

Deborah Murtagh's

The Ketogenic Switch



Physical Switch

The Ketogenic Switch

DISCLAIMER

Please note that while the ketogenic diet is a healthy, natural diet using whole foods, there are some cases where it may not be appropriate. If any of the following medical conditions apply to you, please do NOT undertake a ketogenic diet : Carnitine deficiency (primary), Carnitine palmitoyltransferase (CPT) I or II deficiency, Carnitine translocase deficiency, Beta-oxidation defects, Mitochondrial 3-hydroxy-3-methylglutaryl-CoA synthase (mHMGs) deficiency, Medium-chain acyl dehydrogenase deficiency (MCAD), Long-chain acyl dehydrogenase deficiency (LCAD), Short-chain acyl dehydrogenase deficiency (SCAD), Long-chain 3-hydroxyacyl-CoA deficiency, Medium-chain 3-hydroxyacyl-CoA deficiency, Pyruvate carboxylase deficiency, Porphyrria.

Please consult your doctor before implementing a ketogenic diet if you have any of the following conditions: a history of pancreatitis, active gall bladder disease, impaired liver function, impaired fat digestion, poor nutritional status, gastric bypass surgery, abdominal tumors, decreased gastrointestinal motility, a history of kidney failure, pregnancy and lactation.

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Welcome

Congratulations on taking this monumental step towards a healthier and happier you! Over the past 20 years I have helped a significant number of women achieve their health and weight loss goals. The programme you are embarking on is the culmination of my life's work and passion – I know it works and I know it will work for you, too.

We all want to live the best possible life and with this unique holistic programme, my mission is to help you do just that; to live a phenomenal life. No matter how big your goals are, or how much weight you want to lose, I am here to mentor you and hold your hand throughout your journey.

The Ketogenic Switch is designed to support you physically, mentally, emotionally and spiritually. From over two decades of transformational coaching, there is one thing I know to be true when it comes to weight loss and fulfilling our true potential: the more work you do on the 'inner' you, the better results you'll achieve on the 'outer' you. We are truly an outer expression of our inner self, and this journey is as much about learning to truly love yourself as it is about weight loss. This means the more time and energy you put into developing yourself spiritually and emotionally, the more you will achieve on this programme and in all areas of your life.

Let the transformation begin!

Lots of love

Deborah Murtagh xox



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ketogenic diet

The ketogenic diet

This is a ketogenic diet, which means your body will produce ketones from stored fat cells to fuel the body. Usually your body converts carbohydrates into glucose, which fuels each cell, but when we consume a diet low in sugars, starches and low-glycaemic carbohydrates, the body doesn't produce adequate glucose for energy. In turn, it will free up stored fat cells and the liver then converts these into ketones, which fuel the body instead.

The ketogenic diet is fast becoming a standard diet in cancer treatment as cancer cells deplete the body of energy by 'stealing' its glucose to fuel the cancer cells. In that sense, sugars and carbohydrates are literally adding fuel to the fire when it comes to multiplying cancer cells. On the flip side, when glucose levels are low and ketones are produced, cancer cells are starved – unlike human cells, most cancer cells cannot survive on ketones.

There's a multitude of possible health benefits which arise from a body that is in a state of what we call 'nutritional ketosis'. You won't feel hungry, your mental clarity will increase and you will have sustained and lasting energy across the day. Sleep may also improve. And, because this is a diet low in sugars and starches, it may also benefit any inflammatory conditions in the body, from general aches and pains, to improvements in symptoms caused by chronic diseases.

It is important to note that this is not a programme that you can 'cheat' on. Why? Because your body is making a metabolic shift into burning fat as fuel, so consumption of additional carbohydrates such as grains, sugars and processed foods will switch your body back to burning glucose as fuel. In the process, this will result in stalling the weight loss process for several days, which is counter-productive and not worth it. Having said that, there are things you can do off the plan that won't interfere with nutritional ketosis, which I'll discuss later.

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ketosafety

Is the ketogenic diet safe?

Absolutely. The ketogenic diet has been studied for decades and study after study has proven the safety and efficiency of nutritional ketosis. Nutritional ketosis should not be confused with diabetic ketoacidosis. Nutritional ketosis generally occurs when carbohydrate intake is less than 50 grams per day, and is a controlled, insulin-regulated process that results in a mild release of fatty acids and ketone body productions in response to a higher fat and lower carbohydrate diet. In this state, blood ketone levels are modest and in the 0.3 to 8 mmol/l range.

Ketoacidosis is a condition in which abnormal quantities of ketones are produced in an unregulated biochemical situation. In order to reach ketoacidosis, the body has to be in a state where it isn't producing enough insulin to regulate the flow of fatty acids and creation of ketone bodies. With diabetic ketoacidosis, ketone levels will reach levels of 15 to 20mmol/l. There is no risk of inducing ketoacidosis when inducing a ketogenic state nutritionally. Even after 20 days of fasting the body will only reach levels up to 10mmol/l, which is within the safe zone.

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Keto flu

There is a healthy way of inducing ketosis – such as by following this guide. However, if the protocol isn't followed correctly, mineral deficiencies that existed *prior* to you starting the programme may result in some unwanted side effects, just as your body is adapting to burning ketones for fuel.

This condition is called keto flu. When you are on a low-carb diet your body will not hold fluid as it usually does, which means it will flush out the key electrolytes sodium, potassium and magnesium. If your body is already deficient in these minerals, it is possible that you may suffer mild leg cramps for a few days while your body adjusts. If your magnesium levels are low, you may also experience fatigue, brain fog, sleep disturbances, skin problems, headaches, heart palpitations, constipation or diarrhoea and weight loss plateaus.

