



Keto-Adaptation Fast Instructions:

This fast is effective for 6 reasons:

1. This cleansing protocol utilizes intermittent fasting (500-900 calories per day), which conserves the body's energy and directs it towards healing. Studies show that intermittent fasting also down-regulates inflammation and helps with hormone sensitivity, the two major causes of most diseases today.
2. Most of America has a leaky and inflamed gastrointestinal system (gut), which allows food to cross the gut barrier. The denatured proteins that leak across the gut barrier drive inflammation in the gut, as well as throughout the body. This occurrence is responsible for many of the symptoms and diseases that we face today, such as thyroid disorders and the inability to lose weight. This cleanse allows time for the gut to heal through the absence of food and ingesting only beef bone broth. Bone broth and the fats (used in this fast) are perhaps the most nutritious, non-reactive healing foods. It is perfect for people with sensitive stomachs, food allergies and intolerance or any severe gut conditions. The broth and fats are easily digested have a healing effect on the gut.
3. Beef broth has the profound healing properties of type II collagen. Collagen is the base material of our cells, and integral to cellular regeneration and healing, especially with the cells of the gut and skin.
4. The fats included in this fast are high in medium chain triglycerides, which increase metabolism and help you become a fat burner. They will also heal the gut and are highly noted for brain health.
5. True healing and detox must occur at the cellular level. The supplements in this protocol address cellular function and cellular pathways for true effective detox. The combination of the intermittent fast, gut healing process and cellular healing is why this protocol is so effective for the most challenged patients.

6. This fast puts you into Ketosis, which allows you to burn fat as opposed to sugar for energy. This makes you an efficient fat burner. Fat burns more efficiently and cleaner than glucose, thus reducing oxidative stress and inflammation in the cell. The brain works 25% better on ketones, which is the by-product of fat metabolism.

Goals:

1. To decrease inflammation using the most nutritious, mineral dense and non-allergenic foods. (Beef stock and clean saturated fats).
2. Reduce insulin levels to assist the body in proper fat metabolism and storage.
3. To shift the cells primary energy source from glucose to fat, this reduces cellular oxidative stress and inflammation.
4. Through the breakdown of fat for energy, ketones are formed which increases brain function and healing.

What You Need to Get Started:

- **Broth Ingredients:** Recipe Below. Bones ordered from Grassfedbones.com or a local 100% Grass fed and Finished farmer or grocer.
- **Ketone Meter and strips** (Precision Xtra is a great brand. MAKE SURE to get Ketone strips, not glucose strips. You can buy strips on eBay for best price).
- **Beyond Organic raw cheese** recommended. (These are the ONLY cow cheeses that do not contain the allergy forming A1 casein, along with sheep and goat cheese). To order cheese a la carte, go to username.my90forlife.com (ENTER PERSONAL YOUNGEVITY URL. To set up a Youngevity account, contact our office at 407-522-5858). To receive wholesale pricing, select "I want to join" option, and choose to become a preferred customer. Create an account including a username and password and proceed to place order. The Youngevity customer service contact number is 800-982-3189 if you need assistance.
- **MCT Oil** – Pure MCT Oil can be found at most health food stores and/or **organic coconut oil**
- **X Factor Butter Oil**– Can be purchased at www.greenpasture.org or **grass-fed butter and/or ghee**
- **Sea Salt**

Supplements Needed:

- **Core Cellular Package**
- **1 bottle MBC probiotic**

Instructions:

Phase 1 – Beef Stock and the 2-2-2-2 Rule

You may choose the length of the fast to be 4 or 7 days. Adjust according to the needs of the patient.

