



# Module 2 Q&A Handout

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Video Time Stamp: (00:07:26):

If you can be posting your questions here in the Q and a and then if you like the question, if you want me to answer that one, vote for it doesn't mean you have to suffer from it. It just means, Oh, that's an interesting question. I'd like to know about that. If we can keep the questions really focused on week, week one, which has a lot to do with eating fat, has a lot to do with you know, poop and magnesium and some of the complications. That's where I think we're going to find each of these live Q and A's are to answer the questions, but there's a lot of you asking questions about what do I do when I fast and what do I do when my doctor boss ratio isn't doing things right. And although those are fun questions for me to answer, I do not want to scare the people that are in their first week into thinking this is where they have to go. So I really want to stick to answering the questions that go to these, these modules. And I also need to do one thing before I get too distracted.

Video Time Stamp: (00:08:34):

How do I do that? Let's do

Video Time Stamp: (00:08:47):

Sure. I'll just ask my assistant Wade to make sure that there's another cohost assigned. If you can find a cohost and invite them. Don't know if I, I only have one cohost at this point. I just want to make sure that there's a backup cohost. Okay. So let's begin. So I'm going to start by sharing my screen and we're going to quickly go through the handouts for the week. We are gonna use this one. So the reason I'm doing this is just to make sure that you've all seen them and if it sparks the questions that that might have happened throughout that week. That's what this is also about. So again, day one was question number one. You're looking here at no sugar, no starch, high fat. We talk a lot about counting to 20, peeing on your tone stick.

Video Time Stamp: (00:09:40):

And then using that handout as a way to Mark what are your total carbs, how are you feeling? Again, these are meant to be used as printouts and handouts. This is the grocery list that I have together saying it's not that you have to buy everything on this list. This is the major staples that would get you through the first couple of weeks. And I find that even things like spam or are difficult for people to buy, but really have been in the cupboard in a moment when you're having trouble figuring out what to eat that grocery list will come back and save you. A quick reminder that when you look at how to print these, you can go to file and push print or off on your toolbar. Sometimes people have it set that you can just push print.

Video Time Stamp: (00:10:30):

That's how you would print. I didn't actually need to click it. On. Yes, they are. Well, they're meant for you to use either in your groups or as a way to keep your own notes. Let's move on to handout number two. Again, this was day two. We talk a lot about checking your blood pressure. How do we prevent the problems that I know are coming in so many people. We really want you knowing about those ketone strips looking at different food choices



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remembering that total carbs is what we're focused on right now. When we get to day three, again, a very similar chart, we have added bowel movements to, to tracking as well. Looking at some of my tried and true salt being one of those key things. If you didn't click on that real salt analysis, that's a really cool link that shows you everything that's inside. The, the salt that I, I took too long to find. Handout number four was really focused on the poop conversation. There are some good questions about that. This week we talk about constipation. We talk about how important it is to reset your expectations for healthy bowel movements. And move to the opposite problem which is loose stools. Again, a different problem, very important to cover something. I try to do a really good job of educating about inside

Video Time Stamp: (00:12:05):

The the

Video Time Stamp: (00:12:09):

A video on on day four. If we look at day five or day four, but at the end of day five

Video Time Stamp: (00:12:20):

The

Video Time Stamp: (00:12:24):

Huh, you're saying what are the reasons why you won't be seeing ketones by day four. Here are the number that, the top five reasons, top six reasons why that happens. Here's some solutions questions I'm going to go through in this respect. But if this is you, please put your name or put your question in. I would love to answer these kinds of questions. If you got today five and you weren't having or the end of day four and you didn't Peak tones, do you think there's at least one that was in the poll? Again, looking at support groups, this is the first time I mentioned it here. Really powerful on how important this is showing you some of the best practices. You're going to see more about that as this unfolds in the next in module three. My favorite topic a whole day dedicated to make museum and why magnesium is super important.

Video Time Stamp: (00:13:18):

Several of you have added questions about that. We're going to go through that this morning too. I really like this chart. Just keeping track of for week one, week two and week three. How did you feel, what are some of the ways that you had these symptoms come and go? Those first three weeks can be very difficult if magnesium is low and this just gives you some of the education on what what that the basics is. Day six we covered difference between calories and cravings and how your body doesn't have a ticker tape counting how many calories you eat. It does measure how many, how much fat you eat and how many carbohydrates you eat. Very important to separate cravings versus carbs. And looking at how long those symptoms take to arrive and how, how quickly or not so quickly they fade away.

Video Time Stamp: (00:14:17):

Handout number nine was really getting to the meat of this. I don't know if you, you're, if you clicked on that print Keto continuum, but that's a PDF which again allows you to download and print out this this very helpful chart. This little link here was also I'll show you these in just a second, but printing out these little handouts to help you in a group or even if you're just,



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and to remind yourself where you're at, those little cards, you can print them out yourself and just, they are, are really helpful. Motor neurons are really actually that's supposed to say mirror neurons.

Video Time Stamp: (00:15:02):

Dang it. I don't T don't tempt me with that right now. Anyway, as you right there the final one is the fear of fat going through a BMI, one of my favorite Facebook. And then giving you the ability to hang that in your own fridge as you really try to rewire your brain against against the, the, the trap if you would, of having habits that you've done for so many months and years. All right, so that's just giving you a, a quick dance through those handouts. What this past week has been about I'm now going to hop over. We're going to spend about 20 to 30 minutes going through the poll questions and they move up, try to get to these live questions and answers and, and see if we can get through these in a way that's efficient but also helpful. So now I'm going to share my screen to the pages module. And again, what I did was let me just set up a couple things here differently.

Video Time Stamp: (00:16:16):

Mmm.

Video Time Stamp: (00:16:18):

Take that down too.

Video Time Stamp: (00:16:22):

Mmm, Mmm.

Video Time Stamp: (00:16:29):

In Tayvon that's, yes, there we go. Can I do that? I want to put on the spotlight for here. Okay. So we're just going go through this this handout we're going to start with the top and when I get to about question nine, we're going to ask the chronometer expert to help us. It was a lot of these questions in trying to keep it focused for what is the, what is the focus for this week, which is that first week, module two. I do want to point out that these numbers at the end just showed you how many voted for the question. And although we have some that are over a hundred, I put some of these other ones at the top because I want to make sure to get to them answering the questions for the, the newbies this week.

Video Time Stamp: (00:17:16):

So let's just do number one.

### 1. If I am still hungry, and still want to eat, can I keep going over on my fat and protein maximum and kcals and still lose weight?

If I'm still hungry and still want to eat, can I keep going over on my fat protein maximum of kilocalories and still lose weight? So again, in week one, the only thing I want you counting is carbohydrates. Total carbohydrates of 20 or less. The fat doesn't matter. The amount doesn't matter. The calories don't matter. The protein doesn't matter as long as you hit 20



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carbohydrates or less every day, every day, at least the first week I pushed people to go even into the second week. What I'm looking for is we have to switch your chemistry before we can switch your a weight loss. But especially for people who have been overweight for several years you're fighting against this hidden monster of your chemistry and if you try to outsmart it with calories, you will lose. If you try to outsmart it with not eating too much fat, you will lose the amount of calories found in switching to ketosis is not the focus.

Video Time Stamp: (00:18:23):

Your focus needs to be keeping those carbohydrates low. That is the key to switching is chemistry. I put this question first because it was so paramount for the success in people transitioning to the ketogenic diet. In the folks who struggled and said, I just am not getting results that I need. Why am I not getting the results I need? I tell them to scrap looking at anything else, only focus on those 20 total carbohydrates a day. Do that for 10 days. Watch what happens. And the anxiety of checking all of these things at first can overwhelm people. We don't want you anxious. We want you happy and and mentally not stuck in the high scroll here..

### 2. What foods should we be eating to lower blood pressure? +31

What foods should we be eating? Lower blood pressure. Okay. Again, 31 of you said, yep, I want that answered. There was another question later on that said, how does ketosis help to normalize blood pressure? Again, looking at some of the videos I did in this series, talking about the food, the removal of water that first week, blood pressure is a circuit of hoses filled with fluid. And so when the pressure is high, you can either Lynx in the hoses or you can decrease the amount of fluid inside the hoses. It's a closed circuit. So when you add water or take away water, you can donate some blood. That would be a way that you decrease the fluid or you can change how much of the fluid is stuck inside your circulation because of how much sugar is circulating around.

Video Time Stamp: (00:20:17):

When you say what foods lower blood pressure, I would flip the question, say the foods that raise blood pressure or carbohydrates, because as those carbohydrates get high, the insulin goes high and that whole meal you have high carbohydrates, high insulin create a the osmotic or the pull to keep the water in circulation. When you drop those carbs, you drop the glucose in your, you drop the insulin and those three trifecta remove the pole to keep the fluid in circulation. And that's how you drop your blood pressure. It's for that same reason.



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### 3. How much salt do we need in a day? +92 How much water should we try to drink each day? +24 Doctor limits water + sodium due to Afib

That question number three is how much salt do we need to take in? You shouldn't be measuring it. You're measuring 20 carbohydrates a day. That's it. Do not focus on saying, well, I only had one and a half tablespoons of salt today. Why are you measuring it?

Video Time Stamp: (00:21:13):

You need to assault until you don't feel like you need salt anymore. But the idea that your system needs a measuring cup to tell you how much salt is mixing up messages. We want you listening to your body and we want you salting. Thanks. Salt will prevent that. Keto flu. Salt will prevent you from dropping your blood pressure too quickly but still not compromising that you keep the fluid in your circulation because of high sugar or high insulin. We want you to keep it there because the salt ratio matches the meat. Your kidneys are going to do a great job of regulating that. Let them do their job. Salt is something that will satiate you. It feels it shuts off hunger, it shuts off cravings. But you shouldn't have to measure the amount of salt. My coffee this morning has salt in it.

Video Time Stamp: (00:22:07):

It has got solely water in it. It is if I have too much my, my body, my efficient, not inflamed body will pee it out. And yours will too. Eventually as you start into the ketogenic journey many people wrote in saying, Hey, my doctor, I have atrial fibrillation. I have a DEMA. I have swelling, my thumbprint was really large. What do I do? This is where your doctor needs to help you with this. Now if you, if you lower your blood sugar and you lower your blood glucose too quickly and you have really stiff old arteries, like let's take an 80 year old who's got atrial fibrillation, has a DEMA, starts on the ketogenic diet, and by day three, they're passing out because they dropped their pressure so much and their poor little hearts has too many other things going wrong and they're taking the medications that the doctor has been doing to counteract the atrial fibrillation and their 80 year old heart was diff arteries.

Video Time Stamp: (00:23:17):

Okay, that's really complicated. That's what internal medicine job is, is to manage that. And it's totally doable, but it is not not a good idea to do all that. Without your doctor being unaware, please let them know, tell them what you're doing. They are going to tell them to reach out to me. I'll, I'll tell them what I would do, but to advise a thousand people online, here's what I do. I think you're setting people up for a dangerous precedent. Let's see. Keto says add water and salt. My doctor says, stop at how confusing, right? I know only five people voted for that, but this poor little lady or man, it's super confusing and I'm telling you, you will have less need for these medications. Your heart will be under such less pressure. When you get keto adapted, when you get through this taking the time to do this journey with your doctor, and then you'll





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get the free just confidence from your doctor when you show up saying, look, I've been studying my blood pressure.

Video Time Stamp: (00:24:24):

So that's what those charts are for in those handouts is I'm giving you the tools that as a physician, when the patient shows up and they have this documentation, it is a glorious moment because first of all, I know they're committed and second of all, they're studying the things that I need to know about. If I'm going to give you advice and that if the doctor sees that right in front of them, they're going to be able to say, Oh, here's what we do next. When you come in and ask the question, but you don't have any information they're guessing. They're trying to say, I think this is where they're at. Why is eating sunflower seeds a good way to take insult? I wouldn't do that. A sunflower seeds. There's just so many other good ways to take insult that don't have the distraction of sunflower seeds.

Video Time Stamp: (00:25:12):

I mean, they're seeds, they're not terrible. But pickle juice with no additives for probiotics is salty. Yes, that's another nice idea, but I would just stick with salt. It's less complicated.

### 4. How much water do we need in a day? +82

### 5. Are sparkling water allowed in the beginning or ever? +52

How much water do you need a day, again speaking to that sparkling water. So I think it's really important to clarify this question. Our sparkle is sparkling water. Allow it at the beginning or ever in this diet. And 52 of you wanted to know if I if that's what's the answer to that? I would commend that your sparkling water needs a definition. When I talk about sparkling water, I think of it as Agua Kongese that's Spanish for water with gas in it. So the, bubbles in water is, what I call sparkling water. Now there've been branding people who put in Stevia and sweeteners and some cucumber juice or lemon juice and those flavors end up with a stimulation of cravings.

Video Time Stamp: (00:26:13):

So just be careful that if you're talking about just taking water and putting, get carbonation in it, that's what I, that's my one of my non coffee drinks that I love, but it doesn't have extra flavors in, it doesn't have essence in it. It, it, I would be careful about what's in that.

