

DIETING IS DEAD

Lose Fat, Stay Lean, Feel Great.

How to thrive by
understanding your ancestors,
your body and ketosis.



YOUR PLACE FOR
ANSWERS

by

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Are You Ready to Make a Change in Your Health?

If you are like many people, you struggle with weight gain. Perhaps you just have a few pounds to lose or you are afraid of becoming obese. Or perhaps you suffer from serious obesity related health conditions like heart disease or diabetes. Perhaps your doctor has recently told you that you are at risk for prediabetes. Maybe you know the correlation between obesity and these diseases and you want to turn the tide before it's too late.

There seems to be no end to the list of health problems caused by obesity and weight gain. These include the conditions we mentioned above as well as lifestyle challenges such as low energy, reduced focus and concentration, low sex drive, and poor physical performance. And let's not forget about body image issues!

To combat weight gain, many people try crash diets, poorly studied supplements, or extreme exercise routines. They are so focused on losing weight that they grab on to the latest fad regardless of the risk to their health or potential for long term success.

Fortunately, more and more people are starting to make healthy choices about the way they lose weight - from starting a sensible workout routine to improving their diet. As a healthcare practitioner - and one who practices functional medicine at that - this makes me extremely happy! Instead of waiting for a magic pill to cure their problems, people are taking steps to better themselves and live the lifestyle they've always wanted. It's inspiring! And with the massive popularity (and results) that the alternative health movement got in such a short amount of time - it's revolutionary!

A lot of these new methods are also backed by science. Not only are we making healthier choices now, but we're making choices backed by valid scientific research for a change!

My name is Dr. G., and I am a functional medicine practitioner in New York City. In this book, I'm going to share with you my proven method of losing weight and maintaining a healthy lifestyle in a way that is natural, safe, and allows you to make changes at your own pace.

I'm going to let you in on a secret. The key to losing weight - the Holy Grail of weight loss - is to get your body to actually burn fat. Now, you might be thinking "well, that's obvious...". But it isn't so easy.

The process of burning fat for fuel - called ketosis - is a natural mechanism coded into our genes from our hunter-gatherer days. In fact, one of the reasons we store fat at all is so our bodies would have energy when immediate food sources ran low. However, in modern society where food is plentiful, our body is able to burn sugars for fuel instead. Any extra sugars we don't use - which is a lot with our high-calorie foods and sedentary lifestyles - is stored as fat. When we don't burn that fat, we continue to put on weight.

Therefore, the key to healthy and lasting weight loss is to get your body back to a state of ketosis where it will burn that pesky fat for fuel. There are several methods to do this. The method that has proven most successful for my patients is a practice called Intermittent Fasting. Coupled with eating a specialized diet - dubbed the "keto diet" - and taking ketone supplements, this method has led to lasting and healthy weight loss for hundreds of my patients.

I believe in practicing what I preach. If these methods didn't work, I wouldn't be incorporating them into my daily routine, recommending them to my patients, or writing an eBook about them. I recognize that I can only see so many people in my practice in NYC, so this eBook is a great way to share the important information I share with my patients and clients with everyone.

Are you ready to use my proven methods to make a lasting change to your health?

Then let's get started!

DR.G



Gimmicks and Misconceptions About Weight Loss: **What Doesn't Work**

As a practitioner in the functional medicine field, one of my main goals - personally and professionally - is to find the cause of the problem and fix it from the roots instead of just suppressing the symptoms. (And yes - being overweight is a symptom not a cause!) One prevalent case of suppressing the symptoms is the plethora of weight loss gimmicks that have been popping up recently.

Ever see those commercials that tout some kind of meal plan where all you eat is steak and cake for four meals a day with snacks in between and still lose weight? Ever see the pills that claim to promote weight loss without exercise or dietary changes? Ever see that show *The Biggest Loser*?

Look, I'm not saying that massive diet changes and strict routines don't facilitate weight loss. They do. But what they don't do is facilitate long-term results. They are also not always effective in addressing the health concerns that go along with obesity such as diabetes and heart disease.

Case in point: have you ever seen a reunion episode of *The Biggest Loser*? Nearly all of the winners and contestants of the show end up gaining the weight back. C'mon producers! How long do you honestly expect participants to go on drinking nothing but water, eating 600 calories per day, and working themselves to death in the gym? It's just not sustainable.

