

WILDFIT[®]

“I am in ketosis, why am I not releasing weight?”

I KNOW THIS IS FRUSTRATING! You feel like you are doing everything right in Spring but not receiving the weight release pay off you are looking for. Here are the top 10 reasons you might not be losing weight while in Spring. Go through the list carefully and make sure you are not missing something!

1. You're Not Actually in Ketosis
2. You're Eating Too Much Protein
3. You're Missing Hidden Carbohydrates
4. You're Eating Too Much
5. You're Not Eating Enough
6. You're Getting Too Much Exercise
7. You're Experiencing Stress
8. You're Not Sleeping Enough
9. You Have Food Sensitivities
10. Leptin Resistance

1 YOU'RE NOT ACTUALLY IN KETOSIS

Have you been following along in Spring for a while but have no idea if you're in ketosis? This is where testing your ketone levels comes in. You'll only truly know whether you're in a ketogenic state when you test your ketone levels. So how do you test your ketones?

There are three ways to get accurate measures:

- Urine testing
- Breath testing
- Blood testing

Urine Testing

A urine strip indicates the ketones by color. While this type of testing is the most affordable, it does not always yield the most accurate results. **Urine tests only measure ketones leftover by your body. When your body becomes more adapted to ketosis, it will be using more of the ketones — meaning you may not have any signs of ketones in your urine at all.



WWW.GETWILDFIT.COM

Copyright © 2020 by Eric Edmeades | WILDFIT All rights reserved.

Breathe Testing

Breathe testing is considered a little more reliable than urine testing, but still not the most accurate. Breathe testing can be done by blowing into a Ketonix mixer which then gives you a reading based on the level of acetone it detects (more acetone = good).

Blood Testing

Blood testing is the most accurate way to measure your levels of Beta-hydroxybutyrate (BHB) or 'ketone molecules'. All it involves is a simple prick of the finger with a blood meter. If you're not losing weight on the ketogenic diet, the first checkpoint is whether you're even in ketosis. If you have that covered, there are a few other reasons you may not be losing weight.

2 YOU'RE EATING TOO MUCH PROTEIN

One of the most common mistakes you can make when starting a keto diet is eating too much protein. There's a good chance you need less protein than you think. All you need for protein intake is just enough to help your muscles recover. Too much protein will prevent your body from being in ketosis because of a process called gluconeogenesis (a metabolic process that converts excess protein into glycogen and keeps your body reliant on the energy derived from glucose.) If your protein intake is too high, your body will convert it to glucose before it looks for fat for energy. Tracking your intake and calculating your macros (quantities of carbohydrates, proteins and fats consumed) can be very helpful when determining the ideal amount of protein for your individual needs. If you don't want to calculate your macros, simply understand that if you are not that active, in a growth phase (breaking down and rebuilding muscle) or have a slower metabolism (due to age or illness) you need less protein. Keep protein percentage of total calories between 20-25%. Here is a healthy range:

- If you're someone who's sedentary, a good rule of thumb is 0.6-0.8 grams of protein per pound of lean body mass.
- If you're moderately or lightly active, stick with 0.8-1.0 grams per pound of lean body mass
- If you lift weights, you'll probably need to be in the 1.0-1.2 grams per pound of lean body mass.

3 YOU'RE MISSING HIDDEN CARBOHYDRATES

Foods such as middle veggies and nuts can still have a higher carbohydrate count than you think. Nuts can be eaten with caution. Too much can increase both your carb intake and energy intake without you realizing it. Since food options may seem limited in this season, one of the common mistakes people make is the over-consumption of nuts (sweetness and satiety). Veggies on the IN SEASON list with higher carbs are found in some cruciferous vegetables including cabbage, cauliflower, broccoli, brussel sprouts, and well as fennel- this is part of why varying the veggies you eat in Spring is so important. So what can you eat to stay in ketosis? Healthy fats (especially saturated and monounsaturated fats) are the cornerstones of this season. If you want a quality results, you'll need abundant sources of high quality fats.



WWW.GETWILDFIT.COM

Copyright © 2020 by Eric Edmeades | WILDFIT All rights reserved.

4 YOU'RE EATING TOO MUCH

Another major mistake some people make when starting is thinking they can eat an endless amount of fat. (downing almond butter fat bombs the way you used to use bonbons!) This creates an extreme surplus of energy (aka calories). To give you an idea: one pound of body fat contains roughly 3500 calories. This would lead us to the conclusion that cutting 500 calories a day for a week would result in roughly one pound of weight loss. This golden oldie of a rule still applies when looking for specific results! Fats contain over twice the amount of calories as carbs or proteins, so it's crucial that you count how many grams of fat you're actually eating and remain mindful of your intake. NOT FOREVER, just if you are really struggling and want to find out what you can do SPECIFICALLY to start weight release. Once you have a Spring diet plan that works for you (every human needs a diet just like every other animal!) the guess work is gone and you have no more need for counting! Ketosis does not guarantee weight release- you need to consider overall consumption too. You can use the [Perfect eto Macro Calculator](#). It takes into account your age, height, weight, body fat, activity levels and overall goals in general to come up with how much of each macro you should eat.