### 6. How much Sole water can you add to your drinks per day? +21

How much solely water can you drink in a day again till you feel like you don't want anymore salt? Is this really primal signal when you are, when you're satisfying it, your kidneys will remove amazing amounts of salt in a day if they need to. And it will also hold onto the salt



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that you need. You want to oversalt versus under salt these first few days. And you will feel it. You will feel the sensation of, I just don't want any more salt. So listen for that signal when you're replacing salt.

Video Time Stamp: (00:27:06):

All right, question seven.

### 7. How long does it take to start losing stored fat?+66

How long does it take to start losing stored fat? The next one I put right with it was, I'm ready. I'm really keen to see weight loss and be fat adapted. How long does it normally take on average, best and worst case scenarios they want to know. And then the two other questions that all kind of lumped in the same. One was IPI strips or Oh, you're producing ketones. Does it matter whether it's small, moderate, or extra large? My goal is weight loss. And then of course the last one is 101 votes. Very high. A question on the list. At what point do we drop the high fat? Okay, Yeah. So stored fat in your body is locked because of insulin. This is why you have, you have to lower the insulin.

Video Time Stamp: (00:27:59):

I really can't wait for you all to get to the fasting video that I just recorded this past week because it shows you what happens when we take somebody who's insulin resistant, overweight, and we shut off their eating for 35 days. It's awful. You do not want to do that. You do not want to do that. You want to replace the nourishment and the hormones before you start to say, well, can't I just lose a bunch of weight by, you know, zipping my lips closed? No, you have got to take care of the endocrine system first that a fat-based hormones come from a chemistry shift within your body. It has to happen. If you want those fat cells to open up and offer their fuel, they will protect you when they're inflamed. When you've been eating a high carbohydrate diet and when you have a fatty liver or a liver filled with carbohydrates that has been turned into fat, all of those problems are there.

Video Time Stamp: (00:28:56):

The process that we are using to shut down the, the chemistry that you've been over producing for years. We have to fix that before you can empty out those fat cells. So you have to eat fat to empty the fat cells. And that sounds backwards. Like what do you mean I'm trying to lose weight? How can I put all this fat in my body? And especially this first couple of weeks, you have to stick to eating high fat. Don't look at how much, don't keep track of that. Only keep track of the 20 carbohydrates that you're eating every day. Total carbohydrates. Don't look at calories, don't look at protein. Don't look at anything else except total carbohydrates. And what happens is this magical shift in your chemistry and you will feel it. You will feel an improvement. That is that you'll become fat adapted.

Video Time Stamp: (00:29:49):

So when people say, how long does it take on best risk scenarios, even the most insulin resistant patients, if they follow the 20 carbohydrate rule within, within three weeks, they were for sure all fat adapted. But that means they had to stick to the plan. That means their



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chronometer app is, they're not distracted with, Oh my gosh, eight, 5,000 calories today. Why are you looking at calories? Don't do that. Don't stress yourself out with that. You have to fix the chemistry first in order to be able to reap the benefits of the ketogenic diet. Ketosis isn't food, it's chemistry. You have to fix the chemistry first in order to be able to give you the benefits of what you're going forward to. So when peeing on a ketone, a piece stick, does it matter? Is it small monitor and a large we all have a little bit of confidence when it is that moderate, larger, extra large, the small still counsel, you are at least making ketones and some of my insulin resistant patients, it just took a long time for them.

Video Time Stamp: (00:30:51):

I really think it took a long time for them to drop the carbohydrates to 20 or less. I, I think they were using a couple of apps that did not accurately teach them the benefits of of total carbohydrates. But as soon as they did that the first couple of weeks you make buckets of ketones. It's amazing how many ketones they made. And I need you to stay the course on that. The key is any little bitty wiggle of ketones will show up in your urine. So even the slightest amount of pink is a win. We like you to keep those carbs less than 20. You're going to have higher amounts of ketones produce and it just improves the confidence that you've got the right regime going on. At what point do we drop the high fat? We'll get to that in the future.

Lots of rave reviews about how helpful you were last week as well. So thank you.

Video Time Stamp: (00:32:11):

Well, I'm glad to hear that. So yeah, I'm just going to jump right into the questions.

### 8. In one of your videos, you suggested eating avocado.

(Spencer) And the first one here I see is about avocados, the carbohydrate totals. And so I have a day of food logs here. One of those things that I log is the avocado. This is a high quality data source from the NCC DB. So I'm just going to highlight that and you can actually take a quick look down here. It does have a lot of listed carbs, four total cards, but notice that the majority of those carbs are fiber. And you know, I'm sure Dr. Boz, you're going to talk about how different kinds of fiber react differently in different people, which can be confusing unfortunately, but you know, if you want to be strict about it we, we put everything that we, all the information we have, we put in there so that you know what you're eating. So it does have a high fiber count. So that is, that is, that is the verdict on our side.

Video Time Stamp: (00:33:03):

So when you look at that, so the reason that you keep hearing me pointing out fiber or total carbs, total carbs, total carbs is because of the goofy games that are played inside most of the packaging. So an avocado when I'm doing one on one training, obviously this goes out to a message of, you know, thousands of patients and I, I total carbs, total carbs, total carbs. When it comes to moments like an avocado and you're saying, well, what happened to the patient that avocado is going to have less of those carbohydrates absorbed because they're attached



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to fiber. That fiber source isn't an overly processed Metamucil type of fiber. It is truly a fiber coming from a raw food from a food that's not over-processed. Now I don't want to mix messages in the first two weeks. I would still limit the, I mean, you've got 11 carbohydrates there.

Video Time Stamp: (00:33:59):

You're going to have to find your other nine, almost 12 carbohydrates there. You're gonna have to find your other eight carbohydrates in the day from something else. But if you're eating the whole avocado, yeah, you're going to get the 20 carbohydrates pretty quickly. So as we move forward, there will be other ways that you can manage this. But right now, 20 carbohydrates or less, I would still use that because of how quickly people play games with this rule. And then they fall off and their chemistry doesn't shift and they get stuck. So carry on. Good job.

Video Time Stamp: (00:34:31):

Cool. No problem. And so yeah, the next one was another food question actually. And it was a question about whether or not,

Video Time Stamp: (00:34:37):

Wow, cause they can't see it. So again, if you'll read the question out loud.

Video Time Stamp: (00:34:41):

### 9. Are peanuts/peanut butter keto friendly? +39

So are peanuts or peanut butter allow our keto friendly. I guess it's the question. And so we can take a quick look here. I have here logged in this diary another kind quality entry. We're a natural peanut butter. We have several high quality entries for peanut butter depending on the kind that you buy. And if you look at that, it does have a, another high carbohydrate rating. But again, you're going to notice that actually this is a little bit different, the breakdown, it does have some fiber, but there are starches and sugars in it as well. And so those contribute to the net carbs total that see down here, so,

Video Time Stamp: (00:35:17):

Right. So remind people what a high quality food is in your app.

Video Time Stamp: (00:35:21):

Yeah, so a high quality food, I can just show you real quick. When you go to search food in these tabs, any entry with a AB beaker, I come here, this is a little small, so I apologize. And it also say the name of the database. Next it. That means we have tons of nutrition data on that food. So if I highlight this, you can see we have 76 new list of nutrients for that entry. So you're going to know everything that's going into your body if you're using these types of entries.

Cool. So perfect. I don't know Dr.Boz, what's the verdict on peanut butter then?

Video Time Stamp: (00:35:57):

I don't, I don't use much of it. I mean there's times where they, they're adding it to a recipe. So it's a smaller amount. Personally, when I'm trying to get a peanut butter flavor in something, I really like the peanut butter powder. I know it's overpriced, it's another, you know, it's,



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essentially a dehydrated peanut fat. But I think I get a better flavor for it with less of the extra in there. That's what I tell people.

Video Time Stamp: (00:36:27):

Fair enough. Fair enough. And so the next one, yeah. So this one was talking about adjusting protein based on a recommendation that you gave to people. And so I'm going to jump over to the settings here and you can see we're in targets and I have my macronutrient target sets the ketogenic calculator.

### 10. You suggested we eat the amount of protein in grams of our ideal BMI weight-how do we adjust the Cronometer to reflect the protein amount?

Now if you want to adjust your protein amount to a specific target based on your ideal BMI, this is what you would do. So I think most of you have been on the rigorous setting. What I would recommend you do is you go down to custom. And what'll happen here is you want to make sure your carbs are still set to 20, and then you can actually change the grams of protein per pound of lean body mass per kilograms. Right? And so you also, it's very tiny on my screen, so it might be even tinier on yours, but you can see, we actually show you how much protein you'll be getting based on the number that's in that text box. So what we're going to do then is if you want to get to a, I think it was equivalent to BMI or something lower, I'm not sure what the calculation.

Video Time Stamp: (00:37:32):

So yeah. So the here here's, I'll explain this cause I think it's the next question. When looking at Oh shoot. When looking at the ideal body weight is, it's just one of the ways that I recommend this as though you look at your height, your weight for a BMI chart, get your BMI around that 24 to 25 in that weight. You now take your weight into kilograms. So if you look at ideal body weight for someone my size, it's 125 pounds. And if you divide by 2.2 which is how you take pounds into kilograms, that puts me at I think the protein, I think it was 60 or 59 something like that. So that was one kill it, one gram of protein for every kilogram of ideal body weight. Now what you're talking about using lean body mass is actually the best way to estimate this. But not everybody. I barely can get them to do the equation for getting ideal body rate change to kill grams. So if it is a lean body mass, that's, that is the optimal way to do it, but just takes a lot more to teach them how to do that

Video Time Stamp: (00:38:44):

For sure. And so anyway, like if you have a protein target in mind, a specific gram amount that you want to target based on your BMI, you can just play with this number in here. So I can put it down to 0.75 and you'll see my protein targets dropped down to 45 grams. And so depending on what that target comes out, based on your calculation, you can play with this number and you'll get the amount that you are aiming for.

Video Time Stamp: (00:39:05):



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Yeah. So I think most of most folks will, would recommend anywhere between around one to 1.5 is a pretty robust amount of protein. I would probably never shoot for two grams per kilogram. But from one I've even seen like a 1.1 is ideal if you're trying to lose weight and you're doing muscle training. So there, there's the best, easiest way to remember is one kilogram for one gram of protein and I find most people do okay at that level.

Video Time Stamp: (00:39:42):

**11. Would you share the recipes that you had in mind for some of the groceries?**

**12. I really need help with meal planning.**

Very good. So these next two questions are about recipes and sharing recipes and how to do some meal planning and asking for help. Meal planning. I can, I can jump into our foods tab here and show you guys a little bit. How about how to create a recipe and use those recipes to create daily meal plans for yourselves?

Video Time Stamp: (00:40:03):

Yeah, it was right. I think that's great because they had said what are some of the suggested foods? And I really liked that option in your app too, that once you kind of have set up a thing saying, well what the heck can I eat? And it's really, it's a really good like idea generator.

Video Time Stamp: (00:40:21):

That's right. And so you can do is so just foods, you can come in here and you can actually grab, let's see when it is, how long it takes load. Yeah. So I can grab any number of things. So this is a full day, so I don't actually have much caloric space left, so I'm not getting any big meal suggestions here. But you can add these to your diary and like I described, I think in the last one you can multi-select multiple items, right click and you can create risks.

Video Time Stamp: (00:40:48):

Oh, right, right, right. They actually, yes. I don't know if he did that on the last one, but that, that I've seen you actually demonstrated that with when we were together in in long beach. Right? So you select those on their right click and then create the recipe from those items. Oh, that's cool. Right.

Video Time Stamp: (00:41:03):

And we jump over here and now those ingredients are actually added into our recipe. And so then I can save that recipe just up here. And it's now part of, you know, part of what I would do. Now the other thing that'll do is I'll just show you real quick how to do that more manually. So if I go to go to, let's add a new recipe. So all that so what you would do with this is you could set any number of categories. So if it's fat and oil, breakfast cereal, but you shouldn't be eating on this program and instead of serving size, so that might be you know, whatever the amount is you know tablespoons. Sure. And and then the ingredients, it just works. It works.



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Just like our food search, you know, you can come in here and you can add it in with peanut butter powder. Sure.

Video Time Stamp: (00:42:05):

Let's see. Yup. Is that the stuff that you like? That's what I found with the star too. Yeah, there you go. Yeah. So we have that in there. There's quite a few. There's, they have a couple of different products there, so. Mmm. So yeah, so we have a few of those. You can add those in. I don't know why I would put that in with bacon, but right. Yeah. And so you get the the whole nutrition information for the recipe and then you can create it just by clicking save changes up here. And that's how you can create a recipe that shows up in your search under the custom tab. And now moving on to the meal planning side of things. What you can do is you'll see, so I'll just show you right here. So I have three recipes that I've created over here.

Video Time Stamp: (00:42:52):

And they all have their own sets of ingredients in there. Now what I'm going to do is I'm going to create a recipe. I'm going to call it let's say dinner one. And then as the ingredients, what I'm going to do is I'm going to add these three items here. We'll go to the custom tab. Here's my military cous cous. I'm going to add the, Oh call it a fritters and I will add that. So teach in, there we go. So now I have my dinner, I'm going to save that. And now I have dinner and I also did a breakfast and lunch before I joined you guys. So now I have these three meals to create a daily meal plan. And what I can do is I can add another recipe. I can call that meal plan day one and now what I can do, go back down to those ingredients.