And those weird, way-too-good-to-be-true diets that those

commercials have you on? The scientific community has proven the dangers time and time again. While they work in the short term, they do not facilitate lasting - or healthy - weight loss.

There are also many misconceptions that come with the weight loss industry. My job here is to try to put a lot of them to rest, as well as making key distinctions between what really works and what everyone thinks might work.

So let's get into what works and explain ketosis and how it might be the answer for your lifestyle.





Intermittent Fasting

Scary couple of words, aren't they? Don't worry - it's not as bad as it sounds.

Intermittent Fasting is not a diet but rather a pattern of eating. You consume all of your required calories for the day, but you do it in a pre-determined time frame. You decide to eat at certain times, and you decide not to eat at others.

Here's an example:

In the ideal 16/8 method, you would consume your total daily calories in an 8 hour period of your choosing followed by a continuous 16 hour period of fasting (by the way, if you sleep 8 hours then there is half your fasting period). It can be done daily, several days in a week, or a combination of both. It's really your choice.

“But won't I be hungry?” you might be asking. “Fasting means hunger! And hunger is bad!”

Hunger is bad. It is your body telling you that you're not getting enough food and that you are about to run out of energy and resources.

However, not getting enough food is not a fundamental pillar of Intermittent Fasting. You still consume your entire day's worth of nutrients and energy, you just do it during an allotted time.

So now we've dealt with your primary concern. Here are some others I hear regularly in my practice:

"I don't have time to eat so much under such a tight schedule."

"Seems like a lot of work..."

"How are you going to get by during the time that you're not eating? What if you get hungry then?"

"What if you miss your eating time, what then?"

"I can't go that long without food."

"Isn't fasting really difficult?"

"Can't I just reduce meal sizes but eat as often as I'd like? That's what the experts say to do."

A lot of those are completely understandable concerns. However, I have coached hundreds of my patients through incorporating this method, and they all found the opposite to be true.

Through Intermittent Fasting, you can:

Have MORE time to do the things you want

Not feel hungry throughout the day

Increase your energy and productive capacity

Transition into a healthier lifestyle

Transition into a slimmer you

Still not sure?

Feeling skeptical because you've never heard of Intermittent Fasting before?

Well, let's take a closer look at how it stacks up with some diet methods you may be familiar with.



Weight Loss Gimmick #1: Calorie Reduction

As we mentioned earlier, Intermittent Fasting does not mean calorie reduction. Calorie reduction is when you cut the number of calories you consume.

Its methods are self-explanatory: you burn more calories through exercise than you take in through eating. The result is weight loss.

This method works for awhile. Until it doesn't.

Here's what happens:

Your body burns calories at a certain rate - your basal metabolic rate - based on how many calories it is used to receiving. When you decrease the amount you eat and increase the amount you exercise, you create a deficit. That deficit leads to weight loss.

However, eventually you reach a plateau where the same diet and exercise routine fails to lead to weight loss. This is because we begin to reduce our metabolism's efficiency when we cut calories by 750 calories per day. Basal metabolic rate drops with caloric restriction.

You may try to bust through this plateau by redoubling your efforts, eating even less, and exercising even more. This fails to work, and you become discouraged. You may even start regaining weight!

You'll quickly discover that the plateau is impenetrable.

You've maxed out your results.

Since your metabolism has slowed down, your energy will be depleted, you'll feel cold all the time, and soon you won't have the energy to continue exercising. After a few months, you give up on exercise, return to your old eating habits - or worse - and gain the weight right back.

This is the predictable path for everyone who chooses the "eat less, exercise more" method for weight loss. It's the formula that causes 98% of people to regain the weight they lost after 12 to 18 months.

This method just does not lead to lasting results.

Intermittent Fasting, on the other hand, doesn't reduce calorie intake. You will consume the same amount of calories that you would normally, enjoy your meals eat until you feel full, and keep the same exercise routine you would enjoy. What you are really changing with Intermittent Fasting is not the amount of calories you consume but the timing in which you consume them.

This makes a critical difference in weight loss. Intermittent Fasting does not change your body's basal metabolic rate like calorie reduction. Instead, it trains your body to operate in a state of ketosis and allows you to start tapping into those fat reserves that are making your pants feel tighter and the scales increase.