5 YOU'RE NOT EATING ENOUGH

Not getting enough calories can be an issue for optimal weight loss. In addition to your metabolism slowing down, your body automatically slows itself down to conserve itself in response to inadequate energy levels or excessive exercise. If you go to the extremes and create a deficit too large, your metabolic rate will drop a significant amount in order to protect organs and normal bodily functions. Make sure you've created a deficit that your fat stores can still cover, otherwise your body will begin to use lean mass to get the energy it needs. For many of us- just by shifting the way we eat to WildFit we create this healthy deficit (more veggies= more fiber and less empty carbs), however some can go too far. Again, that golden number of 500 calories usually works.

6 YOU'RE GETTING TOO MUCH EXERCISE

You know the saying 'too much of something can be a bad thing'? That applies to many things, including exercise. Exercise is crucial in terms of improving overall health, however, there is a limit for everyone. In a battle between your willpower and your biology, your biology will always win. You'll end up overeating to compensate for the excess calories burned. While all effective exercise creates some type of acute inflammation, chronic exercise can create systemic, internal inflammation as well as oxidative stress. Examples of this would be endurance running, cardio queens (you know who you are), excessive weight lifting without recovery time, etc. Stick to the daily recommended intentional movement with short sessions of aerobic activity and lots of stretching- AND DEEP BREATHING!

7 YOU'RE EXPERIENCING STRESS

When we're stressed out, our body produces cortisol. Cortisol is a hormone responsible for storing fat around your stomach area and can make weight loss a challenge. Cortisol also has the ability to channel glucose to the muscles during the body's response to stress, leaving less fuel for the brain. While it's often contributed to undesirable symptoms such as acne or weight gain, cortisol is necessary for our survival.



WWW.GETWILDFIT.COM

Copyright © 2020 by Eric Edmeades | WILDFIT All rights reserved.

It plays a major role in keeping us alert, awake and motivated. The issues start to kick in when cortisol production becomes chronic and too high. Having trouble managing your stress levels? Spring is filled with anti-inflammatory foods that would be the first step in reducing chronic cortisol levels. They will also help improve your sleep. Do your breathing exercises more often, and try to troubleshoot the stress in your life and reduce it. Attachment to your weight release also triggers stress- truly, focusing on the positives (taking time to fuel your body well, recover from years of damage, vibrant new shiny cells, investing in your older years, etc.) with gratitude REALLY REALLY helps.

8 YOU'RE NOT SLEEPING ENOUGH

Often an underestimated factor, not sleeping enough can stall or prevent weight release. Lack of sleep can throw off your circadian rhythms and mess with your body's biological clocks. All of your organs are set up for certain timing and messing with your sleep can put you at a severe disadvantage. Maximum fat loss can only be achieved with adequate sleep. Sleep has been shown to be a contributing factor in the balance of hormones — especially hunger hormones. Ghrelin (the hormone that makes you feel hungry) and leptin (the hormone that makes you feel full) are both affected by lack of sleep. Your ghrelin goes up and your levels of leptin go down when you don't get enough sleep, both of which are bad news!

9 YOU HAVE FOOD SENSITIVITIES

Even if you are following your macros, something may still seem off. Many people have food sensitivities that they don't even know of. When your body is sensitive to a particular property in certain foods, it can cause imbalances in the gut — which then leads to overall inflammation. From there this inflammation may cause a multitude of chronic diseases in addition to weight gain. We have eliminated all of the common ones in Spring, but some still exist. Nightshades are a particular family that cause inflammation (tomatoes, eggplant, peppers). Eggs, nuts and seeds can also cause sensitivities in people. If you think you may be sensitive to a certain food, it's important to experiment and pay close attention to what foods make you feel better or worse.

10 LEPTIN RESISTANCE

Leptin is a fat-controlling hormone that tells your brain that there are enough fat cells present, so you get a signal telling your brain you're full once you eat. Leptin is produced by fat cells in the body. It's mainly responsible for regulating how many calories we eat, how many we burn and how much fat we carry on our bodies. It sends the brain signals that they're not satiated and they don't have enough energy, causing them to search for more food. Leptin resistance is when you have plenty of leptin, but the messages aren't being received. The major causes of leptin resistance include funky sleep patterns, a diet full of processed foods, overeating, stress, calorie restriction and starvation mode. Systematically reversing these causal factors will also reverse leptin resistance, but it can take some time. Just take this into consideration when wondering about which of the hungers you are feeling.



WWW.GETWILDFIT.COM

Copyright © 2020 by Eric Edmeades | WILDFIT All rights reserved.

SO WHERE DO YOU STAND?

If you have read and understand this article, you know how you need to proceed. Use a macro nutrient calculator to get an idea of how much you need to be eating each day and what the macro nutrients should be. Ideally your diet is currently 70-80% calories fat, remembering that fat is twice as nutrient dense as both carbs and protein, so you maybe don't need as huge a quantity as you think. Look at the energy in the foods you are eating (calories) for a few days to understand if you are eating with a weight release deficit (around 500 calories a day) for a healthy activity level considering your age, gender and height. Aside from looking at the energy in foods, eat them carefully to determine if you have any remaining food sensitivities using the [pulse test](#) or blood work. I hope that this is helpful in your quest to release. Remember that a WildFit coach is always there for you if you need support navigating a proper diet for Spring, so reach out to a WILDFIT Coach for a private session.

Wellness and Blessings to you.

Article adapted from www.perfectketo.com



WWW.GETWILDFIT.COM

Copyright © 2020 by Eric Edmeades | WILDFIT All rights reserved.