Video Time Stamp: (00:43:52):

I can search for dinner one, lunch one and breakfast one and now I have my day one meal plan. And you can make that as long or complicated as you want with whatever you're taking. Maybe you're including your supplements or whatever. And so then what you can do is in the diary, I can go to a future day, I can click on whichever group here and then I can say meal plan day one. And I can say add that. Now I have all my nutrition information. I don't know if it's keto foods there, but I have all my nutrition and nutrition information filled out. And what you can do is you can right click on the recipe, you can, there's an option called explode recipe here. It breaks it out to its parts and then you can move those things around into the categories that you have set up and you can break those up as well. And now you can see what you're eating for each portion of the day. And this only takes a couple of minutes. Obviously there's the setup costs, you know, you're going to enter in your recipes, you're going to kind of set that all up ahead of time. But once it's set up, it goes very quick.

Video Time Stamp: (00:45:07):

Great. And this is that same part where I was saying it is worth putting the energy into, just slowing down and, and really figuring this out. Is it the ask Oracle that is the one where you push the button saying, okay, it gives you ideas of what to eat?

Video Time Stamp: (00:45:22):

Absolutely. Yeah. So what you can do is, so either so you can do suggest foods, which will tell you what based on what was the other one too. Okay. So that will give you personalized things based on your, what you've eaten already that suggest foods. And then the foods have



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there is ask the Oracle tab. And this allows more of a general search for foods high in a particular nutrients in certain categories. So you can narrow it down to Keto specific foods or categories that we have in yeah. Find, find foods that might fit with what you're trying to achieve.

Video Time Stamp: (00:45:55):

Right? So once you're set up that you're on the rigorous ketogenic, a 20 carbohydrates total or less, and then you ask Oracle, it can say, well, Hey, you could have deviled eggs or you could have you know, whatever. I mean, it really does allow you saying, well, you can have this and it shows you a very long list longer than I mean, I really find food plans a very easy crutch for, for beginners on day one or two. But because pallets are so stuck in what they've always been eating, I was super impressed with how well Oracle offer things like co heart or you know, beef liver and like, yeah, see these are other foods that might, many of my patients are like, we're even from South Dakota and they don't want to eat those things.

Video Time Stamp: (00:46:49):

Yeah. And then down here, Oh, I have this exclusion on right now, but if you've created a bunch of cute friendly recipes to your custom recipe library, you can actually I'll check that and my recipes will show up in the suggested list. So if you have a recipe that will fit with what you need, it'll show it here. Good job. Cool. So I think that's all my questions. I'm going to sit back and just give me a shout out.

No, that's awesome, Spencer. Thank you. Thank you for standing by. I'll I'll wave my hand at you or holler at you if I, if I need a little help. If you can stay for a little longer. If you have to go, that's fine too though.

Video Time Stamp: (00:48:30):

Yes.

Video Time Stamp: (00:48:31):

All. Alright. Thank you. All right, so back. So just kind of say good that process of learning, the learning how to log your foods. And what he was answering there is when people write in to say, well, can I have this? Can I have that? The first thing I'm going to do is look it up on the chronometer app and say, well, here's what this says and to remind you why those rules are in place, why the 20 total carbohydrates are in place, I think is to see how quickly people start to say, but if I sneak in this and I, I pour in some of that and suddenly other total carbohydrates is 70. And depending on the, what the health of your gut will depend on whether or not that matters to you. And I don't want you poking your finger and doing a whole bunch of blood tests.

Video Time Stamp: (00:49:18):

I want you to just focusing on 20 total carbohydrates a day, especially as beginners, because that alone can be overwhelming. We start adding in too many other factors for them to, to learn. And they fall off. They don't, they don't stay the course. All right, let's go back and finish answering some of these questions and going into here, share my screen. Okay. So yeah, we





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got through the pink ones. That was all crown winners stuff. Awesome. So question 13, 15 of you assets.

13. Can someone who experiences gout do well on a keto diet?  
+15

14. Is it OK to do intermittent fasting and keto if I've been diagnosed with high uric acid? +5

Can someone who experiences gout do well on the ketogenic diet? The next one is it okay to do intermittent fasting and keto if I've been diagnosed with high uric acid? So your gas is high uric acid and gout go hand in hand and it's actually a uric acid or, or gout or one of those chronic inflammatory illnesses that is like the biggest banner on a patient's chart.

Video Time Stamp: (00:50:17):

If they have gout. I know they've had high insulin, high sugars and chronic inflammation for a good 10 years. So you don't get high uric acid in two weeks of eating poorly. You get high uric acid in two decades of eating poorly. To get that uric acid back to normal is a random moment when someone's, when I'm looking at someone's labs and I'm following them on a ketogenic diet. Uric acid is one of these like cheap, easy tests that I'll check in their blood. And what I'm looking for is the trend that it continues to go down. And even though some of the other markers will get quite volatile on the ketogenic diet uric acid is stable. It is slowly going to improve and it will slowly raise based on how well they've done on the long game for their redu reducing of chronic illness.

Video Time Stamp: (00:51:06):

I moved those up in the list because I think it's a super important question. So yes, gout is absolutely, you need the ketogenic diet. Unfortunately, when people first start on the ketogenic diet, there is so much shift in the chemistry that if they shift to a ketogenic diet and then they fall off the wagon, this on week two, and then they go back and then they fall off the wagon, they can find that the movement of those gout crystals can be, it can inflame their doubt. So if you have a history of high uric acid and if you have a history of gout, you need to stay the course for three solid weeks, 20 grams of carbohydrates or less. Don't play with that. Or you're going to have a big fat red toe and say, Dr. Boz, look what you did. All right, so stay the course is what I'm saying.

Video Time Stamp: (00:51:52):

Switch the chemistry and hold tight, especially if you have high uric acid.



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### 15. Is there a chance that keto will help against tinnitus? +10

Is there a chance that ketone will help the tinnitus? So ringing in the ears what tinnitus is and all I know is whatever type that question has not read the book any way you can. Cause I talked specifically about this chap or the section they're saying it is the strangest thing to help people with ringing your that that's a hard problem to fix. Again, there is inflammation inside the inner ear that's causing that nerve to ring, to constantly signal and to live with that sound is awful. But I've never fixed it better in my 20 years of practice until I found the ketogenic diet and I did it totally by accident. I didn't promise it, I didn't over promise it, I didn't even think about it. But as my patients who have suffered with this and they've come to me for years, was trying to get that chronic ringing in their ear to go away and they were keto for like two to three months and they came in and said, you're not going to believe what has gone away. Video Time Stamp: (00:52:50):

And it's the ringing in your ear. Now again, I don't want to over promise, but you switched the chemistry. You start to ring out that inflammation in the body and amazing things like ringing in the ear. It does get better. All right, next is the three questions on chia seeds. So I'm going to read all of them and then try to answer them in pretty succinct question here.

### 16. Do I have to count the carbs in chia seeds? +50

Do I have to count the carbs and the chia seeds? 50 of you said, I want to know the answer to that. Is the chia seed protocol only for the transition Keto, or we will continue with this to combat constipation. Once fat adapted, if we don't absorb carbs and the chia seeds, do we also access the fat or the micronutrients found in them?

### 17. Would you review the steps for using Chia seeds for digestive relief?

### 18. Was told not to take anything that swells in gut due to 2 wt-loss surgeries

Quick question. Would you review the steps for the chia seeds for digestive relief and then finally was not, was told not to take anything that swells in my gut because I've, I had weight loss surgery, three two weight loss surgeries.

Video Time Stamp: (00:53:46):

So Metamucil is prohibited. Should I try chia chia seeds? Okay, so let's start by saying yes. Chia seeds go in one and they come out the other, especially when you swallow them dry and you're doing this to expand your, your the, the stretch factor of a bowel. Constipation on the ketogenic diet really wrecks people's momentum. It's for this reason that we deal with this on



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day four. I'm saying the poop train will knock you right off if you don't have a plan. So that plan can be something as simple as chia seeds, which are cheap, easy, safe, pretty cheap cheesy, safe, and they don't cause a glucose response. Unlike things like Metamucil where sometimes they put in Stevia with it or they make it taste sweet or or even just to look at a fiber that you're not supposed to be able to absorb, but then to watch what it does to their sugars are there insulin is, it doesn't make sense.

Video Time Stamp: (00:54:48):

Something's missing from this. Why does, why do my patients show me that when I use chia seeds to expand their bowel again, goes in one eye and comes out the other, but in the process stretches that bowel so that they don't go from, you know, 80 to you know, 150 carbs a day, which is really full of fiber and stretching that colon to less than 20 a day, at which point their stretch factor is almost absent. And when that happens, the shutdown the bowels and they are saying, this diet is not for me. I can't stand it. I have to poop from the day we wake up in the day we're born to the day we die. You have to manage that. When the stools don't work right, you will, will siphon all of their attention. So the chia seed protocol is meant to help people prevent that fiber or prevent that.

Video Time Stamp: (00:55:40):

Constipation. And as your bowels get used to not having such a, such a difficult a waste product to squeeze through fiber, you have to squeeze really hard. It does cause quite a rumble when you, when you, when you have to squeeze it through as you transition to a high fat diet the first of all, the inflammation on the inside of that gut gets less and less and less and less so by at least six weeks. If you took a, you can't really biopsy a slime layer, but if you took a sample of the slime layer that lines the inside of the stool inside of the colon, as the stool passes by, it grows stronger and thicker and more resilient. And that helps to slide those stools along. So that is a healthy gut. A healthy gut has a good slime layer.

Video Time Stamp: (00:56:33):

It doesn't eat a lot of fiber to move poop from one end to the other. But we need to get you from here to there. So she has seeds start out with, I need you to explain in your your colon to the point where you have a bowel movement. So that's where to kind of reset. What this protocol is, is you swallow a tablespoon of chia seeds every hour. I think when you're swallowing, you kind of have to chew them a little bit and then drink the water. You'd love to get at least a cup of water for every tablespoon you swallow when that a tablespoon. So let's say you take 10 tablespoons on day four cause you haven't pooped and you go to bed with a little rumbling tummy. I would tell you to take a swig of Malcolm magnesium before you go to bed, to you get up the next morning and you see you have five more tablespoons of chia seeds before you finally have a bowel movement.

Video Time Stamp: (00:57:24):

And then so that bowel movement, it took what I say 15 tablespoons of chia seeds to stretch your colon enough to finally give it the, the signal for those nerves to squeeze and move that stool along. So now we have things moving. If you drop back to nose chia seeds right away, you're going back into the same problem. I need you to step down. But instead of chewing on



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those things and flossing every hour, you can kind of put like half of the chia seeds in the morning and half of the chia seeds at noon to help you swallow them down and then floss your teeth cause they get stuffed between the teeth. But that's the dose that you need for your bowels to stretch and move them along. And you do that for three or four days just to kind of settle down and kind of relieve the anxiety that your balls are going to be okay.

Video Time Stamp: (00:58:12):

And then you start stepping down one tablespoon at a time to decrease the chia seeds. You shouldn't be on chia seeds for the rest of your life. No, your bowel will get used to this. But finding an antidote that is not got a high glycemic index, that's not going to ruin our chemistry set that we're working on on the inside of your body, but that relieves them from that constipation. Because if you look at the number one reason people leave Keto, okay, well actually in my clinic, the number one reason is they couldn't find an antidote for their bowels is why I was so heavily educated in this week. What are the ways you can make those bowels move? As for the gal who had the weight loss surgery your bowel also needs to move along. If you end up on the ketogenic diet, you just, you don't have to automatically use chia seeds. But if you're on the ketogenic diet and you have you have no, you have constipation. Chia seeds are an excellent antidote. Even if you've had that surgery, the reason they told you not to Sue, not to take in things that swell your gut is the anatomy is different.

Video Time Stamp: (00:59:17):

You're going to find that a lifelong use of guts, swelling foods is not going to be comfortable for somebody who's had that surgery, but it still can transition you through to get your balls to move along on their own. And the longer you stay high fat, low carb, the less inflammation, the better your, the less effort it will take from your bowel to move the stools along. And that is the real wind that we had this conversation in our group this morning, that when people have poop problems at the beginning, and then they've been keto for awhile, they fall off the wagon, back comes the troubles with their stools, and then they go, they're back on the Keto. They returned to Keto again. They're like, Oh, I forgot how easy it is to poop. You know, when my bowels work well, I have like baby poop that isn't, you know, super pigment and smelly.

Video Time Stamp: (01:00:12):

And it also, it is a small volume of waste that ends up at the other end, not this really heavy cramping of of your bowel to get the waste out. I know that's a lot of poop talk, but it's really important to understand that this goes away. And if you read some of the carnivore literature or even just kind of the chats in carnival where they really have taken it down to you know, no fiber and they, they're really super high fat you'll find that one of the coolest parts is there. They poop every couple of days. Again, three poops a day to once every three days is the spectrum of pretty normal. But I've seen people on a, on a high fat diet, they poop once a week. It's not uncomfortable. They don't cramp. They have no malnourishment.