Weight Loss Gimmick #2: Bariatric Surgery

I'm not going to lie: bariatric surgery does work. However, it also comes with some significant risks. In my professional opinion, these risks to your health are not worth the weight loss.

One advantage bariatric surgery has over calorie reduction is that it doesn't promote the rapid reduction of metabolic rate. It works by changing the anatomy of your gastrointestinal tract (stomach and digestive system) to start burning fat for fuel. That's why bariatric surgery patients don't experience the yo-yo of gaining back lost weight like the calorie reduction victims of The Biggest Loser.

So you might be thinking "But Dr. G, didn't you say burning fat for fuel is the Holy Grail of Weight Loss? Isn't that what I want?"

That is what you want. But at what cost?

While bariatric surgery patients will lose weight, they do have a risk of several serious medical issues depending on the type of surgery. These can include:

Bowel obstruction

Hernias

Malnutrition

Ulcers

Gallstones

Low blood sugar

Stomach perforation

By the way, some of the lesser invasive forms of this surgery, such as the laparoscopic adjustable gastric band are less successful long term and will produce that “yo-yo effect” common to most diets.

These risks are why I don't promote bariatric surgery as a weight loss method.

I'd rather do something healthier, more natural, more effective, less expensive, and more likely to lead to lasting results.





So What Does Work?

We've talked about some common weight loss plans that don't work. Now let's talk about what does.

As we discussed earlier, ketosis is the key to losing weight and keeping it off. If you want to get rid of fat, you have to GET RID of the fat! We must train our bodies to turn to their fat stores for energy rather than the quick fix and easy access of glycogen.

Intermittent Fasting coupled with the proper diet and ketone supplementation when necessary can help you lose weight and keep it off. I've seen it in my own life as well as the lives of hundreds of my patients.

It works because it fundamentally changes the way your body fuels itself. You retrain your body to perform like that of your hunter-gather ancestors long ago. Ever see a fat caveman? Didn't think so...

So, let's get started by looking more in depth into the science behind ketosis.



Scientific Principle #1: Ketosis and the Two Types of Energy

To make it simple, think of food as a source of energy. The ultimate energy unit of food is the electron. Those electrons are used to make the bio-chemical unit of energy called ATP (adenosine tri-phosphate). This process occurs inside of our cells in a structure called the mitochondria.

We have two systems of energy storage that are used to store these electrons.

The first is our immediately accessible source of stored energy called glycogen. Glycogen (literally stored sugar) is stored in our muscles, liver, and brain. Smaller amounts are stored in the kidneys, red blood cells and white blood cells. This is the first thing our bodies tap into for extra energy when our main reserves run low.

The second energy storage system is fat. This system is much more difficult to tap into, as many people can attest.

However, tapping into that endless energy supply is the holy grail of weight loss and the key to losing the weight and keeping it off.

Here's an example: let's think of these energy storage systems like a fuel tanker used to deliver gasoline. Think of glycogen as the gasoline our vehicles need to run.

Let's imagine we are driving a large fuel truck. The gas tank that runs the truck's engine can hold a minimal amount of gasoline. If that little gas tank runs out of gas, the truck

won't be able to run. Even though it has an entire tank full of gasoline, the driver has no way to access that fuel to put it in the engine.

We are built the same way. Our muscles and liver can hold a maximum of about 1600 calories in the form of glycogen - the little tank we keep refilling when we eat. However, an average 180 lb 5'10" male with 15% body fat has nearly 100,000 calories available in usable fat stores - the tank on the back of the gas truck. Virtually unlimited!

So how can we access that energy? In order to do this, our body has to burn fat for fuel instead of carbohydrates - a process called ketosis. Ketosis results in the production of ketones. The body derives ketones as a fuel source when fat mobilized and is broken down in the liver.

Ketones are more efficient, better utilize oxygen, form less free radicals which results in less inflammation, and produce more energy per unit than glycogen. They are actually a preferred fuel source for brain, heart and muscle.

Most of us who live in modern post-industrial societies have a history of eating food, both in quantity and quality, that prevents the naturally occurring ketone production used by our ancestors for 100's of thousands of years. We all have the "software" in our genes for ketosis that we inherited from our ancestors.

