



# **The Ultimate Guide to Ketosis! Lose More Weight & Get Healthier**

- Take the test, what do your results mean?
- 10 tips to shed weight with the ketosis diet
- Foods, supplements & making it work for you



FIRST OF ALL, **thank you so much for choosing our ketone test strips.** We hope you get the results you were looking for and that this product and ebook makes your life easier and healthier!

As with many businesses, product reviews are very important for us in spreading the word about us and our products. If you have a minute we would love it if you could [please leave us a review on Amazon](#). Thank you so much in advance for your support! – If you have any other questions or concerns, you can contact us at [support@jnwdirect.com](mailto:support@jnwdirect.com).

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## **How to use the test strips and important notes:**

### **Test Urine:**

Briefly place the ketone strip in the urine mid-stream or dip in fresh urine sample in a clean container (making sure the pad is fully covered) and shake off any excess fluid. Hold the strip horizontally for 15 seconds to allow accurate readings and compare against the color chart.

### **Results:**

0.5 – 1.5 mmol/l is usually considered “light nutritional ketosis”

1.5 – 4 mmol/l is usually considered “optimal nutritional ketosis”

Above 4 mmol/l is usually considered too high and will not be benefiting your weight loss

Once you know your results we recommend you consult with your healthcare provider.

Remember you are in control of your results by your diet.

### **Best practices:**

Test daily 2-3 times per day consistently to make this a habit so you stick with the keto diet and make sure you are always in ketosis, shedding pounds and feeling awesome!

The first urine of the day tends to be more acidic than normal so you need to test the first and second urine of the day and note both down. We have included a 7-day results table for you that you can print out to track your ketones over time

Try and keep up this routine and measure your ketosis levels at the same times every day to maintain consistency.

### **Test strips are very sensitive so please store them properly to ensure their long term accuracy by:**

- Never removing the desiccant packet
- Keeping the strips away from light and moisture
- Keeping the cap on tight between each use
- Storing well sealed in a cool dry place (especially not in bathroom or by water source)

If you believe the test strips to be defective or they have all turned one color please contact us and we will help you fix the problem.

## **Ketosis Simplified: The Definition of Ketosis and How It Happens**

The word ketosis often inspires confusion or even alarm in those trying to figure out what causes it and whether or not it's a good thing. Here's a simplified overview of ketosis.

### **Ketosis Definition**

Let's move from an over-simplified ketosis definition to moderately simple one. Ketosis means that the body has gone from using carbohydrates as its source of fuel to fats-almost exclusively. But it's a little more involved than that. Ketosis starts when there aren't enough carbohydrates in the blood stream to refill glycogen stores in your liver. What is glycogen? The liver makes glycogen from carbohydrates as a kind of quick food source for the body. A lack of carbohydrates means the body needs an alternate food source. So the body uses fat, specifically fatty acids, instead. The liver breaks down fats into ketone bodies, commonly referred to as ketones. When the liver releases these ketone bodies into the bloodstream for the body to use as energy, this is ketosis.

### **How Does Ketosis Happen?**

When you eat carbohydrates, the body uses them for fuel and converts the rest into fat using insulin. This means that carbohydrates aren't really stored in the body except for those stored in the liver as glycogen.

If you use up all the carbohydrates in your blood stream and don't replenish them, your body will eventually have to use fat that you are ingesting with your food and fat stored in the body for fuel instead. It usually takes about 48 hours to induce ketosis.

### **Diets and Ketosis**

A growing number of diets are recommending lowering carbohydrate intake, since the modern diet has so many more than what is necessary to fuel the body. Things like bread, pasta, sugar, soda, sweets and other grain or sugar-based foods are very high in carbohydrates, and are consumed more frequently and in greater amounts now than they ever were before.

The Atkins diet and the South Beach diet both rely on kicking the dieter's body into a state of ketosis to begin the process of rapid fat-loss, since the body must use fat for energy during ketosis.

