WHY YOU AREN'T LOSING WEIGHT ON KETO

Common Mistakes made when starting the Keto Diet

A NEW LIFE

- At age 16 I went to the doctor:
  - Told I had PCOS
  - I was 60 pounds over-weight (even though I was a top athlete)
  - Given an anti-depressant
  - Acid Blocker
  - Suffered with IBS

- That SAME week, I took my dog to the Vet
  - Vet asked, “What are you Feeding her?”

  - Cutting Alcohol vs. Cutting Carbs?????

an early age!
of sugar addiction.

had a lot of ear
of antibiotics.
bacteria

WHAT ARE YOUR GOALS???

- Keto is great for MANY things!
  - Epilepsy
  - Cancer
  - Moods: depression, anxiety, anger
  - Fertility
  - Blood Pressure

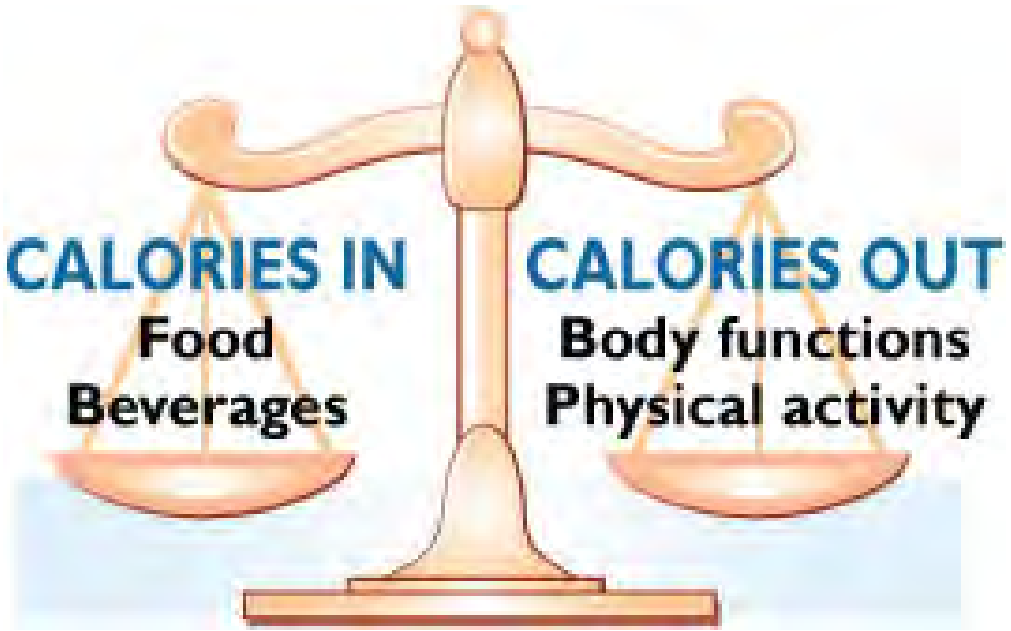
- TODAY's Focus = Weight Loss

MY BEFORE AND AFTER

- PCOS made weight loss difficult.
  - I learned all the secrets to balancing hormones to help all of you lose weight for good!

CALORIES IN … CALORIES OUT???

- Saying that cutting calories is how you lose weight isn’t everything BUT Saying that calories don’t matter is ignorance.



Common

Keto

Mistakes

COMMON MISTAKES

Alcohol and Ketosis

MISTAKE #1: ALCOHOL

#1: ZERO CARB ALCOHOL

- No Storage Capacity
  - Must be burned before any food you also consumed
- Lack of control
  - Eat in excess or non keto foods
- Alcohol also messes with your hormones
  - Stimulates Appetite
  - Decreases Testosterone
  - Increases Estrogen
    - BEER Belly = estrogen belly

MISTAKE #2: EXOGENOUS KETONES

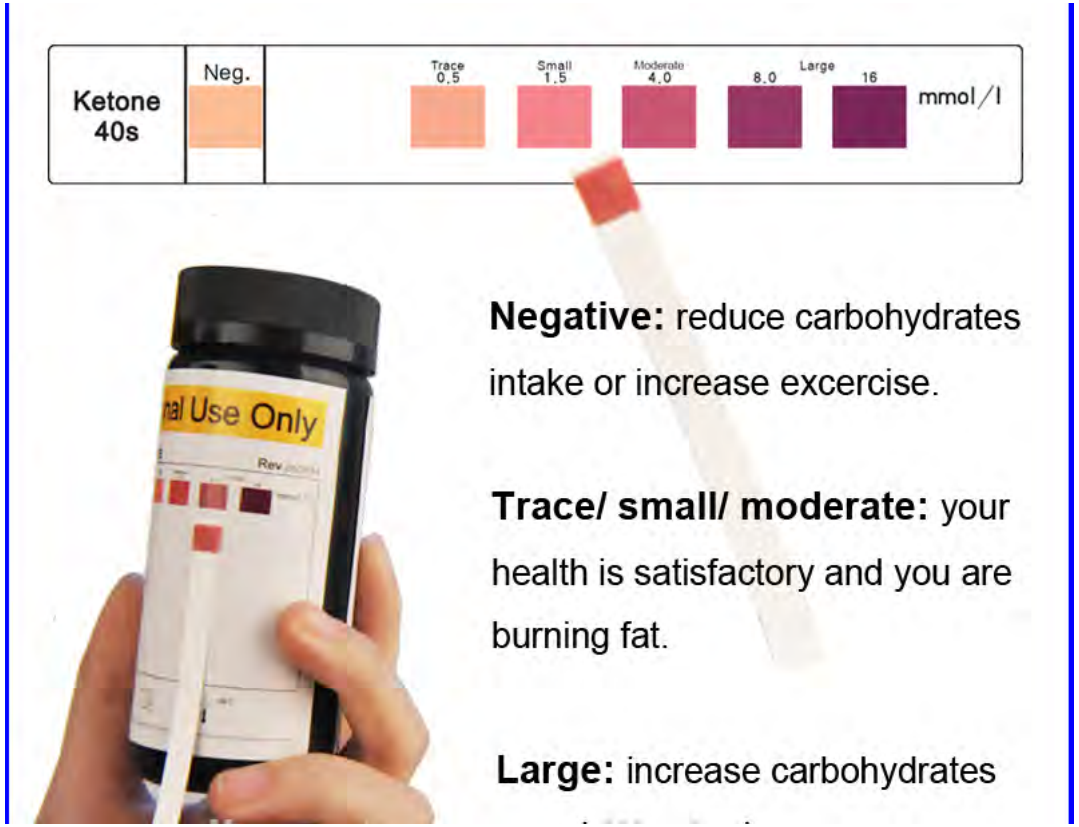
#2: RELYING ON EXOGENOUS KETONES

- HIGHER Ketones DO NOT MEAN Faster weight loss!
  - Your body can make all the ketones it needs when keto adapted
    - You inhibit the body from burning body fat because it is burning added ketones
  - Higher ketones don’t mean better results.
    - You can add a bunch of MCT oil to bowl of rice and show higher ketones.
    - I GAINED weight every time I added Exogenous Ketones
    - The BEST WAY to GAIN WEIGHT
      - Add fat AND CARBS: they market that you can “eat the muffin” and just take exogenous ketones!
      - SPEND THAT MONEY ON QUALITY ORGANIC FOOD!

DO KETONE LEVELS MATTER?

- Blood Ketones are just the difference of energy produced and energy used
- If active and in strong state of ketosis, ketone will be low
  - You are using them all. Example, Luis (one of the speakers), bodybuilder who has eaten keto for 15 years and has blood ketones of 0.3 or 0.4. He works out a lot so uses all the fuel generated
- In fact, High ketones (3.0 or more) when not fasting can be a sign of metabolic issues
  - Body isn’t using the fuel or experiencing insulin resistance

URINE STRIPS



- I get messages all the time when people get discouraged about low urine ketones
  - They only tell you if you are hydrated
  - Waste of time and money

STOP CHASING KETONES

- Higher ketones doesn’t mean more weight loss
- Just focus on getting carbs low enough and hitting your protein target.
- Add more Exercise and movement
- Add Fasting
- Together these will get you in strong ketosis regardless of what blood ketones read
  - Creating more lipolysis (fat loss)

Do not count "NET CARBS"

MISTAKE #3: SUBTRACTING FIBER

Total Carbs
- Fiber

NET CARBS

MISTAKE #3: SUBTRACTING FIBER

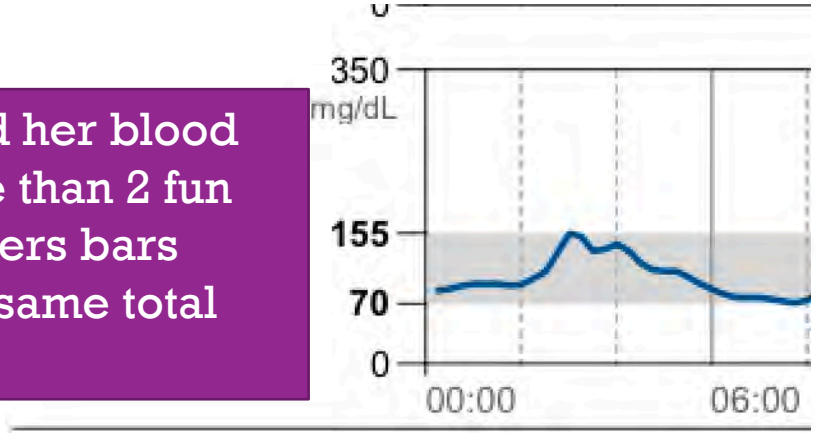
- Not Biologically Needed
  - You do NOT need fiber to go #2!
    - Fiber causes irritation and bulk to the stools!
  - Collagen much better for feeding Gut Flora
  - This is why I don’t talk about my Psyllium Bread recipe. I don’t recommend it for weight loss or daily use in maintenance.