We just never use it because we have refrigerators and pantries filled with food that allow us to continuously refuel the small tank.

Now, it is important here that we distinguish between nutritional ketosis - like we are discussing - and ketoacidosis - a dangerous condition we see in diabetics.

Nutritional ketosis is the state where blood ketone levels (not urine) is at a level of 0.5-6.0 mMol/dl. The sweet spot where most people feel a shift in their focus, attention, mental and physical energy is 1.0-3.0.

Ketoacidosis is a medical condition seen with insulin dependent diabetes. It is a dangerous event that can be life threatening. It is when blood ketones exceed 15-25. This is a state you could never achieve with just fasting.

Ketoacidosis and nutritional ketosis are not in any way related. Type one, type 2, or insulin dependent type 2 diabetics should consult with their physician before making any dietary changes that could alter their medication levels. Physicians trained and with experience can use nutritional ketosis principals in providing care for their patients.



Scientific Principle #2: **Insulin**

So what hinders ketosis? The answer is insulin.

Insulin is a hormone produced by the pancreas that signals the body to use the fuel in the small tank.

As soon as you eat a meal, the carbohydrates in your food are broken down into glucose and passed through your bloodstream. When your pancreas senses an increase in glucose or protein, it releases insulin. This insulin causes your body to use the glucose immediately for fuel and store any excess as fat.

Therefore, if insulin is present, the body burns glucose from the “small tank”. If insulin is not present when the body needs energy, then the body uses the stored fuel (fat) from the “big tank”.

If we eat consistently - even if we reduce our calories - the body is constantly releasing insulin and therefore prohibiting ketosis.

With Intermittent Fasting, no food is being consumed during the fasting period and therefore no insulin is released. When the body needs fuel, it has no choice but to turn to its fat stores. Therefore, Intermittent Fasting is basically a method of allowing the “small tank” fuel to run low in order to mobilize the “big tank” fuel to keep the engine running.

Not only does a constant stream of insulin keep us from mobilizing fat for fuel, but it can also lead to a state of insulin

resistance.

The popular conversation in the doctor's office about weight loss, diabetes, heart disease and other associated chronic diseases has been all about insulin resistance. Insulin resistance dictates when our cells require more insulin to be released in order to have the same storage response of sugar as you are used to. Imagine that cells begin the process of becoming "deaf" to the presence of insulin. They will therefore require more of the hormone to be present which forces more energy storage to occur. This happens when our body recognizes an imbalance in energy intake (food) and energy burned (physical activity).

And your doctor will tell you, "If we can reduce insulin resistance, we can prevent insulin resistance diseases like Prediabetes and Type 2 Diabetes." This will then have a positive impact on heart disease, dementia, obesity and other chronic diseases.

This conversation is partial at best. The goal is not to just not be a diabetic or not have a horrible end stage disease - the goal is to be healthy.

Now don't get me wrong, how much insulin you release can make a difference in delaying the onset of preventing a horrible end stage disease like diabetes, but how often in a 24-hour period you release the insulin is one of the two missing pieces.

If you release less insulin and improve insulin sensitivity - as happens with calorie-restrictive diets - you can lose some weight and prevent disease. That point of improved insulin resistance due to better food choices and calorie restriction may help you get closer to your goal, but what if it's not close enough? Or, as we explained earlier, what if it backfires and there is a rebound phenomenon?

With Intermittent Fasting, we release the same amount of insulin per meal but insulin is released less often in a 24 hour period since we are eating fewer meals. Removing the constant supply of insulin to your body makes it more responsive to insulin and decreases the likelihood of developing a resistance.

This question gets to the heart of this entire discussion. We are suggesting that you eat less frequently but eat enough per meal. Snacks aren't necessarily healthy either! Snacking causes small doses of insulin release, not enough perhaps to cause insulin resistance or diabetes when dieting traditionally, but enough to prevent the release of stored fat for energy use (fuel from the "big tank" to be released).

When we release the fat for energy production, as happens when insulin is not present, we are changing the kind of fuel we use from glucose to ketones. Most of us have been using glucose for energy 95-100% of the time for decades. We have engines that are genetically adapted to burn alternative fuel sources like ketones, but we rarely supply the engine with the alternative fuel source.



