

Keto Testing – 4 Tests

<p>TEST ONE</p> <p>HbA1c Blood Glucose Testing</p>	<p>TEST TWO</p> <p>Blood Ketone Testing</p>
<p>The A1C test is a blood test that provides information about your average levels of blood glucose, also called blood sugar, over the past 3 months. The A1C test can be used to diagnose type 2 diabetes and understand your ideal ketosis state.</p> <p>The A1C test is sometimes called the haemoglobin A1C, HbA1c, or glycohaemoglobin test. Haemoglobin is the part of a red blood cell that carries oxygen to the cells. Glucose attaches to or binds with haemoglobin in your blood cells, and the A1C test is based on this attachment of glucose to haemoglobin.</p> <p>The higher the glucose level in your bloodstream, a result of excessive carbohydrate consumption, the more glucose will attach to the haemoglobin. The A1C test measures the amount of haemoglobin with attached glucose and reflects your average blood glucose levels over the past 3 months.</p> <p>The A1C test result is reported as a percentage. The higher the percentage, the higher your blood glucose levels have been. A normal A1C level is below 5.7 percent.</p> <p>Ideally, our goal, with reaching your optimum ketosis state in mind, plan to score: [4.0 – 5.2%]</p>	<p>A blood ketone meter is a device that is used to measure the amount of Ketones in the blood and it works the same way as a glucose meter. The latter is accurate and can help you to keep track of your ketone levels and also monitor the type of food you take if you are leading a ketogenic lifestyle. That is why it is highly advisable to use a blood Ketone meter to be able to measure the ketone levels in your blood.</p> <p>The main aim of a ketogenic diet is to use the stored fat rather than the sugar in the body hence very low intake of carbohydrates. The blood ketone meter, therefore, helps to improve one's diet and to know the types of foods that work for them.</p> <p>The blood test records ketone reading in mg/dL.</p> <p>Ideally, our goal, with reaching your optimum ketosis state in mind, plan to score: [0.5 – 2.5%]</p>
<p>TEST THREE</p> <p>Total Scale Weight</p>	<p>TEST FOUR</p> <p>Girth Measurements</p>
<p>While scale weight only tells part of the 'changing' picture, it still offers up a quick repeatable reference point.</p> <p>For those in need of losing significant weight in the form of stored fat, testing scale weight is relevant.</p>	<p>Using a tape measure, measure your largest areas. Measure body parts that currently exceed your ideal measurement.</p> <p>A super simple but time-honoured test.</p>