Dieters on other low-carbohydrate diets such as the Paleo diet (also called the primal or caveman diet) may also dip into and out of ketosis depending on their daily dietary choices, though inducing ketosis is not the primary goal of these diets.

## **Is Ketosis Dangerous?**

This topic is much debated, but the truly dangerous condition related to ketosis is actually ketoacidosis. The body doesn't naturally go into ketoacidosis - insulin prevents this. But in those with Type I diabetes, the body doesn't produce insulin, and so a lack of glucose in the blood can lead to ketoacidosis.

## **Ketosis For Changing / Improving Your Appearance**

Why diet? Why workout? Why bother with how much you weigh? Yes- thin is in to some, but why? The simple answer to these questions is that a fitter body is known to look more attractive since it indicates a healthier person. A healthier person is bound to have better skin, hair, nails and an all over appealing persona... right?

Ladies who wish to simply maintain their weight can do so easily by following a moderate exercise plan and keeping a minimalistic watch on their diet. However, for those of us who are looking to shed weight, a diet plan has to be incorporated with the workout regime.

The problem with diets is that though they do assist in losing weight, hair luster, skin glow and energy is also lost simultaneously. Indeed one seems to be caught in the vicious circle; diet, if you want to lose weight and look good, but this very dieting makes you look drained and wrinkled.

The answer however comes in the form of the Ketosis diet plans. These have been successfully followed by several thousands of athletes and woman with great results.

So what makes the ketosis diet any different from the other dieting schedules out there?

Ketogenic diets create grounds for the body to switch from using carbohydrates to fat cells, in order to produce the energy needed by the body to function smoothly. Simply reducing carbohydrate intake to no more than 100gm per day will help achieve fantastic results. Unlike other diet plans that focus on starving you, ketogenic diets allow for protein and good fat intake in abundance. It is this protein that helps keep energy levels high and also prevent damage to the skin, hair etc.

Proteins help keep the hair shining and smooth. Vitamin B6 found in fish and omega oils are highly recommended for those suffering from droopy skin and hair. The ketogenic diet plans allow for intake for fish and chicken and several other oils that are highly beneficial for maintaining the outer glow of our bodies.

In fact, it has been scientifically proven that ketosis actually helps in slowing down the aging process. Aging is mostly caused by junk protein accumulation in the cells, which leads to the cell eventually dying out. If the body stays in ketosis, then the junk protein is cleared from the cells since this protein is attacked by the body to make energy. This helps preserve the cell for a longer duration thus drastically slowing down the aging process.

So if looking to kill two birds with one stone, Ketosis diets are definitely for you, as long as you get the OK from your doctor. A Ketosis diet is not for everyone and you need to be monitored by a physician unless you are very knowledgeable about diet, nutrition and health care. Ketosis diets help shed weight and fight the aging process, all the while keeping your skin and hair healthy too.

(While ketosis is a fairly safe diet plan, it will help to seek some authorized advice on the front. There are several types of ketosis diets and adopting the one most suitable will help to maximize the gains from it.)

## **10 Tips To Shed Weight And Look Amazing With The Ketosis Diet:**

- 1. Drink plenty of water** – At least half a gallon a day. Hate drinking water? Add lemon to your water, apple cider vinegar or salt to add some flavour, just drink lots to stay hydrated and energised.
- 2. Get some exercise** – Exercise has too many benefits to even list! If you want to lose weight, have high energy and feel great this is a must.
- 3. Don't eat too much protein** – This is not a high protein diet, the primary aim is to eat fats to give you energy and get your body to produce and use ketones as your source of energy.
- 4. Incorporate more sodium into your diet** – Sodium becomes very important for replenishment on this diet so make sure you are consuming enough each day.
- 5. Use supplements to help you stick with the diet** – You can stick with this diet and completely change your life without supplements, but when I started taking some supplements I definitely felt my energy levels improve and lots of other benefits alongside my new diet.
- 6. Track your calories (all of them)** – Nowadays there are free great apps you can use to track what you are putting into your body. I recommend myfitnesspal as it is what I use every day – In settings put your info and your total calorie goal and macro

percentage goal then start scanning every food into the app to make sure you almost eliminate carbs from your diet. This will also help motivate you to not eat that unhealthy snack!