Getting Started

The First Steps

So now that we've discussed why ketosis works, let's talk about how we get there.

The best place to start is by adopting a practice called Intermittent Fasting. This is a method of eating where you consume all your calories during a certain period of the day and refrain from eating at any other time.

One of the great advantages of this method over many of the complex diet plans out there is that it's totally flexible. You can schedule your day in a manner than works for you.

I mentioned the 16/8 method before. This is the one I personally use daily and where I instruct my patients to start.

The 16/8 method involves a 16 hour fast followed by 8 hours of normal eating. You should aim to do it at least 3 days in a row per week. Most people will do Monday through Friday and eat normally on the weekends.

Don't fret - it's a lot easier than you might think.

A typical pattern is to eat your final calories for the day at 8PM and then skip breakfast and not eat again until noon of the next day. You may have lunch and dinner, as well as snacks if you so choose. The only rule is you must finish eating by 8 PM.

If 16 hours sounds too daunting, you can begin with the 13/11 method. Start with a 13 hour fast followed by an 11 hour eating period and follow the same guidelines as above.

Slowly increase your fasting hours until you can comfortably complete a 16/8 day.

It's important to note that any 16 hours is fine; you don't have to stop eating at 8 PM. One of the advantages of Intermittent Fasting is that you can mold it to fit your lifestyle.

Here is the critical component - and one you don't hear with many weight loss plans: when not fasting, you must eat normal sized meals. You do not want to reduce the amount of calories you consume. As mentioned earlier, this will decrease your metabolic rate and hurt you in the long run.

And that's it!

There are some variations you can add depending on your health and your goals, such as consuming medium-chain triglyceride (MCT) oil during your fasting period. For more information on this, contact our office or visit our website.

<http://cyrenelabs.com>





But Wait!

Can it Really be That Simple?

So at this point, you might still be skeptical. You might still have some questions.

For example, “How will I have the energy to start my day if I skip breakfast? Isn’t it the most important meal of the day?”

This is something we all believe. I guess if you hear something over and over it just becomes truth.

But here’s the real truth: breakfast is not the most important meal of the day.

This is because you have the highest levels of cortisol in your blood in the morning. Cortisol is sometimes referred to as a stress hormone, and it generally has a pretty bad rep when it’s perceived to be elevated. However, when we are sleeping and not under stress, we release cortisol so that energy stored as glycogen (the storage form of glucose) can be slowly released into the blood. This increases our blood sugar so that we wake with the energy we need to get the day started.

This system is no different than it was for our genetically-identical, hunter-gatherer ancestors who did not have the luxury of refrigerators to open in the morning for a quick bowl of Special K. They had to have enough energy when they woke up to get out and start their day’s work.

When we start our day by ingesting carbohydrates in any form - oatmeal, cereal, toast or orange juice - we are just adding more sugar to the system which will release more insulin. This

counteracts the cortisol and results in the storage of excess sugar in the form of fat. And worse yet: too much insulin can actually make us feel tired and sluggish shortly after a meal! (Ever wonder why you need a nap after lunch?)

Ok, so maybe you can do without breakfast. But isn't fasting really hard?

Here's the truth: fasting isn't hard, suffering is hard. Being hungry is hard. When you have fasted inadvertently (e.g., having missed a meal) you might've felt some fairly horrible effects. You've felt your blood sugar drop and that makes you light headed. You've felt the pounding headaches, the brain fog, maybe even that jittery feeling. But this is because your body expected to get additional blood sugar. It was relying on that meal for energy. With a structured fast, you teach your body to tap into alternative sources of energy, not just the glucose from your last meal.

Intermittent Fasting gets rid of the suffering by structuring your periods of fasting. When you do this, you will never be short on energy or nutrition. Your body will always have enough resources to get you through the day because you are training it to burn fat stores when necessary.





One More Thing:

Your Food Choices and the Keto Diet

Alright ladies and gentlemen, here's the thing:

It doesn't matter what kind of meal plan, workout plan, care and wellness plan, or any plan you go on - if you don't eat right, you won't get anywhere.

Even with Intermittent Fasting, if you continue to consume unhealthy amounts of calorie-dense and nutrient-low junk food, you aren't going to achieve optimal results.

This method is not a cure-all, magic button, wand-waving plan to inspire lasting weight loss. This method is a lifestyle change to help moderate and make the best use of the food that you are eating.

