



LIFESOURCE INSTITUTE NEWS

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STAY ON TRACK

- * **Planning** means teaching people what they can and can't eat, and how to be successful with this new ketogenic lifestyle..
- * **Preparing** is the key of being successful with keto. If you don't completely prepare your, mind, body and kitchen for this new lifestyle change, it will not be easy to stick..
- * **Persistence** have a large recipe index for when you don't know what to cook.. Even though there is 1000's or keto diets on line you will try to find the few that are good tasting and convenient for you to make. I have a keto fat bomb list, a must have keto list..
- * **Last** using the carb manager app will help you stay within your keto numbers, also it is very important you measure your protein intake, and exercise will never hurt.
- * Remember during this time of COVID 19 we are all here for each other the coaches at LIFESOURCE INSTITUTE will help you bridge the gap between mind body and spirit. Don't worry about cost. Blessings, and may you all remain safe.

KETO DIET: What is it?

The Goal of the Keto diet. Is to get your body into the state of Ketosis and the primary goal is staying there. If you are into the scientific explanation of how your body actually processes glucose and the ketones. Read on.

The Process. If your body is in the state of ketosis, it will produce ketones. The ketones develop from the breakdown of fat in the liver. You may be thinking why isn't the body constantly breaking down the fats in the liver? The answer to that is when the body is producing insulin, the insulin stops the fatty cells from entering into the bloodstream staying stored in the body. With lowering your carb intake, glucose, and blood sugar levels, this is the formula for lower insulin levels.

Resulting In. Allowing the fatty cells to release the excess water they are storing (this is why you first get a drop in water weight) this then allows the fat cells to break down enter the bloodstream and head straight to the liver.

The End Goal. Of the Keto Diet is you do not get into ketosis by starving the body. The goal is you enter ketosis by starving your body of carbohydrates. The truth is every person has a different carb limit that can trigger ketone production.

The Keto Flu. Last approximately one week, benefits of the keto diet outweigh any negative keto flu effects. Most keto flu cases are very mild and again, only last about a week normally the first

week, everyone in most cases experience one or two symptoms. Remember, you are causing shock to your body and making it do something foreign, have patience stay the course.

Keto Benefits. Let me remind you of all the awesome health benefits, weight loss, blood sugar levels improve, increase in good cholesterol, lower risk for cardiovascular disease, lowered blood pressure, protects against some cancers, stabilizes mood, giving you a more efficient brain health by protecting cells from damage, better digestive health, and a noticeable increase in your energy level. Give your new found Keto Diet three to six months you will be glad you did, if done correct the benefits outweigh the risk. If you need help get a functional nutrition coach to help you stay on course.

MUST READ: KETO ANSWERS: Simplifying Everything You Need to Know About The World's Most Confusing Diet. By Anthony Gustin & Chris Irvin

ASK THE COACH?

Q: COACH BERNARD I'VE BEEN TRAINING TO RUN MY FIRST HALF MARATHON, HAVE RUN A FEW 5k AND 10k RACES BUT MY TIMES ARE NOT GETTING FASTER, WHAT CAN I DO TO IMPROVE. David P. CA

A; GREAT QUESTION, I RECOMMEND A WELL KNOWN TRACK WORK OUT CALLED FOUR, THREE, TWO, ONES. THIS SPEED TECHNIQUE HAS YOU DO FOUR TIMED LAPS AS FAST AS YOU CAN, WITH ONE LAP WALKED BEFORE STARTING THREE AS FAST AS YOU CAN, WITH ONE LAP WALKED BEFORE TWO LAPS AS FAST AS YOU CAN, WITH ONE WALKED ONE LAP AS FAST AS YOU CAN WITH ONE WALKED, DO THIS TWICE A WEEK WITH AT LEAST ONE OR TWO DAYS IN BETWEEN SPEED WORK OUTS SO NOT TO INJURE YOURSELF. IF YOU NEED FURTHER EXPLANATION PLEASE CONTACT ME AT LIFESOURCEINSTITUTE.COM

THANKS KEEP SENDING IN THE QUESTIONS ON THE SUBJECT OF MIND, BODY AND SPIRIT.