- **Consume at Minimum...**
 - 2 cups of stock per day, but as much as you want.
 - 2 tbsp. of coconut oil, MCT oil or a combination per day.
 - 2 tbsp. of organic grass fed butter, ghee, X-Factor butter oil, or any combination per day.
 - 2 tsp. of sea salt per day - can be added to your cup of drinking broth or taken with water throughout the day.
 - **If you are experiencing any symptoms of fatigue, tiredness, dizziness, weakness or light headedness, sea salt is the antidote. Consume more.**
- No food other than listed above during this phase.
- No gum or coffee. Non-caffeinated herbal teas with stevia are okay.
- You may drink filtered/reverse osmosis water (no tap). After this phase, organic coffee or caffeinated teas are okay.
- All fats and salt can be added to broth, water or hot tea. Chamomile and Dandelion teas are great for additional gut and liver support.
- **Please Note: Because you are only consuming liquids, you will have less bowel movements than normal during this phase. However, magnesium sulfate (Epsom salt) can be used in the beginning if you feel constipated.**

Phase 2 – Lasts 7 days

- Begin your recommended supplements regimen.
- Increase healthy carbohydrate intake to a maximum of **20 grams per day** - using non-starchy vegetables only. **Every carb must be counted.**
(for assistance, visit <http://www.realfoodnutrients.com/Diabetes/Carbs/Vegetables.htm>)
 - You are allowed 20 grams, but it is okay if you consume less. Just DO NOT go over 20 grams.
- Can add fermented vegetables to toleration, BUT carb count still applies.
- Moderate amounts of clean organic protein can be added. This is **NOT** a high protein diet, but a moderate protein, high fat diet. This means 15-20 grams for women and 20-25 grams for men per meal. If exercising, add 5 grams per meal.
- Clean Organic and Grass fed protein examples: Beef, Lamb, Chicken, Turkey, clean Fish (see list), Venison, Buffalo, Elk, and eggs. All proteins must be listed as organic at minimum or from a notable local farmer that is 100% grass fed and finished - ASK QUESTIONS!
- Eat as much cheese as you like (Beyond Organic, goat, and sheep are best due to no Beta A1 Casein)
- Organic Grass-Fed Heavy Whipped Cream can be a great snack or dessert sweetened with stevia if you are not dairy sensitive. If you are, canned coconut milk/cream/butter (full fat and unsweetened) is great too. REMEMBER TO COUNT CARBS.

Phase 3 – Lasts 7 Days

- Same food choices as above.
- Increase carbohydrate consumption to a maximum of **30 grams per day**.
 - You are allowed 30 grams but it is okay if you consume less, just **DO NOT** go over 30 grams.

Phase 4 – Lasts 7 days

- Same food choices as above
- Increase carbohydrate consumption to a maximum of **40 grams per day**.
 - You are allowed 40 grams but it is ok if you consume less, just **DO NOT** go over 40 grams
- Ask practitioner if you can advance to the 5-1-1 program

Phase 5 – This is the Advanced Cellular Healing Diet and you will stay on this diet until directed otherwise by your practitioner.

- Same food choices as above.
- Up carbohydrate consumption to a maximum of 50 grams per day.
 - You are allowed 50 grams but it is ok if you consume less, just **DO NOT** go over 50 grams.

- **Note:** At this point, you may shift into the regular Cellular Healing Diet of simply **NO** grains, **NO** sugars, high fat and moderate protein. (No strict control of carbs.)

Strong Recommendations:

- You can choose to keep moving towards Ketosis (Advanced) or Cellular Healing Diet.
- Digestive enzymes will help if you are having trouble digesting fat.
- BIND may help if symptoms are occurring after fatty meals.
- Probiotics are suggested after Phase 1.
- Extra magnesium can be effective for hormones balance and eliminating constipation.
- Measure your ketones once per day at the same time, after a week or two, to see if and when you are adapting. You know you are in ketosis if you measure anywhere from 0.5 - 5.0. You will most likely average 2.0.
- Link for vegetable carb count:
<http://www.realfoodnutrients.com/Diabetes/Carbs/Vegetables.htm>
- Acceptable fish: wild caught **ONLY**. Please visit these links for a list of the cleanest fish to eat and the most toxic to avoid: www.organicconsumers.org and www.MercuryFactsandFish.org

Broth Recipe:

By: Sarica Cernohous, L.Ac. MSTOM, BSBA Naturallylivingtoday.com

- Plan to start your broth with 4-5 marrow, feet, neck, or shank bones. Bones can be purchased from **Beyond Organic** or your local farmer, however **MAKE SURE they are 100% Grass fed and finished.**
- **You need 4-5 bones for a 4-day stock. Every 4 or 5 days you will need fresh bones.**
- If you're using chicken or turkey, choose either whole birds or cuts such as thighs, backs, drumsticks and necks that have the skin and bones intact; include the giblets if they're available. You can also use the carcass from a roasted bird.
- For fish, include the entire head and all the bones.

