



WILDFIT[®]

BACK TO SPRING

SPEEDBUMPS

Alright everyone, as we move into week 6 we have some more speed bumps to be aware of. Your body is switching gears, from sugar burning into fat burning metabolism. Some bodies do this seamlessly, while for others, it takes lots of energy (they have more metabolic resistance).

IN ORDER TO FLIP THE SWITCH QUICKLY, THERE ARE A FEW THINGS YOU CAN DO TO ENHANCE THE PROCESS.

- 1. Eat lots of coconut oil- it contains fats called medium-chain triglycerides (MCTs).** Unlike most fats, MCTs are rapidly absorbed and taken directly to the liver, where they can be used immediately for energy or converted into ketones.
- 2. Eat more fat in general, to let the body know this is your fuel for now.** Good fats like olive oil, avocado oil, eggs, fatty fish, nuts, chia seeds are all good sources. Keep in mind, fat is a very high source of energy—so you do not need huge quantities to be getting most of your energy from fat. If you have poor fat digestion (greasy, light colored, foul smelling stools, digestive issues when increasing fat intake- like diarrhea or distended stomach, anemia, gall bladder issues, etc.) You will need to ease into this slowly. Lemon juice in water, or apple cider vinegar in water 15 minutes before meal can help you digest them more easily.
- 3. Take part in intentional movement daily—go for a long walk, stretch, yoga, pilates, swimming whatever works your you.** Sugar is stored in your liver in a form called glycogen. When you exercise, you deplete your body of its glycogen stores. If sugar intake is minimized, glycogen stores remain low. In response, your liver increases its production of ketones, which can be used as fat fuel source for your muscles.
- 4. Increase hydration and minerals in the body.** Your Alkagizer and water consumption increase will have helped immensely with this- however some people need some extra support. Using a mineral stick, drops or stones in your water, adding Sole (www.theartofunity.com/what-is-sole/) to your water, and taking salt baths all help.
- 5. Try eating less frequently.** At this point, many of you will feel less hungry—but keep being aware of your 6 hungers: Give your stomach the opportunity to empty (by eating 3 meals a day and decreasing snacking). This will lower insulin and send your body the message “burn fat”.
 - Keep your thirst topped up with electrolyte (mineral) rich water,
 - Eat lots of different things from the In Season list and try new recipes,
 - Be aware of when your emotional hunger as it comes up, share it with coaches if you need help, and work through it,

- Your blood sugar hunger will flat line as your metabolism switches (which is why you may not feel hungry) and this is normal.

If your Sugar Monster is super loud and obnoxious, are voraciously hungry and is having huge cravings, this means that you need this switch more than anyone. Because it indicates that you may have a serious sugar addiction. It can also mean that you are hosting a large community of bad bacteria in your gut that are also pretty pissed you are taking a vacay from it.

- Your nutrition needs to be satisfied- so even if your body has ample energy (from fat stores) you also need to give your body vitamins, minerals and plant chemicals. So having your Alkagizer and a couple meals each day to provide these things is important.

If you prepare adequately, get good rest and continue to assure your body you are safe (deep breathing) you should avoid keto flu. Keto Flu can sometimes occur as a 'withdraw' from sugar, and is thought to have genetic causal factors. You can likely avoid it by following the steps above.

If it does affect you, these may be your symptoms:

- Nausea
- Vomiting
- Constipation
- Diarrhea
- Headache
- Irritability
- Weakness
- Muscle cramps
- Dizziness
- Poor concentration
- Stomach pain
- Muscle soreness
- Difficulty sleeping
- Sugar cravings

They can last for up to a week, but then subside. By increasing intensity of steps above, you can shorten the period of time you are affected.

REMEMBER! If this is happening in your body, it means you really need this transition to kick your sugar addiction. Put any questions you have into the comments of this post!