

The Keto Lifestyle for Women



How do you know if you are fat adapted or in Ketosis?

Testing 3 most common methods

Urine Keto Strips (\$10 for 10 strips)- test for the ketone body acetoacetate
Pee on a urine strip and check for purple color, a taint pink is low ketosis.

Range: 80-160mg/dL

Least reliable

Blood Ketone Meter (\$30 and each strip \$4) test for ketone body BHB betahydroxy buturate.
Prick your finger and place blood on strip and insert in meter.

Range: 0.5 to 3.0 mmol/L)

Uncomfortable

Ketonix Acetone Breathalyzer Test (\$190) – test for ketone body acetone
Blow into mouth piece and wait for reading about 30 seconds.

Range:

- *Blue = 0 – 150 nmol/L*
- *Green = 150 – 400 nmol/L (Small)*
- *Yellow = 400 – 930 nmol/L (Moderate)*
- *Red = > 930 nmol/L (Large)*

Initial higher investment

Subjective Findings

Fruity breathe

Long periods without foods and not get moody

Less pain

Improved focus and memory

Great stable mood

Awesome stress response

Homework: Focus on adding more fats and note how many carbs you are consuming