As a precaution I recommend increasing your salt intake (unless you have high blood pressure) and having natural sea salt or Himalayan sal (my preferred option) in your drinking water and on your meat and vegetables daily. I also recommend using a high-quality potassium and magnesium supplement. Please contact us for a prescription if required (see the supplements section in this document). Another option is to consume high-quality, preferably homemade bone broths. You'll find a recipe for this in my *Ketoform* cookbook.

To prevent keto flu, it is extremely important that you follow our advice in keeping your body alkalisied. This is why it is important to consume foods that are high in electrolytes such as dark leafy greens, nuts, mushrooms, salmon, fish, cacao, artichokes and avocado daily. (I cover this in detail in the food plan.)

Keeping the body in an alkalisied and mineralised state is crucial for easing into and maintaining a health ketogenic diet. That said, please remember that while you're adjusting to low-carb eating in the first week, a natural detox will occur, so do not confuse this with the keto flu.

Keto
flu

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Detox

Detox

While most people breeze through the first few days of TKS, around 30% will experience a mild detox during this time. Around a third of these will go through a more intense detox, but rest assured that it passes very quickly and is manageable. More importantly, it's a sign that your body really needs this! To which degree the detox happens, largely depends on your diet and health prior to starting the programme – the healthier your lifestyle was beforehand, the less your body will need to shed toxins and vice versa.

A natural detox occurs when you remove stimulants and processed foods such as coffee, alcohol, artificial sweeteners like aspartame, sugar or flour from their diet. Did you know that sugar activates opiate centres in the brain and is more addictive than cocaine? As your body withdraws from sugar and any of the other stimulants it's common to suffer a mild headache around Day 3 of the programme, which may last a few hours. This can be avoided by drinking 2 to 3 litres of water in the first few days to help flush out toxins, and by getting plenty of rest. I recommend getting to bed extra early on the night of Day 3, and essentially 'sleep it off'.

The important thing to remember when experiencing these symptoms, is to not give in! My promise to you is that the worse you feel, the more your body needs this lifestyle change, and the better you will feel in a short day or two.

In the first two weeks of the programme your fat intake will be at its lowest. The reason for this is twofold. Firstly, as your body is detoxifying your lymphatic system takes on the task of 'mopping up' waste in the body and repairing the immune system. While Western medicine doesn't place much emphasis on lymphatic health, it's crucial in Eastern medicine. Considered the 'sister' to the circulatory system, the lymphatic system contains twice as much body fluid as your blood. Dietary fat and dairy products can clog the lymphatic system – which is why it's best to limit the intake of fat and dairy while your body is detoxifying and cleaning up 'waste'.

The second reason I recommend a lower fat intake in the first two weeks is because we want to get the body to use stored fat, not added dietary fat as fuel to optimise your weight loss success.

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first baby steps

First baby steps

Before you embark on your Ketogenic Switch journey, there is some preparation to do. To avoid feeling overwhelmed, just focus on this list below and don't get too pedantic about being perfect!

The following steps summarise what is required to follow the programme, but please take your time to read through this entire guide, and refer back to it as often as you need to.

1. Print the *Quickstart Guide*, *Physical Switch* and *Mind Switch* manuals and place them into a clear file folder for easy reference. It's also a great idea to print the Ketoform recipe book for added inspiration. Another quick and easy option is to send these documents to a printing business and ask them to: "Please print the attached ebooks by printing the covers in colour, black and white double sided content, a coloured card back, and spiral bound with clear covers front and back."
2. Read all the information in this manual so you fully understand the switch process. Take your time and don't feel you have to master everything in one hit.
3. Ensure that you tick off your entire check list and remove all food temptations from your house (don't eat them or hide them – bin or gift them!)
4. Decide on a start date and prepare your food diary and meal planner.
5. Prepare for your feast days (see the Seven Phases section for details). You should find this pretty easy! Go out for dinner, have pudding and enjoy any food you fancy for a few days. Also start taking your Ketodrops if you decide to use them (they are optional).
6. Prepare your food ahead of time, especially if you have a super busy lifestyle. It's a good idea to purchase your protein along with small zip lock bags and then portion these into 100g serving sizes and freeze them so they're ready to go. You will need 4.2kg of meat for every 21 days of the programme.

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8. Join our [Facebook group here](#). It is a closed group, which means while posts will show on your time line, no one outside the group can see them, and you won't be able to share any posts outside of the group. This page is highly confidential, so please rest assured that it's a safe place for you to share your thoughts. Our main goal with this page is to keep the group a positive place where we encourage and inspire each other. If you have concerns about the programme, please contact us directly rather than posting negative comments.

9. Watch, listen and/or read the relevant *Physical Switch* modules each week and ensure that you do the mind-set work while following the diet. And simply start with week one – there is no need to watch the whole lot in one hit and master everything from Day dot!

10. Fill in your food diary, including your weight loss progress, ketone readings and body temperature each day. Please remember to record your measurements at the bottom of the 'Your Fabulous Results' page on your spreadsheet every 10 days. This is one of the highlights of the physical part of this journey.

11. It is a good idea to take a before photo before you start the programme and during your journey, to monitor your progress and keep you motivated. I suggest taking frontal as well as side on photos.

first
baby
steps

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checklist

While the following items are optional, they are highly recommended. If you're on a budget and cannot afford to purchase some of these please don't feel you won't benefit from the programme!

