

KETO & FASTING GUIDE



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WHAT IS KETO?

Ketosis is a metabolic state, not a diet. The term ketogenic is based on keto (ketone body) and genesis (birth). This essentially means your liver is producing ketones to fuel the body.

When we eat carbohydrates, we store food energy (sugar) inside our liver and muscle cells, and then in the form of body fat. When we eat low carbohydrates (keto), we burn through the stored sugar in our liver and muscle cells, and then use our body fat to produce ketones for energy. Through science, we know that ketones turn off bad genes, down-regulate inflammation, have a positive effect on gut bacteria, are great for the brain, and have many wonderful benefits.



YOU CAN ACHIEVE
METABOLIC FLEXIBILITY WITH
KETOSIS AND INTERMITTENT
FASTING STRATEGIES.

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DO WE NEED CARBOHYDRATES AND GLUCOSE TO FUEL OUR BRAIN AND MUSCLES?

Think of glucose as your refrigerator; it has limited storage capacity for food. Think of ketones as the basement freezer; you can store multiple freezers. When your refrigerator is out of food, you simply walk downstairs to the basement for access to more food.

HOW DOES THE KETO DIET HELP WITH FAT LOSS?

Fat is simply the body's stored food energy. We eat carbohydrates, we store body fat. We eat keto, we burn body fat. Without getting too scientific, ketones create more cell energy via the mitochondria and ATP production. With this increased energy, the metabolism becomes more efficient.

HOW DOES THE KETO DIET GIVE ME MORE ENERGY?

When you are a sugar burner, you are relying on a spike of glucose for energy. You can only store so much sugar reserves, about 2,000 calories; when that is tapped, your energy crashes. When you become fat (then keto) adapted, you almost have an unlimited amount of body fat reserves to run on. This results in stable energy all day long. When you are in ketosis, your cells produce 400 MORE energy.

GLUCOSE
32-36 ATP PRODUCED

KETONES
120-160 ATP PRODUCED





SUGAR OR FAT BURNER?

The body can burn only two types of fuel; there are fat burners and there are sugar burners. A sugar burner is someone who is relying on glucose as the main source of fuel. 93% of people are sugar burners. When you are burning sugar, your brain is going to signal intense cravings for carbohydrate-rich foods. It's really not your fault; it's your default setting right now.

SUGAR BURNER QUIZ:



- 1) DO YOU FEEL TIRED AFTER EATING LUNCH?
- 2) DO YOU EAT IN BETWEEN MEALS?
- 3) IF YOU MISS A MEAL, DO YOU GET 'HANGRY'?
- 4) ARE YOU CARRYING MORE THAN 15 EXTRA POUNDS?
- 5) DO YOU HAVE SKIN TAGS?

If you answered 'yes' to at least two of the questions, you are a sugar burner. This is a key indicator that your hormones are out of whack. Being a sugar burner is frustrating! You have all of this body fat stored up, and you cannot access it! You worry about going more than 3 hours without food because you can't concentrate. You are always scrambling for snacks because you need an energy boost.

If you discovered that you are a sugar burner, you don't have the capability to use fat as a primary fuel source yet. Our goal is to develop flexibility with your hormones. Think of metabolic flexibility as yoga for your metabolism.

YOU CAN TEACH YOUR GENES TO USE FAT (KETONES) AS A PREFERRED FUEL SOURCE AND HAVE THE FLEXIBILITY TO USE SUGAR (GLUCOSE) AT TIMES AS WELL – BECOME METABOLICALLY FLEXIBLE.



4 STEPS TO FLEX

The following 4-pillar approach will help you reset the clock on your fat-burning hormones and implement a diet that not only gives you health benefits but also allows you to enjoy and stick to it.

#1 ADAPT: WE ARE GOING TO TEACH YOUR BODY TO SWITCH FROM USING SUGAR AS A PRIMARY FUEL SOURCE TO USING FAT.