MISTAKE #3: SUBTRACTING FIBER

Example: *"Do you know any reason this bread would spike my blood sugar? I ate a sandwich last night with this bread. Before I ate, I took my blood sugar and it was 140. Then I ate my sandwich and an hour later tested again, and my blood sugar was 180. I ate another sandwich today for lunch and just tested (2-1/2 hours later) and it was 203. I'm eating low carb, so not eating anything else that would raise my glucose."*

- Subtracting Fiber from Carb totals
  - Too much fiber can kick you out of ketosis and stall your weight loss especially those with metabolic syndrome or diabetes (Quest bars, nuts, flax, chia)
  - Too much fiber also elongates intestines causing other issues
    - Psyllium Sub bread (PER BUN) = 209 calories, 14.2g fat, 8.2g protein, **15g carb**, 9.8g fiber

This spiked her blood sugar more than 2 fun sized snickers bars (about the same total carbs).



Nutrition Facts

6 servings per container

Serving size	1 Ounce
Amount Per Serving	
Calories	**120**
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 15g	5%
Dietary Fiber 13g	46%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 2.7mg	0.3%
Iron 1.08mg	6%
Potassium 35mg	1%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Dark chocolate (unsweetened chocolate, cocoa butter), soluble corn fiber, sunflower lecithin, natural peppermint flavor, monk fruit extract, madagascar bourbon vanilla beans. Processed in a facility that has products containing dairy, tree nuts, and peanuts.

MISTAKE #3: SUBTRACTING FIBER

- Make sure TOTAL carbs are 20g or less

Type 2 Diabetic Response to Quest Bar

Blood Sugars 8 AM	Blood Sugars 10:30 AM (Just before Eating Quest Bar)	Blood Sugars 11:30 AM	Blood Sugars 12:30 PM	1-HOUR CHANGE
111	124	176	107	52
91	108	150	112	42
	98	148	108	50
	190	203	186	13
84	73	107	98	34
103	151	128	120	-23
80	111	124	90	13

Nutrition Facts
Serving Size 1 package
Calories 210
Fat Cal. 90
*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 11 g	17%	**Total Carb.** 27 g	9%
Sat. Fat 7 g	35%	Dietary Fiber< 1 g	3%
Trans Fat 0 g		Sugars 21 g	
Cholest. < 5 mg	2%	**Protein** 0 g	
Sodium 30 mg	1%		

Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 2%

A DELICIOUS BLEND OF APPLE
Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (Preboitic Fiber), Almonds, Water, Apples. Contains less than 2% of the following: Cinnamon, Sea Salt, Lo Han Guo, Sucralose, Natural Flavors.

Nutrition Facts
Serving Size 1 (60g)
Calories 180
Calories from Fat 50
*Percent Daily Values are based on a 2,000 calorie diet

Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Total Fat 5g	8%	**Potassium 115mg**	3%
Saturated Fat 0g	0%	**Total Carbohydrate 25g**	8%
Trans Fat 0g		Dietary Fiber 18g	72%
Cholesterol 5mg	2%	Sugars 4g	
Sodium 320mg	13%	**Protein 20g**	

Vitamin A 0% • Vitamin C 0% • Calcium 10% • Iron 4%

ONLY 5 VEGGIES ALLOWED

- VEGGIES have fiber and you must count those carbs!

- Many ask me, “So you are Carnivore now?”
  - In reality, my best fat loss books only had 5 veggies allowed!
    - Never cauliflower, never broccoli

    - THE 30 DAY KETOGENIC CLEANSE
    - EASY DAIRY FREE KETOGENIC RECIPES

Hormone Disrupters

MISTAKE #4: OBESOGENS

MISTAKE #4: TOO MANY OBESOGENS

Weight loss is all about hormone manipulation

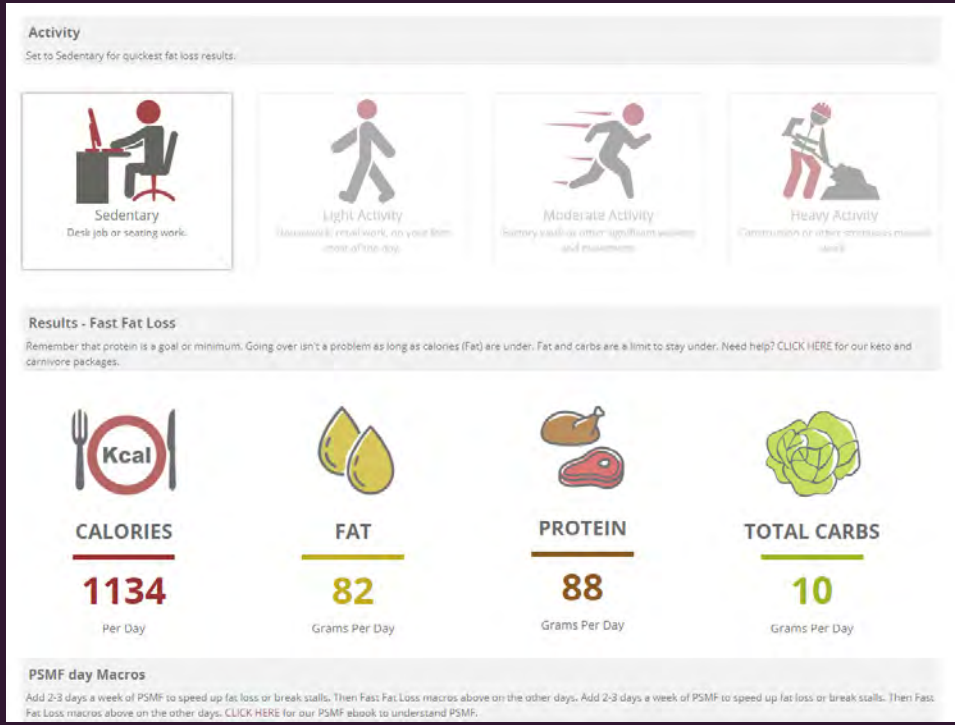
- Foods to avoid:
  - Soy, Flax, Chia, Alcohol
  - Caffeine and sugar increase male androgen hormones: PCOS
- Topical Chemicals:
  - Lotions, Makeup, Scented Soaps
- Environment:
  - Scented Candles, Dryer Sheets, Pollution in the air

#4: OBESOGENS

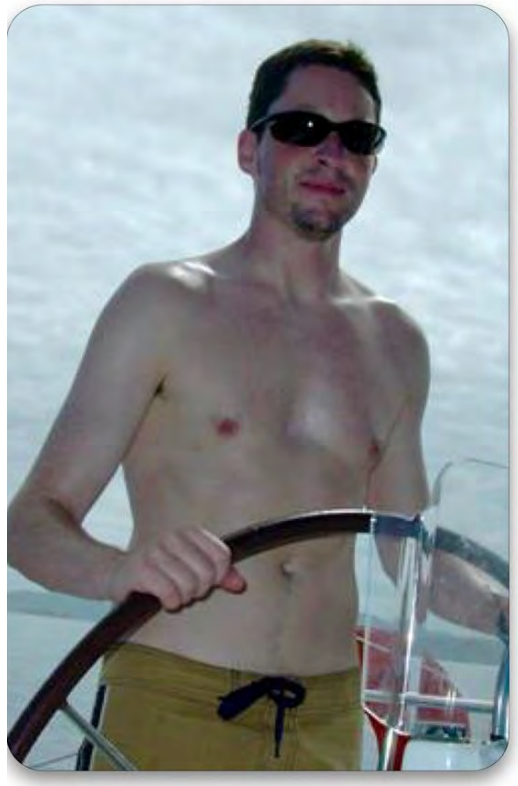
- Make Up
  - Teenagers estrogen levels dropped by 78% when they eliminated MAC make up for 5 days!
  - CLICK HERE to find non-toxic beauty products

Too much fat, not enough protein

MISTAKE #5: BAD MACROS



HARMFUL MACRO CALCULATORS



- BAD macro calculators!
  - limit protein to 50g protein
  - Over 100g fat for fat loss!
    - WHY IS THIS BAD????
    - 1. LACK OF NUTRIENTS: Animal Protein have the most nutrients!
    - 2. Lack of Protein = low amino acids = hair loss, thyroid issues, loss of muscle

MISTAKE #5: BAD MACROS

- Get PERSONAL Macros for FREE
  - https://mariamindbodyhealth.com/new-keto-calculator/
  - Protein is a GOAL
  - Fat is a LIMIT, adjust based on goals
  - Carbs is a MAXIMUM

NOT ENOUGH PROTEIN

- 20-35% Thermogenesis (TEF)
- Preferentially used for Muscle Protein Synthesis (building lean mass)
  - Very expensive to turn into fuel (glucose) so body only does it if other fuels not available (glucose, fat).
- Biologically Essential
  - Essential to maintain lean mass, hair growth, etc.

