

*What you can expect!*

*Your breath may smell, for a brief period*

- ▶ It might also cause a weird taste in your mouth.
- ▶ Welcome acetone! The burn off from ketone bodies! This is not a bad thing, for you!
- ▶ *Hello, 'zero sugar' breath mints!*



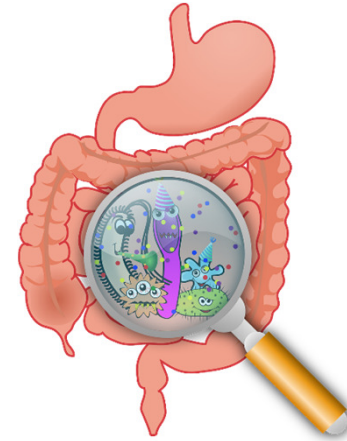
*You may urinate more.*

- ▶ Again, be certain to maintain ideal hydration - water + salt (drink to thirst, which will likely be lots).
- ▶ Keto principles flush out water by reducing inflammation (water binds up in inflammation) and glycogen levels. Glycogen/carbs retain water in your liver and muscles.
- ▶ *Hello, gassed water + pink Himalayan salt.*

*The keto flu is a very common ketogenic transition.*

- ▶ Feeling somewhat flat and lethargic - it should only be temporary.
- ▶ Lethargy comes with a temporary loss of energy, body aches, brain foginess, often referred to as the keto flu. This period typically only lasts for two to four days.
- ▶ *Hello, dark organic chocolate and black coffee.*

*You may experience digestive changes.*



- ▶ It might cause some bloating.
- ▶ Keto principles can be a major shift in most people's intake, which can lead to some die-off of gut bacteria which can cause more gas, bloating, and changes in bowel movements.
- ▶ *Hello, daily tspn of Psyllium Husk!*

*You may also experience cramps.*

- ▶ Keto principles will likely drive a loss of often unnecessary stored fluid from the muscles and organs, which causes an imbalance in electrolytes and ultimately causes cramping.
- ▶ *Hello, once again, water + salt (to thirst). Most certainly on waking and before bed. I would also strongly recommend a glass of salted water with every meal.*

*You probably will feel amazing once you've hit ketosis.*

- ▶ You wake up after reduced sleep feeling energised and motivated.
- ▶ You want to exercise, easily, and you naturally don't feel the need for excessive calories. Your meal volume will naturally reduce.
- ▶ You can concentrate right through your day, free of lulls, or with the need for carby pickups!
- ▶ You don't lose your sh\$t at the idiot who cuts you off I peak hour!
- ▶ *Hello, ketosis!*

*You could struggle falling to sleep initially!*



- ▶ It may temporarily mess up your sleep schedule.
- ▶ During the initial few days of employing keto principles, you can have a tough time sleeping. Oddly, you will not wake tired! This is commonly the result of an electrolyte imbalance.
- ▶ *Hello, hydration principles mentioned above, and, eating mineral-rich foods (salmon, yoghurt, green leafy veg). Throwing in a berry mix + ground cinnamon can also drive better shut-eye.*
- ▶ Finally, the ‘free’ App, PZIZZ, works a treat in driving best sleep.



*You may experience a libido boost.*

- ▶ It might boost your sex drive.
- ▶ Good dietary fats make hormones, including sex-hormones!
- ▶ Don't blame me if this happens!
- ▶ *Hello, .....*