**7. Always be prepared!** – Life happens and will always get in the way. Maybe you got invited out to a restaurant or have to put in long hours at the office, either way if you prepare meals or know what you can buy from food places you will never have to cheat.

**8. Measure your ketones consistently** – Develop the habit, keep tracking and stay motivated.

**9. Get rid of your carbs temptation!** – Go through your kitchen and bin or donate all carb rich foods and drinks.

**10. Make nice low carb foods and meals!** – Follow this diet with foods you actually like to eat, otherwise you will not stick with this diet. At the start of my journey I was the healthiest person alive, for 9 days then I slipped back to old habits. Follow cool recipes, make your own, keep it interesting but stay consistent.

### **Bonus tips and tricks:**

Anything that's "light" or "sugar free" is usually still full of carbs, sometimes more than the original one.

Use <https://www.reddit.com/r/keto/> and other forums and communities for constant advice, motivation and info.

There are naturally low-carb dark chocolate available that will solve any sweet cravings.

Consume mineral rich foods to avoid the keto flu and other potential side effects.

### **Ketosis Test Strips**

Ketosis is when your body has switched from burning carbs, like processed sugars, flour, and other foods that rank high on the glycemic index for energy, to using your stored and ingested fats.

The Atkins diet is thought to be a high protein and no carb diet by many, but that is not the case. This is actually a fallacy. The diet uses proteins and fats with a limited amount of 'good' carbs that you slowly add to your diet as you go through the program. The ketosis test strips help you know you are doing the diet correctly.

If your body has switched to burning fat (both ingested and from stored body fats), you are in ketosis. This is what you want. There will be ketones in your urine, and that is what the ketosis test strips are for. They will tell you if there are any ketones in your urine, thus letting you know that you are in the fat burning stage of the diet. For some people this happens within a few days, and for some, it takes a week or so, but it will happen if you stick with the diet as described in the books written by Dr. Atkins.

When using ketosis test strips, you can tell if there is a problem with your low carb eating plan.

There are times when there are hidden carbs in foods, or perhaps you have used something that has carbs but you thought it was a safe food. Most of the carbs on Atkins come from salads and certain vegetables at first, and then you add some dairy, nuts, fruits, whole grains, and then some other vegetables to the diet as you go while checking to see that you are still in ketosis. You should be losing slowly but steadily the whole time. If you are not getting the right reading, you are eating something off the plan and the plan can not work if you do.

Some people try to do the Atkins diet without fully understanding what is happening and why they are eating the foods that they should be eating. Some like to go with no carbs, thinking this is the way to do the diet, but the diet will not work without eating the right ones in the right amounts each day. The ketosis test strips are just a tool to let you know that your body is burning fat as it should be, but are not the only tool you need to do the diet correctly

## **Making Ketogenic Diets Work - The Truth**

Ketogenic Diets (more specifically Cyclic Ketogenic Diets) are the most effective diets for achieving rapid, ultra low bodyfat levels with maximum muscle retention! Now, as with all such general statements there are circumstantial exceptions. But done right - which they rarely are - the fat loss achievable on a ketogenic diet is nothing short of staggering! And, despite what people might tell you, you will also enjoy incredible high energy and overall sense of well being.

## **The Perception**

Despite these promises, more bodybuilders/shapers have had negative experiences than have seen positive results. The main criticisms are:

Chronic lethargy  
Unbearable hunger



Massive decrease in gym performance  
Severe muscle loss

All of these criticisms result from a failure to heed the caveat above: Ketogenic diets must be done right! It must be realised that they are an entirely unique metabolic modality that adheres to none of the previously accepted 'rules' of dieting. And there is no going half-way; 50 grams of carbs per day plus high protein intake is NOT ketogenic! So how are ketogenic diets 'done right'? Lets quickly look at how they work.