NUTRIENTS IN "SUPERFOODS" COMPARED TO ANIMAL PROTEIN

Per Serving	Apples	Blueberries	Kale	Beef	Beef Liver
Calcium (mg)	9.1	4.5	63.4	9.7	9.7
Magnesium (mg)	7.3	4.5	15.0	16.7	15.8
Phosphorus (mg)	20.0	9.0	24.6	154.0	340.6
Potassium (mg)	163.8	57.8	200.6	325.6	334.4
Iron (mg)	0.2	0.2	0.8	2.9	7.7
Zinc (mg)	0.2	0.2	0.2	4.0	3.5
Selenium (mcg)	0.0	0.1	0.4	12.5	34.9
Vitamin A (IU)	69.2	40.5	13530.9	35.2	46992.0
Vitamin B6 (mg)	0.0	0.1	0.1	0.4	1.0
Vitamin B12 (mcg)	0.0	0.0	0.0	1.8	97.7
Vitamin C (mg)	7.3	7.3	36.1	1.8	23.8
Vitamin D (IU)	0.0	0.0	0.0	6.2	16.7
Vitamin E (mg)	0.2	0.5	0.8	1.5	0.6
Niacin (mg)	0.2	0.3	0.4	4.2	15.0
Folate (mcg)	0.0	4.5	11.4	5.3	127.6

MICRONUTRIENTS

- Across a wide range of micronutrients, steak is more nutrient dense
- Organ meat like Beef Liver is the real SUPERFOOD!
- Source: our book "Keto. The Complete Guide"

ANIMAL PROTEINS

- Animal proteins are some of the most nutrient dense foods available.
- Organ meats are the real super-foods.
- Somehow, we have lost this fact.

(per 100g)	Chicken	Pork	Eggs	Salmon	Beef	Beef Liver
Calcium (mg)	11	5	53	9	11	11
Magnesium (mg)	28	24	12	27	19	18
Phosphorus (mg)	196	296	191	240	175	387
Potassium (mg)	255	489	134	363	370	380
Iron (mg)	0.7	0.4	1.8	0.3	3.3	8.8
Zinc (mg)	0.8	1.4	1.1	0.4	4.5	4
Selenium (mcg)	17.8	40.6	31.7	24	14.2	39.7
Vitamin A (IU)	21	0	487	50	40	53,400
Vitamin B6 (mg)	0.5	0.7	0.1	0.6	0.4	1.1
Vitamin B12 (mcg)	0.4	0.5	1.3	3.2	2	111
Vitamin C (mg)	1.2	0	0	3.9	2	27
Vitamin D (IU)	2	53	35	526	7	19
Vitamin E (mg)	0.1	0.1	1	3.6	1.7	0.63
Niacin (mg)	11.2	8.8	0.1	8.7	4.8	17
Folate (mcg)	4	0	47	26	6	145

WHAT ABOUT FATS?

- Fats have little to no micronutrients
- Fats are essential, but shouldn't be the focus when fat loss is the goal
- No Bullet Proof Coffee!
- Chew whole foods rich in micronutrients with a focus on animal proteins

(Per 100 Grams)	Beef Tallow	Lard	Beef	Beef Liver
Calcium (mg)	0	0	11	11
Magnesium (mg)	0	0	19	18
Phosphorus (mg)	0	0	175	387
Potassium (mg)	0	0	370	380
Iron (mg)	0	0	3.3	8.8
Zinc (mg)	0	0.1	4.5	4
Selenium (mcg)	0.4	0.2	14.2	39.7
Vitamin A (IU)	0	0	40	53,400
Vitamin B6 (mg)	0	0	0.4	1.1
Vitamin B12 (mcg)	0	0	2	11
Vitamin C (mg)	4	0	2	27
Vitamin D (IU)	0	0	7	19
Vitamin E (mg)	5.5	0.6	1.7	0.63
Niacin (mg)	0	0	4.8	17
Folate (mcg)	0	6	6	145

THERMIC EFFECT OF FOOD

ENERGY SOURCE	TEF	CALORIES CONSUMED	RESULTING CALORIES
Alcohol	15%	100	85
Ketones	3%	100	97
Protein	25%	100	75
Carbohydrates	8%	100	92
Fat	3%	100	97

Source: "Keto." by Maria and Craig Emmerich

HOW MUCH PROTEIN

- Hit your goal: To signal mTOR and build lean mass
- 0.8-1.0 times your lean body mass in grams a day
- Example: 150 pounds with 28% body fat
  - Lean mass = 108 pounds (150*0.72)
  - Protein goal = 86g a day (108*0.8)

- TIP OF THE DAY: Collagen does NOT count towards your Protein for the day. It isn’t a complete amino acid profile

EGG FASTS

- You have to eat at least 12 eggs (more for men) to get enough protein for muscle protein synthesis.

WHAT FORM OF PROTEIN

- Protein source and absorption is key
  - Digestive enzymes can help with absorption (especially after vegan diet)
- GI tract can absorb about 10g protein per hour
- Certain protein get absorbed quicker than others
  - Whey protein absorbs quickly (10g per hour)
  - Casein and other proteins much slower (egg about 3g per hour)
- High amount of whey can induce higher GNG (and spike blood sugar): ONLY RECOMMENDED FOR BODY BUILDING NOT weight loss
  - Whey Protein shake – Especially for metabolically damaged

EXAMPLE

NEW ebook
at
Keto-Adapted.com

Power of Protein Sparing Modified Fast (PSMF)

- 500 calorie Bullet Proof Coffee
  - 500 calories of fat.
  - Effective calories in the body, **485**
  - Plus the blood sugar impact of caffeine!
- 500 calories of Sirloin Steak (11 ounces)
  - 126 calories of fat
  - 372 calories of protein
  - Effective Calories in the body, **401**
    - 18% less Effective Calories
  - Plus it helps maintain and build muscle!
- **Always Chew Whole Foods Instead of Drinking Calories!**

PROTEIN SPARING MODIFIED FAST

- Amazing for: Ramping up weight loss, Breaking stalls, etc.
- Keep you satiated while reducing calories.

"PSMF ("pure protein day") today… I had to force myself to hit that protein goal, I just wasn't hungry. I used the recommendation from Maria's calculator, and am going to try another one tomorrow… It doesn't feel at all like "fasting"!"
–Jillian

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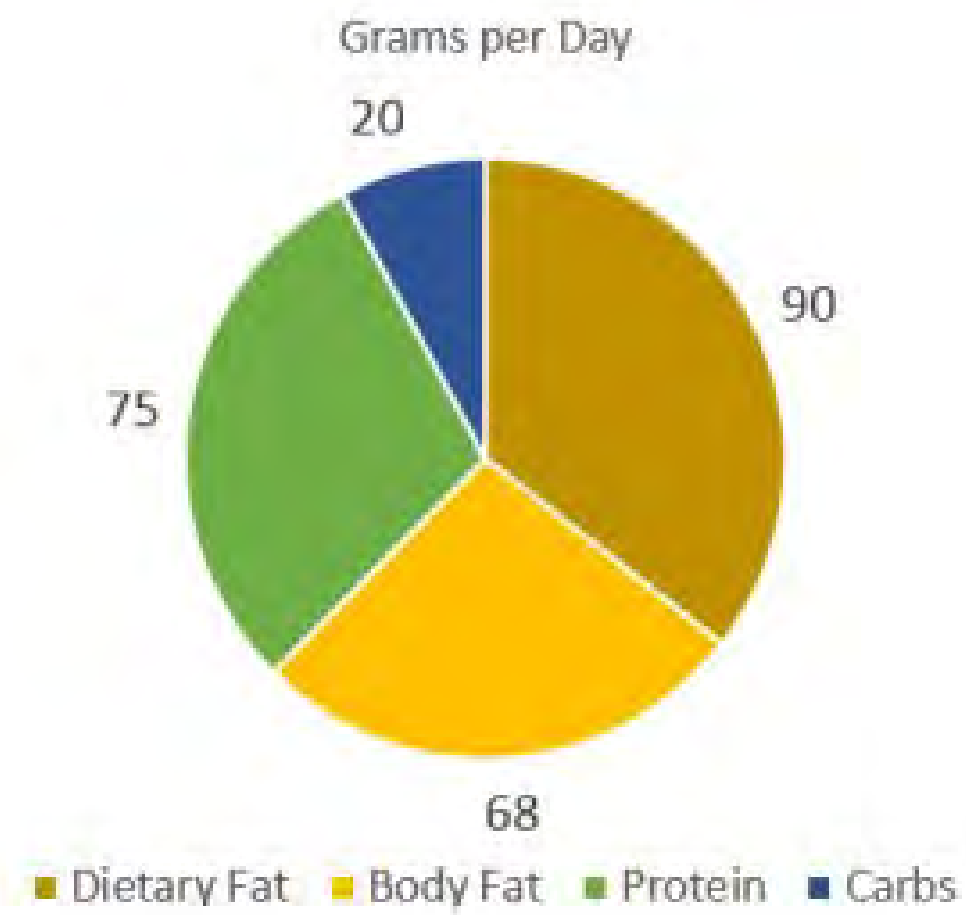
Magnesium (mg)	7.3	4.5	15.0	19	18
Phosphorus (mg)	20.0	9.0	24.6	175	387
Potassium (mg)	163.8	57.8	200.6	370	380
Iron (mg)	0.2	0.2	0.8	3.3	8.8
Zinc (mg)	0.2	0.2	0.2	4.5	4
Selenium (mcg)	0.0	0.1	0.4	14.2	39.7
Vitamin A (IU)	69.2	40.5	13530.9	40	53,400
Vitamin B6 (mg)	0.0	0.1	0.1	0.4	1.1
Vitamin B12 (mcg)	0.0	0.0	0.0	2	11
Vitamin C (mg)	7.3	7.3	36.1	2	27
Vitamin D (IU)	0.0	0.0	0.0	7	19
Vitamin E (mg)	0.2	0.5	0.8	1.7	0.63
Niacin (mg)	0.2	0.3	0.4	4.8	17
Folate (mcg)	0.0	4.5	11.4	6	145

