



### What is KETOSIS?

For your aggressive diet plan, your provider wants you to go into “ketosis” so that your body will begin using your fat stores for energy. The term “ketosis” simply refers to the elevated level of ketones circulating in your bloodstream. It usually takes **about 3 days** to deplete your body of carbohydrate stores and build up a level of ketones high enough for your body to begin using them for fuel.

### Create a fuel shortage

When you eat less calories than you need, your body will look for your stored carbohydrates. Since you don’t have too many circulating in your blood, the glycogen in your muscle will be used for energy. Once your glycogen stores become depleted, your body gets desperate looking for fuel to keep your brain working, as well as your muscles.

### Using fat for energy

Without lots of carbohydrates left for energy, your body must turn to your fat stores for “emergency” supplies. By metabolizing fat, your body has lots of “free fatty acids” that get transported to the liver to manufacture energy.

### Ketone production

The liver already produces a small number of ketones. These additional fatty acids will make it work overtime, creating extra ketone bodies for your body to use as fuel. By using the ketones circulating in your blood, your body has the energy it needs to think and work.

## Ketosis Q&A

### Is ketosis safe?

Some health professionals believe ketosis is harmful and therefore, discourage adopting diet plans involving ketosis. While a diabetic crisis does involve high levels of ketones, our aggressive diet plans use 1/10 the level that would occur during an extreme event. Research shows that ketones at this level do not cause physical harm. In fact, many people with adult-onset diabetes lose weight successfully and decrease or eliminate insulin requirements.

### How do I know if I’m in ketosis?

Because ketone levels can fluctuate throughout the day, it can be difficult to measure your ketone levels. Instead, monitor your adherence to the diet plan. If you’ve taken all of your supplements, drank plenty of fluids, and avoided eating too many free foods or other foods containing carbohydrates, you can assume your body is in ketosis. Your **results** will provide plenty of proof: decreased hunger, increased energy, and consistent weight loss of at least 2 pound per week.

## About the program

The aggressive diet plan aims to create a gap between the amount of calories you consume and the amount your body needs. At the same time, it is designed to provide adequate amounts of protein while keeping carbohydrate intake levels low. When your diet contains a lot of carbohydrates, your body prefers to use them for energy. Without them, your body must turn to other sources, such as fat and protein, for energy. Your muscle is protected from being used for fuel and your body turns to fat stores instead.