



FIRE Diabetes In 40 Days
- Your Online Journey to Reverse Diabetes -

8

FULL SPEED AHEAD

- Achieving optimal ketosis -



FAT ADAPTATION AND ACCELERATING KETOSIS

Once you've eliminated carbs from your diet, your body will gradually deplete its stores of glycogen, while switching over to fats. This period of fat adaptation has three stages. They are easy to remember:

- Three Days
- Three Weeks
- Three Months

THREE DAYS

The first three days are the hardest, as long-established metabolic pathways grind to a halt and long-forgotten metabolic pathways get dusted off and put to good use again. This is typically the time when "keto flu" strikes, although it is much less common than website articles will have you believe. Imagine you are busy driving your car and at the same time modifying the engine to run on diesel instead of petrol. The transition is not going to be smooth. Your body does a fairly good job of it, so don't get fed up. You are seeing a miracle in progress.

THREE WEEKS

During the first three weeks, the metabolic switch-over from glucose to fats is completed. During this time, energy levels are low, but not as bad as during the first three days.

THREE MONTHS

It takes the body roughly three months to complete the hand-over from glucose burning to fat burning. Once you've been in ketosis for three months, your body is fully fat adapted. Energy levels, strength and endurance will likely exceed what you had before you began the transition.

HOW CAN YOU MAKE THIS TRANSITION AS QUICK AND EASY AS POSSIBLE?

DON'T CHEAT!

Every time you cheat by taking carbs on board, your body reverts back to its old habits of burning glucose. Once you're completely fat adapted, you can eat carbs occasionally and your metabolism will be flexible enough to switch from one fuel to the other. But don't do this during the first 90 days of your journey.

HYDRATE

Drink at least 2.5L (preferably more) of water every day, preferably with half a teaspoon of Himalayan Rock Salt added.



SUPPLEMENT

Add sodium, potassium and magnesium to your diet (or use supplements). During the adaptation phase, you will need more of these minerals than usual, also because they get washed out by the increased flow of urine through the kidneys.

FAST

By skipping meals, your body burns more glycogen stores, meaning it gets to the fat stores quicker. There are many types of fasting, which will be addressed in a different module. The point here is that eating one or two meals a day will probably help you get into ketosis faster, and will train the body to be more efficient in burning fats.

GUZZLE

Eat more fats (especially MCT oil). It is one thing to cut out carbs from the diet. It is quite another to add fats to the diet. Due to decades of anti-fat propaganda, there is a psychological hurdle to cross when it comes to eating fats in large amounts for the first time. The more fats you eat, the more fats your body is going to burn and the quicker your fat adaptation will take place. MCT oil is absorbed quickly after ingestion and gives a good energy boost.

MOVE

Low intensity exercise, early in the morning, helps boost the basal metabolic rate, meaning your body burns more calories per time unit, simply by living and breathing. This is useful for weight loss, but it also means that the fat burning pathways stay active. They need all the training they can get after years of not being used. High intensity exercise is not advised during the first three weeks of fat adaptation, nor is endurance exercise. After three weeks, exercise intensity can gradually be increased.

REFLECT

Spend at least 15 minutes every day in prayer or meditation. This drops cortisol levels, which reduces glucose levels in the blood, which reduces insulin secretion by the pancreas. This will speed up your fat adaptation process. Pray or meditate without interruption of any kind whatsoever, for best results

SLEEP

Get enough sleep. There are many, many angles to sleep hygiene, which we cannot all go into here. You can find more sleep tips online. Initially, especially during the Three Day phase, sleep will be difficult. Do not worry about this. Your sleep will improve as you stay on course. Get to bed on time and allow for 7 hours of sleep a night. Your patience will be rewarded. Good sleep leads to lower cortisol levels, which leads to lower stress perception and better fat adaptation.