Add:

- Purified water, 3-4 quarts.
- Sea Salt, 2-4 tablespoons (best to start low and adjust flavor as needed after cooking).
- An acid (usually raw apple cider vinegar, organic balsamic vinegar, naturally fermented unseasoned rice vinegar).
- Onions and Garlic can be added but if you eat them with your broth, please remember it adds to your daily carbohydrate intake amount!

Place everything into a cool crock-pot, and set it for a 4-hour cook time. Fill the pot with enough water to leave only about 1.5" of space at the top, and cover with the lid. At the end of the 4-hour setting, it will kick into the "keep warm" setting, where it will stay until you direct it otherwise (use a meat thermometer to insure that your lowest setting is at least 180 degrees Fahrenheit). Allow the ingredients to all cook together for at least 14 hours, preferably 20 or 24.

After this 24-hour cooking cycle, plan to remove any meaty bits, which you can set in the freezer to consume after your fast.

Pour yourself steaming mugs of broth to consume throughout this first full day of your fast. If you find the broth is too oily, ladle most of it from the crockpot into glass jars to cool in the refrigerator. This will cause the fat to congeal at the top of the broth. Simply remove this disc of fat, then pour your broth back into the crockpot, and set the temperature to a 4-hour setting, with the bones in the broth. (Don't throw this fat away, though! It's an excellent medium for sautéing vegetables once you're done with your fast. Store it in a glass jar in your refrigerator for up to a week.) The broth will reheat quickly, and the pot will shift to the "Keep Warm" setting following this reheat.

Each day, you should be consuming 10-12 cups of broth. Since you're going to be adding so much fresh hot water to the pot to bring it back up to its original level, you will be removing many of the fats and proteins that otherwise would have overcooked in this continual process.

For each successive day:

- Bring the level of liquid back up to the original amount with fresh, boiling water each time you pull a mug from it.
- Add a little Celtic Sea Salt, to taste.
- Add a splash of vinegar if you like, to continue to demineralize the bone.
- Add a sprinkle of seaweed from time to time, to keep the iodine and other trace minerals up in the broth.

- Keep the crockpot on the “keep warm” setting.

After day two of the fast, you should consider adding a fresh bone or two, to keep the broth rich in gelatin and some fats. Do this just before bed at the end of day two, so that it will be ready for you on the morning of day three. When adding the bone(s), push the heat up to the 6-hour setting before allowing it to settle into the “keep warm” setting once again.

This broth can stay on the stovetop or in the crockpot for 5 days before needing to remake.

Other helpful supplementation tips:

- Magnesium and potassium butyrate from Body Bio- 3 pills per day. Esp. good for low energy and gut healing
- Magnesium Malate – assist with hormone dis-regulation and potential mineral-loss (500-1,000 mg)
- MBC 1-2 pills replacing gut bacteria
- Terra Firma- 3 pills per day for replacing gut bacteria
- Zinc- replace potential mineral loss and immune support- esp. necessary for immune suppressed



Ketone Adaptation Fast Protocol

Supplement Recommendations - Begin on day 5 of your Cleanse

Supplement	Amount each day	Recommended to help
GCell	1 pill 2x perday	Raise Glutathione
Bind	2 pills at night	Bind Toxins for elimination
Vista Formula 1	1 Gel & 1 Capsule in AM	Regenerate cell membrane
Vista Formula 2	1 Dropper 2 x perday	Regenerate cell membrane
eNrg	1 pill 2 x perday	Restore cellular energy
Mors	1 pill 2x perday	Re establish hormone metabolism/ methylation
Rox	1 pill 2 x perday	Down regulate Inflammation
MBC	1 pill per day	Re- colonize Gut