Video Time Stamp: (01:00:58):

Their bowels are, are perfectly fine. If you start, if you could tell somebody that on day one, they'll go like, I can't, I can't deal with not to being everyday. All right, so here's another great question.



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19. If we overeat, do we just restart at day 1?

20. When I slip up, like today

If we overeat, do we just restart on day one with poor sleep, bad choices? Another person asked almost the same question when I slip up like today, got tired. Poor decisions. Do I restart a day? One protocol. Again, we want you it depends on how long you've been at it. If you're in the first week or maybe the first two weeks and you really never got to fat adapted, you really never started. But ketogenic rhythm, then I would say yes, go back to 20 carbohydrates a day. Total carbohydrates is what you care about. Stick to that for at least those first five days.

Video Time Stamp: (01:01:51):

Really giving your body the reset of the chemistry. If you've been on keto continuum for a while and you've been let's say 23 and one and you fall off the keto wagon down to two meals a day, but it didn't have ketogenic meals, then I would flip back. It depends on, so it just depends on how long you were keto before you fell off. We know that when you're keto adapted, like in my case, I'm 5 I'm years into this game. If I end up, I dunno, on a cruise ship and all they serve was carbs and I ate carbs for three or four days, I would fall back into my normal life and I would do 20 carbohydrates or less. I would probably supplement with BHB for a day or so to, to rapidly switch my chemistry back to a highly ketogenic state.

Video Time Stamp: (01:02:43):

And because I have the presence of the healthy fat-based hormones it's going to take me a couple of days to switch all the chemistry back. But that's because I've got a couple of years of stable chemistry in my back pocket in my, my body. So the slip-up in general, go back to 20 total carbohydrates a day. Do that for at least five days straight. See how you feel at the end of five days. And most people will see that, Oh, this is a lot harder to do than I thought. Stay the course and then work your way through the steps. It probably won't take you as long to do the steps. And we'd like to think that because your key to adapted, you won't have you won't have the struggles that others have had. When it comes to like magnesium and keto flu and those types of things, your body is much less inflamed.

Video Time Stamp: (01:03:38):

At least that's what we hope.



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### 21. Other than morning fasted state, what times of day do you recommend checking BG/K? - 131

Other than morning fastest state, what's the best times you recommend checking a blood ketone ratio? That's a great question. For somebody who not in week one, we're just to compete on strips. I, we'll get to that question next week.

### 22. What medications interfere with ketone production? +99

What medications interfere with ketone production? Good question. Okay. Steroids. Steroids are the number one steroids and insulin both are your enemies when it comes to how do you make ketones. When you produce when you take prednisone or any type of steroid even the inhaled steroids, if you're checking a glucose, you can, you can see the glucose rise. It's supposed to have a very low absorption rate into the system. But I will tell you, patients show me their blood sugars after taking their inhaler and by golly, it's a glucose spike.

Video Time Stamp: (01:04:30):

So if you have the ability to watch that, it's a, it's a great teachable moment to say the healthier your body, the less you'll need those steroids. We do have to get that inflammation out of your body to graduate to that. This is why following 20 carbohydrates or less, stay the course high fat, don't look at protein, don't look at calories, don't look at anything except total carbs in that first phase of becoming keto adapted. When it comes to those who are injecting insulin, that's a unique situation that again, you should have a doctor helping you with this, especially if you're a type one diabetic. And the improvements, you'll read more improvements than anybody else on the list. If you're injecting insulin and you're to use the ketogenic diet, you, you, you win. If you can do that, you win. But you really should have your doctor helping me.

Video Time Stamp: (01:05:26):

### 23. Can you have too much protein?- 136

It should be answered by how, okay, can you have too much protein? How do we calculate the max protein? So what, what I was trying to have a Spencer show you there was when you fill in how many kilograms of lean body mass. So that's your ideal ball body weight in kilograms. So if you have pounds, you divide pounds by 2.2 to get you to the kilograms. So now you have how many kilograms in body weight is your ideal weight? And the answer is D is



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the number of so hold on, let me just show you something. I want to share a different screen. So I think I have to stop sharing and then share the screen too.

Video Time Stamp: (01:06:22):

This one? Yes, sure. Got it. Okay. So here is a BMI chart and I put that on a day seven, a handout to point 10. And so here is the weight in, in pounds here. And here's the weight in kilograms here. So if you just start by looking at your height and I'm a shorty at five, three, if I'm standing real tall Oh, screen 20 23, BMI, 22 BMI. I always calculate my ideal body weight is 125. So that is a body mass or a a, a BMI of 22. So looking at body mass index, all people have a huge like, Oh, it doesn't, doesn't take into the fact that I'm big boned. I'm like, I know every one of my overweight patients tell me they're big bone. But it's a pretty good generalization. When you look at the body mass index of 22 and you say, well, how many kilograms is that?

Video Time Stamp: (01:07:27):

56.8. That's how many grams of protein I would recommend in somebody my height at five foot three. So you take 22, because your body mass index, so you find your height here. So if you're five, eight and you go to 22 and you say, okay, what is my ideal body weight? It's 145 pounds, which is 60, almost 66 kilograms. That would be 66 grams of protein is going to be the right amount of protein. Or at least that's going to keep you from overshooting or doing the glucose response. That can be pretty annoying. When people are trying to use a ketogenic diet to lose weight.

**24. Can we actually balance hormones with no thyroid, no ovaries, no uterus, no gallbladder**

**25. I have gastric sleeve and no gallbladder so constipation is not the issue it's the opposite.**

I have a gastric sleeve. No gallbladder. Okay.

Video Time Stamp: (01:08:21):

I have a gastric sleeve and no gallbladder. So constipation is not the issue here. It's the opposite. Again, this group of people is the most important. I put this on here and I wanted to make sure I got to this question before I went over to the other side of your live questions. Tracking poop is or any having loose stools is a huge, huge warning sign that you're not absorbing fat. When you look at fat malabsorption they are the most depleted brains that I've seen. You know, looking at when, when the fat cannot be absorbed and it's all pooped out into the toilet. Some of the other signals that they show are they don't, they can't get the poop to flush down the toilet. Those, it sounds really weird, it's hard to talk about this, but it is a very powerful antidote for nutrition in when you cannot absorb fat.

Video Time Stamp: (01:09:22):



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One of the other major markers that shows me they're having fat malabsorption is that their vitamin D, which is a fat-based hormone, they cannot get it to go higher and it's been low for years. Whenever they eat fat, they have explosive diarrhea. Again, they are the ones that need to stay the course more than anybody. And I write about that in my, in my book. Any way you can, that if anybody needs to stay the course, it's the people with chronic diarrhea. So go back to the chapter of the book and we read that. Super important.

### 26. Recommendations on magnesium supplement (pill) dosage and brand?

### 27. Is it possible to overdose on magnesium?

All right, let's quickly cover magnesium because that is the, the focus of this week as well. So I think there are, yeah, I put all the magnesium ones in. A couple of questions here.

Recommendations on magnesium, supplements, pill, those brands. Do you offer magnesium and supplements and then is it possible to overdose some magnesium?

Video Time Stamp: (01:10:15):

Can a lot of magnesium cause long term damage? I need a bunch. Okay, so this is a really important conversation. So I went through and dedicated a whole day to magnesium because of how many people suffer from the low magnesium can, what it does to sabotage people who are not who are low on magnesium. When you when you look in medicine and there are thousands of answers for a problem, it teaches the physician, it teaches the provider that we don't have a good answer, that when there is a simple tried, tested, true answer in medicine, there are like two or three options when there are thousands, which is what happens to magnesium. The reason there are thousands is none of them are great when it comes to magnesium. The key component is don't leak it out your leaky gut. Okay? You can't that until we take away the inflammation.

Video Time Stamp: (01:11:14):

So when you're keto adapted and you're two to three years into this, you're going to be doing fine. But in the meantime, how do we stop those muscle cramps? People say I need to have, you know, these high doses of magnesium in order to prevent the muscle cramps. And what I keep saying to them is quit focusing on how much you need to put in. I mean you keep doing that cause otherwise you're going to have muscle cramps. Focus why you're leaking out so much magnesium. When we look at magnesium in in the best replacement, if I want, if I am just bent to make sure you replace the magnesium, the most aggressive approach I can take is to put an IV in your vein and drip it into your system. And if you look at a cramping uterus trying to squeeze a baby out when it shouldn't go out, we will shut off that cramping with a magnesium drip.

Video Time Stamp: (01:12:07):

And that little lady will go on bedrest with a magnesium drip in the hospital bed for a couple of days. Everything calms down. We send her home and you'll make it a couple more days,





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maybe four days before the magnesium. Now is his login. And it's because it leaks right out her gut too. When magnesium is well conserved, it's a not, it's a low inflammation in the body, so to say. Can you overdose on magnesium is re it's, I, I've never heard of that. Magnesium toxicity really hard. Your kidney will get rid of a ton of it and if you've got any kind of inflammation, it leaks right out the gut faster and we can pour it in. And that same response, they say, well, what do you, would you take it orally? If you will look at oral replacement of magnesium, you put in the big slug, it will cause diarrhea.

Video Time Stamp: (01:12:56):

It is a salt, it is a laxative. The reason they'll go, magnesium is at the seven 11 store under the constipation under the laxative aisle is because you put in a bunch of magnesium and it comes out the other end to take milk of magnesium and add a capful to your water so that you're drinking a small amount of it over time. That's a great way to replace magnesium. As much as you add solely water to your coffee, add a tiny amount of milk of magnesia. And what you're doing is really adding magnesium. Now you'll have all kinds of people are you usually have this kind of magnesium. You should have slow man, you should have this mate. And I'm saying, yep, there's lots of arguments out there. And after reading hon, dozens of papers on what's the best way to replace magnesium, the answer is stop leaking it out your gut.

Video Time Stamp: (01:13:47):

That's the number one long term answer for magnesium. When I tell patients how are we going to get you through these next couple of weeks, I will tell them to five of those magnesium floats in seven days and watch what happens. It's like getting an IV of magnesium is those five days of magnesium floats. They are, first of all, they're amazing and relaxing. The first one can be a little tough cause it's like the first time you like pray or meditate sloped off too. But you shut off all the noise in the world and you start looking at magnesium supplements or you know, magnesium infusion in that bath water and a lot of things get better. So I'll often say to patients, do five and seven days and you're going to find an improvement that outweighs almost all of I mean even the cost of doing five of those magnesium floats is way cheaper than replacing magnesium for six weeks.

Video Time Stamp: (01:14:42):

And then looking at, you didn't hardly make a difference because you put in too much, you pooped up most of it. The magnesium supplement you had couldn't be broken down by your gastric lining because you don't have any, you know, closest to, you didn't have any bio. You know, it's interesting how many things can go wrong with magnesium. And the reason I keep saying go to Milk of magnesium, you can't screw that one up unless you gulp it. So just add a tablespoon to the water. It's cheap, easy, safe and accessible. All right, so let's just I'm going to go to the ones where I really wanted to make sure I answered. If I am reading 1.5 ketones in the morning do I need to take BHB? I so I'm going to guess if this is from a pee tone stick is the way it reason they're saying that.

Video Time Stamp: (01:15:29):



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28. If I am reading .5 - 1.5 ketones in the morning do I take the BHB capsules?

So it means you're peeing ketones don't, don't add ketones if you've already making them save the BHB capsules for a time where you're having trouble when there are no ketones in your urine and you don't feel well. I mean the supplements are expensive and it's a great trick. It's awesome. But save it for when you need it. Do you have ketones in your urine? It means you don't have a, you don't need to take them. Your liver is making about 500 times as much as is in those capsules. So, okay.

29. I've noticed that a lot of us slip off keto after 17 or 18 months. Do you think it is a mental issue over physical issue?

30. Can you burn your own fat when taking BHB?

31. Does taking the BHB capsules cause false ketone readings? Am I really burning fat with these inflated higher readings?

I noticed that a lot of us slip off ketone for 18 months. I saw that too. I'm not going to handle that one right now.

Can you burn your own fat when you take BHB? Okay, this was another one I want to make sure again when you look at BHB, it is ketones, right?

Video Time Stamp: (01:16:12):

So ketones aren't just a fuel. Okay? You take fat, you break it down when the chemistry is right. And again, that's why it's so important to do not look around this first week, 20 carbohydrates total. That's it. Don't look around. That's the only thing you look at when you get the chemistry right. You'll make more ketones in your liver than you could ever supplement. But if you're having a tough moment and you take BHB, I mean, I've had bad moments. I've had, you know, I, I, I used the example of a glass of wine, which makes me sound like I have a glass of wine a lot. I don't, but when I do, I feel it. I'm swollen. I don't like how it feels. I brain's flows down and I'm like the glass of wine, it wasn't that good. I don't like what it did to my brain.

Video Time Stamp: (01:16:56):

So if I want to undo that quickly, I just pour in some ketones. And ketones are a signal. They are like hormonal not like they are, they, they signal the different to the body. So once ketones are in circulation, not only is that better for my brain, my brain prefers to use ketones because I've been in ketosis for so long. But it also signals the liver that there's ketones around. So you should be making more ketones like ketones get ketones. That's why when



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people are in that 200 club, and I send them back to say sip on ketones, sip on ketones it is a beautiful moment where they start to trickle in ketones and then their body starts to make them the ability to use a ketone is shut off in an insulin resistant patient. And somebody who's got been overweight for a long time just by dripping in the ketones a little bit.