## Overview of Ketosis

Simply, our body, organs, muscles and brain can use either glucose or ketones for fuel. It is the function of the liver and pancreas (primarily) to regulate that fuel supply and they show a strong bias toward sticking with glucose. Glucose is the 'preferred' fuel because it is derived in abundance from the diet and readily available from liver and muscle stores. Ketones have to be deliberately synthesised by the liver; but the liver can easily synthesise glucose (a process known as 'gluconeogenesis' that uses amino acids (protein) or other metabolic intermediaries) too.

We don't get beta hydroxybutyrate, acetone, or acetoacetate (ketones) from the diet. The liver synthesises them only under duress; as a last measure in conditions of severe glucose deprivation like starvation. For the liver to be convinced that ketones are the order of the day, several conditions must be met:

Blood glucose must fall below 50mg/dl

Low blood glucose must result in low Insulin and elevated Glucagon

Liver glycogen must be low or 'empty'

A plentiful supply of gluconeogenic substrates must NOT be available

At this point it is important to mention that it is not actually a question of being 'in' or 'out' of ketosis; we don't either totally run on ketones, or not. It is a gradual and careful transition so that the brain is constantly and evenly fuelled... ideally.

Ketones SHOULD be produced in small amounts from blood glucose levels of about 60mg/dl. We consider ourselves in ketosis when there are greater concentrations of ketones than glucose in the blood.

The reality is that most people - especially weight trainers - have had a regular intake of glucose for a good couple of decades, at least. The liver is perfectly capable of

producing ketones but the highly efficient gluconeogenic pathways are able to maintain low-normal blood glucose above the ketogenic threshold.

Couple this with the fact that many people are at least partially insulin resistant and have elevated fasting insulin (upper end of the normal range, anyway). The small amount of blood glucose from gluconeogenesis induces sufficient insulin release to blunt glucagon output and the production of ketones.

Sudden glucose deprivation will have the consequence, initially, of lethargy, hunger, weakness etc in most people - until ketosis is achieved. And Ketosis will not be reached until the liver is forced to quit with gluconeogenesis and start producing ketones. As long as dietary protein is sufficient then the liver will continue to produce glucose and not ketones. That's why no carb, high protein diets are NOT ketogenic.

## **What's So Great About Ketosis Anyway?**

When the body switches over to running primarily on ketones a number of very cool things happen:

Lipolysis (bodyfat breakdown) is substantially increased

Muscle catabolism (muscle loss) is substantially reduced

Energy levels are maintained in a high and stable state

Subcutaneous fluid (aka 'water retention') is eliminated

Basically, when we are in ketosis our body is using fat (ketones) to fuel everything. As such, we aren't breaking down muscle to provide glucose. That is, muscle is being spared because it has nothing to offer; fat is all the body needs (well, to a large extent). For the dieter this means substantially less muscle loss than what is achievable on any other diet. Make sense?

As a bonus, ketones yield only 7 calories per gram. This is higher than the equal mass of glucose but substantially less (22%, in fact) than the 9 calorie gram of fat from whence it came. We like metabolic inefficiencies like this. They mean we can eat more but the body doesn't get the calories.

Even cooler is that ketones cannot be turned back into fatty acids; the body excretes any excess in the urine! Speaking of which, there will be quite a bit of urine; the drop in muscle glycogen, low insulin and low aldosterone all equate to massive excretion of intra and extracellular fluid.

For us that means hard, defined muscularity and quick, visible results. Regarding energy, our brain actually REALLY likes ketones so we tend to feel fantastic in ketosis - clear headed, alert and positive, and because there is never a shortage of

fat to supply ketones, energy is high all the time. Usually you could even sleep for less amount of time and wake feeling more refreshed when in ketosis.

## Doing it Right

From what's said above you will realise that to get into ketosis:

Carbohydrate intake should be nil; Zero!

