



4.4 ketoCONTINUUM #6 Advanced 16:8

<p>6. <u>Advanced 16:8</u></p>	<p>Clean up your morning drink. Remove all calories and sweeteners. Morning drink = no fat, no MCT, no butter, no sweeteners, no calories. The 16 hours = only salt, water, black coffee, or tea.</p>	<p>Don't remove the fat from your morning drink before this phase. You needed it to get here. Now it's time to let it go.</p>
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ketoCONTINUUM		TEST
BASELINE METABOLISM	5. <u>16:8</u>	Urine PeeTONE Strips
	6. <u>Advanced 16:8</u>	
	7. <u>23:1 OMAD: ALL in 1 hour.</u>	Blood Ketone Strips
	8. <u>Advanced 23:1/OMAD</u>	

Lima Bean Story

In my second year of practicing medicine, I had a case about a man's broken palate. Yes, his palate. Not the kind of pallet found in a storage shed, or the tool used to mix clay. I mean that word describing the kinds of foods he liked. His wife was my patient, first. After multiple visits, she was delighted with her care and announced that she was going to bring her husband to the next visit. Several months later she arrived at the visit accompanied by her husband. I remind myself of her situation as I enter the room scrolling through the chart. She introduced her husband and shocked both of us when she said, "I've brought him to you for you to help me fix him."

Sensing the tension in the room, she quickly explained that her husband has a terrible problem. Every time she added vegetables to his



4.4 ketoCONTINUUM #6 Advanced 16:8

food, he gagged. She confessed that she'd been sneaking vegetables into his food through pancake batter, soups, smoothies, and even brownies. Each time, he gagged as soon as he tasted the first bite.

An awkward silence filled the room as several witty responses crossed my mind. After this long pause, her husband, feeling the embarrassment, tried to come to her rescue. "I've never liked vegetables. I know they're good for me but as soon as I taste them, my body rejects them. I gag and start to throw up. Sometimes I do throw up."

I took a deep breath as I considered my options. Then I asked, "If I stranded you on a desert island in the middle of nowhere for a year and the only food growing on that island was lima beans, what do you think would happen?"

The couple looked at each other, then back at me. You could almost sense the wave of nausea flickering across his face as he thought about lima beans.

I let the silence linger. He swallowed, afraid to answer. After the proper distance in silence, I answered my own question. "You would learn to like lima beans. In fact, after months of eating lima beans, your palate would detect lima beans harvested on the 14th day versus those from the 18th day. You would be a world expert in lima beans."

The first part of improving and expanding one's palate is a personal desire. Desire wouldn't show up on that desert island on the first day. However, hunger would eventually motivate the stranded person. The desire for food wires deeply into our psychology to survive. Hunger would motivate him to eat lima beans. Survival thinking would win over his taste preference. Before long, he would crave them. Yes! Really!



4.4 ketoCONTINUUM #6 Advanced 16:8

Attraction to a type of food is learned. Your family and your culture taught you what foods to like. People in China don't accidentally like rice more than people in America. They eat an abundance of rice from a young age. Their brains practice liking it. As adults, they like it and feed it to their children.

The finicky husband on a deserted island would learn to like lima beans . . . when he starts to eat them. The first step happened inside his mind, not his tongue. He first must offer the option of eating it. As long as his mind locked in the identity that he could not eat vegetables, there was nothing I could do. His mindset would always win. The extreme starving setting on a desert island created a mental picture for him to consider eating something off of his forbidden list. Without his mindset shifting, there is no beginning.

When switching from a standard American diet to a keto diet, allow your palate to taste foods that you have sworn off. Open the idea of eating foods you've rarely tasted. Your palate is teachable. It will adapt once exposed. The only way to teach your palate to like foods is to eat them repeatedly.

Our first-world-problems denied us the pain of our primal survival instinct called hunger. Our taste buds were hypnotized by high sugars, processed foods, and abundant carbohydrates. Every 2-3 hours we ate foods that gave quick pleasure and energy. This repeated trigger to eat wired our brains into a habit. Swallow orange juice with images of sunshine and health. The blood sugars rise like a rocket, only to crash 2 hours later. This decline in sugar sparked a craving. Feed the craving and you feed the addiction.

Liver and canned sardines lose to fruit juices and processed carbs every time. The ketogenic diet introduces foods that have become absent in most meal plans. Like my lima bean story, if you don't like a



4.4 ketoCONTINUUM #6 Advanced 16:8

food, I can't make you want it. You hold the power of choice. Your mind will fight the change, especially if you have never tasted some of these foods. If you have not eaten a type of food in forever, allow yourself the chance. One bite. That is where it starts. The next step is to add that flavor to your palate enough times to train your brain. Much like guiding an addict to find a different outlet for their pain, the new habit is an acquired skill. You must learn it by training and practicing. The recovering addict will not reflexively strum a guitar as she processes through her craving. You will not find your tongue dripping to try new high-fat low-carb foods. You must train and practice with new flavors.