FAT FASTS

- You WILL lose muscle mass which shows on the scale! BUT NOT WHAT YOU WANT!
  - You NEED amino acids from protein for muscle
  - You can NOT build muscle on fat

  - Click HERE for DELICIOUS PROTEIN SPARING RECIPES!

FAT



- Fat keeps you satiated
  - Eat to keep cravings and hunger at bay, especially in first couple weeks of going keto/carnivore
- DON'T eat fat to reach a goal or percentage
  - If Carbs and Protein are right, you will be in ketosis regardless of fat intake
  - When Keto Adapted, your body can use dietary fat and body fat equally
  - The more dietary fat there is, the less body fat will be used for fuel (lipolysis)
  - Your 70-80% fat intake INCLUDES body fat!

If your body is already high fat, your diet doesn't need to be!

Caffeine and blood sugar

MISTAKE #5: TOO MUCH COFFEE

#5: TOO MUCH COFFEE

- Caffeine increases blood sugar by an average of 8%!
  - Increases hunger
  - Increases cravings
  - Increases desire for carbohydrates
  - Increases sleep issues
  - Increases anxiety

- Don’t chase the higher ketones with coffee
- Caffeine increases hormone imbalances like PCOS

BULLETPROOF COFFEE

- YES it DOES break your FAST!
  - It takes 6 HOURS to metabolize the fat found in ONE CUP of bulletproof coffee!
  - There are no fasting benefits (autophagy, etc) that will counteract the fat in a BPC for fat loss.

ANOTHER REASON NOT TO DRINK YOUR CALORIES

Protein Shake

- 40-50g of protein

Rapidly absorbed and whey is one of the most insulinogenic proteins spiking insulin

Drinking calories doesn't register leptin as well as chewing.

Only recommend for athletes and body builders as a pre-workout drink

Dairy and Nuts

MISTAKE #6: DAIRY AND NUTS

MISTAKE #6: DAIRY AND NUTS/NUT FLOURS

- Dairy is a more common allergen that gluten!
- If you aren't allergic, it is VERY easy to overeat!
- BOTH CAUSE CONSTIPATION!
- I have 3 dairy free AND nut free books!
  - 1. The 30 Day Ketogenic Cleanse
  - 2. Easy Dairy Free Ketogenic Recipes
    - MANY clients FAVORITE book!
  - 3. PROTEIN SPARING MODIFIED FAST

Intermittent Fasting Tips

MISTAKE #7: EATING EVERY 2-3 HOURS

MISTAKE #7: EATING EVERY 2-3 HOURS TO “FUEL YOUR METABOLISM”

- "Renew yourselves and fast, for I tell you truly that Satan and his plagues may only be cast out by fasting and by prayer. Go by yourself and fast alone and show your fasting to no man." - Jesus
- "Fasting is better than prayer.“ - Saint Clement
- "The best of all medicines are rest and fasting.“ - Benjamin Franklin
- “The light of the world will illuminate within you when you fast and purify yourself.” - Mahatma Gandhi
- “I fast for greater physical and mental efficiency.” - Plato
- “More caution and perhaps more restraint are necessary in breaking a fast than in keeping it.” - Mahatma Gandhi

INTERMITTENT FASTING (IF)

- The Morning Fast
- Combination Fast (which is what I do)
- The Evening Fast

Being Keto-Adapted makes this VERY easy

FASTING BENEFITS

- Reduces blood pressure
  - Insulin stores magnesium = relaxes muscles.
- Reduces triglycerides
  - Insulin up-regulates LPL on fat tissue and inhibits activation on muscle cells.
  - On the other hand, Glucagon up-regulates LPL on muscle and cardiac tissue, while inhibiting activation of fat.
- Weight Loss
- Reduces Cancer: repair specific tissues that would not otherwise be repaired in times of surplus.
- Longer Life: Fasting allows certain cells to live longer (as repaired cells) during famine since it saves energy to repair cells rather than make new ones.

MISTAKE #8: KETO PRODUCTS

CARB SMART ICE CREAM

Ingredients:

Milk, Water, Maltitol Syrup, Cream, Polydextrose, Glycerin, Coconut Oil, Whey, Less Than 2% Of: Soluble Corn Fiber, Vegetable Gums (Guar, Carob Bean), Mono And Diglycerides, Natural Flavor, Acesulfame Potassium, Sucralose.

MISTAKE #8: KETO PRODUCTS

- Consuming Products that claim to be “keto” or “sugar free”
  - Stevia in the Raw: has maltodextrin
  - SPLENDA: has maltodextrin
    - Maltodexterin has a glycemic index of 110 (sugar is 52)
    - Can be found in supplements
      - I lost 7 pounds in a week when I cut those out!
- Quest Chips: dried potatoes, corn starch.
- Sugar Free Candy with Malitol or Tapioca Fiber

SEA SALT- SINGLE BAG

21g Protei

INGREDIENTS: Protein Blend (Milk Protein Isolate, Whey Protein Isolate), Dried Potatoes, Corn Starch, High Oleic Sunflower Oil. Contains less than 2% of the following: Sea Salt, Calcium Carbonate, Natural Flavors.
CONTAINS: Milk Derived Ingredients.

Nutrition Facts
Serving Size 1 (32g)
Calories 120
Calories from Fat 15
*Percent Daily Values are based on a 2,000 calorie diet

Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Total Fat 1.5g	2%	Potassium 65mg	2%
Saturated Fat 0g	0%	Total Carbohydrate 5g	2%
Trans Fat 0g		Dietary Fiber 0g	0%
Cholesterol 10mg	3%	Sugars 0g	
Sodium 190mg	8%	Protein 21g	

Vitamin A 0% • Vitamin C 2% Calcium 15% • Iron 0%
Phosphorus 4%

CONTAINS: Milk Derived

SOUR BLAST BUDDIES

PREBIOTIC SOLUBLE FIBER FROM TAPIOCA, LACTIC ACID, PECTIN, CHICORY ROOT FIBER, RICE FLOUR, FUMARIC ACID, MALIC ACID, CITRIC ACID, FRUIT AND VEGETABLE JUICE (FOR COLOR), NATURAL FRUIT FLAVOR, COCONUT OIL, CARRAGEENAN, SPIRULINA EXTRACT (FOR COLOR), STEVIA LEAF EXTRACT, CARNAUBA WAX.