And I'm sorry for the bluntness of the following point, but I have to make this perfectly clear: You can try any method or plan you want, but if you still eat junk, you're going to get results accordingly. Welcome to how your body works.

You can't expect to put dirt into a smelter and get steel. You've got to put in iron ore.

Think of all the diet methods that you've read and heard about as different ways to get the impurities out of the iron ore (your diet) to make steel (your desired weight). They can't help you if all you do is throw in dirt. Neither can mine.

What Intermittent Fasting revolves around (I proudly like to think of it as the Bessemer Process of dieting), is making sure

that you are using the food that you do put in as efficiently as possible so that your body runs at a hundred percent without needing to put in a lot of extraneous effort. You watch what you eat, you watch how you eat, you live a happy life.

The ideal way to get the maximum results out of Intermittent Fasting is by adhering to the Keto Diet. In this diet, you aim to get 75% of your daily calories from fat, 20% from proteins, and 5% from carbohydrates. This diet further reduces your body's insulin response and helps speed up the process of training it to use fat for fuel.

Now, this doesn't mean get 75% of your calories from donuts and potato chips! You need to consume healthy fats.

Healthy fats include:

Extra Virgin Olive Oil: For dressing and not for cooking (I always add a layer of olive oil to my veggies - vegetables are a great delivery system for healthy fats!)

Extra Virgin Coconut Oil: For cooking and for supplementation (1-4 tablespoons of coconut oil per day can have dramatic improvements in cognition, energy and more)

Avocado Oil: for cooking due to the high smoke point

MCT oil: For supplementation in coffee or tea

Omega 3 supplements: Adults can take 2-3 grams per day preferably from high quality fish oil source, but vegetarian source from flax seeds is acceptable. Contact our office for recommendations.

Some other great food choices for the keto diet are:

Sardines and anchovies

Avocados - the perfect ketogenic snack at 80% fat

Nuts, seeds, and nut butters

Olives

Another important aspect of the keto diet is to pick better meat. Healthy meats have healthy fats. The fat found in grass-fed and finished beef, for example, is Omega 3 Fat - the same as you would find in wild fish. The fat found in corn or grain-fed factory-based meats is Omega 6 Fat. This is a type of saturated fat that we are getting too much of in our modern diet. It can be considered sort of toxic when out of balance (even though it is essential).

Therefore, eat wild fish and grass-fed meats whenever possible. Cows are genetically designed to eat grass, not corn. The digestion of corn causes unhealthy fats to be prevalent in their meat.

And here's some great news: the fattier the meat the better.

Lean meats such as chicken breast or filet mignon - the staple of many diet plans - do not contain enough fat to help your body achieve ketosis.

So now let's talk about protein and carbohydrates and the fallacy of the "low carb/ high protein" diet crazy.

Insulin is a hormone that is released when we eat, not just when we eat carbohydrates or sugars. We also release insulin when we eat other macronutrients like protein. In fact, many low carb, high protein diets do not take into account that protein causes the body to release insulin and can contribute to resistance.

I am not saying that protein is bad. Proteins are an essential element of our diet and aid in the building of muscle mass. Protein will release much less insulin than carbohydrates. However, protein can easily be converted to glucose (sugar) and join the same storage story as the carbohydrates. Low carbohydrate and high protein diets get you started but leave you on the plateau, which is better than when you started, but not where you want to be. This is why the keto diet has

the majority of calories coming from fats over proteins and higher fat proteins over lean proteins.

The type of carbohydrates you consume also makes a big difference. We often hear the term “low carb”, but what we should be thinking about is “slow carb”. Slow carbs come from foods that are high in soluble fiber, specifically vegetables. One of the effects of soluble fiber is to time release the sugar into the bloodstream.

For example, an orange has a 4:1 ratio of sugar to fiber; a carrot has a less than a 2:1 ratio of sugar to fiber. A carrot is therefore a slow carb compared to an orange.

The keto diet - getting most of your calories from healthy fats and less from proteins and “slow” carbs - will help supply your body with the optimal nutrition it needs to attain ketosis. When this is achieved, you will not only see the pounds come off and stay off, but you will feel better, perform better, and reduce your risk of serious obesity-related diseases.