#2 FAST: AFTER YOU BECOME FAT ADAPTED, YOU HAVE EARNED YOUR BADGE TO IMPLEMENT INTERMITTENT FASTING SO YOU CAN BURN BODY FAT AND HEAL YOURSELF.

#3 PHASE: THIS IS WHERE YOU ARE GOING TO HELP YOUR CELL MEMBRANE USE FAT AS ITS ONLY FUEL SOURCE FOR A DESIGNATED PERIOD OF TIME. #KETOSIS

#4 FLEX: THIS IS WHERE YOU ARE GOING TO DEVELOP THE FLEXIBILITY TO INTENTIONALLY GO IN AND OUT OF KETOSIS.

The biggest problem with a keto diet is inherent in the diet itself. Many people who try a keto diet can't stick to it, experience cravings, or find that the longer they adhere to it, the more challenging it becomes to maintain weight loss. It is true that a long-term keto diet can actually lead to weight gain and hormone imbalance. As you'll discover, this flexible approach is the differentiator that helps prevent issues from staying in ketosis for an extended period.



#1 ADAPT (7 DAYS)

Let's begin the process of becoming fat adapted.

When you eat, your body converts food into sugar (glucose), raising blood sugar and insulin levels. Excess glucose gets stored as glycogen, providing about 2,000 calories of easily accessible energy. Any surplus is stored as fat, with almost unlimited reserves. Interestingly, fat has minimal impact on insulin, unlike carbohydrates which trigger a significant insulin response; protein has a modest effect on insulin.

Insulin is the body's main hormone switch; it determines which fuel you will use: fat or sugar:

- High Insulin Levels = Sugar Burner
- Low Insulin Levels = Fat Burner

TO INITIATE FAT-BURNING KETOSIS, REDUCE CARB INTAKE TO UNDER 50 GRAMS DAILY BY DAY 7.

FOCUS ON REPLACING CARBS WITH HEALTHY FATS. FORGET CALORIE COUNTING; EAT UNTIL SATISFIED. YOU'RE NOT A CALCULATOR OR MATH EQUATION; YOU'RE A COMPLEX CHEMISTRY LAB.

To reap the benefits of healthy fats, efficient fat breakdown is essential. Bile, produced by the liver and stored in the gallbladder, plays a crucial role in this process. When you eat fat, bile is released into the small intestine to aid in its digestion and absorption. I highly recommend the following bitter rich foods: Artichokes, Oregano, Thyme, Rosemary, Dill, Ginger, Apple Cider Vinegar, Arugula, Radicchio, Dandelion, Peppermint, Lemon / Limes.



APROVED FATS:

- ORGANIC UNREFINED COCONUT OIL (BEST FOR COOKING AND COFFEE.)
- ORGANIC EXTRA VIRGIN OLIVE OIL (BEST FOR DRESSINGS AND DIPS)
- ORGANIC PASTURED EGGS (THE LESS YOU COOK THEM THE BETTER)
- GRASS-FED BUTTER
- SESAME OIL
- EXTRA VIRGIN PINE NUT OIL
- PALM OIL
- MCT OIL
- AVOCADOS
- ORGANIC UNCURED BACON AND BACON FAT
- ORGANIC GRASS FED AND GRASS FINISHED BEEF
- ORGANIC FREE-RANGE POULTRY
- WILD CAUGHT FISH (SALMON)
- ORGANIC RAW NUTS AND SEEDS
- RAW ORGANIC CHEESES
- ORGANIC SOUR CREAM
- GRASS-FED GHEE
- SUNFLOWER LECITHIN
- ORGANIC DARK CHOCOLATE, NO SUGAR (MAY BE WITH STEVIA)
- COCOA BUTTER

FATS TO AVOID:

- CORN OIL
- SOYBEAN OIL
- FRIED FOODS
- FACTORY CHICKEN
- SOYBEAN OIL
- FACTORY PORK
- FISH OIL
- SAFFLOWER OIL
- SUNFLOWER OIL
- GRAPESEED OIL
- CANOLA OIL
- COTTONSEED OIL
- MARGARINE
- ALL ARTIFICIAL TRANS FATS
- VEGETABLE OIL

MAKE SURE YOU DO NOT EAT THESE OILS WHEN DINING OUT; EVEN HIGH-QUALITY RESTAURANTS USE THEM FOR COOKING.