Nutrition Facts
Serving size 1 Bag (50g)

Amount per serving
Calories 80

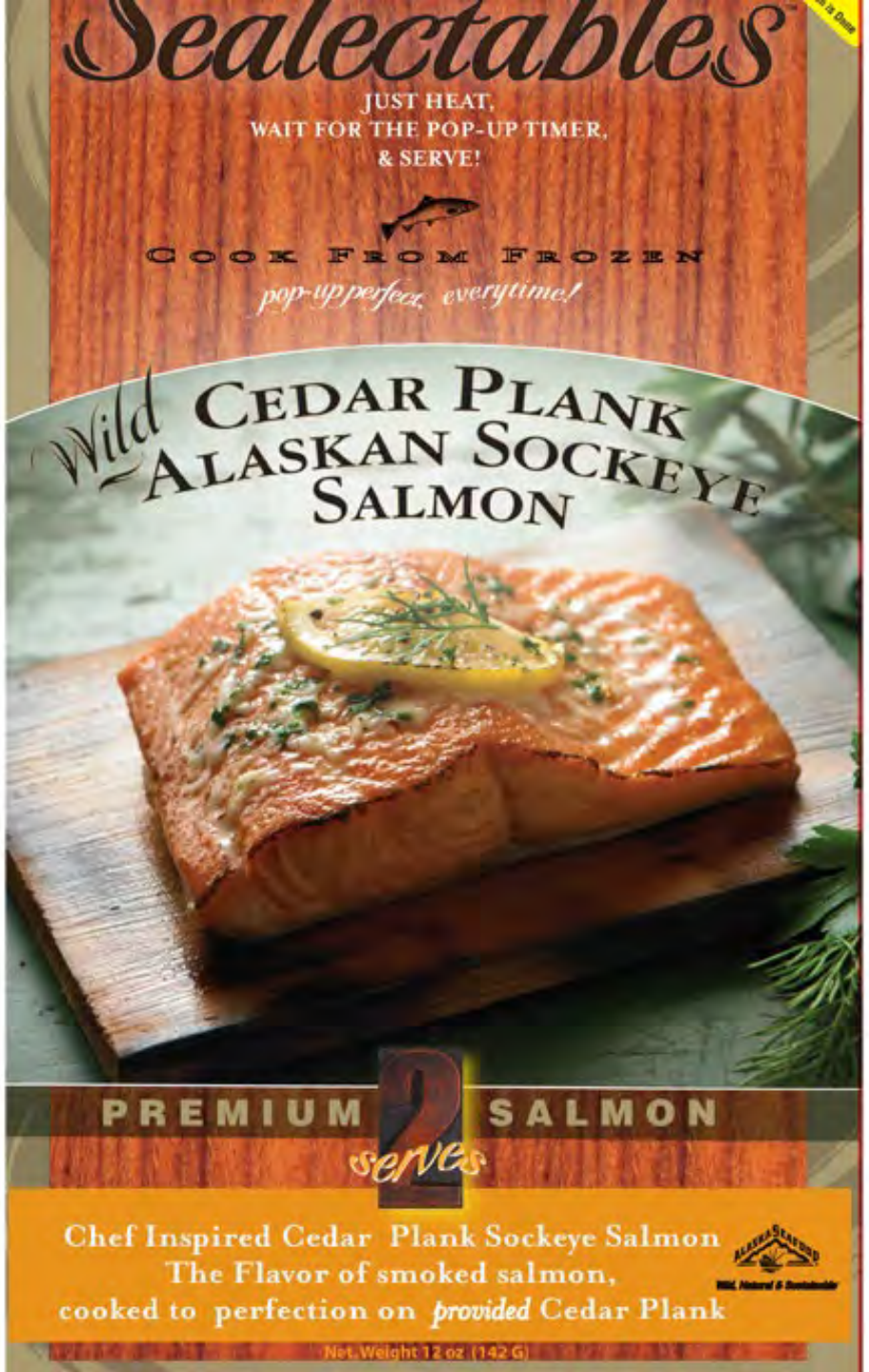
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 36g	12%
Dietary Fiber 28g	100%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 125mg	10%
Iron 0mg	0%
Potassium 4mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

MISTAKE #8: VEGETABLE OILS

MISTAKE #8: VEGETABLE OILS

- Vegetable oils are processed to death
  - Added bleach, chemical solvents, de-waxers, and neutralizers
  - neurotoxin called hexane- and the oil is BATHED in this.
- CHANGE the structure of our cells so we can no longer process sugar like we once could
- WATCH FOR Soybean oil, Canola Oil, Grapeseed Oil, Vegetable Oil
  - Ranch Dressings, Most Salad Dressings
  - Mayo, Miracle Whip
  - Many Peanut Butters



HIDDEN VEGETABLE OILS

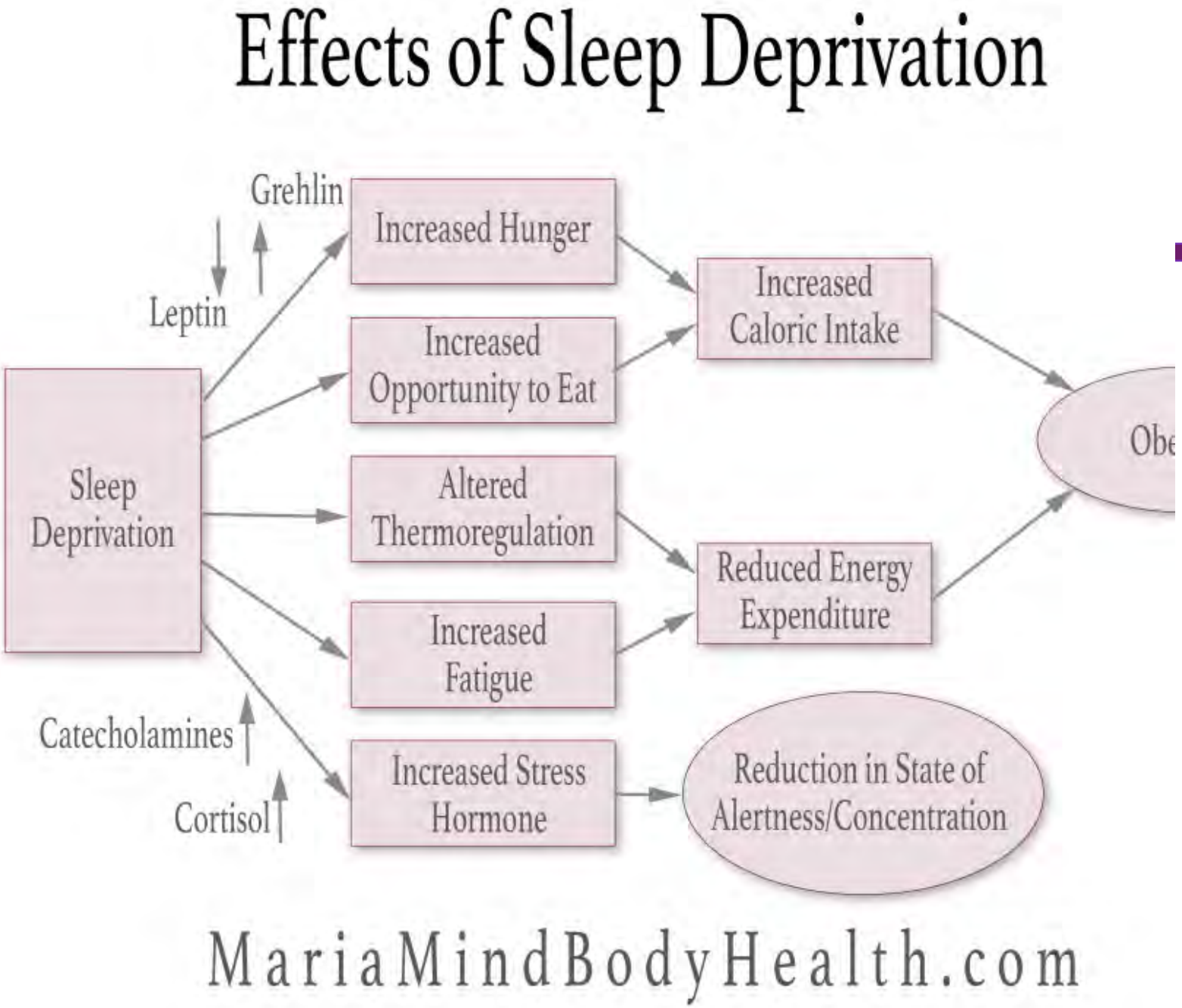
- Omelets are usually made in vegetable oils
  - I always request eggs made in butter on the Low Carb Cruise
- Melted “BUTTER” at Joe’s Crab Shack is a vegetable oil mixture
  - They claim they have NO BUTTER in the restaurant!
- Burgers that are fried instead of grilled.
  - In and Out BURGERS: cooked in 100% sunflower oil.
- Protein Bars
- Coffee Creamer
- Sealectables Cedar Plank Alaskan Salmon

Sleep and Weight Loss

MISTAKE #9: LACK OF SLEEP

MISTAKE #9: LACK OF SLEEP

- Average woman sleeps 2 hours less per night than in 1960
  - Lowers serotonin and increases appetite for sweets
- Human Growth Hormone: fat-burning hormone!
  - Don’t eat 3 hours before bed
- Hormone Ghrelin (hunger)
  - Controls Appetite
- Thyroid and Cortisol hormones
- Lose 4 lbs. just by getting 8 hours of sleep!
  - Who GAINS weight in the SUMMER???



KEEP A SLEEP SCHEDULE

- Fat cells act like those with diabetes with chronic sleep loss (6 or less hours a night).
- Reward system in brain is triggered.
  - You look at carbs different: more enticing!
- Click HERE for sleep supplement help!

MISTAKE #10: MEDICATIONS AND SUPPLEMENTS

#10: MEDICATIONS AND SUPPLEMENTS

- Birth Control
- Antidepressants
- Sleep medications
- Antihistamines
- Steroids
- GLUCOSamine

- Do not just quit medication but be aware that food can help eliminate the need for drugs.

EXERCISE MISTAKES

Increase Mitochondrial Density for More Efficient Fat Burning

EVER GAIN WEIGHT TRAINING FOR A MARATHON?

