.

You need closer observation than just reading a book or watching a video.

In addition, I recommend drinking BHB for the next 10-14 days. Sip on the supplement all day while you add information to your toolkit.

Your body will find the transition from no ketones, to ketosis easier if you have been “dripping in” some ketones for the days prior to the next transition. The adaptation will flow much smoother after the BHB has been circulated for the days prior.

Use a two-week countdown

1) The 200 club gains the most benefit from sipping on ketones for 10 days before you start. Ketones-in-a-can readily prepares the body for this transition. The healthier you are when you start the transition, the less you need the assistance.

2) Cut your carbs in steps.

Begin with no sweet drinks the first week. Yep, zero calories, zero carbs, and zero sweeteners in your drinks. Keep the cream. Add the fat. Quit the carbs in your drinks. Get all the sweet tastes out of your drinks. When you take away the sweetness and carbs in your drinks, your tongue is going to go on strike. Your palate is used to that sweet taste in drinks. Stop that. With the exception of ketones-in-a-can, do your best to remove all sweet-tasting drinks.



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I make the exception to allow Ketones-In-A-Can because ... frankly - it works. The Ketones enter your circulation and activate a new way of living. I will trade the sweetener for that improvement. Someday the sweeteners will need to all be gone. This first step keeps the salt (all ketone supplements are bound to a salt), adds the fuel we are trying to teach your body to use, and tastes terrible without a sweetener. That is why I make the exception to allow this sweet-tasting drink.

Don't advance to the next step until you reset your tastes for drinks. Much like the lima-bean-guy, your system will adapt. Give it a chance.

No white stuff.

If you are still above 200 carbs after cleaning up your drinks, add the next restriction before starting. No white stuff. No bread. No rice. No potatoes. No pasta. No pastries. Keep that rule solid for 7 consecutive days. This gives your brain and body space, allowing a gentle shift in your body chemistry. This prevents keto flu. This also prevents the crabby version of you from showing up in those first 2-3 days. Your brain gets a chance to adapt. This schedule also gives you time to clean out your cupboards. ALL YOUR CUPBOARDS.

During those 10-14 days, cut back on carbs. Cut out the booze. Get a support system started.

EDUCATE WHILE YOU WAIT

Listen to the [Audiobook](#)

Watch YouTube videos . . . [BEGINNERS— ALL THINGS KETO](#)

STEP DOWN the CARBS TO 200.

USE [CRONOMETER](#)

TAKE NOTICE HOW OFTEN YOU EAT.

WATCH YOURSELF FOR 10-14 DAYS.