

Getting Fantastic Results

- **Monitoring yourself** – weight is not a reliable measure (only do it weekly), don't become obsessed with the scales, not looking day to day or even week to week with weight, find a pair of pants you really want to fit into and keep testing weekly, take measurements weekly, size loss is more important to your health (BP, blood flow) check in with your practitioner, stay off Google/forums.
- **How you'll progress** - expectation management, more weight loss in first 2 weeks due to water loss, steady into about 1kg/week, won't be linear, focus on size rather than weight, some people stall, some people have to make adjustments, first week can be bumpy (headaches, cramps, cravings, 'keto flu')
- **Trouble shooting** - weight loss stalls (ref your practitioner, fasting, report detail about what you are eating, your measurements, level of fasting), constipation usually settles after a few weeks (psyllium husk or senna tea), keto breath (slow rate of ketosis, brush teeth, use mouth wash, chew mint, usually settles), keto flu (headaches, aches, fatigue – most people don't get it, bone broth in the first 1-2 weeks can stop it, drink plenty of mineral water, add more salt than usual, it will pass), eating out (sensible choices, makes room by fasting before it), handling family and friends (everyone is full of good intentions but terrible advice, don't tell others, listen to us NOT them), emotional eating and cravings (this will get easier pretty soon, talk to your practitioner, increased fat intake plus treats plus acupuncture kills cravings), cramps (because of less salt retention in your body, rare, drink mineral water, take magnesium, will pass), light-headedness almost always due to dehydration – must keep water up (drink mineral water).
- **Beware of 'low carb' foods** – all is not what it seems, MUST check against the 'approved food list'.
- **Involving your doctor** – it's up to you. See other information on medications.