- I did! Exercise timing can change hormones:
  - Cortisol
  - Also depletes you of IRON (Ferritin)… even Men!
  - Don’t focus on just cardio and do not run later in the day!
  - Best is combination
    - HITT
    - Heart rate up, then strength train
    - Switching back and forth

EXERCISE TIMING

- Weight loss is all about HORMONE MANIPULATION
  - When to work out
  - Cortisol is Naturally high in Morning
    - Don’t increase it later in the day
  - Human Growth Hormone vs Insulin
    - You burn 300% more body fat in the morning on an empty stomach because your body does not have any glycogen or stored carbohydrates/sugar in the liver to burn.
      - Your body goes directly into the fat stores
      - You also increase your human growth hormone levels; which is the fat-burning hormone. The human growth hormone and insulin counteract each other.

- In ketosis (not if you are a sugar-burner)
  - Wait to eat after exercise until you are hungry
  - After-burn effect:
    - You keep human growth hormone high and keep burning fat until you eat
  - IF you are a sugar-burner or do carb loading your muscles will want glycogen and uptake sugar or break down muscle to make glucose
    - Another benefit of ketosis.
    - This is why CHEAT DAYS can make you lose muscle!

BENEFIT FROM THE AFTER-BURN

BENEFITS OF EXERCISING IN KETOSIS

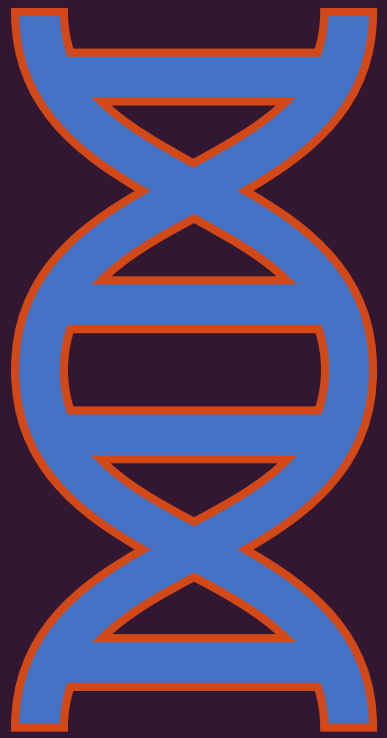
- Uses less BCAA's
  - BCAA oxidation rates usually rise with exercise, which means you need more if you are an athlete. BUT in keto-adapted athletes, ketones (and free fatty acids) are burned in place of BCAA
- Recovery time is quicker
  - Can lift weights everyday if wanted
    - Don't need to wait 48 hours like carb loaders do
    - Produces less oxidative stress while exercising, which speeds recovery time in between exercise sessions. This is why I was able to run every day while training for my marathons.
- We store over 40,000 calories as fat (in lean people)
  - But we can only store 2,000 calories of carbs

DO NOT EXERCISE TO EAT MORE!

- It takes 3,500 calories to burn a pound of fat
  - That is a marathon and a half!
- Exercise for mitochondrial benefits & muscle mass, not extra calories!
- If exercise stimulates hunger, then focus on walking and yoga
  - Especially if doing extended fasting

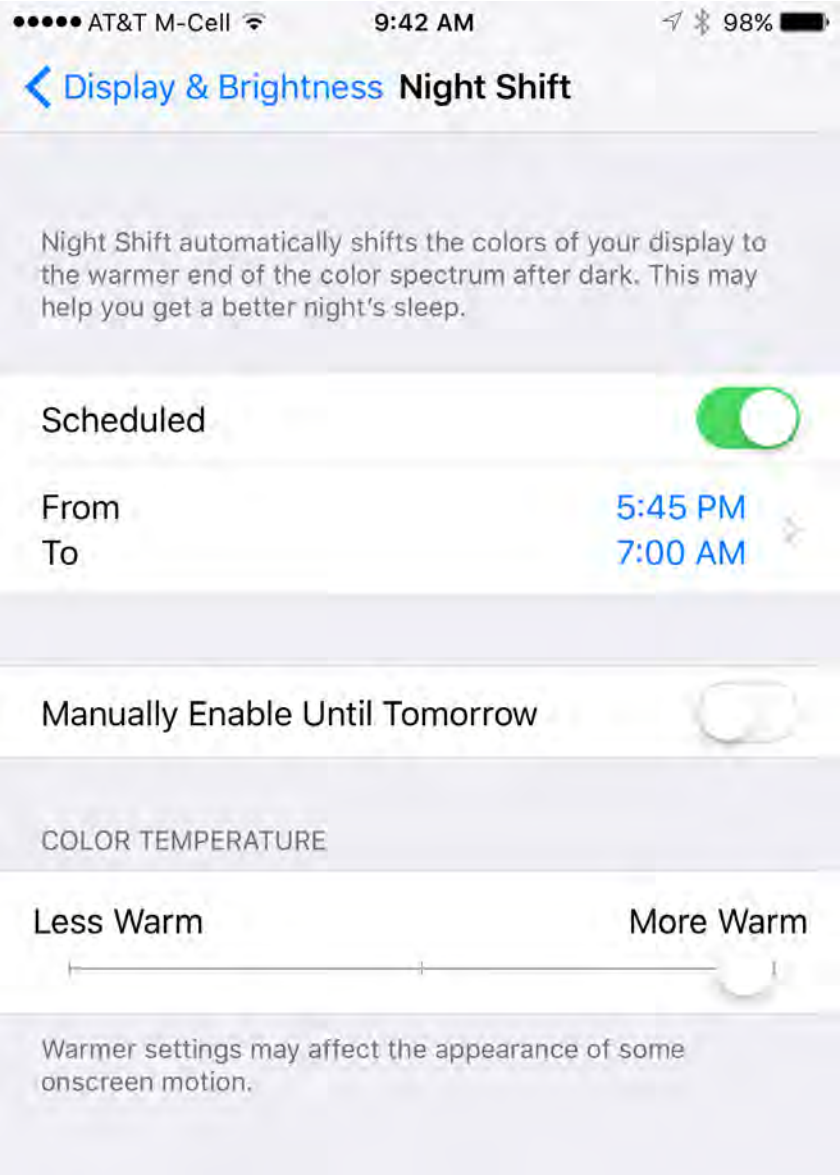
Heal your Mitochondria and
Energize your Cells

DAMAGED MITOCHONDRIA



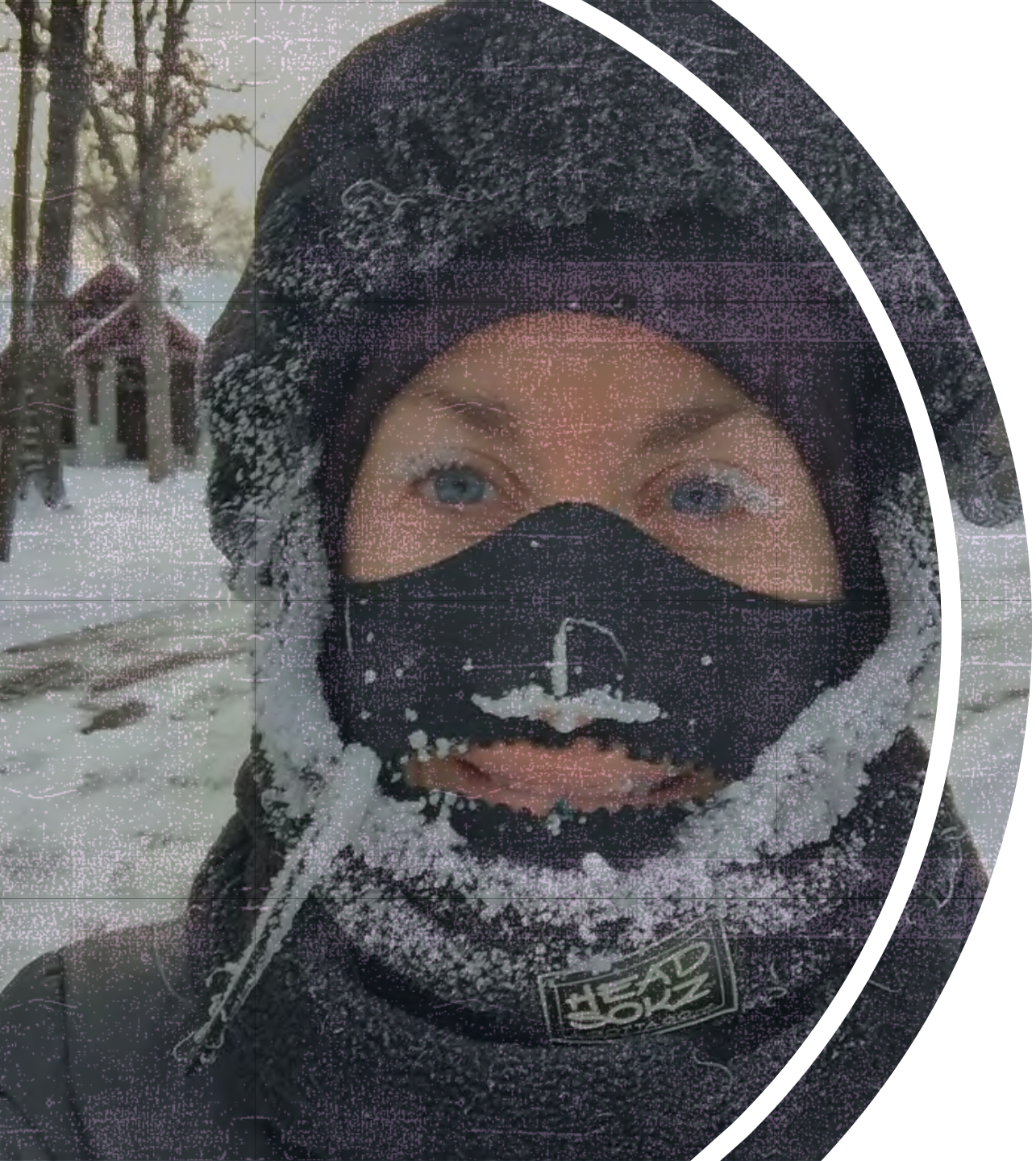
HOW IS YOUR MITOCHONDRIA?

