

Keto Diet

Guide

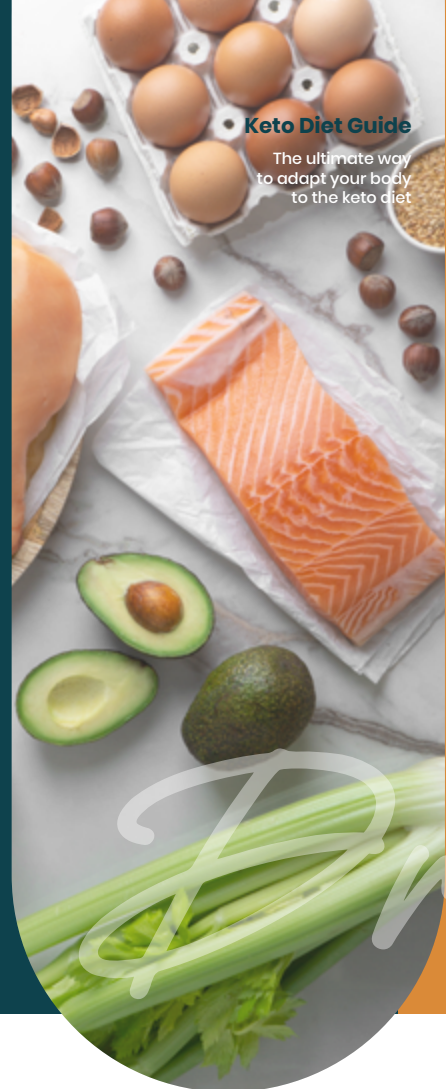
Dr. Heather Sandison

The ultimate way to adapt
your body to the keto diet



Dr. Heather
Sandison, ND





OVERVIEW








The goal of the program is to enhance your cognitive function and increase metabolic flexibility by reminding your body and brain to efficiently burn fat as a fuel. This allows you to avoid blood sugar swings, reduce average daily blood sugar, stabilize insulin levels and stimulate healthy cell function. It also helps with weight loss, balanced mood, detoxification, and decreasing inflammation.

Ketosis describes the way fat is turned into ATP, or the energy currency of our cells. When we turn sugar into ATP this is called glycolysis. Glucose is turned into ATP. When we don't have glucose available our body will turn fat into ATP in the state called ketosis. Your brain prefers to burn ketones as fuel. As we age our brain cells or neurons no longer efficiently turn sugar into ATP. When we change the fuel from sugar to fat our neurons have more energy to pay attention, balance our mood, and make memories.

CONTRAINDICATIONS



The keto diet is a doctor prescribed diet. Always work with your trusted provider to assess if this diet is right for you. We strongly suggest working with a health coach to be sure you have the support you need to achieve success. They can also help you to troubleshoot and individualize the keto diet so it works for you!

-  Kidney disease
-  Some liver diseases
-  Gout, frequent uric acid kidney stones, elevated uric acid
-  Eating disorders
-  Caution with gallbladder issues
-  Caution with insulin dependent diabetes
-  High cholesterol is not a reason to avoid the ketogenic diet. It is a reason to test your cholesterol every 12 weeks with your provider while you are on the ketogenic diet.

EXERCISE

Getting regular movement and exercise is critical to healthy living. While on a keto diet, we need to give your body a reason to burn fat as fuel. Regular exercise makes the program faster and easier. Getting your exercise program in place is a key to success.



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NUTRITION

Carbohydrates ↓

You will be eating VERY few carbohydrates, especially in the beginning of the program. Think of this diet as a light switch. You are either in it or out of it. Even small amounts of carbohydrates will quickly turn the switch off and kick you out of ketosis. Stick to the foods on the **Phase I** food list until your practitioner lets you know you can try adding in some of the **Phase II** foods. Many people will be able to get into ketosis by limiting their carbs to 50 gm per day. Some people need to limit carbs to 30 gm per day. Measuring your ketones is the best way to know if you are achieving ketosis.

Vegetables ↑

You need A LOT of non-starchy vegetables (think 5-8 cups/day) during the program. This gives you the fiber you need to prevent constipation and the nutrients you need to help your body detox appropriately and your brain work effectively. See Phase I foods for a complete list of foods you can eat.

