

# 5 TOP MISTAKES



#1

## *Too little 'good' fat!*

- ▶ Many hold fears this whole fat thing just can't be right!
- ▶ Work towards 65-75% 'good' fat.
- ▶ Consider this a 28 Day trial, only, for now.
- ▶ Support & believe the science.
- ▶ Remember, if you receiving many of the top 10 benefits, it is likely this model, for now, is right for you!

#2

*Too high in protein!*

- ▶ This is NOT a high protein diet!
- ▶ Protein will produce an insulin release.
- ▶ Drop your protein, up your fat, but reduce meal portions.
- ▶ Keto is NOT eating buckets of bacon!
- ▶ Yes, fat relative portion is up, but Keto principles are NOT driving HIGH volume of fat.

#3

## *Not measuring keto status!*

- ▶ Numbers, mostly, tell the story!
- ▶ Know your A1C Glucose - this is key! If you're over 6.0mmol, you're nowhere near the mark.
- ▶ Ketone blood testing, while not as relevant as A1C, offers a position on your keto status; 0.5 - 2.5 is good!
- ▶ Your scale weight is not budging! Test your A1C! And then check your girth measurements.
- ▶ Also, have a Physician check your gut health status! Your endotoxin, 'bad bacteria' could be too high!

#4

## *You're dehydrated!*

- ▶ I've said it a number of times, when employing keto principles you will need to drink 'more' water!
- ▶ Carbs help store water! You're not consuming carbs! Right! So you need more dietary water.
- ▶ Drink to thirst and be sure to add salt (see mistake # 5)

#5

## *Too low in minerals*

- ▶ Again, don't be shy, add clean salt to water, and some food.
- ▶ While it's against 'the message', please add Himalayan salt to your water consumption.
- ▶ Potassium, Magnesium & calcium are also important, however daily req can usually be obtained through diet - eg; loads of veggies!
- ▶ Na<sup>+</sup> is King!
- ▶ Just a pinch and drink to thirst!