Protein intake should be low - 25% of calories at a maximum

Fat must account for 75%+ of calories

With low insulin (due to zero carbs) and calories at, or below maintenance, the dietary fat cannot be deposited in adipose tissues. The low-ish protein means that gluconeogenesis will quickly prove inadequate to maintain blood glucose and, whether the body likes it or not, there is still all the damned fat to burn, and burn it does.

The high dietary fat is oxidised for cellular energy in the normal fashion but winds up generating quantities of Acetyl-CoA that exceed the capacity of the TCA cycle. The significant result is ketogenesis - synthesis of ketones from the excess Acetyl-CoA. In more lay terms: the high fat intake "forces" ketosis upon the body. This is how its 'done right'.

Now you just have to throw out what you thought was true about fats. Firstly, fat does not "make you fat". Most of the information about the evils of saturated fats, in particular, is so disproportionate or plain wrong anyway; on a ketogenic diet it is doubly inapplicable.

Saturated fats make ketosis fly. And don't worry; your heart will be better than fine and your insulin sensitivity will NOT be reduced (there is no insulin around in the first place)!

Once in ketosis it is not necessary, technically speaking, to maintain absolute zero carbs or low protein. But it is still better if you want to reap the greatest rewards. Besides, assuming you are training hard, you will still want to follow a cyclic ketogenic diet where you get to eat all your carbs, fruit and whatever else, every 1-2 weeks, anyway.

Don't be mistaken; 'done right' does not make ketogenic dieting easy or fun for the culinary acrobats among you. They are probably the most restrictive diets you can use and not an option if you don't love animal products. Get out your nutritional

almanac and work out an 20 : 0 : 80 protein: carb : fat diet. Yeah, its boring. As an example, your writers daily ketogenic diet is 3100

Calories at 25 : 0.5 : 74.5 from only:

10 xxl Whole Eggs

160ml Pure Cream (40% fat)

400g Mince (15% fat)

60ml Flaxseed Oil

30g Whey Protein Isolate

## **Ketogenic Foods That You Can & Should Eat:**



Lemons & Limes

Herbs

Unsweetened Coffee and Tea

Avocados

Berries

Eggs

Meat and Poultry

Fish

Seaweed

Cheese

Plain Greek Yogurt and Cottage Cheese

Coconut Oil

MCT Oil

Olive Oil

Olives

Shirataki Noodles

Coconut Milk

Dark Chocolate and Cocoa Powder

**Low-Carb Vegetables like:**

Spinach  
Cucumber  
Celery  
Parsley  
Cilantro  
Watercress  
Bok Choy  
Broccoli  
Sprouts  
Cabbage  
Kale  
Cauliflower

**Nuts and seeds**

Walnuts  
Almonds  
Macadamia nuts  
Pumpkin  
Chia seeds

**Foods To Avoid:****Grains and Starches**

Breads  
Pasta  
Rice  
Potatoes  
Oats  
Flour

**Alcohol**

Beers  
Ciders  
Liqueurs

**Sugar**

Fruit Juices  
Ice Cream  
Cookies  
Pastries

Sodas

## Supplementation?

There are a number of supplements that assist in making Ketogenic diets more effective.

However, many popular supplements would be wasted. Here is an overview of the main ones:

Chromium and ALA, while not insulin 'mimickers' as many claim, increase insulin sensitivity resulting in lower insulin levels, higher glucagon and a faster descent into deeper ketosis.

Creatine is a bit of a waste - at most, 30% can be taken up by the muscles that, without glycogen, cannot be meaningfully 'volumised'.

HMB (if it works) would/should be an excellent supplement for minimising the catabolic period before ketosis is achieved.

Tribulus is excellent and comes highly recommended as it magnifies the increased testosterone output of a ketogenic diet.

Carnitine in L or Acetyl-L form is an almost essential supplement for Ketogenic Diets.  
L-

Carnitine is necessary for the formation of Ketones in the liver.

Glutamine, free-form essential and branched-chain aminos are worthwhile for pre and post training. Just don't overdo the glutamine as it supports gluconeogenesis.

