





## 2.08 Day 6 Calories & Cravings

### WHY COUNT CALORIES WHEN YOUR BODY DOESN'T

CALORIES= no receptor in your body that keeps track of calories

### CHEMISTRY BEFORE CALORIES

EAT FAT. Track with [Cronometer Ap](#)

That's how you surge your hormones /chemistry

### Calories matter when the body has been keto-adapted.

Do that step first. Do not pay attention to calories.

The first couple of weeks of ketosis learn to listen to your body. Most can barely "hear" the whisper from their fat hormone.

Chewing and swallowing carbs ORDERS your body to make insulin. Your body faithfully followed our chemical orders. Store food.

Address your body's chemistry first. The chemistry outranks calories when you first begin a ketogenic diet.

Change your metabolism and shut down insulin production.

Fat will shut off the insulin. Turn-off insulin = no carbs. Consume fat instead.

### Eat only when you are hungry. Listen for hunger.

Hungry = from one HORMONE

Satiated = from OPPOSITE HORMONE

True hunger arrives slowly (over a 30 minute time ... and leaves slowly (15 min.)

### Cravings = NO FAT BASED HORMONES.

Fast- arrive quickly & disappear quickly.

Cravings punch you in the nose on day 6. Beware. Even the no-calorie sweeteners, like stevia and erythritol, light up a brain scan with craving. Tickle those nerves with fake sugars = danger.

### Habits = automatic.

Change the pattern. Enter the house so you don't walk through the kitchen.

Empty the cupboard that keeps your snacks. Put the box in the garage. Change the pattern to break mindless habits.