Not all fats are equal. Trans fats, vegetable and seed oils raise bad cholesterol, leading to heart disease, joint pain, inflammation, and other health issues. They're unstable and wreak havoc at the cellular level. Reducing their intake significantly decreases inflammation and boosts energy levels. These fats are even worse than sugar and smoking!



#2 FAST (3 + 3 + 3 DAYS)

I acknowledge you for going 7 days eating more healthy fats and fewer carbohydrates. Your metabolism is surely thanking you for it. It's time to test. Skip a meal and see how you feel. If you still experience the sugar burner symptoms I described in step one, then I want you to continue with step one for another 7 days, and then test again.

If you retested this time and actually feel great, experiencing more energy, mental clarity, and focus, congratulations, you are officially fat adapted! Now, we are going to implement a light intermittent fasting schedule. When fasting, your body naturally produces high amounts of human growth hormone. Human growth hormone is a powerful anti-aging, muscle-preserving, and fat-burning hormone.



START FASTING FOR 12 HOURS FOR THE NEXT 3 DAYS. AN EXAMPLE OF A 12-HOUR FAST IS WHEN YOU EAT YOUR LAST MEAL BY 8 PM AND DON'T EAT ANYTHING UNTIL 8 AM THE FOLLOWING MORNING.

NEXT 3 DAYS, INCREASE THE FASTING WINDOW FROM 12 HOURS TO 14 HOURS. FOR EXAMPLE, THE LAST MEAL IS AT 7 PM, AND THE NEXT MEAL IS AT 9 AM THE FOLLOWING MORNING.

THEN, FAST 3 DAYS FOR 16 HOURS. FOR EXAMPLE, EAT YOUR LAST MEAL AT 7 PM, AND YOUR FIRST MEAL AT 11 AM THE NEXT DAY.

ONCE YOU CAN COMPLETE A 16-20 HOUR FAST FOR 3 DAYS, YOU HAVE NOW UNLOCKED THE NEXT STEP IN YOUR JOURNEY



#3 PHASE

By following the carb phasing process outlined below, you'll train your mitochondria to become ketone-adapted. This approach will enable your 50 trillion cells to preferentially utilize fat for energy, initiating fat adaptation—burning fat instead of sugar. Keto adaptation indicates that your cells are now primed for ketones!

OVER THE NEXT 5 WEEKS,
CONSUME LESS THAN 10 GRAMS OF TOTAL
CARBS PER DAY.



ENSURE ADEQUATE PROTEIN
INTAKE, AIMING FOR 1-1.5 GRAM OF
PROTEIN PER POUND OF IDEAL
BODY WEIGHT DAILY. CONSIDER
SUPPLEMENTATION WITH PURIUM
DARK BERRY PROTEIN:
[HTTPS://ISHOPPURIUM.COM](https://ishoppurium.com)

ENSURE ADEQUATE FIBER INTAKE, AT
LEAST 25 GRAMS FOR WOMEN AND
38 GRAMS FOR MEN DAILY.
CONSIDER SUPPLEMENTATION WITH
PURIUM DAILY FIBER ORGANIC:
[HTTPS://ISHOPPURIUM.COM](https://ishoppurium.com)





APPROVED PROTEINS

GRASS-FED BEEF & LAMB
PASTURED EGGS & GELATIN
COLOSTRUM
COLLAGEN PROTEIN
COLLAGELATIN
MARINE COLLAGEN
WILD ANCHOVIES
WILD HADDOCK
WILD SARDINES
WILD SOCKEYE SALMON
WILD SUMMER FLOUNDER
WILD TROUT
GRASS-FED WHEY
PASTURED PORK
PASTURED DUCK & GOOSE HEMP PROTEIN
BONE BROTH
ORGANIC, PASTURED CHICKEN & TURKEY
POWER SHAKE APPLE BERRY WITH MAKADAMIA OR COCONUT MILK
DARK BERRY PROTEIN WITH MAKADAMIA OR COCONUT MILK