ECA stack fat burners are very useful and important though don't worry about the inclusion of HCA.

Flaxseed oil is a great but do not think that you need 50% of your calories from essential fatty acids. 1-10% of calories is more than sufficient.

Omega-3 – Said to be a staple in keto diets due to all of the omega 6 fatty acids you need to consume on the keto diet.

Whey Protein is optional - you don't want too much protein remember.

A soluble fibre supplement that is non-carbohydrate based is good. But walnuts are easier.

## **The Facts and Misconceptions About Ketosis and Ketoacidosis**

The break down of body fat into fatty acids has as one of its side effects the formation of what is known as ketones. These acidic bi-products of fat metabolism have the tendency of raising the body's acidity level when they accumulate in the bloodstream and can degenerate into certain health conditions.

One way through which ketones can accumulate in the bloodstream is through the use of ketogenic diets. Ketogenic diets such as the popular Atkins Diet are of the view that carbohydrates are the major cause of weight gain and are therefore designed to limit the amount of carbohydrates consumed daily in their diets.

Carbohydrates are generally digested to produce glucose, which is considered to be the preferred energy source for the body as it is a faster burning energy. Although the body is capable of metabolizing muscle and liver glycogen (a mixture of glucose and water) as well as body fat deposits to produce energy, it prefers to get it from high glycemic index carbohydrates.

The initial phase of a ketogenic diet usually involves an acute deprivation of glucose designed to force the body to exhaust its own available glucose to a significantly reduced level that finally compels it to switch to burning its fat deposits for energy.

At this stage of a ketogenic diet, the rate of lipolysis (break down of body fat) increases drastically to push the body into a state known as ketosis in order to meet its energy demands.

Ketosis is a state or condition in which the rate of formation of ketone bodies (byproducts of the break down of fat into fatty acids) is faster than the rate at which they are being oxidized by body tissues.

Under normal conditions, ketone bodies are quickly oxidized to water and carbon dioxide but the increased accumulation during a state of ketosis makes their oxidation very difficult. However, the elevated accumulation of ketones in the

bloodstream generally leads to increased body acidity forcing the body to attempt using its water reserves from its cells to flush out the accumulated ketones.

Ketogenic diets are therefore designed to achieve two very important weight loss goals which are: the reduction of insulin production due to the resultant low blood sugar levels; and also the state of ketosis which increases the rate of lipolysis (fat break down). The combination of these two factors makes the use of a ketogenic diet a very effective means of achieving rapid weight loss.

Unfortunately, there has been some mix up concerning the state of increased ketone accumulation in the body. This is partly due to the fact that a lot of people fail to realize that apart from the ketosis effect of ketogenic diets, one other physiological condition can equally cause increased ketone accumulation.

Besides ketosis, ketoacidosis is the other condition that can cause an increased ketone accumulation. While there is no doubt that both conditions lead to increased accumulation of ketones and therefore acidity of the body, the precipitating conditions are however very different.

Ketoacidosis (also known as Diabetic Ketoacidosis - DKA) is a serious condition whereby ketone bodies accumulate in the bloodstream of Type I Diabetic persons due to the inability of the body to produce sufficient amounts of insulin. This condition is worsened by an increase in counter-regulatory hormones.

Insulin deficiency in a diabetic person leads to hyperglycemia - an abnormal rise in blood sugar levels that can be as high as four times the normal amount of sugar in the bloodstream. In a normal individual, when there is an abnormal rise in blood sugar levels, more glucose is filtered by the glomeruli of the kidneys than can be reabsorbed by the kidney tubules, resulting in glucose excretion in the urine.

Hyperglycemia in and of itself is not that lethal but the side effects can be life threatening as it generally results in glycosuria (presence of glucose in the urine), increased urination, and dehydration. The loss of glucose in the urine generally leads to weakness, fatigue, weight loss, and increased appetite.

The continued excretion of glucose from the urine and the dehydration makes the body to become severely starved of energy. To bring the situation under control, the body may on the one hand continue excreting glucose in the urine causing a more serious condition, Hyperosmolar - Hyperglycemia State (HHS) - which has a known mortality rate of about 15% in people with this condition.