Video Time Stamp: (01:17:56):

They change the chemistry. And that's why if you're struggling, Oh my goodness, I've learned so much about the people who's truly, truly struggle to get through this first week. And I tell them, stop timeout. Just take a break and get the ketones in a can and sip on them for a week and then try again. Watch what happens. And it is brilliant. It is amazing how much better they do now in that time where they're sipping ketones. If you can give up the white stuff and not have any sugar in your drinks that makes it a lot easier to all right, so does taking ketones give a false reading? Give a false ketone reading. Okay. So, okay, I'm going to take this two, two ways. So false reading. If you pee on a stick after taking BHB any of the ketones in a can or ketones in a capsule, it should turn the, stick, excuse me, positive.

Video Time Stamp: (01:18:52):

I should turn the stick positive. Though that means ketones were in your circulation. Your mitochondria throughout your body had the opportunity to Mmm. To use those ketones, but either didn't know how to do it quickly enough. Meaning it's not keto adapted. You're really not used to using ketones. And after awhile your kidneys just say, okay, let's get rid of this. We're not gonna use it. But they actually were in circulation. They came into your blood, they circulated for a while, and then you put them in your urine. Now when they were in circulation, they did something, they signaled to your body, Hey, wake up here. And especially those people that are struggling, that is a huge improvement in how long, okay. It takes them to get through this pickup, this difficult time. But when you're talking about blood, ketones, blood ketones you have an R and an S isomer, the blood ketone meter only measures one of those.

Video Time Stamp: (01:19:46):

Now it is the more active one. It is the one most likely found in the, or if I'm in more abundance, if you would in those ketone salts. So I don't want to say it's false because it's there, it's in your blood, it's measuring it. And your cells don't know the difference between the ketones that your liver made versus the ones that are circulation. So false isn't the right word, but I understand what you're asking. No, that there's more to the chemistry shift. Especially as you ignite or as you rescue out of the ditch, ketones in the supplement form are not forever, but they are absolutely. How do you stay the course for not like white knuckling this? I mean, I've been taking care of addiction for long enough to know that when you give up alcohol in their white knuckling just to try and not, not use alcohol, but they're crabby and they're irritable and they're not at peace with who they are, they're about to relapse or they're going to have no friends or family left by the end of the year.

Video Time Stamp: (01:20:47):

If they're saying, but I have that fake beer and I feel better even though there's no beer in it, like that's not the best choice forward. We're going to end up with a problem here. But I've



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had people use it for a couple of weeks and then they are able to get to the next layer. And again, it's easy to be a purist until you're in the trenches with people struggling. And I have, I contend that behavior changes. The reason I'm so adamant about this course and really giving you these this, this thorough education is because I believe you shouldn't have Keto meetings where where there's ulterior motives. You should have them for the same reason we have AA meetings, which is how do you improve the health of people? You give them the education and then you put them in a group and you say, guess what?

Video Time Stamp: (01:21:37):

They're not the only ones struggling. It is about learning from one another that this, that this is, this improves you. And I think that's the greatest gift.

### 32. Please talk about longer term effect on cholesterol levels especially LDL. I am eating lots of fat.

Again, cholesterol, you're getting a lot of fat. Keep eating the fat, you're lowering the cl, you're lowering your inflammation. And that's the most important part of about this. Don't, don't look at your cholesterol for six months for going keto and then I might even push you to go nine months. We'll get to cholesterol in a week is what I'm trying to tell you there. I have no ketones in the morning, but start to see ketones late morning and they build up a lot during the day. Will the Dawn Effect ever go away? This is an important thing. It is really not for our first weekers.

### 33. I have no Ketones in morning, but start to see Ketones late morning and they build up a lot during the day. Will the Dawn Effect go away

Dawn Effect is a really great thing to teach.

Video Time Stamp: (01:22:19):

Ask me that. Next week we're going to talk about gum coming up in the weeks ahead. So she's having a weight loss, but she's in the blood number checks. We're going to save that for future. Okay. If I take the, this is the one, the other one I wanted to make sure I got. This is the last one and I'm going to go to your live questions. Okay.

### 34. If I was to take things slower, say 30 total carbs, would the benefits of keto still be the same but just take longer?

If I take it slower, say 30 total carbs a day with the benefit of keto, still be the same, but just take longer. And that's a great question. So first of all is 30 carbs is the best you can do. Then



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do it now. Make it total, so that's a good start. And then pee on a Peetone stick because then you know, for your chemistry, what I tell people 20 carbs or less is because I get 98% of the people into that carb switch.

Video Time Stamp: (01:23:09):

I get the chemistry switched at 20 carbs. I'm talking to a large audience here, but you're saying, I'm trying to like adjust this for me. Can I have an avocado? I don't know. Test your pee on stick. What is it? If it stayed ketone even if you had 25 carbs or shucks, you made it to 25, but your pee on stick was still positive. You win. That's a win. So as long as you've got that solid switch of the chemistry, then if 30 carbs is as good as you can do, praise God and move on. Good job.

### 35. Short of drinking MCT or eating butter, how do I get my fat without going over all my protein?

Short of drinking MCT or eating butter, how do I get my fat without going over all my protein? Okay. So again, especially if you're in the first week, I really need you to not look at protein. It's, it's such a minute part of the problem. We absolutely need the key, the inflammation lower.

Video Time Stamp: (01:25:23):

We need the insulin lower. And to do that you need high fat and low carbs. So if you just look at, don't look at anything else but total carbohydrates. So let's, let's just foreshadow for if Dave's question really was during a time where he's been keto adapted and then he is saying, but the macros are not matching up and I'm overdoing it. I'm overdoing it on my protein. The question I would look at is how are you doing? Are you losing weight? Are you reaching your goals? Is your doctor Boz ratio healthy? And if that's the case, then who cares? Who cares that the protein doesn't fit into the algorithm as long as your chemistry is set? And we're going to go through that when we do the Dr Boz ratio next week on the live. So if I look at the, the best returns, you're going to just love me for this.

Video Time Stamp: (01:26:21):

The best returns for where to eat fat. It is brunch, burger and sardines. And I know if you've been following on YouTube, you've heard me say this again and again. Sardines, win as the answer for the high fat turn on investment for the fatty foods. Just eat the can of sardines. But you look at Bron Schweiger again, fatty liver Pate okay. Yeah, it wins dividends of meetings. I mean, what you're looking for is those are really satiating foods and they are going to be high density nutrients. You're getting a lot of fat. Yes, there's protein in them, but the fat is really high. And instead of looking at you know, butter and MCT stick with the foods that you can eat for a lifetime. I know the supplements are really helpful. But we want you graduating with a, the ability to do this life without constantly looking at the chronometer app.



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Video Time Stamp: (01:27:24):

The chronometer app is amazing. It teaches patients in a way that I, I wish I could go back and capture about 40 patients that really struggled because I know it would have been answered. That'd be used. A chronometer would have, they would have not failed. But the journey in life, I don't use the chronometer app much anymore. I know what I eat. I know what my ratios are. I check my numbers. I, and I teach this all day long. Now I got it. But if I did struggle or if I was let's see, I got cancer and I was taking chemotherapy, I would be on that chronometer app. I would be logging my numbers. I would be checking my night micronutrients because that's really where the answers are when, when you look at micronutrients or Mac or macros, like protein and fat.

Video Time Stamp: (01:28:12):

### 36. If you're fat adapted, my numbers don't match,

But if you're fat adapted and you're saying, I, my numbers don't match, but don't, don't look at that. Tell me first, how do you feel? Are you losing weight? Are you chronically inflamed? And if you're struggling with one of those, we're going to get to those answers when I do basically my metabolism's coming up in the next couple of modules. Ok

### 37. How does the ketogenic diet typically affect thyroid hormones?

My question, how does the ketogenic diet typically affect thyroid hormones? Estrogen, progesterone levels? Thank you. Okay, so again hormones are volatile. Let's take on, let's do estrogen, progesterone first and then I'll go and do thyroid in a second. So estrogen and progesterone are fat-based hormones. Just last week in my private keto group that I do at 3:00 AM Hawaii time each week on Friday morning someone was saying, you know what doc?

Video Time Stamp: (01:29:10):

I have bioidentical estrogen and progesterone. And I want to know if it's preventing me from doing, you know, from hitting the ketones. And I'm like, no. But if you think the doctor, even though it's bio identical, is going to match the needs of your body, even in a postmenopausal woman as well as your system will match it at you're wrong. We can't, the vault, the fluctuation the volatility of what happens day to date, second to second in these hormones, endocrine systems are not stable. They fluctuate and that fluctuation is normal. That's what your brain is expecting. So when the doctor puts in a prescription of an injection of a testosterone or an injection of growth hormone or you know, birth control pills they will do what? Well, birth control is laying on top of, of all of a fluctuating hormones setting.



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Video Time Stamp: (01:30:10):

Let's go to menopausal where there are none. And the doctors trying to put in a minimum level, it's going to be stagnant. And that baseline stable replacement is never going to be as well delivered as a healthy body weight. So you say, well, what's it going to do to my estrogen and progesterone? And I'm saying, expect a period and I've had this happen. Okay. If you don't have a uterus, you're not going to have a period. But if you're menopausal and you're even five years into menopause, I've had them have a period. They're like, what the heck? You brought back my period. Take this away. I'm like, okay. I guess what you, you weren't supposed to go through menopause, but because of that inflammation, your system said, Hey, the supply of these fat-based hormones just isn't stable enough. It isn't reliable enough. We're shutting off.

Video Time Stamp: (01:31:03):

And the ovary said she aged faster than she should have. She went through menopause earlier than she should have. And for any woman who's done this, do you know that your brain acts differently? Premenopausal versus post-menopausal? Just like a guy whose testosterone gets too low, it isn't the same mental function. And so I'm a brain geek. I want your brain as healthy as possible until the day you die. And that means fat-based hormones are necessary. So when I hear other people advising a client saying, Oh, you're menopausal, your estrogen needs to be replaced. I'm like, don't do that to them. No, you need to have the supply chain of fat in steady, stable flow, which doesn't mean dirty keto doesn't mean carb cycling. It means stable delivery of fat in a way that is not inflamed. So your insulin has down, your glucose has come down and your estrogen supply and progesterone supply is now in a, in a steady stream.

Video Time Stamp: (01:32:07):

And that doesn't mean every weekend you get carbs cycling. It means you are keto for six months and watch what happens to those hormones. When it comes to the thyroid hormone, again, almost all fibroid problems arise because of chronic inflammation. I'm not going to take away that chronic inflammation tomorrow. If, if you've had an ablation of your thyroid, you're not going to find thyroid coming out of ketones. You're, you're going to find a thyroid that functions better, okay? As long as you have an ablated, as long as the radiation didn't take it away, you're going to find a fibroid that functions better when you're not inflamed. Well, thyroids are this weird little organ in your neck. There's yes, there's a blood supply to them, but it's not like your brain or your heart where it's got this really or your lungs, but it's got this really massive blood supply.

Video Time Stamp: (01:32:57):

It's got a trickle of a blood supply and it does just fine, but also so it means it takes a while to get inflamed. But if once you reset the chemistry to a lower inflammatory state, it's going to take awhile for your thyroid to feel the difference. So when I look at thyroid processes, while they're on a ketogenic diet, I see the need for thyroid hormone reduced more and more and more. The less inflamed they are. That uric acid I talked about earlier as the uric acid, which is a stable long marker inside the human body. As it gets closer, you're in closer and closer to



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normal. That's when the thyroid seems to become closer and closer to normal. Now, I don't have any, I don't have any studies that show that. I just have patients that say as their uric acid got better, that the thyroid needs evaporated.

Video Time Stamp: (01:33:46):

But you shouldn't take my word on it. You should have that tested. That's a great, easy blood test that's been perfected. That's not overly expensive. And thyroid hormone, unlike some of the other hormones is not as volatile. It still fluctuates, but it's not as volatile. As some of the some of the like progesterone, estrogen, testosterone, they go up and down, up and down. All right, so I hope that answered it. How does it affect it? Your supply of hormones when they're fat-based like progesterone, estrogen, cortisol, cholesterol, cholesterol is a hormone, but people don't think of it that way. Did I say testosterone? I'm forgetting a couple. Anyway. Those fat-based hormones, those are going to improve in their delivery and supply chain. They will be much more predictable. Thyroid hormone is affected by Vitamin D. As the inflammation decreases, the function from that hormone becomes more pure, more crisp.

Video Time Stamp: (01:34:44):

It's not like muted from the inflammation. I hope that answers that. Okay.

### 38. Wondering why ketones are strong when I go to bed, but very light not existed when I get up. I have a very low carb dinner meal.

So wondering why ketones are strong when I go to bed, but very light not existed when I get up. I have a very low carb dinner meal. Okay, so 33 of you said, would you answer this question? And the next one talks about Dawn effects, which are very similar. So again, the Dawn Effect is every morning, and this is even if you're the night nurse who's been working the night shift for the better part of three decades.