1. **Psyllium husk** will help regulate your bowel movements and assist in detoxification. You can purchase it ((Ceres brand) from most supermarkets and health stores.
2. Accurate **kitchen scales** that weigh to the gram.
3. **Teas**, including herbal teas, rooibos tea and Senna tea (see drinks list). The latter has a mildly laxative effect to help prevent constipation that may occur in the early stages of the programme.
4. A **journal** for your coaching work – ideally something beautiful that inspires you.
5. We suggest you place a **photograph of yourself** at your healthiest and happiest times thus far in the inner cover of your journal. Or you could choose a realistic image of what you are aspiring to physically achieve from this programme.
6. **Cold-pressed flaxseed oil** (Waihi Bush is a good brand in NZ) and apple cider vinegar (Braggs is my recommended brand). I recommend you use 30ml of *apple cider vinegar* mixed with 1 Tbsp of cold-pressed flaxseed oil each day either as a shot or in a salad dressing to help flush fat cells from the body. If using it as a salad dressing (which most people find more palatable), adding garlic, herbs and/or a little sugar-free mustard will add a delicious flavour.
7. **Vitamin C** is a great antioxidant. It's important that this is pH adjusted otherwise you may not tolerate the 3,000mg daily dose. I recommend the Metagenics brand, however this is a practitioner-only range and will need to be prescribed by our naturopath (see the Supplements section). I also recommend Clinicians (from most pharmacies in NZ), and Ester C (at health shops).
8. **Ketostix**. These are used to monitor ketone levels in the urine. You will need these from Day 3 of your Active Phase. They are available from pharmacies or online (see About ketones).

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seven phases

This protocol is broken into seven simple phases to follow in chronological order. Breaking it down this way means you don't have to master the entire programme all in one go, or right from the start. Take it one step at a time, stay focused on the now and you'll get there before you know it!

The seven phases are:

1. Feast – Day 1 to 2
2. Active weight loss 'detox and fat adaption' phase – Day 3 to 14
3. Active weight loss 'food fat' phase – Day 15 to 21
4. Active weight loss 'healing' phase – Day 22 to 42
5. Stabilisation phase – how to reintroduce foods and maintain loss – Day 43 to 56
6. Repeat phase – for those who wish to lose more weight
7. Maintenance phase – The 1-1-1 Diet, your long-term food guide

1. The feast – Days 1 to 2

Feasting days last for two days directly prior to beginning your diet. This initial phase is designed to restore 'healthy' fat levels and ensure that your healthy fat isn't depleted. The better you feast, the less weight you will regain during the Stabilisation phase. Make sure you eat until you are full, feel free to have seconds, plus I suggest you enjoy a meal out during this time, too. Please listen to the audios on Ketodrops and the three types of fat (in Week 1 of the 8 week plan on our website), as it explains why this step is important to your TKS success.

There are no limits to what you eat here, but you may wish to cut back on coffee and alcohol.

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2. Active weight loss – detox & fat adaption phase (Days 3 to 14)

This phase marks the beginning of your active weight loss. During the first 2 to 4 days your body will deplete its glycogen (stored glucose) and transition into a ketogenic fat-burning state. The first few days of this phase are the hardest part of the programme and if you can make it to Day 4 or 5 you will never look back because the rewards will be yours...

TKS is also a clean eating plan, so your body will begin to detox as you withdraw from coffee, alcohol and processed foods. This may produce symptoms such as headaches, fatigue or mood swings. Most clients find this phase easy though and before you know it you will have an abundance of energy. Please read the Detox and also the Keto flu sections so you know what to expect and how to minimise any symptoms.

In Week 1 and 2 you can expect an average of 3.5 to 4kg weight loss. Be aware that the first 1.5 to 2kg will be fluid loss, which occurs when your body makes the metabolic shift into nutritional ketosis.

If you have a significant drop in the first 2 to 3 days, such as 3 to 4 kg, it's likely that your body was very inflamed, possibly due to your diet prior to embarking on TKS. This is often an indication that you may have had an underlying food intolerance – for example to wheat, gluten or dairy – prior to starting the programme. If this is the case, you might want to be careful about reintroducing high reactive foods in future, following your active weight loss. I'll cover more of this in the maintenance phase section.

Your daily Phase 2 meal plan will look like this:

Breakfast: 1 Tbsp psyllium fibre with 3,000mg vitamin C in a large glass of water; 2 further glasses of water, or cups of tea

Mid morning: 1 serving of fruit

Lunch: 100g protein, 100g vegetables, 1 cup leafy greens, 1/4 avocado

Mid afternoon: 1 serving of fruit

Dinner: 100g protein, 100g vegetables, 1 cup leafy greens

Extras: 1 Tbsp coconut oil used for cooking

1 Tbsp cold-pressed flaxseed oil with 30ml apple cider vinegar taken either as a shot, or base for a salad dressing.

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3. Active weight loss – food fat phase (Day 14 to 21)

It is natural for your weight loss to plateau every 4 to 5 kg (please see the plateau section for details). During Days 15 to 21 it's important to introduce some key dietary fats as these help stimulate ketone production. Low-fat diets are associated with increased rates of depression and anxiety, increased risk of heart disease, cognitive impairment, diabetes and obesity as well as hormone imbalances and gut problems. This is why I don't recommend low-fat diets at all. Personally, I've followed a 60% plus fat diet for around 15 years now and the statement 'fat and happy' is true when it relates to healthy dietary fats – certainly not to be confused with body fat!

On a ketogenic diet fat becomes your primary fuel source, so dietary fats are important. However, it is important to note that the right amount of fat must be consumed to ensure optimal fat loss. Your body will be burning either stored fat (which is what you want when losing weight) and burning dietary fat. Over-consumption of dietary fats will result in lower weight loss. Depending on how close you are to goal weight, your dietary fat intake will vary. See the 'fat servings' section to clarify how much dietary fat your body is likely to require while still losing weight.

In around Week 3 your body may experience what's known as a 'candida die-off'. There are around 20 different types of non-pathogenic yeasts belonging to the candida family that live in the human body and excessive stress and a poor diet can cause these to mutate into *candida albicans* which is a pathogenic non-friendly yeast that, over time, can become systemic in the body and cause a number of chronic health issues. The most prevalent symptoms are brain fog and fatigue. *Candida albicans* is often present in people who have extreme carbohydrate cravings and consumed high levels of sugar prior to starting the programme.