A Few More Diet Tips

I've said it before and I'll say it again: don't reduce calories. This will hurt you in the long run. However, as you eat higher quality food, you may notice your calories reducing naturally as your body learns to control its cravings for junk food.

Improve your relationship with food. When you remove certain food groups or ingredients, you will need to change your relationship with food. It becomes about real nutrition and not just stuffing your face. Broaden your horizons - be open to a wider set of choices, flavors, and tastes, and be willing to try new things. Food should be enjoyed, even when you are trying to lose weight!

Remove high immune value foods. Your immune system treats the presence of large, undigested proteins or polypeptides as a potential threat, in a similar way it perceives a flu, cold, or any other virus as a threat. It could be as simple as some proteins are more difficult to digest and breakdown than others, resulting in an increased likelihood of the immune system losing tolerance over time.

Gluten, found in grains, and casein, found in dairy, are good examples. I recommend you begin removing these from your diet and see how it changes the way you feel.

Some proteins and peptides are attached to byproducts of farming and processing thus alerting the immune system to a potential danger. An example of this is a common pesticide chemical called glyphosate. Try to eat unprocessed and organic foods as much as your budget and access will allow.



Ketone Supplementation

We've outlined the methods of Intermittent Fasting and the scientific principles about why it works. We've also discussed the ketone diet and how it fuels your body properly to become a fat-burning machine.

However, at this point, you may be like many of my patients. You get it, you want to give it a try, but there is one burning question you still need answered:

“Are you sure I won't be hungry?”

Hunger is our brain's way of sensing the fuel tank is beginning to empty and needs to be refilled. When you eat consistently throughout the day, your body sends hunger signals to your brain every time you are running low on glucose - when the little gas tank from our earlier analogy is empty.

This can be a challenge when you first start using the Intermittent Fasting method and adhering to the keto diet. You have not yet trained your body to be “keto-adapted” - to learn to mobilize the fuel in the big tank for energy through ketosis. This can take 2-4 months for many people and depends on several factors such as your diet, pre-existing state of health, and genetics.

However, if you can supply your brain with ketones in these early stages then you can give your brain the fuel it needs without having to constantly fill the little gas tank with more glucose. If the brain is satisfied with ketones, a preferred

energy source for the brain and heart, then there will be no need to signal the hunger response. Hence you won't be hungry.

An exogenous ketone supplement can be especially helpful during the 12 week transition period to becoming permanently keto-adapted. It can make the seemingly unbalanced ketogenic diet more attainable by allowing you to eat 55-60% fat instead of 75% fat.

However, it is still critical to keep the carbohydrates very low because of their relationship with insulin release, as we discussed earlier.





What are **Exogenous Ketones?**

Exogenous ketones have been used by elite military units like the Navy Seals, NASA astronauts and elite athletes for many years. They are an excellent fuel source when you are in remote or harsh environments without food for extended periods of time. They have not been commercially available until recently because they have been notoriously horrible tasting, and you'd almost have to be a starving Navy Seal or a determined athlete attempting a personal best to be able to choke them down. Horrible tasting and prohibitively expensive have been their story.

Manufacturers have dealt with this problem by combining them with salts. Many of the products on the market that have a therapeutic dose of the active ketone ingredient, beta-hydroxy-butyrate (BHB), have a very high sodium content. Currently, for 11.7 grams of BHB, there is 1.3g of sodium in many products. This is a very high dose and therefore has its own complications with taste and metabolism. The only way this problem has been overcome by some popular brands is by lowering the dose of BHB by $\frac{1}{3}$ and thus being able to lower the sodium from 1.3g. to 900mg. Unfortunately, this either increases the cost because you need to consume more or decreases the effectiveness because you've reduced the dose of the active ingredient and the sodium is still prohibitively high.

But now there's a solution!

