

Lesson 14: Expected Results

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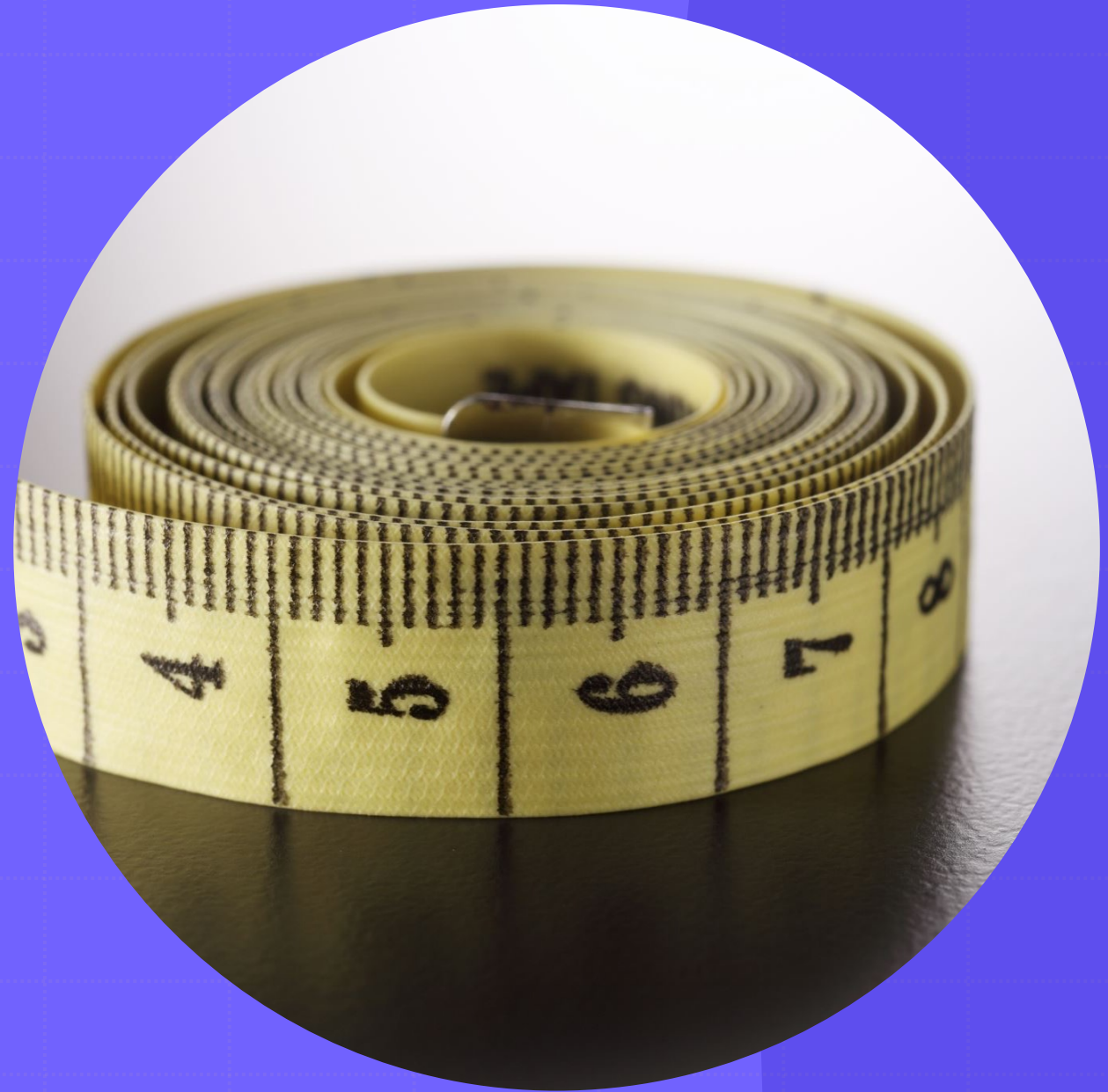
the **Fasting Method**

Outline

1. Fat loss expectations
2. Glucose levels
3. Ketone bodies
4. GKI

Fat Loss Expectations

- ~0.5 lbs of body fat per 36 hour fast
- 3 x 36 hour fasts per week = 1.5 lbs of body fat
- Initial "weight-loss" includes water weight
- Men may burn fat faster in their earlier fasting days while women experience the opposite
- Fat loss for men and women level off after approximately 2-3 months



“Weight” Regain after an Extended Fast

Case: 7-day fast

- Woman lost 11 lbs according to the scale
- Fat loss expected = 3.5 lbs
- Water loss = 7.5 lbs
- Water regain = ~2 lbs
- Net loss = 5.5 lbs