As *candida albicans* begins to die off it's normal for people to experience some sugar or sometimes bread cravings. This is because the fungus has a miraculous way of communicating its needs through the enteric nervous system, which is made up of over 500,000 neurons that line the digestive system and send signals to the brain. I tell my clients all the time that it's not you who craves junk food, it's the poisonous fungus (and bacteria) growing in your body, and that you can work your way through these temporary cravings by telling that fungus to 'die'. It helps to drink warm tea, or even take a little apple cider vinegar in a glass of water if you can tolerate it.

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If these cravings don't subside, you might be best off contacting our naturopathic team for a consultation as more serious gut and microbiome issues could be at play. Having said that, the increased fat intake in this phase of the plan will also help deal with those hunger pangs...

During Week 3 you will continue on your existing plan and **gradually introduce 2 additional fat servings per day**. Begin by adding 1 additional Tbsp every two days. Simply add these to your meals in dressing or sauces, have them as snacks or enjoy them in the form of keto chocolates.

Your daily Phase 3 meal plan will look like this:

Breakfast: 1 Tbsp psyllium fibre with 3,000mg vitamin C in a large glass of water

2 further glasses of water, or cups of tea

Mid morning: 1 serving of fruit

Lunch: 100g protein, 100g vegetables, 1 cup leafy greens, 1/4 avocado

Mid afternoon: 1 serving of fruit

Dinner: 100g protein, 100g vegetables, 1 cup leafy greens

Extras: 1 Tbsp coconut oil used in cooking

1 Tbsp cold-pressed flaxseed oil with 30ml apple cider vinegar taken either as a shot, or base for a salad dressing

Introduce: 2 more fat servings slowly over the week, preferably 1 of these is 1 Tbsp coconut oil and the other 1 Tbsp of cold-pressed macadamia or cold-pressed virgin olive oil – these are easy to add to your meals.

However, feel free to add any other of the fats on the allowable fats and oils list instead.

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4. Active weight loss – healing phase (Day 22 to 42)

This is the time to supersize your nutrition and begin feeding the body some serious healing foods. At this stage you would have already detoxified your body, become fully fat adapted, lost an average of 5kg, be ready to add new and exciting foods to your meals and burn the last 5kg of this first weight loss round!

This is where things get exciting and a little adventurous, as you now begin to add probiotic foods to your meal plan. It's important that you do this slowly as these health foods can cause unhealthy bacteria and yeast your body may still be harbouring to die off, which can cause mild detox symptoms in some people.

Please note: if you suffer from Gastro-oesophageal Reflux Disease (GERD), Small Intestinal Bacterial Overgrowth (SIBO) or Irritable Bowel Symptom (IBS), we recommend that you book a private consultation with our naturopathic team. Given the independent nature of these conditions and varying related food intolerances, our experts will be able to assess your medical history and design a programme specifically tailored to your individual weight loss needs. Due to the time and specialist expertise involved there is a consultation fee – please [contact us for details here](#).

Your daily Phase 4 meal plan will look like this:

Breakfast: 1 Tbsp psyllium fibre with 3,000mg vitamin C in a large glass of water

2 further glasses of water, or cups of tea

Mid morning: 1 serving of fruit, 1 fat serving

Lunch: 100g protein, 100g vegetables, 1 cup leafy greens, 1/4 avocado, 1 fat serving

Mid afternoon: 1 serving of fruit

Dinner: 100g protein, 100g vegetables, 1 cup leafy greens, 1 fat serving

Extras: 1 Tbsp coconut oil used in cooking

1 Tbsp cold-pressed flaxseed oil with 30 ml apple cider vinegar taken either as a shot, or base for a salad dressing

Introduce: 2 servings of probiotic foods

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Ideally both servings of probiotics are in the form of cultured vegetables added to each meal, but some milk kefir or yoghurt may be used with a fruit serving to make a smoothie as well. A fruit serving can be replaced with the odd glass of wine, although we recommend you stick with fruit while trying to lose weight as you'll maximise your efforts this way.

5. Stabilisation phase (Day 43 to 56)

Phase 5 is the **most important** phase. Now you will stabilise your weight loss, which will enable your body to metabolically adjust to its new size. It is crucial that clients do not get too relaxed at this point and believe their work is done. We occasionally see clients 'congratulate' themselves with bad food, which exposes an underlying food story around 'reward', so it's important you've worked through your food and weight story in the *Mind Switch* manual prior to reaching this phase.

At this point you can potentially undo some of your weight loss efforts, so the longer you take to consolidate and reintroduce other food groups, primarily sugars, starches and grains, if it's your choice to do so. However, by this stage you should have developed a new food philosophy and language around food that'll make this phase very easy for you.

This phase is also important for clients who have additional weight to lose and are completing additional rounds. Most clients feel so good that they want to continue on the Phase 4 protocol, but it is important to understand that your body requires a little time to reset and to include additional nutrients for a while. It is an essential part of your long-term health, and 'resting' the body allows your hormones to adjust to your new body shape as well.

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During Phase 5 you can eat as much as you like, choosing from your allowable foods list.

There is no real restriction in this phase although the idea here is to stay ketogenic without losing any more weight, which means you should introduce more fats and proteins such as nuts and dairy, but still limit carbohydrates such as fruits and don't introduce grains or sugars. You may wish to include a breakfast at this point, but it's critical to monitor your weight each day to make sure you maintain your weight loss. Each person's body is unique and will react differently to the foods you add or reintroduce, so keep gauging!