- Oxidize Fat in the Mitochondria
  - This is why exercise is beneficial in the long term… not the caloric burn.
- Many clients get mitochondria tested and they are extremely damaged.
- Mitochondria is 99% water by volume
  - You can negatively or positively charge those cells.
- How often do you look into the sun in the winter?
- How often do you touch the earth?
- How often do you take ice bath or soak feet in ice water?
- Certain Supplements help increase mitochondria: https://keto-adapted.com/product/assessment-form/



CIRCADIAN SUNLIGHT

- Get 20 minutes of direct sunlight (UV light) in first 2 hours of waking up
- Use full spectrum light if you can't get outside
  - Tanning light with UV even better
- Limit blue light in evenings
  - Turn on Night Shift (Apple devices)
  - Limit devices (TV, phone, computer) in evening or wear blue blocking glasses when viewing (CLICK HERE)
  - f.lux software for PC or MAC (CLICK HERE)



COLD THERAPY

- We never push our cells to be COLD!
  - Drink Cold water
  - Try to introduce yourself to cold more often
  - Keep bedroom cold at night
- Try adding cold thermogenesis
  - Face dunking, Cold Shower, Cold Bath, etc.

GROUNDING AND MAGNETISM

Earth is negatively charged

Grounding can add electrons to our cells which creates more alkaline environment

Wear grounding shoes or walk barefoot

Use a grounding mat

Use grounding mat or grounding sheets at night

Consider a Magnetico magnetic mattress pad

MISTAKES CONTINUED…

- Not Counting Liquid Calories
  - Bulletproof coffee, etc. Can be over 500 calories and BUTTER = Dairy
  - Prefer to chew calories, registers leptin better
- Coffee can also increase insulin
  - Caffeine overstimulates adrenals = too much cortisol and adrenaline
    - Causes blood sugar spike and corresponding insulin response
- Forcing yourself to eat when you aren't hungry
  - Don't add fat to reach a fat %
- Xylitol Can effect blood sugar in some people
- STEVIA IN THE RAW
  - Maltodextrin = higher on GI than sugar!

MISTAKES CONTINUED…

- Things that commonly kick sensitive clients out of ketosis:
  - Too much Lemon in water
  - Glucosamine and other supplements (“glucose” = sugar)
  - Low carb fruits (berries, etc.)
  - Low carb Veggies (Overdoing cauliflower, Spaghetti squash, etc.)
  - Dairy sensitivity (remove to let gut heal and re-introduce)
  - Nuts

HOW TO GO KETO

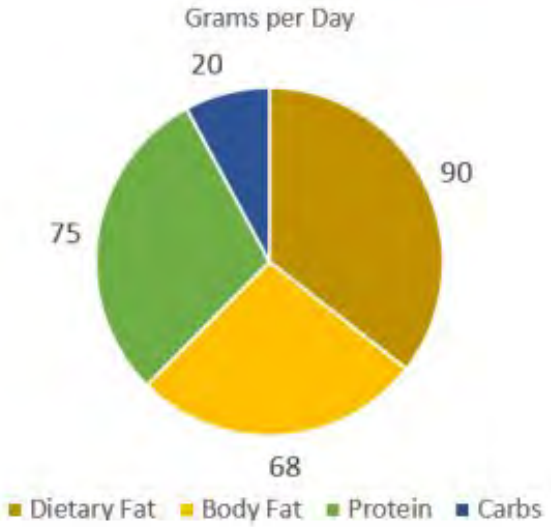
Doing Keto the RIGHT way.

HOW DO I GET KETO ADAPTED?

Focus on 2 Things:

- Keep Carbs as low as possible
  - Shoot for less than 30 grams total carbs a day (20g is better)
- Hit your Protein Goal
  - Shoot for 0.8 times your lean body mass in grams of protein a day
- If you do these two things, you will be in ketosis
  - Eat Fat to stay satiated

FAT



- Fat keeps you satiated
  - Eat to keep cravings and hunger at bay
- DON’T eat fat to reach a goal or percentage
  - If Carbs and Protein are right, you will be in ketosis regardless of fat intake
  - When Keto Adapted, you can use dietary and body fat equally
  - The more dietary fat there is, the less body fat will be used for fuel (lipolysis)
  - Your 70-80% fat intake INCLUDES body fat!

DON’T FORGET

- Drink more water
  - Shoot for ½ your bodyweight in ounces a day
- Add extra Electrolytes
  - Your body releases much of the salt and associated water it holds onto with higher carb diets
- Add extra Salt, Potassium and Magnesium
  - Helps reduce “Keto Flu”, increase energy, etc.
    - Note: always check with doctor, Blood pressure medication and potassium can cause issues.
- Click HERE for LMNT

TAKE CARE OF YOURSELF FIRST!

JUST SAY NO!

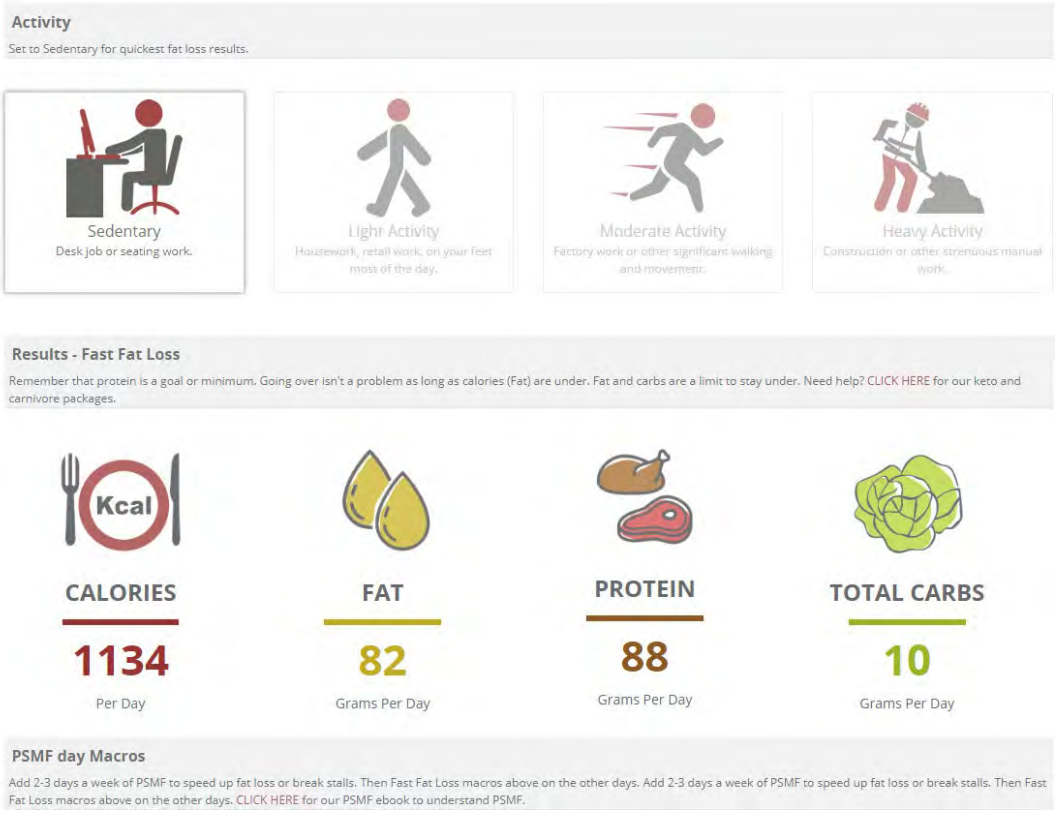
- Say YES to YOU!
  - Re-think your priorities!