On the other hand, the body may begin breaking down more triglycerides (stored body fat) as a way to produce more energy to control the situation. However, this increased lipolysis (release of fatty acids and ketones from fat cells, muscle tissues and the liver) causes an elevated accumulation of ketones (the bi-products of fat break down) in the urine and bloodstream raising the acidity of the blood. The combination of hyperglycemia and acidosis (abnormal increase in blood acidity) is what is known as Diabetic Ketoacidosis - DKA.

Therefore, while there is actually an elevated amount of accumulated ketones in both conditions, there is however an increased blood sugar level in the state of ketoacidosis. Ketoacidosis can actually degenerate to hyperventilation causing subsequent impairment of central nervous system functions which can lead to coma and death.

It needs to be emphasized therefore, that dieters using ketogenic diets need to ensure that they drink a lot of water so as to reduce the increased acidity level of the body caused by the ketone accumulation. This also helps to flush out the accumulated ketones and to maintain a state of proper hydration.

In summary, while ketosis is caused by low blood sugar levels, ketoacidosis is however caused by increase blood sugar levels. Although ketone accumulation in the bloodstream and urine may be present in both conditions, their causes are however poles apart.

In the long term, using the principles of a low-carb diet can maintain healthy weight loss.

Many people find low-carb diets much easier to stick to than 'traditional' diets, and therefore are less likely to fall back into old habits and put the weight back on. Low carb diets are partly easier to stick to as they don't leave the person hungry (you will eat as much and often as you feel you need to as long as you follow the principles - so no portion control.)

Many low carb dieters also love the fact that food is tempting and satisfying – including sumptuous lean steaks, olive oil on your salads, delicious omelettes for breakfast and even desert (low sugar of course!)

## **Improve Your Quality of Life With a Ketosis Diet**

In our image-conscious society, we associate 'diet' with 'getting thinner.' There is no doubt the ketosis diet is a highly effective means of achieving weight loss. However, ketosis dieters also experience increased energy, greater confidence and even more enjoyment of food - so it really can improve overall quality of life.

There are many misconceptions about the word 'ketosis'. However, ketosis is simply the name for when the body starts turning to fat for energy. This is why it is a highly effective way to shed excess pounds fast.

The name comes from ketones, the molecules generated during fat metabolism. When we reduce the amount of carbohydrates in our diet, our bodies turn to fat for energy, generating ketones.

There are many low carb diets around, but what differentiates the ketosis diet is that it is designed to bring the body to a state of ketosis. The diet is a means of effectively zapping excess body fat, leading to a more toned, shapely figure and the feeling of confidence which comes with being in better shape.

Weight loss, feeling lighter and increased energy are key indicators of the improved enjoyment of life experienced by those on the ketosis diet.

In the longer term, the principles of the low carb diet can help maintain a sensible weight. This is one of the key reasons this diet can improve long term quality of life - it's not about depriving yourself, only to put all the weight back on when the diet is 'finished.'

Last but not least, a low carb diet can introduce you to a world of culinary delights - in other words, a diet where you can still enjoy food! In western diets, carbohydrates such as pasta, bread and potatoes often provide the 'stodge' that fills us up at mealtimes. With carbs removed, meals are replaced with high energy proteins and nutrition rich low carb vegetables.

We are encouraged to enjoy sumptuous meals such as omelettes for breakfast, delicious fish for lunch and juicy steaks or chicken for dinner with luscious salads, spinach, aubergines or asparagus to name but a few. The regular pasta dish that was once your dinner-by-default will seem tame.

Low carb diets are increasingly popular among people who want to maintain a healthy weight, feel more energetic and enjoy improved quality of life.