If you gain more than 1kg overnight, you can reset this with our infamous plateau-breaking steak dinner (up to 150g steak with leafy greens and or probiotic vegetables).

Your suggested Phase 5 meal plan:

Stick to a similar food structure than Phase 4, but include a breakfast if you like (see breakfast options), or eat a few more fats such as nuts and cheese if your body tolerates it. In general, just eat a bit more and keep

monitoring your weight loss daily. Gains and losses should be

within 0.5kg, so the only rule of thumb is:

If you gain, cut back; if you lose, eat more!

6. Repeat phase

If you have more weight to lose after the stabilisation phase, repeat Phase 4 for 42 days (6 weeks), and then Phase 5 for 14 days (two weeks). Continue this 8-week repeat pattern until you reach your goal weight.

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7. Maintenance phase – the 1-1-1 Diet

First of all, congratulations! You made it to your goal and are joining The Ketogenic Switch hall of fame. We'd love to send you a gift for joining us, so if you would like to inspire others to follow your path, please email us your before and after photo with a brief testimonial. Inspiring others always feels great!

During this phase you have two options. One is to stay on a long-term ketogenic diet like I do and introduce 'carb cycling' as explained in the 1-1-1 Diet, or you can choose a lower-carb diet that's not primarily ketogenic but rather focuses on a traditional wholefood diet. Both options are very similar and you can alternate them. At this point we encourage you to join my *Whole Food Secrets* online school as it's jam-packed with over 200 whole foods recipes, everything you ever wanted to know about food, and more than 130 videos and recipe demonstrations filmed during my live cooking classes. Oh, and everything is family friendly. You can view my [Whole Food Secrets school at this link](#).

Now please read through the 1-1-1 Diet information on www.ketogenicswitch.com, as it's all explained in there.

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Food plan

Daily food Week 1 & 2

Vegetables	2 x 100g servings of allowable vegetables. Split your vegetable servings into lunch and dinner.
Leafy greens	Have 2 cups of additional leafy greens with each lunch and dinner.
Fruit	Choose 2 pieces of fruit from your allowable fruit list. Do not consume both pieces at the same time – have one for morning tea and one for afternoon tea, or after dinner.
Fats	1 Tbsp cold-pressed flaxseed oil (do not heat), with 30ml apple cider 1 Tbsp cold-pressed virgin coconut oil, (may be used for cooking). 1/4 avocado when in season (optional source of potassium and good fat).
Protein	2 x 100g servings of allowable protein. If you are physically active you can increase your evening protein to 150g. Split your 2 protein portions into lunch and dinner.
Extras	Take 1 Tbsp of psyllium fibre in a cup of water each morning along with your vitamin C (omit if you suffer from IBS or IBD). Drink 1 to 2 cups of additional water.

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Daily Food from Day 14 – as above, plus...

Food fats Add on 2 additional fat servings per day. Begin with 1 additional serving for 2 or 3 days, then increase to an additional 2 servings per day with each meal or snack.

Daily Food from Day 21 – as above, plus...

Probiotic foods Begin to slowly introduce 2 servings of probiotic foods per day with each meal or snack.

Dietary precautions & additions

Water Drink a minimum of 8 glasses water daily. Hydration is crucial on a ketogenic diet to keep your bowel working optimally (it is normal for bowel function to slow down while eliminating grains and legumes) and to balance electrolytes.

Tip: Add a cinnamon stick to your water bottle. Cinnamon is a natural weight loss spice as it stimulates metabolism. You can reuse the same stick for several days.

Please stick to this food list a 100%. Each meal is optimised for ketosis and will result in maximum weight loss when adhered to.

Once your body is in nutritional ketosis most people do not feel hungry at all, however it is important to eat your lunch, dinner and fruits as outlined, as your body requires this nutritionally.

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vegan food plan

Fruit

Choose 2 pieces from allowable fruit list, have one for morning tea, and one for afternoon tea or after dinner. Do not consume both pieces at the same time.

Vegetables

2 x 100g servings of allowable vegetables, split into lunch and dinner

Protein

tempeh 100g, for lunch and/or dinner

nuts and seeds from the allowable list – 3 to 6 portions, spread throughout the day.

Spirulina is a nutrient-dense algae that's perfect for adding to smoothies, and baking. It creates a complete protein when combined with nuts or seeds.

Fat

Alternate higher fat days with lower fat days. Distribute fats evenly across the day.

High fat day – 8 to 10 fat portions daily

Low fat day* – 4 to 6 fat portions daily

Make sure you consume nuts and coconut oil each day.

Please note: If you find your weight loss is stalling when alternating high- and low-fat days, cut back on fats and have a high-fat day every third day or so. Try and stay rested on lower fat days and increase your fats if or when doing strenuous activities.

Free foods

Leafy greens: Spinach, kale, bok choy, pak choy, microgreens, kelp noodles and sprouts can be added freely to bulk up meals. Try to include at least 2 cups per day.

Fermented foods, such as sauerkraut and other cultured vegetables can be added freely (up to 1 cup per day) from Week 3. If you have been consuming these regularly before joining this programme, please continue to do so from Week 1.



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Vegan food plan

Tempeh

Tempeh is a traditional Indonesian fermented soy product. While I don't recommend unfermented soy products such as tofu and soy milk, fermented soy has been processed in a way that which minimizes the negative side effects of over soy consumption on thyroid and hormonal health. Because of the fermentation process, it is easy to digest, and it is high in protein, fiber, calcium, vitamin B12 and other nutrients, making it an ideal meat replacement. Make sure you source tempeh that's made from NON-GMO soybeans.

Nuts & seeds

Nuts and seeds are a source of both fat and protein. Unless you're eating tempeh, they make up the main source of protein. Make sure you eat 3 to 6 portions of nuts and seeds each day. If you are consuming tempeh, forego the nuts for that meal as too much protein can throw you out of ketosis.