Video Time Stamp: (01:35:39):

You work the night shift, you sleep during the day, but your brain came from thousands of years of ancestors who said when the sun is cresting the globe, my pineal gland is going to say, Hey everybody, we need to wake up and this message will drip into your liver saying, Hey, release the morning sunshine, which is glucose and glucose is stored in your liver. So to wake up, you're going to have glucose coming out of your liver. The delivery of of hormone from your brain to the liver doesn't change much in life. Maybe tiny little when you're sick or when you're not sick. What does change is how much glucose is stored in your liver. And as we get all the way to the end of this education, which is the fasting cycle, you're going to see why. Why is your sugar high? Why is your sugar high in the morning when you're healthy?

Video Time Stamp: (01:36:37):

It's not high. So the Dawn Effect happens to everybody because the sun comes up for everybody. And that little message comes from our brains to our liver. In everybody. We call it the Dawn Effect because we've been studying diabetics and we're saying, well, why in the





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world are their sugars? So stinking high in the morning? And lo and behold, it's from cortisol. It's from that delivery of the brain to the liver. And especially if they're stressed or they're not sleeping well, a rise in the sugar is much more robust when, when they live with chronically elevated inflammation or chronically high cortisol to stop that you have to clean up your system. So week one, 20 grams of carbohydrates or less total total carbs is what we're counting. And as you look at what we're going to learn with the Dr. Boz ratio and some of the much more advanced lessons that are coming which might be released by now in some of your people's worlds, actually I think they're released in another 20 minutes.

Video Time Stamp: (01:37:34):

You're going to see amazing improvements happen in the world of that morning fasting sugar. So the other part that happens when you look at the fuel that you've built up, fuel is released when you call for it. So you through your day and you're using your brain and your muscles and you're doing your day and ketones rise and glucose rises. And that, that does increase your blood levels. When I'm looking at reaching my autophagy ratio of 40 or less each week when I do my fast. Now I will preface that many of, you know, I'm in Hawaii, so as I do my fastest over the last several weeks it looks like it's not a clock at your time, but it's not, I'm five hours difference than Midwest. So when the sun's up, if you've got the ketone numbers, then I let people use them.

Video Time Stamp: (01:38:34):

A good Doctor Boz ratio. But truly I know that as a female who's had children the closer I use my morning Dr Boz ratio, the less interference happens with understanding what it means. So

### 39. Can drink lemon water?

If they can drink lemon water. Okay. So if you mean lemon water by squeezing a lemon into water, then there's about, I don't know, a teaspoon of lemon juice in the water. And again, there's very few carbs in that. There's hardly a, it's got a little flavor and if that makes water more enjoyable to you, good. I think there's no problem with that. If you mean lemon water by saying lemon plus Stevia and I put a whole bunch of other flavors into it, I think that's a slippery slope in the wrong direction.

Video Time Stamp: (01:39:25):

The one exception that I make to having the Stevia in their drink is when there's ketones in it and it's because yep. They're probably really in that phase of trying to give up the sweets. So having a sweet just to kind of get them through while I put ketones in their circulation because of what that chemistry does to their system.



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### 40. When will your product have beat back in stock?

When will your product have beat back in stock? I am so excited. I'm so excited to tell you that last night I sent off the shipping order for the truck to pick up a bunch of it. I am out of Amazon jail. I said the lady, cause I, I've made it to like the one of the executives and Amazon. I've, I'm persistent if nothing else, I said getting reinstated from this nightmare, which was not my fault.

Video Time Stamp: (01:40:17):

It's not our product, but nobody told me that. I just did what everybody said was what you're supposed to do. I said he reinstated a fully on Amazon is harder than gestating a baby. That was a lot of work, but I'm so thankful they are on the truck today. They are headed to Amazon. It is, I can say with confidence, we are, and if you go to all of the links, they're all open. And now it doesn't say that this page doesn't exist anymore. It says no, we're out of stock but the shipping truck is headed there right now. I'm just so thankful to tell you that. Anyway. so thanks for asking that question.

### 41. Does autophagy heal a malabsorption of the gut?

Does autophagy heal a malabsorption of the gut? Yes. in fact, one of the fastest things that turns over in the human body is that mucosal lining and that mucosal lining starts just inside your lips, goes all the way through your guts to the anus. And again, your gut lining is that's true. Turnover is very important. All right. Next question.

### 42. Coffee and its effect on adrenals?

Can you address the daily use of coffee and its effect on adrenals? my God. Drinks coffee. So when I look at coffee tea taking in coffee, there are several people out there who say, yes, if you give up coffee, it is more pure and you're, you're less likely to have some of the stimulus to the adrenal effect.

Video Time Stamp: (01:42:16):

But it is such a minor stimulus compared to a cortisol does what high insulin does, what inflammation does that you can have that one. I'm still drinking my coffee and if you give up coffee more to you, we're going to cover that in the fasting one as well.



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### 43. Not eating after sunset.

You mentioned not eating after sunset. Can you give a reason for that? So yes, that's what the Dawn Effect is being affected by. I'm actually gonna when you look at the Dawn Effect, it is that you stimulated insulin, you stimulated a hormone response by eating. You now have a trickle effect in every human being for about 12 hours after eating eight hours if you're super healthy, but probably 12 hours for most of the people that are trying to lose weight with the ketogenic diet. So when I am saying don't do that it's not something I tell people on week one, I want you eating all the fat and all the hours that you possibly can, as long as you keep that 20 total carbohydrates less per day in that aspect.

Video Time Stamp: (01:43:19):

Don't don't sweat when when it doesn't quite fit.

### 44. Struggling with diarrhea

Anonymous attendee says, I am one of the ones struggling with diarrhea. Okay. I am producing ketones, very dark pink on the urine. Sip chia seeds seem to really hurt my insights. Just two tablespoons gave me horrible cramps. You mentioned fasting. How would you start that at this stage? Okay, so this is where when I look at what I've done with my patients the, the easiest trick for where you're at is you have to heal the gut.

Video Time Stamp: (01:44:20):

And this is super hard healing the gut while providing solid energy. It's hard. It is also where I use a lot of supplements to get you through this, so I love it. If you get the MCT soft gels in the reason I like the soft gels as opposed to the ones that, the oil that you can pour is I need you to dose it really tiny. Our group calls it WIC, the spoon because you can just put that spoon in a liquid MCT. And lick it. And if you have a fat malabsorption Pam there in the toilet 20 minutes later with just flushing diarrhea, they're like, how can you do that? You didn't even have like, like a dropper full. You're like, it's a baby's dose, but they're really that inflamed. So I tell them to take one MCT capsule and you can just break it open on your tongue and swallow or just swallow it.

Video Time Stamp: (01:45:13):

It'll, it'll be fine. But they start with one, and if that doesn't cause diarrhea the next day, they have to in the next day, they have three. And in the meantime, they set BHB because what that's doing is the MCT is oil that does not need to be digested. It can be absorbed. So the absorption of that very special oil gets through that that got stuff, meaning it's, it's absorbed. And so it's going into through your gut lining. It's going into the portal vein and it gets to your liver. Once your liver holds on to that molecule, that specific fat chain of [inaudible] it will turn those into ketones. And now you have ketones in circulation for these five to six hours. That's



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the point. You're trying to change the chemistry. So if you can change the chemistry inside your body with MCT, and then I have them drink ketones in a, can I just say do it for two days. Video Time Stamp: (01:46:11):

You're not gonna, you're not gonna make too many ketones, especially you who's leaking all this stuff out your gut. You're not going make too many. So when, when I look at other things I have them do during, when they're really struggling like this I'm trying to think of where if you bought the book anyway you can, you don't have one sitting next to me. The bone broth and I know that it's on my website somewhere to the bone broth recipe where there's chicken feed in it, the really good bone broth. That is something I'll have them do if you don't want to make it. The kettle on fire one is actually really good. Their nutrients concentration runs through the, the nutrients is actually really good. So again, you're looking for the highest density nutrients, smallest volume of food while staying ketone. That's the secret of when I look at people with fat malabsorptions and if there's anybody who needs to fix this, it's you.

Video Time Stamp: (01:47:04):

You are the most important people in my whole audience when it comes to, you have the most to gain from figuring out this ketogenic journey, but your, your first week is helped. It's awful. I would contend that the chia seeds aren't probably as much of the cramping as it is. This whole shift in the chemistry. If you don't want to push the chia seeds, then your fasting is really limited to MCT oil sipping on BHB. I would tell you to sip on bone broth. That's what I would do for like two weeks and you will see insane improvements in what happens to your body. Now the problem is, is diarrhea stops you from going to work with coronavirus. I guess that's not anybody else's problem but yours right now. But when you have somebody in an office place that every 15 to 20 minutes, they have to go to the toilet and flush out a bunch of stool.

Video Time Stamp: (01:47:59):

It's just, it's unsettling. It's not socially, it's, you know, there's lots of troubles with that. So that's where if you go into the, any way you can, and you look at the diarrhea section, I say, use these meds. I think I put them in this handout to use these meds. They're over the counter, they're safe. It's just slowing down the bowel so you can function because it'll, it will wear you out. There'll be up all night there. They really do struggle with this. So I really want you to hear me that you are super important to me, that the danger you have ahead, the number of patients that I've buried alive, meaning the brains just don't work anymore and there's nothing I can do to help them. They have this problem for 30 years and nobody told them how to fix it. It's awful.

Video Time Stamp: (01:48:45):

So I hope that answers your question.

### 45. Should we readjust the protein target in chronometer?

Clay asked, should we readjust the protein target in chronometer? So I recommend one-to-one and it's a great place to start where you'll know if this fits for you and we'll go



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through this a little bit more as people ask questions in the next couple of lives is when you're doing the dr boz ratio and you cannot seem to get your number really good and you're doing a few other things, then I have ranked this approaching ratio down to 0.9 or you saw Spencer put him as 0.7. So we decrease the protein as a way to really just to match that. But I w one to one is where I keep people most of the time, there's a few folks that you can adjust that a little bit one way or the other.

Video Time Stamp: (01:49:40):

But the, the majority of people don't struggle with protein once the inflammation is taken care of. Just, I don't focus on this as much as some people do.

### 46. How do you know if you're insulin resistant?

Okay. Nicole says, how do you know if you're insulin resistant? Are there any tips for reversing it? Yes. Okay. You know, you're insulin resistant if you have first of all, if you took more than four days to Pee a ketone, your influences. When we get to checking blood sugars, if your morning fasting sugar is above 80 in the morning, you're probably insulin resistant. Even if you're thin I've had people say, I can't seem to make ketones every morning. You're probably insulin, resistant. It's so pervasive that it just sounds like everybody's in Florida. And I'm here to say probably there's a lot of insulin resistance out there. The tips for reversing it, 20 carbohydrates per day, total carbs less than 20 for at least two weeks. That's step one. Get that total carbs down and then eating earlier in the day is always a good idea.

Video Time Stamp: (01:50:43):

### 47. I've been on Keto for a year. And I still struggle to get fasting blood sugars below a hundred

Okay. I've been on Keto for a year. Good job. And I still struggle to get fasting blood sugars below a hundred. We are going to get there. I can get there later in the day, but I don't get there in the morning. So this is a huge warning that you're headed for danger. I see Mary offering her advice of one meal every other day. That's a huge stressor on the body. Terry then answers one meal every day. Yep. But, but Mary is talking about one meal every other day. So that is something we're gonna cover in the fasting video. So you're going to get there and we're going to get you those answers and you're going to see the evidence behind. Why would I recommend that and why do I do that for my patients?

Video Time Stamp: (01:51:30):

So stay the course and just keep participating or really M depending on the season, ketone people, the ones who have studied my YouTube channel, like you have to coach those who are the newbies. So please do, please put your questions into that Facebook group and my seasoned people VV encourager that you would have wanted during that time. But it also



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helps you practice for when the AiKeto support group is coming about because you're going to learn what other people would say. And I really do contend that by educating a thousand people on how to do this, we can spread this throughout the country and really save lives. Get everybody back to work again and do it in a way that's sustainable without like all living on all the problems ahead of us. Leave it alone. Okay. So good job on the answering her.

Video Time Stamp: (01:52:23):

Mary and Terry, it's a really good question.

### 48. My joint pain went away after six weeks.

All right, so Karen says my joint pain went away after six weeks. It came back two months ago. I'm wondering if it could be because I was eating too much protein and I would, I wouldn't blame protein. I wouldn't say that if you're that far into the journey and you have a flare, this is, we're going to go through what this means in the next in these next video is coming out. And what I would recommend this book that I am got one chapter left to right, and it's really close to like just finishing up the images and getting it to the publisher. It talks about a journey of somebody who did great and then doesn't do so great, and then what do you do to get great for a lifetime? And that is what you're learning in this course, but it's also fun to watch somebody else struggle with a problem that's pretty common.

Video Time Stamp: (01:53:16):

So I wouldn't worry about Pratt protein. I would go back to strict 20 carbohydrates less than 20 per day as total carbs and you know, keep the fat high. But you're going to be checking some blood numbers that'll tell you where to go to.

