



2.09 Meeting & Mirror Neurons

[Print ketoCONTINUUM.](#)

	ketoCONTINUUM	WHO DOES THE WORK?	TEST	GUIDELINES	NEXT STEPS	
BEGINNER	1. I eat every 2-4 hours	CHEMISTRY CARRIES YOU	None	Fueled on glucose. Must refuel often. Never fueled by ketones.		4 - 6 weeks
	2. LESS THAN 20 total carbs. I eat every 6-8 hours.		Urine PeeTONE Strips	Eat <20 total carbs per day. Ketosis begins. Fat-based hormones rise. Eating happens less frequently.	Be sure to eat high fat with low carbs. Your body uses the fat to restore your fat built hormones. Elevated insulin within your body prevents you from using the stored fat. You must eat the fat.	
	3. I "accidentally" missed a meal. [Keto-adapted]			Fat supplies the resources needed to make fat-built hormones. Fat based hormones approach healthy levels. Appetite decreases according to body's chemistry.	Sometimes it takes 10 weeks before this moment happens. Don't look at the scale. Listen for the absence of hunger.	
BASELINE METABOLISM	4. Eat 2 meals per day.	YOU DO THE WORK. Discipline needed for each new step.	Urine PeeTONE Strips	Choose to eat only 2 meals per day.	Succeed 7 day in a row before advancing.	LIVE HERE.
	5. 16:8			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.	
	6. Advanced 16:8			Clean up your morning drink. Remove all calories and sweeteners. Morning drink = no fat, no MCT, no butter, no sweeteners, no calories. The 16 hours = only salt, water, black coffee, or tea.	Don't remove the fat from your morning drink before this phase. You needed it to get here. Now it's time to let it go.	
	7. 23:1 OMAD: ALL in 1 hour.			ALL calories & sweeteners in one hour. 23 hours = Only salt, water, tea, or coffee.	Begin checking blood numbers right before you eat.	
STRESSING METABOLISM	8. Advanced 23:1/OMAD	PSYCHOLOGY. Use tribe for best results.	Blood Ketone Strips	Move eating-hour within 11 hours following sunrise to match your circadian rhythm.	Record the Dr Boz Ratio first thing in the morning. Repeat before eating.	Use Intermittently
	9. 36 Hour Fast			Fast for 36 hours. No calories. No sweeteners. Start in evening as to use 2 cycles of sleep during the 36 hours.	Begin fast after evening meal. DANGER: If on blood pressure meds or blood sugar lowering meds. ASK YOUR DOCTOR	
	10. 36 Hour Fast without Celebration Meal			After 36 hour fast, return to your normal pattern of eating without a splurge meal.	Offer a group fasting routine to others in your tribe. Fast together.	
	11. 48 Hour Fast			Fast for 48 hours. No calories. No sweeteners.	Safe to try twice a week. Unlike the 36-hour fast, this option keeps meals at the same time each day.	
	12. 72 Hour Fast			Fast for 72 hours. No calories. No sweeteners.	When the timing is right, stress your metabolism with 8 weeks of a 72-hour fast. The rest of the week, return to your BASELINE METABOLISM. The best transitions happen through this challenge.	

Print Front & Back of the [ketoCONTINUUM Check-In Cards](#)

1. I eat every 2-4 hours
 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.
 5. 16:8 ALL food, snacks, and supplements in an 8-hour window.
 6. Advanced 16:8 Clean up morning drink. No calories or sweetener in A.M. drink.

7. 23:1 OMAD: ALL in one hour. 23 hours= No calories or sweeteners.
 8. Advanced 23:1/OMAD Your 1 hour of eating happens within the 11 hours following sunrise.
 9. 36 Hour Fast
 10. 36 Hour Fast without a Celebration Meal
 11. 48 Hour Fast
 12. 72 Hour Fast



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ACCOUNTABILITY PARTNER

FIND ONE ... start looking. ... The tough phase is around the corner.

MIRROR NEURONS

Come to the meeting and share your journey. Share your struggles. This type of education rewires your brain through your MIRROR NEURONS.

Watch group members struggle. You learn.

Watch them succeed. You learn.

Watch them encourage one another. You learn.

Education for your members

BOOK ANYWAY YOU CAN

AMAZON Book Review: <https://amzn.to/2Tioyrc>

AUDIOBOOK: <https://adbl.co/2SLLfS1>

Barnes and Nobel: <http://bit.ly/2Dbjz2I>

COMO PUEDA BARNES & NOBEL: <http://bit.ly/2qIvIcm>

COMO PUEDA AMAZON: <https://amzn.to/2qDAzLW>

Kindle COMO PUEDA <https://www.amazon.com/dp/B07R54BKSX>

YouTube Playlist [BEGINNERS: ALL THINGS KETO](#)