Nuts/seeds

(28g per serve)	Net carbs (g)	Protein (g)	Comments
Pumpkin seeds	2.2	8.5	
Walnuts	1.9	7	
Almonds	2.9	6	
Brazil nut	1.3	4	
Hazelnut	2.3	4	
Pecan nuts	1.1	2.7	High fat
Macadamia	1.5	2	High fat
Sunflower seeds	3.7	5.5	
Sesame seeds	2.6	4.8	
Flax seeds	.5	5	Use in abundance
Chia seeds	1.7	4	Use in abundance, soak and gel before consuming (1 part chia to 9 parts liquid)
Hemp seeds	.6	8.8	Use in abundance

The Ketogenic switch

Vegetarian food plan

Flax, chia and hemp seeds can be eaten along with 30g of other nuts at one time (ie chia pudding with walnuts). They are a great source of healthy omega 3 (chia being the no.1 plant source of Omega 3), plus they're very rich in fibre and very low in carbs. Chia and hemp seeds are a complete protein.

Recommended fats

Oils – cold-pressed, virgin (1 Tbsp per serve)

Avocado oil*

Coconut oil (recommended 3 serves per day)

Flax seed oil

Hemp oil

Macadamia oil

MCT oil

Nut oils*

Olive oil*

Sesame oil*

* Limit to one serve per day

Food fats

Avocado – up to 75g per serve

Cacao butter – 1 Tbsp

Coconut butter – 2 Tbsp

Coconut cream/milk (organic or 100% natural) – 100ml

Coconut yoghurt (natural, unflavoured, sugar and additive free) – ¼ cup

Nut butters (all natural / home made) – 2 Tbsp

Olives – 30g

Tahini – 2 Tbsp

The Ketogenic Switch

vegetarian food plan

Vegetarian Variations

Use the vegan programme and add these options.

Protein

Eggs – 2 per serve

Cottage cheese, full fat – 110g per serve

Natural Greek Yogurt, full fat – 150g

Dairy fats

Butter (preferably grass fed) – 1 Tbsp

Buttermilk – ½ cup

Cultured Cream – 3 Tbsp

Full Fat Heavy Cream - 2 Tbsp

Ghee (clarified butter) – 1 Tbsp

Milk, full Fat un-homogenised – 200ml

Ricotta Full Fat – ¼ cup

Sour Cream Full Fat – 4 Tbsp

Cheese

Blue cheese – 40g per serve

Brie

Camembert

Cream Cheese, full fat (2 Tbsp)

Feta (50g)

Mascarpone (30g)

Parmesan (35g)

Please note: It is recommended to avoid dairy in the first 3 weeks of the programme, and then to introduce it gradually if you wish. Dairy can be inflammatory; therefore it is a good idea to avoid it while your body is detoxing and settling into ketosis.

You can choose to consume dairy from day 1 if you wish, but if your weight loss isn't optimal, cut it out to optimise results.



The Ketogenic Switch

Vegetables

Each day, have 2 x 100g servings of mixed vegetables.

Items marked with an asterisk*, including leafy greens, microgreens and sprouts are free foods and I recommend eating 1 cup with each meal in addition to your other vegetables. All vegetables are weighed raw.

I recommend you have at least one raw (salad) meal per day.

artichoke (F)	pumpkin – raw, grated only
asparagus (F)	radishes
avocado (p) counts as fat as well 1/4	shallots (F)
bean sprouts*	spinach, raw *
bok choy *	silverbeet/swiss chard *
broccoli (F)	spring onion – white part is a (F)
brussels sprouts (F)	rocket (aragula) *
cabbage (F)	silverbeet/swiss chard *
cauliflower (p)	spring onion - white part is a (F)
carrot (30 g raw or fermented only)	rocket (aragula) *
capsicum/pepper - green is a (p))	sea vegetables
celery (organic/spray free only) (p)	sprouts (homemade) *
chilli peppers (hot)	sweet potato (limit to 60g serving)
cucumber, raw with peel	turnip
cucumber, without peel	tomato (pastes and sauces f,F)
edamame beans	zucchini
eggplant (F)	
fennel (F)	
garlic (F)	
green beans	
kale, raw *	
leek (F)	
lettuce (green leaf) *	
microgreens *	
mushrooms (p)	
onion, red or white (F)	
pak choi *	

Low-glycaemic vegetables are crucial to remain healthy and in an alkalisied state, so make sure you consume your daily allowance of these. Micorgreens are best.

Note: Try to include one serving of sea vegetables and one serving of microgreens or sprouts in your salads daily.

Leafy greens are unlimited and great for bulking up your meals.

F, f, p - these are fodmaps foods, please see the pdf on fodmaps in the members area/ food intolerance section

The Ketogenic Switch

Each day, have 2 servings of fruit. It is critical that you stick to these portion sizes to remain in ketosis. Only consume one piece of fruit at a time – this will keep your blood sugar levels within the optimal range. You may use a mixture of fruits, and also use both fruit servings in a green smoothie when split into two servings. Note: If it's not on the list, it's not allowed, usually due to a high carbohydrate or sugar content.

apricot (p)	2 small
blackberries (p)	100g
blueberries	100g
boysenberries (f)	100g
cherries	6
fig, dried, unsweetened	1
fig, fresh	1
grape (f)	100g
grapefruit	85g
honeydew melon	100g
lemon/lime	1 medium/130g
kiwifruit, green	75g
mandarin	1 medium
nectarine (p)	1 small
orange	100g
papaya	100g
paw paw	100g
pear (f,p)	1 medium
peach	1 medium
pineapple, natural	120g
plum	2 small
raspberries	100g
rockmelon (cantaloupe)	100g
strawberries	100g
tangerine	90g

fruits

Low-glycaemic fruits are crucial to remaining healthy and in an alkalisised state. They also provide key glyconutrients and antioxidants.