### 49. Nausea, headaches creeping in

Can you talk about nausea, headaches creeping in during third week of strict macOS? Is this still keto flu? I'm using salt electrolytes. Salt makes nausea yours and gives me heartburn. Okay. So almost always when there's this symptom in week three, and it's got this kind of a general malaise, so it's nausea, it's headache, they don't feel good. I'm telling you, magnesium until proven otherwise. Magnesium is such a sneaky little Turkey. Some people have the obvious muscle cramps and they feel the muscle cramps. But it's that kind of a story where I'd say five magazines, magnesium floats in seven days, and you cannot believe how much that helps.

Video Time Stamp: (01:54:19):

So there's something more that's happening there. Almost always. It is a micronutrient that is not replaced in the chronometer app. If you were sitting in front of me, I would look at a few things in that to say, I wonder how well they're, you know, magnesium is gonna be the first thing. But also I would, I would not worry about chronometer and magnesium. I'd go get five floats in seven days and watch what happens. And then don't judge your symptoms on the



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first float judge your symptoms after about the third or fourth float and then see how well that works. The other part that I've seen folks do is if you're taking any medications during that time sometimes the medications are pulling down your blood pressure. So if you're on blood pressure medicines, it's the time to not be on them when you're feeling that way.

Video Time Stamp: (01:55:11):

Don't stop it because of me. Stop it because you asked your doctor. Okay, good question

### 50. How do you know if you have consumed enough salt?

Greg says, how do you know if you have consumed enough salt? You don't crave it anymore. So salt you should, it's really hard to consume too much salt. I know the world has said forever and ever. You have a low salt diet, have a low salt diet, but the low salt diet still hasn't proven to us that it was going to lower blood pressure sustainably. Unfortunately it changed so many other parts of the human body that had we lowered sugar, have we lowered the carbs? Have you lowered the insulin? The salt would have taken care of itself. And your kidneys are amazing at scaling up to removing salt. So if you've got a salt process that yeah, keep drinking it until you don't want it anymore, watch what happens.

Video Time Stamp: (01:56:07):

Yeah, those was a few caveats to that. If they're in severe heart failure. If you've got you know, some, the advanced problems with atrial fibrillation with a DEMA, you're probably gonna want to talk to your doctor about that. Before you do that, or at least be in close observation of it, checking your heart rate, checking your blood pressure. Those are the things that your doctor's going to need to know in order to resolve or really answer it correctly. All right

### 51. Magnesium, is there a lotion or oil?

Susie says, when you're discussing magnesium, is there a lotion or oil? So again, the lotion or oil. Mmm, okay. So she says there's no magnesium pool open. Welcome to coronavirus and Epson salt baths are not meeting the cramping. I just want to show you a quick picture of I think if you want to hear, ah, sure.

Video Time Stamp: (01:57:12):

And I think this is the magnesium one. So when you're looking at the amount of magnesium that goes in, you need surface area. So you're saying that that doesn't that work. If you have lotion you can put it all over your body, but it's surface area plus the concentration of the magnesium. So if you look at this Epson salt float bath, that's a pretty concentrated amount of water that she's got her feet in there, but it's only covering this small part of her body. So you've got like 0.1 for surface area at 10%.

Video Time Stamp: (01:58:09):

And then you've got good 10 pounds of salt in there. You've got a really dense amount of salt. And so if you left it in there, your feet in there all day long, you've probably absorbed quite a



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bit of magnesium. So there's that. You can try that. But that's why Epsom salt bath five pounds gets you a number of two 70. But if you put 10 pounds of salt in the bathtub, now you get a number of five 40, and that's for a 60 minute bath and notice that she's covered up to her armpits. So again, 90% a float or 90% for that body covered for the bathtub. But when you get to the spa, you have 1500 pounds of salt, so much salt that you float, and then you stay in there for 60 minutes, you get this unbelievable infusion.

Video Time Stamp: (01:58:58):

So when I show you that, not just to say I don't own any abs float spas, I just think they solve so many problems. That it isn't a, intermittent use of this, but it's a regular use of getting magnesium in there. The lotions or oils I've just found kind of like what happens with estrogen and progesterone. Greens patients do a really good job the first little while, but they don't stay the course. And if I look at the biggest impact that you have on magnesium, it's stopped leaking it out your gut. So when I look at magnesium supplements I'm a big proponent of cheap, easy, safe, and accessible. That's Milk of magnesium to get the non-flavored kind put a capful in your water and drink, drink, drink.

Video Time Stamp: (01:59:56):

So you're gonna take that away. The cramping is a good sign that it is magnesium. Also. Any way that you can just add magnesium. Keep going. Alright,

### 52. Best thing for keto breath?

Angie asks, what's the best thing for keto breath? So two things. Ketones in high production will, we'll settle down. Okay. So remember, keto breath is excess ketones just like ketones in the urine. And when you first turn into a ketogenic way of living, you produce more than you can use, but eventually your body will meet wherever you're at and then you're not going to have much of a keto breath. So the other things that a strong breath is when you shift flora in your mouth. So when people go from a high carbohydrate diet to a high fat diet, yes, all these other things shift in their body. But the bacteria that live in your mouth also shift.

Video Time Stamp: (02:00:54):

So you can see a really strange difference in the smell of your breath because different bacteria, which is what causes the smell of your breath can be flourishing and other ones can be dying off. So be sure to have a dentist appointment within six months of going Keto, but shift taKeto, stay Keto and then go to the desk. Cause what you're about to do is change the equation. It'll be much easier to remove that plaque when you decrease the, when you change the flora. So if you give it like six weeks of Keto before you go in for a cleaning, you're going to find a pretty, pretty use. Nice. A dental cleaning by then. So the other things for Keto breath are hydration is a really powerful way. You'll just flush it out the kidneys. The, the key component to keto breath as it goes away.

Video Time Stamp: (02:01:46):

So to stay the course and know that as soon as you reset, you won't have keto breath.





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### 53. When will the mental acuity kick in?

Alright, Mark asks when will the mental acuity kick in? I sure could use some of that. Okay. So I just recorded this Keto of a fasting cycle and I talk all about norepinephrine and how it affects somebody who's insulin resistant and how it affects somebody who's been key to adaptive. So it's coming. Don't, don't run away. You'll find the answer soon, but you're not going to find it the first week. You got to stay the course a little more. Your body makes this hormone and right now you don't have any of the radiance to make normal hormone, at least most of them.

### 54. Pain in the right upper area of my rib

Question by Nan a day. Five, no gallbladder pain in the right upper area of my rib is the pain due to my liver working to adjust to higher fat. Let me grab some thought.

Video Time Stamp: (02:02:48):

All right. The right upper quadrant is where your liver is. Ah, so right up under that rib, it's also where when livers change specifically when they swell they stretch the capsule. And that's often when the liver will hurt. A easy abdominal exam will tell you if it is the liver, you lay on your back and you bend your knees, let you tell me muscles are relaxed and the physician will push right there on the liver. And especially, you don't have a gallbladder. It's pretty easy to say that's your liver. I can feel it. When you take a deep breath, you can feel the liver come up under their fingers. And if it's swollen or inflamed, hepatitis is not usually caused by a ketogenic transition. In fact, it is the treatment to reduce the inflammation in the liver. That ketosis will guarantee, but sometimes getting there, that shift goes up and down a little bit in that first week. So if you're on day five, you're having a transition change. I would stay the course. This should get dramatically better by seven days. Seven, eight, nine. Hydration is the other thing. Livers like they like a wet system, they like hydration. So I would say stay the course

Video Time Stamp: (02:04:10):

### 55. Patties and hotdogs in restaurants have wheat and sugar

Done. Okay. patties and hotdogs in restaurants have wheat and sugar. Should we stay away from that? Well sure I wouldn't be that picky. I mean meaning if that's what you have in front of you and that's the only option, it's better than a lot of options. It is one of the reasons there's a can of sardines in my purse, but if I find myself there and I don't want to eat what's on the menu, I remember that human relations or why you usually people eat is for the community, for the relationship. And then I eat the sardines when I'm alone cause nobody likes to smell them. But other patties that are pretty pretty secure in, in their commitment to



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pork is sausage patties. So if you don't like hamburger patties because they do put a lot of things in those sausage patties are pretty pure.

Video Time Stamp: (02:05:08):

Hot dogs aren't the worst things in the world either. And spam. I know we said that last week. All right.

### 56. Making a blood donation

Next question by Charmaine is I am due to make a blood donation. I've been donating blood for 40 years. My ketone urine stick reads eight every day since May 1st. Well, will that make me more vulnerable to getting dehydrated from donating blood would be better to wait for six weeks. I would wait until you get to the, so you're may, first of all, you're on day eight. I would get to the 15th of the month if you can just to say the transition is the only part where they're really dehydrated and it's really meeting the needs of the salt and those first weeks. And how much of a transition that is for most people. Your body's not going to probably get any more dehydrated from donating a pint of blood now to what it did before.

Video Time Stamp: (02:06:03):

Especially if you're a reset, the reset happens in that first 10 days. That's where the keto flu really can wipe people out, push down their energy level and, and knock off a huge amount of their their volume because they don't have those glucose floating around anymore. Once you've transitioned through that though, it's a pretty nice improvement to the stability of your intro vascular volume, which is what you're worried about with a blood donation.

### 57. Will, taking an aspirin have any effect on this process?

Well, taking an aspirin have any effect on this process? No. Keep your aspirin just like you've been doing.

### 58. Blood pressure is going up and my glucose is up

After increasing assault, I, blood pressure is going up and my glucose is up in the mornings as well. Okay, so you're in transition data course, especially if you started on day one here, you're somewhere in that first seven days.

Video Time Stamp: (02:07:01):

The blood pressure up is better than blood pressure down. Remember that high blood pressure doesn't give you a heart attack because it was up for a day. High blood pressure for six months for a year is what gives people a heart attack. But low blood pressure will land you on the floor with a head injury like that. So prevent the short term problems by increasing the by keeping the salt replace, that is the huge, the biggest problem in the transition.



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### 59. What about the chronometer and the phone?

Chronic chronometer shows everything on the computer. What about the phone? So I think if you join Theresa, if you join that live, that or that training that the chronometer team is hosting this next week, you're going to see that you can find all of the things on the phone.

Video Time Stamp: (02:08:00):

It is in a different location and real estate is differently placed on the phone versus the laptop. So I'm sure Spencer will cover that in his training. All right.

### 60. The high levels of fat I'm eating, makes my stomach hurt

Michelle says, what can I do when the high levels of fat I'm eating, he, my stomach hurt and feel nausea? Well, nausea when eating is a huge, is one of the signs of some type of satiety or feeling full will stop when you get to that feeling of you don't feel you feel full, then stop. If you're saying that when you put fat in your stomach, you get cramping and then you get explosive diarrhea and about 15 minutes, that's a different problem. That's the one we talked about earlier. And that's where starting with slow steady MCT plus a BHB sardines and Braunschweiger and bone broth stable, stable, stable for two weeks is what I would recommend.

Video Time Stamp: (02:08:53):

Your gut will get used to this. It is probably not seen this in a couple of decades usually sometimes.

### 61. I find I have no appetite.

Shamala says, good morning, Dr. Boz my diet until last week was primarily carbohydrates. Now, after being in ketosis, I find I have no appetite. I have no appetite but hungry. I only want to consume black, the coffee with butter. Okay. Well if he's been carbon dictated and you're transitioning with black coffee and butter, stay the course. Is that okay? What to expect going forward? So when looking at that first week this is exactly who I want to be talking to as a thank you for posting the question. It is amazing how many people say, I've been eating carbohydrates and meeting that fuel, you know, three, four, five, sometimes six times a day I start eating fat and I'm like, I don't, I want to eat.

Video Time Stamp: (02:10:00):

Why don't I want to eat? And this is the message of what happens to Keto or a fat-based fuel. The sign is that you're probably going to transition into ketogenic living pretty easily based on that history. I can't obviously guarantee it, but I would, when I hear this story, it says she can use fat very quickly. Her body's really quick to adapt. So it means that inflammation has not been around for as long as some of the others maybe. And the satiety is very easy for your,



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this goes away as your body kind of gets in the rhythm of putting food in, absorbing all the nutrients, putting food in, absorbing up the nutrients. The other thing I've done with folks who really have an almost anorexia that first couple of weeks is I would go in with like kettle and fire.

Video Time Stamp: (02:10:49):

If you go to bozmd.com, go to Dr. Boz favorites. You can find this in my Dr Boz favorites. And you click on that bone broth. I would sit bone broth with a good salt replacement in there. As you're going to get a ton of nutrients enough, I mean, if you've read the book any way you can, we kept my 73 year old mother alive with a fourth of a cup of good bone broth every day for almost 40 days. You'll be fine. The transition will go away, but it can be really comforting to have liquid warm, salty liquid in your diet and just be able to commune with while eating. That's what I would recommend. Good question. Thanks for posting that.

