



4.1 ketoCONTINUUM Baseline Metabolism

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

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Beginners: Continuum #1 - #4
Baseline Metabolism: Continuum #5 - #8
Stressing Metabolism: Continuum #9 - #12

Beginners: Chemistry carried you. Continuum #1- #4 = shifted your chemistry. You replenished your storage tank of fat-chiseled hormones. Healthy at a cellular level begins to awaken. You patiently waited for your crippled mitochondria to repair and your hormones to rise. Your neighbor raced to fast, but you wisely ate fat in abundance.

Think of ketoCONTINUUMS #5 - #8 as the **general exercise** needed within the universe of your mitochondria. If you never advanced beyond these, your life would be mostly healthy. These baseline options deliver enough energy to meet life's needs. From infections to broken bones, to the invasion of toxins, to fatigue, to inflammation - baseline metabolisms meet your body's demands.

Metabolism stands for the exercise your cells get at a microscopic level. Metabolic health measures the strength of your cells to function. Metabolic health measures how well your cells do at life.

Continuums #5 - #8 step through a progression that slowly builds metabolism. The strength of energy production within your cells improves on each of these continuums. Continuums #5 - #8 reflects the eating patterns linked to longevity and restored health. Your baseline metabolism to maintain a lifetime of health should be one of these 4.

Restoring life at an electron-level takes time. It can take a couple of years to advance through these four progressions.

What season of life are you in?

Death of a spouse (or child)
 Divorce/ Marital separation
 Imprisonment /Trouble with in-laws

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	10. 36 Hour Fast without Celebration Meal		
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	12. 72 Hour Fast		

Death of a close family member
 Personal injury or illness
 Marriage



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Dismissal from work/ Change different line of work
 Marital reconciliation
 Retirement
 Change in health of family member
 Pregnancy
 Sex difficulties

Gain of a new family member
 Business readjustment
 Change in financial state
 Death of a close friend
 Foreclosure of mortgage or loan
 Son or daughter leaving home

Mastery of BASELINE METABOLISM takes discipline, metabolic understanding, and support. They take time, education, and self-reflection. As you progress through Continuums #5 - #8, your metabolism strengthens. By ketoCONTINUUM #8 You will tap into some advanced psychology.

Do not underestimate these steps.

These advancements break a weight-loss stall, repair immunity, and spark autophagy.

SUPPORT GROUPS:

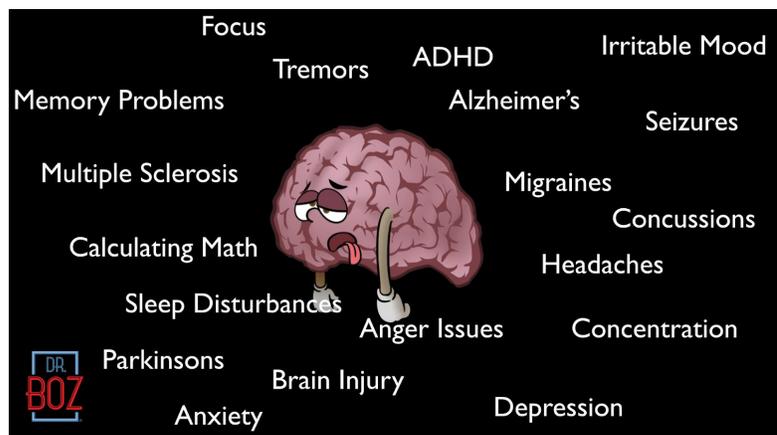
Success increases with the addition of others. Support groups never sounded so welcoming until the day you stepped into these challenges. Support groups are not filled with perfect partners. They are filled with others who try. You are stronger together.

Analyze your reasons for eating.

The first days you dropped carbs to less than 20, the crux of change happened by days three, four and five. Removing carbs offered a new reality. What seemed novel on Day 1, quickly evolved into a personal battle inside your mind. Subconscious decisions about eating surfaced. Your awareness changed.

Notice why you eat. What feelings do you associate with eating?
 Is it hunger?
 Do you actually feel hungry when you eat?

SAD
 HAPPY
 IRRITATED
 TIRED
 MANIPULATED
 TENSE
 FRUSTRATED





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When patients arrive with years of broken health, I encourage them to find one of these baselines that fits their lives during this season. Stay at that baseline. Period. Stay there.

Continuum #5: 16:8 Eat ALL food in an 8-hour window.

Eat ALL food, snacks, and supplements in an 8-hour window. No eating, snacking or chewing for 16 hours.

That means no gum during fasting hours. Suck on salt if you need a substitute. Keep your coffee filled with fat.

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Continuum #6: Advanced 16:8 Conquered morning drink [calorie-free and sweetener-free]

Clean up your morning drink. Remove all calories and sweeteners. Morning drink = no fat, no MCT, no butter, no sweeteners, no calories. The 16 hours = only salt, water, black coffee, or tea.

Don't remove the fat from your morning drink before this phase. You needed it to get here. Now it's time to let it go.

Continuum #7: 23:1 OMAD: One Meal A Day. ALL CALORIES IN ONE hour. 23 hours= none.

ALL calories & sweeteners in one hour. 23 hours = Only salt, water, tea, or coffee.

Begin checking blood numbers right before you eat.

Continuum #8: Advanced 23:1/OMAD ... Move eating hour within 11 hours of sunrise.

Move eating-hour within 11 hours following sunrise to match your circadian rhythm.

Record the Dr Boz Ratio first thing in the morning. Repeat before eating.



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