## **Five Benefits You Need To Know About The Ketogenic Diet Weight Loss System**

One of the hottest approaches in weight loss that is sweeping the industry is the idea of ketogenic diet weight loss programs. These are extreme low-carb diets where the

aim is to be in a state of ketosis, meaning that the body is burning fat as fuel as opposed to glucose. This state is achieved, largely, by simply depriving the body of glucose via the food source is available through the dieters nutritional plan.

This is a diet approach that works for many people, and here are 5 benefits of ketogenic diets that you may not be aware of.

1 - Being in ketosis allows the body to process fat and use it as fuel in a way that no other state allows as easily. Carbohydrates are much easier to convert and use as fuel, so when you are providing plenty of these to your body, you need to burn and use all of those before your body will finally begin converting and using fat as fuel!

2 - Another benefit of being in a state of ketosis is that excess ketones are not harmful to your system in any way whatsoever. Any ketones that you create which are not needed by your body are simply excreted through urine, easily and harmlessly. In fact, this excellent benefit is the reason why you can check whether you are in a state of ketosis using urine testing strips in the morning.

3 - When your body gets used to being in ketosis, it will actually begin to prefer ketones to glucose. This is the ideal state that you want your body to be in - no longer craving sugar whatsoever, and in fact preferring protein as a fuel source as opposed to sugar.

4 - Another benefit of ketogenic diet weight loss is that being in a ketogenic state is very useful for controlling insulin levels in the body. Insulin is one of the substances that makes you crave food, particularly for its high in sugar, and so controlling it to healthy levels is one of the key elements of weight loss.

5 - Last, but certainly not least, is that the majority of people who take advantage of ketogenic diet weight loss report that being in a ketogenic state makes them feel significantly less hungry than when they are in a non-ketogenic state. It is much easier to stick to a diet – any diet - when you're not fighting cravings and hunger every step of the way. In fact, hunger pangs can often be the thing that derails a person's best efforts!

Not having to deal with them makes it easier to meet your goals, all the way around. Now that you are aware of all of the weight loss benefits of being in a state of ketosis, it makes sense that you would at least give this approach a try - after all, what do you have to lose except weight?

**What Do You Do If Keto Isn't For You?**

One final thing to consider with this keto tip is that many people, regardless of their current health status, will find that they struggle to stay on the ketogenic diet. In this case, it is best to experiment with different foods and macronutrient ratios until you create a sustainable way of eating that works best for you and gets you the results you want.

For some people, the ketogenic diet will be ideal from a health and lifestyle perspective. For others, a paleo diet or a Mediterranean diet may work better. Don't just focus on weight loss, focus on creating a healthy lifestyle that you can follow for the rest of your life.

## Conclusion

Ketogenic diets offer a host of unique benefits that cannot be ignored if you are chasing the ultimate, low bodyfat figure or physique. However, they are not the most user friendly of diets and any 'middle ground' compromise you might prefer will be just the worst of all worlds. Your choice is to do them right or not at all.



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## Sources:

\*We compiled this information as an overview of urinary tract infections and surrounding topics. We gathered the info from various sources from the internet which we will link down below. If you want to know more, please do more research.

Thank you so much for reading, we hope you found this information helpful and if you would like to contact us for any reason regarding this e book or the test strips we provided, please email us: [support@jnwdirect.com](mailto:support@jnwdirect.com).

## Links:

[mayoclinic.org/diseases-conditions/urinary-tract-infection/symptoms-causes/syc20353447](https://www.mayoclinic.org/diseases-conditions/urinary-tract-infection/symptoms-causes/syc20353447)

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[healthline.com/nutrition/uti-home-remedies](https://www.healthline.com/nutrition/uti-home-remedies)

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[medicalnewstoday.com/articles/318048.php](https://www.medicalnewstoday.com/articles/318048.php)

[healthlyline.com/home-remedies-for-uti/](https://www.healthlyline.com/home-remedies-for-uti/)

*If you would like the large color chart associated with your test kit please contact me (Nathan) at [support@jnwdirect.com](mailto:support@jnwdirect.com), tell me the product you bought and I will attach the correct large color chart for printing. If you have any other questions please just send me an email.*

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