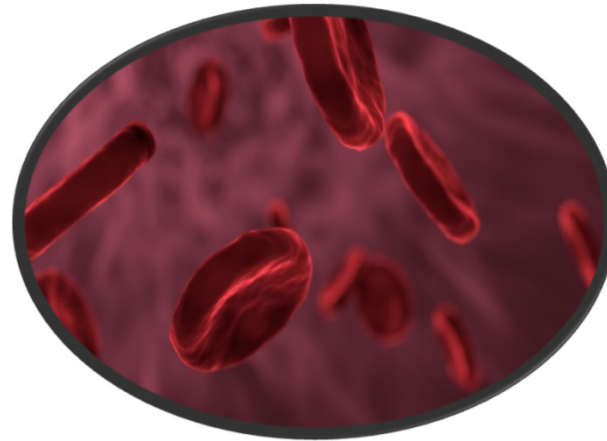


How you know you're
in fat-burning keto
mode!

Data - see 4-Part Assessment

- ▶ A1C Blood Glucose [4.2 - 5.5].
- ▶ Blood Ketones [0.5 - 2.5].
- ▶ Weight & Girths: Ideal for you, as nature intended!



Signs & Symptoms

- ▶ You can now move (exercising rhythmically) at 'your' 60-70% of maximal effort for seemingly ever.
- ▶ You beat your alarm by 30 minutes or more yet you're ready to go! You don't fall tired at 11 am or 3 pm.
- ▶ Your tolerance of boofheads increases significantly.
- ▶ Your innate meal volume decreases.
- ▶ You rarely ever crave simple sugars, fast food, or alcohol.

More Signs & Symptoms

- ▶ You forget about that recurring joint or muscle niggle, free of anti-inflammatories.
- ▶ You return to eating 'good' and measured carbohydrates within interest, including beer.
- ▶ You find a way to eat using keto principles in a; food court, restaurant, service station, or on a plane.
- ▶ You forget you once liked fast mass-produced food.
- ▶ You know it doesn't matter if you eat what someone cooks for you, with love!
- ▶ You know that if for whatever reason you start drifting back towards 'carb city', you know you can switch on more absolute keto principles, easily!