



# 4.2 #Dr Boz Ratio

## 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




[WWW.FORACARE.COM](http://WWW.FORACARE.COM)

Promo Code: DrBoz

Glucose	Ketones	Dr. Boz Ratio	GKI	Zone
97 mg/dl 5.3 mmol/L	1.2	80	5.3 : 1.2 4.5 : 1	Weight Loss
100 mg/dl 5.5 mmol/L	1.5	66	5.5 : 1.5 3.7 : 1	Weight Loss
75 mg/dl 4.1 mmol/L	0.9	83	4.1 : 0.9 4.6 : 1	NEARLY Weight Loss
88 mg/dl 4.8 mmol/L	1.1	80	4.8 : 1.1 4.4 : 1	Weight Loss
77 mg/dl 4.2 mmol/L	2.1	36	4.2 : 2.1 2 : 1	Immune Repair
67 mg/dl 3.7 mmol/L	3.2	20	3.7 : 3.2 1 : 1	Critical Care

**DR. BOZ** HOW TO

## Test Your Ketones

### Urine Testing

Best for beginners ✓

- ✗ Measures extra ketones, not ketones being used as fuel

Least expensive ✓

- ✗ Negative results can be an error

Results in seconds ✓

### WHEN TO USE

Best for beginners.  
Use this to prove you're in ketosis, but it can't tell you *how much* you're in ketosis.

### Breath Testing

Easy to use if you have healthy lungs. ✓

- ✗ Not good for patients with asthma or weak lungs

Pretty good accuracy ✓

- ✗ Measures extra ketones, not ketones being used as fuel

### WHEN TO USE

Breath testing is more accurate than urine testing, but less accurate than blood testing. The biggest plus is you don't have to keep buying lancets or urine strips - buy it once and you're set.

### Blood Testing

Extremely accurate ✓

- ✗ Most expensive

Direct measurements of ketones as a fuel ✓

- ✗ Requires a finger prick, not for the faint of heart

### WHEN TO USE

The absolute most accurate result.  
Use this once you've been keto adapted as a real-time and accurate way to keep yourself accountable or after a long fast to get your Dr. Boz Ratio.

(FORA 6 Connect Ketone/Glucose Monitor 10% off with code DrBoz at checkout)

## THE VERDICT

Beginners should use urine test strips. After you're keto adapted, start using a blood test to get real-time and accurate results plus calculate your Dr. Boz Ratio.





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### [Link](#) to **DOWNLOAD the Dr. Boz Spreadsheet.**

This spreadsheet is an awesome tool built by one of my favorite fans, Patrick V. Watch his [instructional video](#) from Patrick V on how the spreadsheet works.

If you like to write with a pencil and paper, and not use an electronic spreadsheet, we've got you covered. Use this [LINK TO PRINTABLE Spreadsheet for Dr Boz Ratio](#). Track the Dr Boz Ratio.