Apples are not on the list due to their high fructose content. This can upset digestion, cause bloating and interfere with optimal weight loss. Modern farming methods have resulted in apples being very high in natural sugars, particularly fructose.

The Ketogenic Switch

protein

Each day have 2 servings of protein, 1 for lunch and 1 for dinner.

Note: If it's not on the list, don't have it!

Free-range poultry

chicken breast	100g
chicken thighs	100g
duck breast, skinless, farmed	100g
turkey breast meat	100g

Red meat

beef jerky	50g
eye fillet steak	100g
porterhouse steak	100g
lean lamb steak	100g
lean lamb loin	100g
venison	100g
wild game	100g
liver (including pate)	80g

Vegetarian protein (see vegetarian meal plan)

eggs, whole	2 medium
tempeh	80g
cottage cheese	80g

Seafood

white fish, ie snapper	100g
sardines	100g
mussels	100g
tuna, yellowfin	100g
prawns, raw	100g
salmon, pink	100g
salmon, cold smoked	100g
salmon, hot smoked	80g
scallops	60g
oysters, pacific raw	100g

Too much protein can throw you out of ketosis, so stick to the provided servings.

Aim to have 3 to 4 servings of wild salmon or tuna per week for omega 3 balance, unless advised otherwise.

When having white fish, go for smaller types – they have lower levels of environmental toxins.

The Ketogenic Switch

From Day 15 (Phase 3) you can introduce 3 extra servings of fat per day.

Introduce the fats gradually, adding 1 every few days, to ensure that you continue to lose weight. If your weight loss slows, cut back on the fat servings. You can also alternate high-fat to low-fat days. Low-fat days should result in a loss, while higher-fat days may result in maintaining that morning's weight. It's important to note here that the higher your BMI, the more fat servings you will get away with and still lose weight. The closer you are to your ideal BMI, the more likely you will respond better with lower-fat days. Limit seed and nut oils to 1 serving per day as too much of these can be inflammatory as they are high in omega 6.

Fat/oil	omega 6:3 ratio	serving size
avocado oil	12:1	1 Tbsp (refrigerate)
almond oil	28:1	1 Tbsp (refrigerate)
olive oil	11:1	1 Tbsp
peanut oil	34:1	1 Tbsp (use sparingly)
sesame oil	45:1	1 Tbsp
walnut oil	7:1	1 Tbsp

Cold-pressed oils that may be used across the day

coconut oil	2:1	1 Tbsp
flaxseed oil	0.3:1	1 Tbsp (refrigerate)
hemp oil	2.5:1	1 Tbsp
macadamia oil	2:1	1 Tbsp (refrigerate)
mct oil (medium-chain triglyceride)		1 Tbsp

Animal fats

bacon fat	12:1	1 Tbsp
beef tallow	1.5:1	1 Tbsp
chicken fat	1.5:1	1 Tbsp
duck fat	1.5:1	1 Tbsp
fish oil, cod liver oil	1.6:1.8	all standard dose of high-quality molecular
krill oil	1:12	distilled/mercury free oil

fats
&
oils

The Ketogenic Switch

food fats

Food fats & dressings – See *Ketoform* book for recipes

alfredo sauce	¼ cup
avocado, hass	½ fruit/75g
bernaise sauce	1½ Tbsp
blue cheeses dressing (homemade)	1½ Tbsp
caesar dressing	1½ Tbsp
cocoa butter 3:1	1 Tbsp
chocolate, 70 to 85%	4 squares (limit 1 serve per day)
homemade mayonnaise	1½ Tbsp
hollandaise sauce (homemade from butter)	1 Tbsp
olives	50g
thousand island dressing	1½ Tbsp

Nuts & seed snacks, raw activated

Note: Activated are nuts that have been soaked overnight with a pinch of salt and rinsed well to release phytic acid, which is an anti-nutrient that prevents the absorption of nutrition of nutrients. Once soaked nuts can be dehydrated for 18 plus hour until they become 'crispy', these are said to be up to 20 times more nutritious than nuts that aren't activated.

almonds, raw activated	30g
almond butter	2 Tbsp
macadamia nuts, raw	30g (2g of fat)
macadamia butter	2 Tbsp
walnuts, raw activated	30g (18g of fat)
brazil nuts, raw	30g (20g of fat)
hazelnuts, raw activated	30g (16g of fat)
pecan nuts	30g (2g of fat)
peanut butter (limit 1 serve daily)	2 Tbsp
sesame seeds (high in potassium)	2 Tbsp
pumpkin seeds	2 Tbsp
LSA (ground linseed, sunflower, almond)	2 Tbsp

The Ketogenic Switch

dairy fats

Dairy fats can be introduced as one of your daily fat servings from Week 3, following your detox period and once your body is on the road to healing. Please note: it is estimated that up to 67% of the global population is dairy intolerant. Lactose intolerance may result in digestive issues and cause bloating, diarrhoea, constipation, reflux etc, while casein intolerance may result in brain fog, mental fatigue, and clog up the lymphatic system. It is well known in Eastern medicine to be mucous forming, so pay attention to any additional sinus issues, or phlegm, as this could be a sign of lactose intolerance.