Protein ↑

During the program, you'll need to eat more protein than normal. This is because when your body doesn't have carbohydrates for fuel, but is not yet efficient at burning fat for fuel, it will use protein for fuel in the meantime. If you don't have enough dietary protein, you'll need to break down muscle as a protein source instead. A good baseline is to start with twice as much protein as you would normally eat.

Fat ↑

You are reminding your body to burn fat as a fuel. You will want to be sure your body has enough fat. A common mistake is to not add enough fats when switching to a keto diet. Stick to healthy fats listed on your food guide. Coconut oil is one of the fats most easily burned as a fuel, so it's great to start the day or a meal with 2 tsp of coconut oil. If you're cooking with oil, use oils like avocado oil or ghee that do not oxidize at high heat. Avoid heating olive oil as it has a low smoke point and oxidizes easily. Coconut oil is good for medium heat. All oils should be organic, especially animal fat. You will be mobilizing and detoxifying toxins in your system, it is important to avoid adding more in the process.

NUTRITION

Hydration ↑

You will likely urinate more on the program, so you will need to drink extra water. Focus on getting spring water from glass, ceramic or stainless containers and avoid plastic, reverse osmosis (mineral depleted) or otherwise contaminated water sources. We recommend Mountain Valley Spring water which can be delivered to most places in the US or is available in most health food stores.

Minerals ↑

In ketosis, you may urinate more than in glycolysis. You may deplete sodium and other minerals more quickly than your body is used to. It is important to replace them. If you notice cramping in your muscles, increase your intake of sea salt and talk with your provider about increasing mineral supplementation.

“
eat
enough
fats



KETONES

Ketones are the molecules you make when you turn fat into a fuel. You want them consistently between 1-3 mmol in your blood during the program. Since you won't be burning fat right away they will start lower.

01

TESTING

You'll test your blood ketones twice daily. One test should be fasting and the other about 1-2 hours after a meal. It's good to be consistent about how long after a meal you test. Your fasting ketones will likely rise slower than your post-meal reading.

02

THINGS THAT IMPACT KETONES

If you eat carbohydrates, your ketones will decrease. If you get enough rest, manage stress, eat lots of good fats, and exercise, you'll increase your ketones. When you're ready to do so, fasting will also increase your ketones.



drink
water,
eat protein,
exercise,
and rest
as needed

TROUBLESHOOTING

! Keto Flu

Although many people experience a keto flu for several days when they are first getting into ketosis, it should resolve relatively quickly. While closely following these instructions can help to prevent many of the common complications, it is important to let your trusted health care team know right away if you are experiencing symptoms.

⚡ Constipation

Most people get constipated at some point on the program. Drinking plenty of water, exercising, and eating lots of vegetables helps prevent this. If that isn't enough, you may need to take over the counter magnesium or vitamin C or gentle laxative herbs to get things moving. Schedule with your provider if you continue to struggle with having a daily bowel movement. You don't want to let yourself stay constipated as it will cause you to reabsorb the toxins your body is trying to release.

💧 Fatigue

Some amount of fatigue is normal at times as you get into ketosis. If you are fatigued, start by adding ¼ tsp sea salt to 8 oz of water. If you feel better right away, you will benefit from more minerals. If you don't feel better right away, add additional protein. Again, let your health care providers know right away as well.

* Muscle weakness or brain fog

This is temporary and a sign that you are not yet efficient with burning ketones as a fuel. Drink water, eat protein, exercise, and rest as needed.

When Can I Add Phase II Foods

When you've been consistently in the zone of 1-3 mmol of ketones for 2 weeks.



BASELINE MEASUREMENTS

- 01** Have a **baseline visit** with your doctor or health coach.
- 02** Get **baseline blood work** (including cholesterol, uric acid, HgA1c, metabolic panel, CRP) and the OK to start from your doctor.
- 03** Get your **baseline biometric measurements** (weight, body measurements, blood pressure)

TOOLS TO HELP

All materials available through Solcere or you can find them online.



