



# LIFESOURCE INSTITUTE NEWS

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## Why Buy Keto Supplements That Work?

### Inside this issue:

SINCE THE KETO	1
WE FOUND THAT	2
THE TOP 5	3
THE BODY	4
ASK THE COACH?	

### STAY ON TRACK

#### STAY ON TRACK

- \* **Monitoring** is very important to a health industries reputation which is backed by a third-party monitoring organization that independently monitors and tracks the reputation of the company.
- \* **100% Money Back** this guarantee is offered by most companies, all are not the same some are definitely better than others. A very strong guarantee shows the pride and confidence that the manufacturers have placed in their products.
- \* **Testing and Transparency** that being said, manufacturers need to have independent quality control testing, so they have a way of knowing their products are safe, and effective. To establish your company as a transparent and open company providing the customers with as much information as possible.
- \* **Last** the COVID pandemic has changed many things, yearly physicals, the amount of in house time, and most eating habits, some of these changes have not been for the best. Please consult health care professionals use tele medicine so not to let possible problems with your health linger and get worst.
- \* **Remember** during this time of COVID we are all here for each other the coaches and counselors at LIFESOURCE INSTITUTE will help you to bridge the gap between mind, body and spirit. Don't worry about cost if that is the only hold back, we can work with any budget. Blessings, and may you all remain safe.
- \* **Disclaimer:** As a service to our clients or readers, LIFESOURCE INSTITUTE provides access to our library of archived newsletters. None of the content on this site, regardless of date, should ever be used as the substitute for medical advice from a doctor or qualified clinician.

Since the keto diet seems to be growing in popularity, many manufacturers falsely claim that their keto supplements are better than their competitors. For the most part, this is not true. It would help if you genuinely did your research when finding a true keto supplement winner. A coach will help you if you ask. Most coaches will only advise you on supplements backed up with all-natural, non-pharmaceutical daily ketosis supplements with ingredients backed by science. I recommend doing your homework regarding this quest for total keto success. It is crucial to avoid fake supplements and products claiming instant keto success.

We found that most of the ketogenic supplements sold did not have the necessary

ingredients to make it on our list of products of the highest quality and effective enough to bring the most significant results. This practice is so misleading, and these companies think by just putting the words "Keto" on the bottle, consumers will purchase their product. This practice is deplorable and just simply wrong.

**The top 5** ingredients to look for when buying the most effective keto supplements to stay in ketosis. 1. It must contain three of the four ketone salts (Potassium, magnesium, calcium, and sodium), 2. 1,800 to 2,000 mg of exogenous ketones derived from Beta-Hydroxy-butyrate (BHB), 3. It should have MCT

Oil which aids in proper weight management and assist with cravings, 4. Must not have proprietary blends that weaken the total effectiveness, and 5. To increase the bioavailability of the main ingredients, essential in highlighting the supplement's benefits, BioPerine® is a must.

**The body** goes into ketosis using ketones instead of glycogen or glucose for energy. With the insertion of BHB boosting ketosis, your body burns fat for energy. By decreasing carb intake, the body is forced to receive power from other sources stimulating the lipase enzyme to release fat from fat cells. Last, the liver breaks down the fatty acids, releasing ketones like BHB into the bloodstream, completing the process of ketosis.

**MUST READ: END YOUR CARB CONFUSION BY ERIC WESTMAN AND AMY BERGER**

### ASK THE COACH?

**Q: COACH BERNARD: ON THE SUBJECT OF KETO, HOW MANY CARBS A DAY SHOULD BE EATEN TO REMAIN IN KETOSIS? PARKER .B. UK**

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A; GREAT QUESTION: PARKER, THE ANSWER IS UP TO THE INDIVIDUAL THE RULE OF THUMB IS 35 CARBS A DAY BEING 25 NET CARBS BASED ON 10 BEING FIBER, ONCE YOU ARE IN KETOSIS OVER THE NEXT 3 TO 6 MONTHS, TO REMAIN IN KETOSIS YOU MAY HAVE TO DROP DOWN TO 20 NET CARBS A DAY. REMEMBER YOU MUST KEEP STRESS TO A MINIMUM, INCREASES IN YOUR CORTISOL LEVELS CAN KEEP YOU OUT OF KETOSIS, SO PROVIDE YOURSELF WAYS TO DE-STRESS, WITH MEDITATION, AND LOW IMPACT EXERCISE. REMEMBER EVERYONE IS DIFFERENT SOME NUMBERS ARE GOOD FOR SOME AND OTHER NUMBERS ARE GOOD FOR OTHERS, SO WHAT EVERY THAT NUMBER IS TO KEEP YOU IN KETOSIS FOR THAT TOTAL KETO SUCCESS. GOOD LUCK TO YOU WISHING YOU LOTS OF SUCCESS IN YOUR KETO JOURNEY. PARKER, I HOPE THIS HELPS? COACHES AT LIFESOURCE INSTITUTE CAN LEAD YOU DOWN THE ROAD YOU ARE LOOKING TO TRAVEL DEALING WITH BRIDGING THE GAP BETWEEN SPIRITUAL AND PHYSICAL WORLDS WITH THE INTENT OF HEALING BOTH MIND, BODY AND SPIRIT. MORE QUESTIONS CONTACT BERNARD@LIFESOURCEINSTITUTE.COM IF YOU NEED FURTHER. THANKS AND KEEP SEND-ING IN THE QUESTIONS ON THE SUBJECT OF MIND, BODY AND SPIRIT.