APPROVED NUTS, SEEDS AND LEGUMES

COCONUT	SUNFLOWER SEEDS
CASHEWS	COCONUT FLOUR
CHESTNUTS	CASHEW FLOUR
HAZELNUTS	PECAN FLOUR
MACADAMIA	WALNUT MEAL/FLOUR
PILI NUTS	WALNUT BUTTER
PECANS	MACADAMIA BUTTER
WALNUTS	PILI NUT BUTTER
PINE NUTS	CASHEW BUTTER
PUMPKIN SEEDS	

APPROVED DAIRY

COLOSTRUM
GRASS-FED GHEE OR BUTTER
GRASS-FED HEAVY CREAM
GRASS-FED SHEEP'S YOGURT
FULL-FAT, RAW A2 MILK OR YOGURT
GRASS-FED ORGANIC COW CHEESE (LIMIT)
RAW SHEEP/GOAT CHEESE



WAYS TO COOK FOOD

BEST:

RAW
LIGHTLY HEATED STEAMED
BAKED AT 320 °F OR BELOW
SIMMERED
BOILED
POACHED
LIGHTLY GRILLED (NOT CHARRED)
SOUS VIDE
SLOW COOKING
PRESSURE COOKING

WORST:

BROILED
BARBECUED
BURNED
BLACKENED
CHARRED
DEEP
FRIED
MICROWAVED

FATS YOU WANT TO USE FOR COOKING:

BUTTER
GHEE
BEEF TALLOW
DUCK FAT
LARD

OILS YOU WANT TO USE FOR DRESSING:

COCONUT OIL
AVOCADO OIL (IF IT IS REAL, NOT MIXED WITH OTHER OILS)
OLIVE OIL

APPROVED ON THE GO FOODS

CANNED SARDINES OYSTERS
SOCKEYE SALMON MACKEREL ANCHOVIES
AVOCADOS
HOMEMADE FAT BOMBS
RAW MACADAMIA NUTS
ROASTED NORI SEAWEEED CRACKERS
HARD BOILED OR DEVILED EGGS
SUGAR-FREE JERKY
HIGH-FAT SMOOTHIES & PUDDINGS
HOMEMADE UNSWEETENED POPSICLES
RAW COCONUT BUTTER
GUACAMOLE WITH EPIC
PASTURED PORK RINDS OR BACON 'CHIPS'
GRASSFED COLLAGEN
GRASS FED GOAT/SHEEP CHEESE/YOGURT
EPIC BARS PALEOVALLEY BEEF STICKS
POWER SHAKE APPLE BERRY WITH MAKADAMIA OR COCONUT MILK
DARK BERRY PROTEIN WITH MAKADAMIA OR COCONUT MILK



APPROVED BEVERAGES

UNSWEETENED GREEN AND HERBAT TEA, MATE, ORGANIC COFFEE
NATURAL SPRING WATER WITH IONIC ELEMENTS BY PURIUM
COCONUT MILK
CASHEW MILK
HAZELNUT MILK
MACADAMIA NUT MILK

SWEETENERS

APPROVED:

RAW HOHEY
MONK FRUIT
PURE STEVIA
NON-GMO DEXTROSE
LANKANTO
SWERVE
ALLULOSE
ERYTHRITOL
XYLITOL

NON-APPROVED:

SORBITOL
ACESULFAME POTASSIUM
SPLENDA
LOW ASPARTAME
SUCRALOSE
SACCHARINE
EQUAL

AVOID DIRTY FOODS:

CONDENSED OR EVAPORATED MILK
CONVENTIONAL ICE CREAM
ALMONDS POWDERED MILK
FACTORY DAIRY
DAIRY REPLACER
SOY MILK
POTATO STARCH
BURNED/BLACKENED MEAT
MILLET
GARBANZO FLOUR RAISINS
DRIED FRUIT
JAM AND JELLY
DIET DRINKS & SODA
LEGUMES (INCLUDING PEANUTS AND CHICKPEAS)
NIGHTSHADES (TOMATOES, POTATOES, GOJI BERRIES, PEPPERS, EGGPLANT)
SOY (EXCEPT ORGANIC FERMENTED SOY SUCH AS NATTO & TEMPEH)

ALCOHOL
CANOLA OIL
CORN OIL
COTTONSEED OIL
GRAPESEED OIL
PEANUT OIL (REFINED)
RICE BRAN OIL
SAFFLOWER OIL
SOYBEAN OIL
FISH OIL
MARGARINE
FRIED FOODS
FACTORY CHICKEN FAT
GRAIN FED BEEF
FARMED FISH
WHEAT
CORN
SPINACH
KALE



#4 FLEX

The problem with long-term low-carbohydrate consumption is that the body seeks to preserve its essential fuel. It actually slows down fat burning for the sake of survival.

Staying on a low-carbohydrate diet for an extended period can lead to a decrease in fat metabolism, which is a common issue encountered by many people following a ketogenic diet. Additionally, certain hormones rely on insulin for their function.

This emphasizes the importance of keto flexing, as it helps teach the body to maintain hormone flexibility. Begin this phase only after completing the carb phasing period.

THE WEEKLY 5-1-1 RULE

5 DAYS OF INTERMITTENT FASTING (16-20 HOURS). WHEN YOU ARE EATING, STICK TO A KETOGENIC (HIGH HEALTHY FATS) APPROACH. EAT LESS THAN 50 GRAMS OF TOTAL CARBOHYDRATES, AND 1 GRAM OF PROTEIN PER POUND OF IDEAL BODYWEIGHT.

1 DAY, COMPLETE A 24-HOUR WATER ONLY FAST (DINNER TO DINNER)

1 DAY, COMPLETE A FEAST DAY. HAVE 3 MEALS OF HIGH (HEALTHY) CARBOHYDRATES AND/OR PROTEIN. CONSUME 100-150 GRAMS OF HEALTHY CARBS AND PROTEIN. EAT VERY LOW FAT ON THIS DAY.



APPROVED FRUITS & CARBS FOR KETO FLEX DAYS (STEP #4)

AVOCADO
BLACKBERRIES
COCONUT
CRANBERRIES LEMON
GRAPES
GUAVA
MANGO
MELONS
PAPAYA
PASSION FRUIT PLANTAIN
WATERMELON ASPARAGUS
BOK CHOY BROCCOLI
BRUSSELS SPROUTS
CAULIFLOWER
CELERY
LIME
RASPBERRIES
BLUEBERRIES
PINEAPPLE
STRAWBERRIES
TANGERINE
GRAPEFRUIT
POMEGRANATE
APPLE
APRICOT
CHERRIES
FIGS
KIWIFRUIT
LYCHEE
NECTARINE
ORANGE
PEACH
PEARS
PLUMS

BANANAS
DATES
CUCUMBER
FENNEL
OLIVES
COOKED KALE
COOKED COLLARDS
CABBAGE
LETTUCE
RADISHES
SUMMER SQUASH
ZUCCHINI
CILANTRO
PUMPKIN BUTTERNUT
SQUASH
SWEET POTATO
YAM
ARROWROOT
RESISTANT STARCH POWDER
PLANTAIN FLOUR
BLACK RICE
WILD RICE
BROWN RICE
WHITE RICE
ARTICHOKES
ZUCCHINI
WINTER SQUASH GREEN
BEANS
CARROT
CASSAVA
TARO
TAPIOCA FLOUR/STARCH
GREEN ONION
LEEKS



OPTIMAL GLUCOSE AND KETONE RANGES

RECOMMENDED RANGE:

BLOOD KETONES: 0.8 – 3.0 MMOL/L

FASTED BLOOD GLUCOSE: 70-90 MG/DL

ADVANCED TESTING:

ONE HOUR POST PRANDIAL:

BLOOD KETONES (SAME RANGE ABOVE)

BLOOD GLUCOSE: 120 MG/DL OR BELOW

TWO HOURS POST PRANDIAL:

BLOOD KETONES (SAME RANGE ABOVE)

BLOOD GLUCOSE: 100 MG/DL OR BELOW

Why Measure Blood Glucose and Ketones Post-Prandial (after eating meal)? We want to Understanding Glycemic Response:

Blood Glucose Levels: Monitoring blood glucose levels after meals helps to understand how different foods affect blood sugar levels. For those on a ketogenic diet, it's essential to ensure that meals are not causing significant spikes in blood glucose, as this could lead to insulin release and potentially kick the body out of ketosis.

Ketone Levels: Ketone levels can give insight into the body's metabolic state. After a meal, the body should ideally return to a state of ketosis relatively quickly. Monitoring ketone levels post-prandial can indicate how quickly the body is reverting to using fat for fuel after a meal.

You can measure the ketone levels with the [KetoMojo meter](#). Blood ketone levels around 1 (mM) typically indicate a state of mild nutritional ketosis, but the range of blood ketone levels associated with nutritional ketosis can vary slightly among individuals, between 0.5 mM and 3.0 mM



KETO FLEXING FOR CYCLING WOMAN

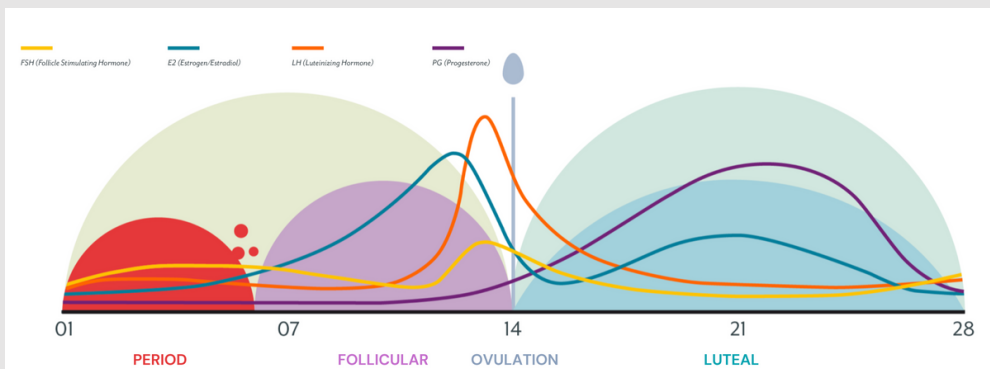
Fasting is going to be more effective and cause less hormonal imbalance if you time it up with your cycle.

WEEK 1: ESTROGEN, TESTOSTERONE, LUTEINIZING HORMONE, AND PROGESTERONE LEVELS ARE LOW. PRACTICE STRICT KETOSIS WITH INTERMITTENT FASTING.

WEEK 2: ESTROGEN AND TESTOSTERONE INCREASE. THIS IS THE BEST TIME FOR STRENGTH TRAINING, INCREASING PROTEIN INTAKE, AND SLIGHTLY DECREASING FATS.

WEEK 3: AFTER OVULATION, YOUR HORMONE LANDSCAPE CHANGES. RETURN TO THE GUIDELINES FROM WEEK 1 WITH A 14/10 INTERMITTENT FASTING SCHEDULE.

WEEK 4: THIS IS THE BEST WEEK TO FLEX OUT OF KETOSIS AND INCREASE YOUR CALORIC INTAKE.



IF YOU HAVE ANY QUESTIONS, BOOK A FREE CONSULTATION ON MY WEBSITE OR EMAIL ME AT [JULIA@ULTIMATEWELLNESS.MIAMI](mailto:julia@ultimatewellness.miami)

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