The formulators at Cyrene LLC have come up with Cyrene Keto-FX - the best tasting formula on the market with over 14.3g of BHB and just 450mg of sodium. Cyrene KETO-FX is a revolutionary product that can aid in:

Weight loss

Blood sugar balance and enhanced insulin sensitivity

Decreased food cravings

Increased mental and physical energy

Improved oxygen use and efficiency

Decreased Inflammation

Motor & athletic performance gains in strength and endurance

Improved circulation due to vasodilation (several forms of migraine headache will respond)

Neuro-protective benefits in seizure disorders; persistent symptoms of concussion, TBI, ADHD, Alzheimer's disease, memory and cognitive function, Parkinson's Disease, and Multiple Sclerosis

Autism and improved behavior and social impacts

Depression and anxiety; mood stabilization

Stroke and cardiovascular disease prevention, metabolic syndrome management, and improved cholesterol levels and better sleep

KETO-FX by Cyrene labs is a water soluble-ketone technology in a powdered form. When mixed with 16-20 oz of water, it becomes an incredibly efficient delivery system of ketones that are driven directly to your muscles and brain.

When ketones are flowing through your system, you achieve the high-energy, fat-burning, focused state you desire without the feelings of hunger that may accompany the process of becoming keto-adapted.

For more information on KETO-FX, visit [our website](#) or contact us today.

DR.G



One Last Thing: **Your Mindset**

The key to success in any weight loss plan is your mindset: the plan can't work if you don't stick to it.

Think about your goals. Why do you want to lose weight? Is it to look better? To feel better? To have more energy to do the activities you love? To improve health?

It is important to have your own reason of doing things and to remind yourself of this reason daily. Remember why you felt motivated to make a change: you weren't happy with the current state of things. Maybe one day you were unhappy with your weight. One day, you were unhappy with the fact you couldn't lift that heavy box. One day, you were done forgetting about your responsibilities because it was having unhealthy effects on your personal and professional life.

Unless you constantly remind yourself of the reason you do something, you'll start to forget, and then eventually stop doing it.

The way you look at your lifestyle change is important also. When losing weight, the word you want to avoid the most is 'diet'. A diet carries a connotation of a temporary change, and something that most people seem to fail at anyways. Your goal is to create a lifestyle change that works for you long term.

Studies show that after 90 days of the healthier eating habits we discussed above, you will have altered your internal

chemistry and changed your insulin and cortisol responses. Your body no longer craves bad food, and eating healthy becomes just as much a part of your routine as brushing your teeth in the morning.

During this 90-day process, you will experience what it is to eat and function at what could arguably be the most scientifically efficient way that is true to your genetics. You will have taught your body to upregulate an innately natural, efficient energy “software” system called ketosis that has been dormant most of your life, reducing your brain’s need to send out waves of hunger.

But let’s be honest here: as time passes and you are faced with holidays, birthdays, vacations, parties, etc., you may find yourself deviating from the optimal practices.

And that’s perfectly fine! Without letting too much time pass, you can reset fairly quickly and get back to that optimal level. It’s unrealistic to expect you will get this plan right 100% of the time.

Allow yourself a little deviation to enjoy special occasions, and then get back on track.



Conclusion

One of the most important things that you should understand about the methods we discussed - Intermittent Fasting, the keto diet, and ketone supplements - are that they are not a cure-all, instant results kind of trick. This isn't a magic pill or some other gimmick that will change your life overnight.

This is a lifestyle change. It's a different way to approach the problem of getting to and maintaining a healthy weight, eating a more balanced diet, and improving your overall health in a manner that is natural, safe, and effective.

But it is only part of the equation. You won't see the maximum results if you don't supplement your lifestyle with other healthy habits like exercise.

You have to take initiative to eat healthier, to stick to your schedule, and to make progress. It doesn't take a lot of energy once you get going, but it also doesn't take much energy to slip back into your old habits. The best way to stay motivated is to focus on your reasons for starting this journey. Remember your goals and this won't be a chore or yet another thing that interferes with your lifestyle.

You'll be excited for the change and confident that you are making natural and healthy choices for your body.

I'm more than happy to answer any personal questions that you may have to get started on the road to be the best you! My contact information is on the next page.

Thank you for reading this eBook. I hope you all have a wonderful day, a wonderful week, and a wonderful life(style)!

Thanks again,

Dr. G



Contact Me

If you have any questions, or need help, tips, or direction applying this method into your lifestyle, I am always available to help. Don't hesitate to reach out to me! My services range from personal wellness coaching, to doing bloodwork, taking measurements, and designing your nutritional plans.

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Cyrene, KETO-FX

Great tasting exogenous ketone supplement.

www.cyrenelabs.com

Remember - Success begins with a choice.



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