Supplements

See handout or talk to your doctor about personalizing your supplements



Ketone meter

Keto-Mojo
keto-mojo.com



Ketone strips - 100 strips

Available through
www.ketosistools.com
This is to see if you are at your goals for ketones



Glucose strips - 50 strips

Available on Amazon.com
This is to identify foods that may be driving up your blood sugar



Lancets - 100 lancets

TRUEplus or Easy touch brands work well, available on Amazon



Tracking sheets and foods list

SUPPLEMENTS TO SUPPORT KETOSIS



Cal-Mag Citrate

1 scoop in water to support healthy minerals and daily bowel movements

Monopure

3 caps daily with food to reduce inflammation and for healthy fat balance

Probiomax 100 b

1 daily with a meal for gut support

XenoProtX

2 caps twice daily for liver detox support

UltraFiber Lean

2 caps twice daily to support healthy detox and healthy cholesterol levels

Exogenous Ketones

1 scoop in water between meals

Greens powder

1 scoop in water or smoothie daily

KETO-ADAPTATION | TRACKING LOG

Date 02/03/2022

Dr. Heather Sandison

Hours of Sleep

24

Quality of Sleep

Excellent

Good

Average

Fair

Terrible

Fasting Ketones

1.0

Breakfast

Omlette with avocado and tea

Supplements

Ketones 1-2 hours later

Lunch

Omlette with avocado and tea

Supplements

Ketones 1-2 hours later

Dinner

Omlette with avocado and tea

Supplements

Ketones 1-2 hours later

Exercise Type and Amount

Yoga 1 hour
Cycling 3 hours

Water intake Oz

8

Symptoms

Nausea Diarrhea Muscle cramping Lighter Sharper
Constipation Brain Fog Clear headed Headache Other symptoms

Bowel Movement Today

Detox Support

Epsom salt bath Other
Sauna Deep breathing

Other Observations

Other Observations

Energy



Stress



KETO-ADAPTATION | PHASE ONE FOODS

Raw or Cooked Greens

- > Alfalfa Sprouts
- > Arugula
- > Bok Choy
- > Cabbage
- > Cardoon
- > Chard
- > Cilantro
- > Chicory
- > Collard greens
- > Dandelion greens
- > Endive
- > Escarole
- > Kale
- > Lettuce
- > Mesclun
- > Mixed greens
- > Mustard greens
- > Parsley
- > Purslane
- > Radicchio
- > Radishes
- > Sauerkraut
(cabbage based)
- > Spinach
- > Sorrel
- > Watercress

Condiments

- > Capers
- > Horseradish
- > Mustard
- > Lemon
- > Soy sauce
- > Tabasco
- > Vinegar
(Unsweetened rice vinegar is zero carb, others are variable)
- > Wasabi

Other Above Ground Veggies Raw or Cooked

- > Asparagus
- > Broccoli
- > Broccoli rabe
- > Brussel sprouts
- > Cabbage (any type)
- > Cauliflower
- > Celery
- > Chayote
- > Chives
- > Cucumber
- > Mushrooms
- > Nopales
- > Crook-neck squash
- > Summer squash
- > Zucchini

These veggies are all slightly higher in carbs than greens are, you may need to limit them if you are struggling to get in the zone.

Herbs and spices

All dried or fresh herbs and spices are keto friendly. Just watch out for premade mixes that might contain sugar.

- > Salt
- > Pepper
- > Garlic
- > Oregano
- > Basil
- > Cilantro
- > Mint

Fish

- > Alaskan Salmon
- > Atlantic Mackerel
- > Sardines
- > Mussels
- > Rainbow trout

Fats

- > Avocados
- > Olives
- > Butter
- > Coconut Oil
- > Flax oil
- > Ghee
- > Olive oil
- > Sesame oil

Animal Proteins

(Grass fed, hormone free)

- > Eggs
- > Bacon
- > Beef
- > Goat
- > Lamb
- > Pork
- > Poultry
- > Venison

Be very cautious with processed meat such as bacon as sausage, these products may contain sugar even though they claim zero carb.

Beverages

- > Water
- > Coffee
- > Club soda
- > Green tea
- > Black tea
- > Unsweetened herbal tea

Dairy

- > Brie
- > Cream
- > Cream Cheese
- > Blue Cheese
- > Goat Cheese
- > Feta
- > Sour Cream
- > Triple cream cheese
- > Whey protein powder
- > Whole milk cheddar

Vegetarian Proteins

- > Hemp protein powder (carb free)
- > Pumpkin seed protein powder
- > Non-denatured whey protein powder

If you are vegetarian, add phase two nuts and seeds to your diet right away to insure adequate protein.