Glucose Levels

Hypoglycemia is defined by a set of symptoms

Current reference ranges are based on the population norm – SAD sugar burners

People who fuel on body and/or dietary fats do have less glucose demands, therefore, lower levels

US uses mg/dL, which is different than the rest of the world (mmol/L) – divide US units by 18 to convert (needed for GKI)

Optimal Glucose Levels

United States: 63-90 mg/dL (optimal 83 mg/dL)

World: 3.5-5 mmol/L (optimal 4.6 mmol/L)

Lower levels:

- Longer fasts and utilizing a lot of body fat
- Underactive thyroid function
- Too low cortisol

Hypoglycemia Case

68-year old man
experiences hypoglycemia
at 180 mg/dL (10 mmol/L)

- Previous levels ~360 mg/dL (20 mmol/L)
- Drop by 50% threw body out of homeostasis
- Scale back fasting until stable at "new normal" levels to allow the body to adapt

Reducing Medications

- Your glucose readings may go up
- First A1c reading may also go up
- Medications are no longer falsely suppressing your glucose levels
- ALT may also rise
- Things should begin to trend down within 3-4 months



Continuous Glucose Monitors (CGMs)

- Freestyle Libre and Dexcom G6 or G7
- Signos (Dexcom)
- Levels (Dexcom and Libre)
- NutriSense (Libre)
- Many insurance companies now covering for people with impaired glucose metabolism - big shift since 2022
- Not perfect but good at showing trends and reactions to foods



Regular Glucometer Testing

1. First thing in the morning and before bed (3-4 hours after your last meal)
2. Additionally: 2 hours after every meal.
3. Bonus: before your meal.



Ketone Bodies

You NEVER need to measure if you don't want to for fat loss or type 2 diabetes reversal

Ketone Bodies

Fuel on free fatty acids (triglycerides) and ketones

Three different types of ketone bodies

One is excreted in the urine

Acetone is excreted by the breath

3-beta-hydroxybutyrate (BHB) in blood

Measuring Ketones

Urine – very poor and not recommended



Ketones in Breath (Acetone)

- Breathalyzer
- Accurate
- Less invasive
- More expensive upfront but long-term cost savings
- Biosense



Ketones in Blood (BHB)

- Still thought to be the gold standard
- Nutritional ketosis: 0.5 to 3.0 mmol/L
- Fat burning ketosis (**ketogenic diet only**): 1.5 to 3.0 mmol/L
- Fat burning ketosis (**fasting**): any ketones



Notes about Ketones

- More is not better
- Body can become too acidic - very dangerous
- Will produce insulin to lower ketones
- If you can't produce adequate insulin, you can develop diabetic ketoacidosis
- Anyone can develop metabolic acidosis if acidity is high



When to Stop Your Fast

- When you feel unsure whether to continue
- If you feel unwell for any reason
- First sign of nausea
- Ketones >4 mmol/L if on SGLT2 inhibitors
- Ketones approaching 7 mmol/L if not on SGLT2 inhibitors
- **Seek medical attention immediately**



Glucose Ketone Index

- Glucose (mmol/L) / Ketones (mmol/L)

<https://keto-mojo.com/glucose-ketone-index-gki/>

[Glucose Reading (mg/dL) ÷ 18] ÷ Ketone Reading (mmol/L) = GKI

● Insert Your Glucose Reading From Your Keto-Mojo Meter

● Insert Your Ketone Reading From Your Keto-Mojo Meter

*Dividing your glucose test results by 18 converts your blood glucose reading from mg/dL to mmol; skip this step if you live outside of the US, where glucose is already measured in mmol.

GKI	WHAT IT MEANS	APPLICATION
≤1	You're in the highest therapeutic level of ketosis.	Very difficult to achieve without doctor's supervision.
1-3	You're in a high therapeutic level of ketosis.	For those using keto therapeutically for the treatment of diseases such as cancer, epilepsy, Alzheimer's disease, Parkinson's disease, traumatic brain injury, and chronic inflammatory disease.
3-6	You're in a moderate level of ketosis.	For those with Type 2 diabetes and obesity, insulin resistance, metabolic or endocrine disorders.
6-9	You're in a low level of ketosis.	Ideal for weight loss and health maintenance.
≥9	You are not in ketosis.	N/A

ketoXmojo

Things to Keep in Mind

1. Ketones aren't stable like glucose
2. Fasted exercise – burn most of the ketones
3. Best to pay attention to trends
4. First thing in the morning and then before bed (3-4 hours after your last meal)





Special Email Announcement Tomorrow!

Thank You!