### 62. My poop comes out in drips and dabs,

This might be a little too much information. Never when we're talking about poop, is it too much information? People are just too shy to ask about it. Gloria, so thank you. My poop comes out in drips and dabs, not in one full movement. Is this normal in the ketogenic journey? Let's see. So can be dehydration says Theresa. It's very true. It can also be keep the salt and water and she sees that salt helps me. So that, that's true. Good job, Theresa. Other things are, when you're, if you're truly in the ketogenic way of living and you're feeling like you've been Keto, then they left and then they come back many times.

Video Time Stamp: (02:12:46):

It's amazing how much volume of stool happens when they are eating fiber and the kinds of wastes that your body can't absorb. One of the key things to a ketogenic diet is how much of that nutrients your body will absorb. And especially when once that gut heals and it doesn't leak out magnesium and the fat and all the other things you don't want leaking out that you don't need as much food. You can really absorb the nutrients and keep it on the inside. And then how much the volume of stool is, is much smaller. I think one of the, one of the carnivore books I want to say it's either a title or a subtitle is what happened to my poop? I mean, the volume is much less. Once they change this way of eating it is it is a different so it's a whole different equation.

Video Time Stamp: (02:13:41):

### 63. Bone pain

So Rochelle came back and said, my whole arm and upper legs ache from my shoulder to my wrist. So I don't know what does, what's doing this. So there's a lot of questions I have, but aye. I mean the first thing I think of is if you are truly brand new Keto and you have a extremity pain, it's magnesium, it's magnesium until proven otherwise. And you're having



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micro cramping throughout those major muscle groups in the you say, but why does it hurt my bones? Cause all of your muscles are pulling on the bone. And so the, sometimes the symptoms are bone pain. Within a, within a system, bone pain can mean a lot of not so good things. So I would not take my word for this. I would make sure that your doctor knows about this.

Video Time Stamp: (02:14:29):

Cause if you were my patient, I'd be doing a few other things that would help me understand exactly what are you trying to ask. And of course, if I, as your doctor, I'd know a lot more about your history, which would get me some of the other answers. Okay. So good question.

### 64. Parkinson's

Can you talk about keto for someone who has Parkinson's? First of all, if my parents had Parkinson's, I would totally put them on keto. Again, the reason I looked into this in the first place was brain data. The brain data is amazing at how much, when the inflammation is less, the brain works better. Parkinson's and it's accumulation of debris within the brain. You, you find he's at autopsy with Parkinson's. People say, Oh, it's genetic. It's genetic. I'm like, yep.

Video Time Stamp: (02:15:17):

And there's a lot of people with the genetics for it that never get it. Why don't they get it? Their brain aged better? So first of all, if your, if your Parkinson's is you the faster you can get to an autophagy ratio of 40 or less, the better you're going to be. Don't skip these first couple of weeks of replacing your ketone based hormones. Do not rush through this. The videos in this next week are going to show you what I'm warning you about. Parkinson's is a brain chronic brain illness. Once it's taken over the body it's, it's not a fun way to go. But if you can arrest the development, if you can slow down that progression, it has everything to do with inflammation and you can measure inflammation from the privacy of your home. That's in a meter.

Video Time Stamp: (02:16:06):

I hope you come back and ask me some questions in the next couple of weeks after you watch these X videos.

### 65. How important is recording your blood pressure?

All right, so let's go to, how important is recording your blood pressure? Is it just there for those who have high blood pressure? So, Robin, that's a good question. What I've learned is many people do not know that their blood pressure goes up and down. The blood pressure changes. So the first week that if you're somebody who dropped their blood pressure and you don't know it, it feels awful. It's like a mystery. And when we check it again, blood pressure is kind of like blood sugar. You don't want one number. You want to, you want to a variety of



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numbers. If I put a little catheter inside the artery called an art line while you're in the ICU, I can measure the blood pressure for every time your heart beats.

Video Time Stamp: (02:16:54):

It changes every beat. So when they give me one blood pressure and they say, that's my blood pressure, that's not how it works. I need a bunch of numbers to say, what is your blood pressure range and are you resting? Is it a time where you're irritable and upset and then your blood pressure's high? That's normal. Now, calm down and see if your blood pressure went back to normal when you weren't, when you were resting. So when I look at the problems in that first week and the people that fall off the ketogenic diet is because they don't even check. So if you're not able to check it and you're 20 years old with a healthy system, but trying to lose weight, probably going to be just fine. But if you're 50 and you're like, I don't have high blood pressure, I've just been overweight for 20 years, I'm telling you, you probably have a blood pressure problem that you don't know about or it's, it's still controls enough that you can get some normal readings and sneak away from having the diagnosis.

Video Time Stamp: (02:17:47):

But the pressure inside your system is going to drop. When you go keto. And if you can't, if you don't know that you're gonna, it's gonna seem like a mystery and you're gonna say, Oh, this diet's not for me, when in fact you probably need it more than most. Not. You need it as much as the rest of us. But so that's why you check blood pressure. So if you're young, healthy, and you've checked it a few times and it seems to be fine and you don't have any symptoms and you're doing the Keto transition just fine, then state of course. But if I look at the people who fall off, if I look at the mistakes that keto coaches make in those first two weeks, they don't require that people are checking their blood pressure. So nobody has a clue and they drop the blood pressures, people fall off of it and they weren't, weren't replacing enough salts that to prevent that.

Video Time Stamp: (02:18:31):

### 66. What effect can the keto diet have on histoplasmosis that has activated in your eyes?

Jerry, what effect can the keto diet have on histoplasmosis that has activated in your eyes? Should I be taking any supplements with it? Again, histoplasmosis is a very sneaky, gnarly insidious invasion. I will, I want to say it's the yeast family, but it's a fungal type of process that you don't want to have. You want to get rid of it. And you want your immune system. Again, we have treatments that can affect this, but the best answer is that your white blood cells sharpen up and attack the enemy in exactly the way that it should without exploding with a cytokine storm. But instead really doing a targeted job and then watching for the enemy. So histoplasmosis is a, I don't, I'm sure there's no studies on Keto and histoplasmosis, but in general, if you have a chronic insidious invasion of something like like that your body should have never let that come in. So it initially says your defense system is weakened just by



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telling me that you have it. I know that to strengthen it and get rid of it. I don't know if that's possible, but it shows a heck lot more possible if your white blood cells are the healthiest version of themselves. And I contend there's nothing better than a ketogenic living that would do that for you.

Video Time Stamp: (02:20:04):

### 67. Having a hard time sleeping

I am following first week. Not fasting. Good job. Nobody should be fasting the first week yet have her having a hard time sleeping. Okay. So if you're looking at that first week as you change fuels, this really does affect people. So Cheryl carpenter, I'll just kind of walk through a few things that this next week I give a couple of videos. There's a couple of links that I give you that are outside the course to helping people with their sleep. Sleep is a big deal. So if you're in the first week and you're struggling with how do I fix this don't reach for alcohol, please don't reach for like Ambien, Lunesta, Xanax, Adavan, Klonopin, Valium, all the stuff that really swells the human brain. We don't want you to do that. There are several other things, I mean Benadryls better than any of those.

Video Time Stamp: (02:20:59):

And that's got problems for people who are super old and have balance issues. What I'm saying is get through the first week if you're looking for habits that I absolutely am going to remind you of and this week if you didn't, if you wouldn't have asked, this is coming in the next week. There's a video that I recorded when my middle son was just out of the first grade. So I think that's 2012. And it's a great video that I have health teachers throughout the country use in health class. If you look on the show, so you go to YouTube, you type into that Bosworth and you type in sleep and it's the only video from like 2012 in the show notes there's a handout. So you print the handout and you can take notes as a, as you do this sleep lecture, as you unfold these lessons, the next week you're going to see these resources again because it is so important to learn this, that sleep becomes a part of fixing your metabolism.

Video Time Stamp: (02:21:57):

And I'm not, I'm not like over-exaggerating that what happens when you don't sleep becomes part of the problem. So I need you to keep pushing through. Don't use the naughty medicines we want you using the good medicines. If you go to my website, Bozmd.com and you type in a case for sleep, you're going to see one of the folks I coached on the live YouTube show, you'll see several videos from him. And you'll also see a blog that I wrote about one of the patients. That's just one of the protocols I use. I've had people print that protocol out. There are some cited journals and medical articles in that, so you can give them to your doctor to say, here, this is what she does, do this. And there's been a couple of positions where I've really tried to reach out to them because the patient's on reaches out to me saying, can you help my doctor?

Video Time Stamp: (02:22:48):



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Can you help my doctor? I used to, one of the first education programs I did was teaching other physicians how to repair sleep and it was through using this protocol. It's brilliant. It's awesome. So a case for sleep gets you there. I have these links coming up in your handouts this next week, so I think you'll be good to go. You'll be able to find them through just being in this course of the job.

### 68. Bubbles in your urine

So Katherine says, what if you notice bubbles in your urine has gone on for a while now with Keto now will ketone make a difference?

Video Time Stamp: (02:23:46):

So first of all, what do you mean when you, when you urinate in the toilet? Is there bubbles and in the process of that, so air in your urine is a mess. You got a problem? I don't think that's what you're talking about. Mmm.

### 69. Chia seeds and diverticular disease

Let me do Laura's chia seeds and diverticulum and then I'll go back and look up this. let's do any risk with chia seeds and diverticular disease. Okay. So diverticula I want you to remember that my mom, the reason she had no food for a month was for diverticula exploded. Okay? So diverticula which is all poachings in your bowel is because of chronic inflammation in your body. And then the pressure on the inside of that bowel is getting worse and worse and worse as the, as the pressure increases, the diverticular get worse.

Video Time Stamp: (02:24:58):

So by switching the person to achy genic diet, which is low fiber, high fat, low carbs you are decreasing the inflammation. You're decreasing the volume of stool, which is good for diverticula, but it's that transition of going from where you're at right now to where you're headed to be when it comes to chia seeds. The reason we want, you're taking a tablespoon without water and the tablespoon without water is we want them forming this gelatinous substance and you'll know you're right by what comes out the other end. But the, the, the, the, the, the bolus of stool as it moves past those, that diseased bowel, the bowel with the diverticula, we, we want it staying in a bolus. And that's why the consistency of following that protocol is very helpful. I know that every old textbook says no seeds when you have diverticula.

Video Time Stamp: (02:25:52):

And I tell grammar roses again and again, and then she'll go back to the doctor and say, but he said, I shouldn't have seeds like poppy seeds. And I'm like, okay, as long as your stool isn't a bolus that it doesn't fall into those little pockets. But that means you gotta do your part. You got to stay the course. You can't have chia seeds once a week and think it's going to not be a problem. I need you to do the protocol, one tablespoon every hour until you have a bowel





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movement and volume, the two doses in morning and noon, lots of water with it, and you will fix this constipation. But more importantly, you will go from a standard American diet to a anti-inflammatory diet, which is what the whole thing is.

### 70. No thyroid, Ovaries, Uterus and gallbladder

Video Time Stamp: (02:26:48):

No thyroid, Ovaries, Uterus and gallbladder. So boy, the surgeons have had their way with you, haven't they? So I'm going to guess you're a baby boomer. So what hormones are you worried about? So gallbladder, no problem. You, that's not an issue. No uterus or ovaries, you and many other women have. Ha. You can't make the, you don't have the end organ production for estrogen. And progesterone replacing them is probably, it's not a bad option. But those aren't the only reasons why fat-based hormones are made that you remove the ability for your body to make estrogen. Okay. Thyroid without a fibroid. You can't just make thyroid without a thyroid. You're going to have to take thyroid replacement for the rest of your life with or without Keto. The

Video Time Stamp: (02:27:49):

Video Time Stamp: (02:27:51):

The antidote for having a a human body that works right is nourishing it correctly. So what I hope you took from all these questions,

Don't look, don't look, you keep your blinders on. You keep 20 total carbohydrates a day and you stay the course, you're going to watch the videos from this next week, you're going to see some of the challenges that I'm going to ask you to do over the next seven to 14 days.

Video Time Stamp: (02:28:43):

And that, that, that transition is beautiful. It is something I've coached and practiced and guided people through that you have, you have the tools right in front of you. The danger is the distraction that happens amongst people who are further along in the journey. Some of them who didn't have the baseline education that you are getting through this course. And, and more importantly, their body is aren't yours. So please listen to your body. How much salt, how much water do you need? Listen, your body's trying to tell you quit waiting for medicine and my prescription to have a much better answer than the human body does. That permission to listen to yourself shouldn't, shouldn't be such a novel idea. It should be intuitive and common sense, but welcome to the world of medicine in this year. So what I want you to do in that first week of Keto is rewatch some of those videos if you have questions.

Video Time Stamp: (02:29:51):

Continue to post question and answers inside the Facebook group. One of the key things I'm super proud of is we have, you know, you know, we have thousand people that are gonna watch this live or that are part of this class and their education is, it will be at a higher level. It will be at the place where I love going to my Keto. I get up at 2:30 in the morning to lead a



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ketone group across the country because, because I'm in relationship with them and they are educated, they, they know what I've been telling them for three or four years and they educate one another and that community has grown a healthy tribe of people within my area. But you shouldn't have to be isolated to my town to have that. If I educate you, I want you to educate the next layer and using this video series, this course series, I think, I think you're going to love it, especially when we get to the fasting video, which I just finished recording and I'm super excited to share and I will not post on YouTube.