



## 3.2 ketoCONTINUUM #3

3. I "accidentally" missed a meal. <u>[Keto-adapted]</u>	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.
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### Beginners:

Eat less than 20 grams of total carbs per day. This shifts your chemistry to a ketogenic state. Ketone chemistry will carry you the first part of this process. Pee ketones. Your chemistry will do the rest.

### Baseline Metabolism:

### Stressing Metabolism:



### Ketones-In-a-Can



### Ketones-in-a-Capsule

	ketoCONTINUUM	TEST
BEGINNER	1. I eat every 2-4 hours	4 - 6 weeks
	2. LESS THAN 20 total carbs. I eat every 6-8 hours.	
	3. I "accidentally" missed a meal. <u>[Keto-adapted]</u>	
	4. Eat 2 meals per day.	
BASELINE METABOLISM	5. 16:8	LIVE HERE.
	6. Advanced 16:8	
	7. 23:1 OMAD: ALL in 1 hour.	
	8. Advanced 23:1/OMAD	
STRESSING METABOLISM	9. 36 Hour Fast	Use Intermittently
	10. 36 Hour Fast without Celebration Meal	
	11. 48 Hour Fast	
	12. 72 Hour Fast	
		Urine PeeTONE Strips
		Blood Ketone Strips