UNDERDOG

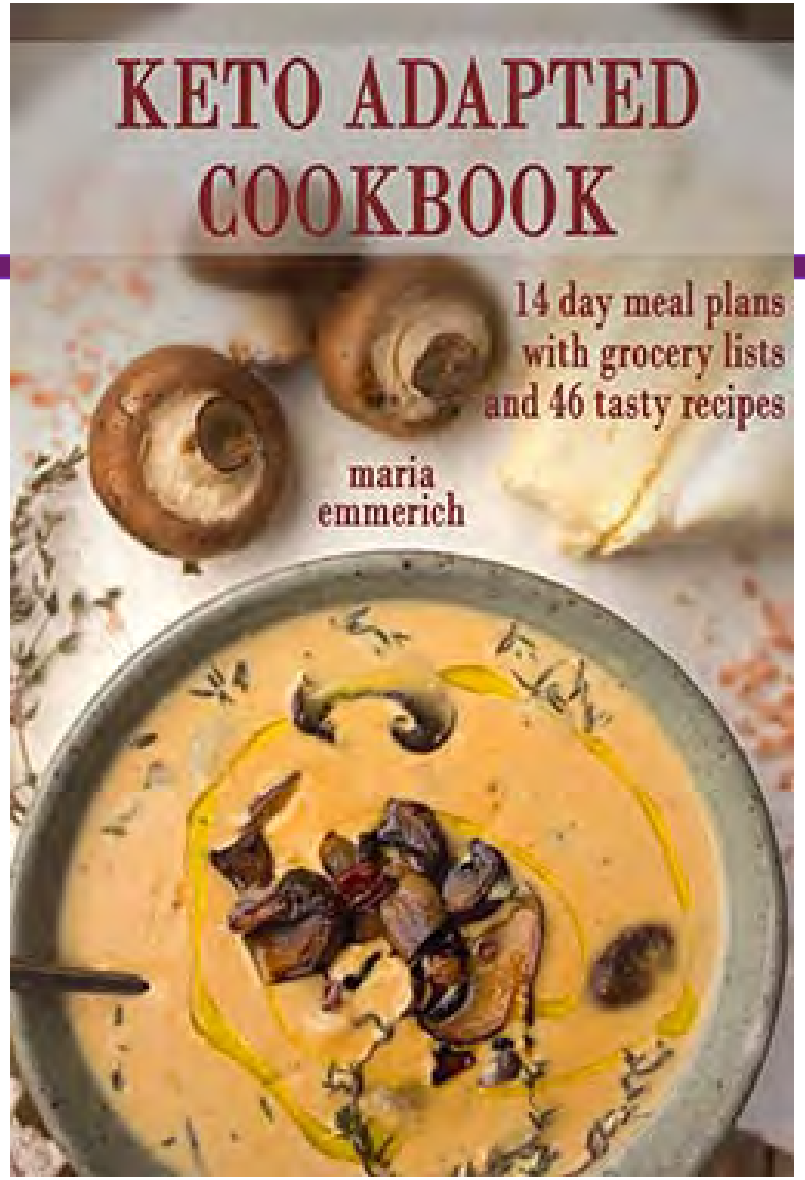
- I may not be the most popular Keto blogger.
  - I LOVE helping people but I'm an introvert.
  - I'd rather be paddle boarding with whales or bow hunting than doing Instagram live videos.

- BUT I LOVE FOOD and I know how to make it DELICIOUS AND EASY!
  - I'm a busy working mom
    - Even Busy CELEBRITIES can make my delicious Keto recipes that are fast and easy!

FREE MACRO CALCULATOR



- Get your personal macros done: https://mariamindbodyhealth.com/keto-calculator/



FREE EBOOK WITH MEAL PLANS

- Get started today!

- http://mariamindbodyhealth.com/free-ebook-with-meal-plans/

FREE YOUTUBE COOKING VIDEOS

- Click here to watch the videos and subscribe to our new YouTube channel and never miss a video! https://m.youtube.com/channel/UCyZia0TtezGqjGcXwXJhDoQ?sub_confirmation=1
- Tell your friends! Keto food can be delicious and easy to make!

MY BOOKS

Keto Comfort Foods: https://amzn.to/2LEBgNM

Keto Air Fryer: https://amzn.to/2ZGnsXB

The Carnivore Cookbook: https://amzn.to/2tfjQzM

Quick and Easy Ketogenic Cooking (Halle Berry's favorite) https://amzn.to/2AaRGbV

The 30 Day Ketogenic Cleanse: https://amzn.to/2JVi8WE

Keto: https://amzn.to/2OkqIBE

Keto audio book (read by me): https://amzn.to/2JW6Ykr

Keto Restaurant Favorites (which is my favorite!): https://amzn.to/2mJmS8V

Easy Dairy Free Ketogenic Recipes: https://amzn.to/2JV3gaJ

Keto Instant Pot Recipes: https://amzn.to/2uQDfVA

The Ketogenic Cookbook: https://amzn.to/2Oii7zK

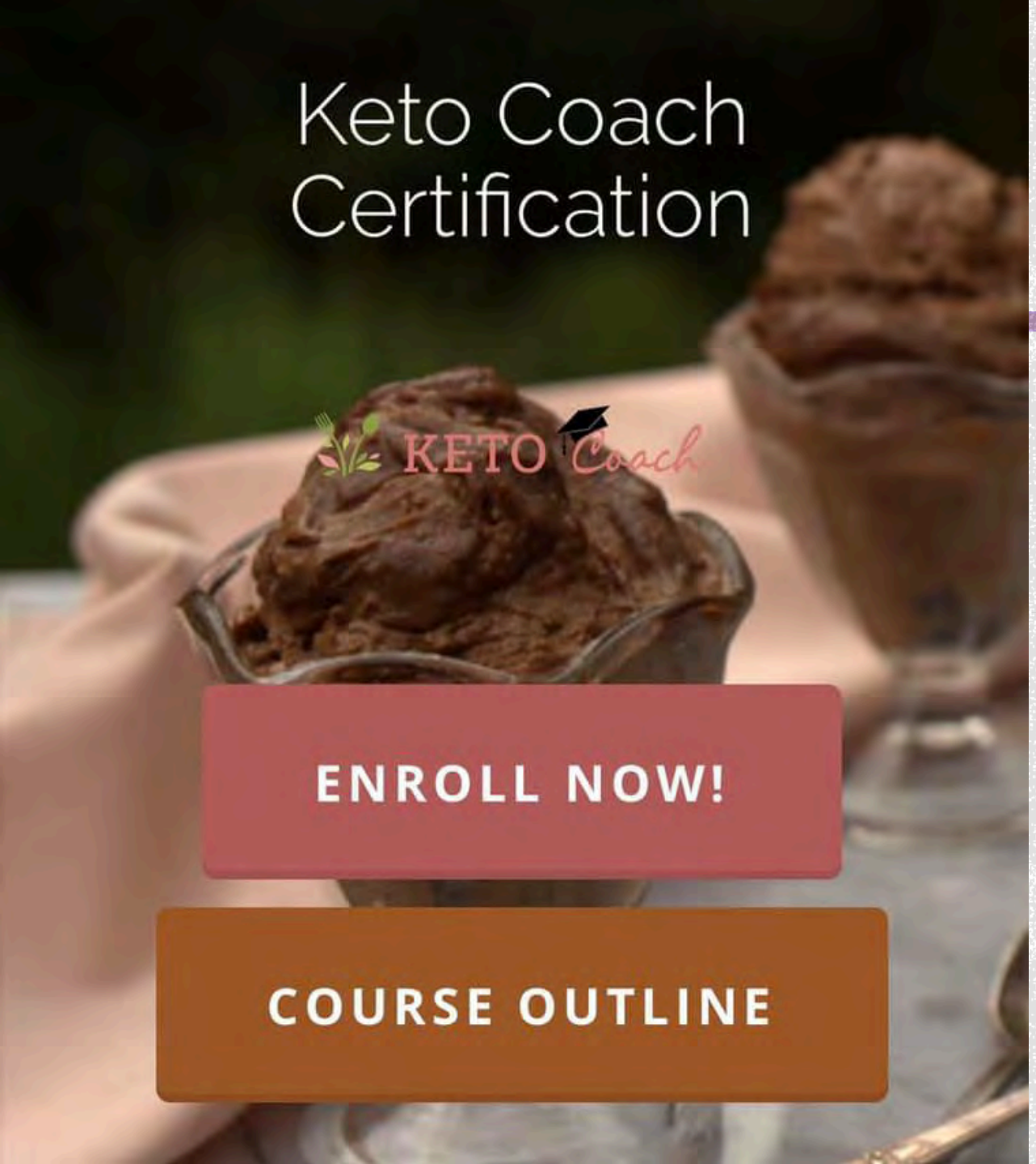
And other favorite self-published books: http://keto-adapted.com/product-category/ebooks/

KETO ITALY TRIP

- Trip of a lifetime! Eating delicious keto and carnivore meals!
- Click here to check it out: https://www.millevietravel.com/

MY SERVICES

- NEW Keto Courses!
  - All NEW! Amazing Videos and Interactive Meal Plans
  - Weekly Live Webinars for VIP Members
- Keto-Adapted.com
  - Tons of support options including weekly webinar and meal plan generator
  - Over 500 exclusive recipes
- MariaMindBodyHealth.com
  - Blog with lots of free resources and personal consulting options.



KETO COACHING CERTIFICATION

- Do you have a passion for keto and helping others?
- Our Certified Keto Coaching program is open for registration! Today is the LAST day!
- Learn more here: http://keto-adapted.com/keto-coach/