

Getting Started on the Ketogenic Diet

Step one: Talk to Dr. Khalsa about whether he thinks this diet is right for you.

Step two: Watch Dr. Khalsa's videos explaining the diet and read the supporting literature

Step three: If you need more information, go to one of the resources that Dr. Khalsa recommends:

- A. Read the book KetoClarity by Jimmy Moore.
- B. Start listening to the podcast "Ketotalk" which you can download through Itunes or at the link below.
- C. Here are some other websites that have information about the Ketogenic diet:

<http://ketotalk.com/>

<https://docmuscles.com/>

<https://www.adaptyourlife.com/>

<http://www.dietdoctor.com/>

<http://www.healthfulpursuit.com/>

<https://authoritynutrition.com/23-studies-on-low-carb-and-low-fat-diets/>

Step four: Consider buying all or some of the following equipment:

- A. True Test Diabetes test kit - \$35 on Amazon – includes testing device and 100 test strips
- B. Ozeri Pronto digital food scale - \$11 on Amazon
- C. Health o Meter Digital measuring tape - \$11 on Amazon
- D. Some way of measuring ketones
 1. Keto urine strips - \$10 on Amazon – only good for first month
 2. Ketonix breath analyzer - \$150 – no ongoing costs – easiest to use
 3. Precision extra Blood ketone strips and measuring device. Device \$25. Test strips expensive - \$2.50 each from Canadian Pharmacy: www.universaldrugstore.com

Step four: Decide on a start date and take several measurements:

- A. Weight
- B. Body fat percentage (Dr. Khalsa can do this at the office)
- C. Waist measurement
- D. Other body measurements – optional

Step six: Get blood work done before you start for baseline values:

- A. CBC – many blood indicators including fasting glucose
- B. Basic Metabolic Profile
- C. Cardio IQ Profile (Cholesterol, Triglycerides, Breakdown of LDL particles)
- D. A1C Hemoglobin (90 day average of blood sugar)
- E. Fasting insulin – determines insulin resistance

Step seven: Review blood results with Dr. Khalsa

Step eight: Start the diet. Write all foods you eat in food diary.

Step nine: While on diet, you will be checking your own levels on a regular basis:

- A. Daily – ketone levels for first two weeks, then less depending on cost and device
- B. Daily - fasting glucose for first two weeks, then twice a week
- C. Weekly – weight, body fat, waist and other measurements
- D. Monthly or every other month: blood tests

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