



2.05 No Ketones End of Day 4

- 1) Check Your **PeeTone strips** - Are they bad?
- 2) Use **Cronometer**. Make sure you are correctly counting 20 carbohydrates
- 3) Stop or decrease the amount of alcohol.

If that seems impossible, shift to alcohol without carbs. Use distilled alcohol. Not beer.

Distilled alcohol= Brandy, Gin, Rum, Tequila, Vodka, and Whiskey.

[I've had patients mix distilled alcohol with [ketones](#). Not my idea ... but it worked]

- 4) Type-1 Diabetic With Sugars > 150
- 5) Type-2 Diabetic With Sugars > 150
- 6) You have insulin resistance or undiagnosed diabetes.

SOLUTIONS

- 1) SIP ON [Ketones-In-A-Can](#)
- 2) If you are allergic to stevia,
 - a) Use [Ketones-In-A-Capsule](#) -- 1 Scoop of Powder = 10 Capsules to consume the same amount of BHB.
 - b) Use [MCT C8:C10](#) Softgels --Start with 1 Softgel on day. Increase to 2 Softgels on day 2. Continue to increase by 1 Softgel daily until 12-15 Softgels per day
- 3) Slow Down.
 - a) Lower Carbs slower.