Sweeteners and treats

- > Alulose
- > Cardamom
- > Cinnamon
- > Stevia
- > Vanilla
- > Monkfruit
- > Xylitol (small amounts)

KETO-ADAPTATION | PHASE TWO FOODS

Fruits

- > Apples
- > Blackberries
- > Blueberries
- > Cantaloupe
- > Cherries
- > Clementine
- > Honeydew melon
- > Kiwi
- > Lemon
- > Persimmon
- > Plums
- > Raspberries
- > Strawberries
- > Watermelon

Vegetables

- > Artichokes
- > Beet greens
- > Celery root
- > Daikon radish
- > Eggplant
- > Fennel
- > Green beans
- > Green onions
- > Jicama
- > Kelp
- > Kohlrabi
- > Mung bean sprouts
- > Okra
- > Peppers
- > Pumpkin
- > Snow peas
- > Spaghetti squash
- > Tomatillo
- > Tomato
- > Wakame

Other Veggies

- > Onions
- > Leeks
- > Scallions
- > Shallots
- > Rutabaga
- > Turnip

Nuts

- > Brazil nuts
- > Coconut butter
- > Hazelnuts
- > Macadamia nuts
- > Pecans
- > Tahini

Condiments

- > Ginger

Dairy

- > Gouda
- > Parmesan
- > Whole Milk Mozzarella

Vegetarian Proteins

- > Lentils
- > Tofu
- > Tempeh

Sweeteners and treats

- > Cocoa Powder

KETO-ADAPTATION | PHASE THREE FOODS

Fruits

- > Apricots
- > Grapes
- > Grapefruit
- > Mango
- > Nectarines
- > Orange
- > Papaya
- > Peaches
- > Pears
- > Pineapple
- > Tangerine

Vegetables

- > Beets
- > Carrots
- > Cassava
- > Jerusalem artichokes
- > Parsnips
- > Sweet potatoes
- > Yams

Other Above Ground Veggies Raw or Cooked

- > Acorn Squash
- > Butternut Squash
- > Corn

Nuts

- > Almonds
- > Cashews
- > Coconut Milk
- > Coconut Water

Grains

- > Buckwheat
- > Millet
- > Quinoa
- > Whole grain rice

Beans

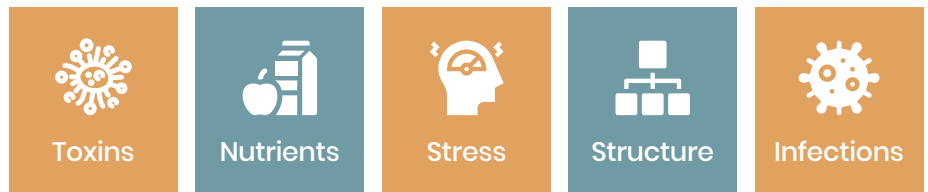
- > Black beans
- > Black-eyed Peas
- > Garbanzo
- > Kidney
- > Pinto



DR. HEATHER SANDISON, ND

Dr. Heather Sandison is the founder of Solcere Health Clinic and Marama, the first residential care facility for the elderly of its kind.

At Solcere, Dr. Sandison and her team of doctors and health coaches focus primarily on supporting patients looking to optimize cognitive function, prevent mental decline, and reverse dementia by addressing root causes of imbalance in the brain and body including:



At Marama, Dr. Sandison has created an immersive residential experience in the lifestyle proven to best support brain health. She understands that changing your diet, adding nutrients, creating community and optimizing a healing environment are all challenging even for those those with full cognitive capacity. At Marama, she's done the work for you. All you need to do is show up.

Dr. Sandison also hosts the highly regarded Reverse Alzheimer's Summit, engaging in discussions with over 70 experts in the Alzheimer's field and attracting over 80,000 online registrants.

In addition to her clinical and educational endeavors, Dr. Sandison's groundbreaking research, published in the esteemed Journal of Alzheimer's Disease, has propelled the field forward, uncovering new possibilities for managing and even reversing the effects of Alzheimer's disease. Her forthcoming book promises to be a game-changer, offering a beacon of hope to millions by exploring innovative strategies for reversing Alzheimer's disease and transforming lives.

Learn more about brain health at:

drheathersandison.com



Learn more about how you can **implement a Keto Flex diet** and other lifestyle changes at home with a proactive, step-by-step cognitive care plan. Visit

maramaexperience.com