The lowest-reactive dairy products include cultured dairy as well as the following items:

butter	1 Tbsp
buttermilk	½ cup
cultured cream (homemade)	3 Tbsp
full-fat heavy cream	2 Tbsp
ghee (clarified butter) or normal butter	1 Tbsp
milk, full fat, silver top (non-homogenised)	200ml
milk kefir, homemade	200ml
ricotta, whole milk, full fat	¼ cup
sour cream, full fat	4 Tbsp
yoghurt, full fat, Greek	150g

Cheese

blue cheese	40g
brie	40g
camembert	40g
cottage cheese, full fat	100g
cream cheese, full fat	2 Tbsp
feta (including goat's feta)	50g
mascarpone	30g
parmesan	35g

The Ketogenic Switch

probiotic foods

This is an optional section, but I do encourage you to include some probiotic foods into your meals. While they can be expensive to buy due to the time involved in the fermentation process, they are inexpensive and easy to make. Please see our *Ketoform* cookbook for recipes.

I recommend introducing probiotic foods from Day 21. Cultured vegetables such as sauerkraut not only provide the body with an abundance of living bacteria, but the food itself becomes more potent in nutrients, and it also aids the digestion of protein by acting as a natural food source of digestive enzymes. It is also believed that a healthy microbiome (the microorganisms in the body that protect us against germs and break down food to release energy) aids weight loss and is quite literally the seat of all health and wellbeing.

Start introducing these *slowly* into your diet. If your gut is very sensitive, or have IBS, SIBO or IBD, ensure that you start with a 1/4 of a serving size and work your way up to the full dose over 2 weeks. These foods are essential for your gut health, but you are likely to have an initial 'die off' of bad bacteria happening, which may result in detox-like symptoms.

If a food listed below also appears in the dairy section, it means it counts as both a probiotic serving and a fat serving. Please also read the microbiome section of your food plan and check out the videos on how to make most of these probiotic foods on our website (in the 'Bonuses' section under Debs Kitchen).

cultured vegetables ie sauerkraut, fermented beets, kale etc	1/2 cup
Kimchi	1/2 cup
miso, unpasteurised	1 Tbsp
yoghurt, full fat, Greek	150g
milk kefir, homemade	200ml
beet kvass	200ml
cultured cream, homemade	3 Tbsp
kombucha, check that the sugar content is below 5g per serve	250ml
water kefir, homemade, brewed until fizzy, ensure that all the sugar is fermented	250 ml



The Ketogenic Switch

broth

Bone broth

A good broth will resurrect the dead - ancient proverb

Bone broth is a mineral- and collagen-rich natural keto flu remedy. Rich in electrolytes, it will help lessen or even eliminate keto flu symptoms such as cramping during the adaptation phase of a low-carb diet like TKS.

Bone broth is wonderful for joint health and mobility. It is also a potent source of collagen, providing your body with the raw materials it needs to rebuild tendons, bones and ligaments.

I have used bone broth clinically as a natural remedy for leaky gut and other GI complaints such as IBS, IBD, SIBO, GERD and Coeliac disease. It contains amino acids such as a low-reactive form of glutamine, which feeds the epithelial cells that line the gut wall, making them strong and healthy. Collagen also protects the stomach lining, leading to better-all round digestion and absorption of nutrients.

Other health benefits include a strengthened immune system, warding off infection (hence chicken soup is famous for treating sick people), plus it's mineral rich, reduces inflammation and is excellent for thyroid and adrenal health.

Please note: Homemade broth is best and very inexpensive to make (check the recipes in my *Ketoform* Cookbook. If purchasing commercial broth, ensure it's from grass-fed, free-range animals and contains no MSG, flavour enhancer 621 or any other additives or preservatives. It should be thick and jelly-like when cold.

The *Ketoform* Cookbook and video content is [available here](#).

The Ketogenic Switch

Coffee and authentic energy

While coffee contains polyphenols, which is a group of potent antioxidants that have demonstrated a wide range of potential health benefits, there are some aspects to be aware of that could work against your weight loss efforts, stress levels and menopausal symptoms such as hot flushes. While I am not 'anti-coffee,' this programme is targeted at more than just weight loss; it's also about adrenal health.

I'm aware that many women use caffeine as a stimulant to 'get going' each day. However, when we require any substance to 'get going' it has become a biochemical addiction and we have lost our ability to feel 'authentic energy.' I want you to feel this 'authentic energy' and you can only do this by balancing the nervous system, improving your quality of sleep, nourishing the body, restoring nutritional deficiencies to optimal levels and improving gut microbiome health. Once you experience this along with the feeling of nutritional ketosis, I promise you that you will understand exactly what I mean by 'authentic energy'.

Coffee does stimulate the adrenals and increases cortisol levels, otherwise known as the stress hormone. In fact, it can literally exacerbate stress by 'revving up' your system in a way that can interfere with a balanced nervous system.

What's more, high cortisol levels also stimulate blood sugar production leading to fat storage and increased appetite. Once thought good for weight loss, new research on coffee and cortisol indicates that it could have an adverse affect on weight loss. Like alcohol, a little is probably okay in healthy individuals, but in excess it could have the opposite effect.

In order to achieve optimal weight loss it is important that the body is relaxed and well hydrated, but coffee can interfere on both those levels. Sleep is another major factor in weight loss; the more you sleep, the more weight you lose. Coffee can interfere with achieving the deep REM phase that is required for optimal and restorative sleep.

Coffee

The Ketogenic Switch

Tea

Tea & herbal tea

Enjoy a wide range of teas. It's okay to have tea with caffeine in the mornings, although if you are experiencing hot flushes, I recommend avoiding all stimulants such as caffeine. I do recommend top quality whole-leaf teas rather than tea bags, and please try to avoid favoured varieties (even nature identical or natural flavourings) – that way you can be sure to reap their medicinal benefits. My favourite tea shops are www.tleaf.co.nz (NZ) and www.t2tea.com (Australia and NZ).

Alcohol

Alcohol

One of the key benefits of the programme is that it is anti-inflammatory and promotes gut healing. In excess, alcohol is inflammatory, and can interfere with a healthy microbiome. Another aspect to alcohol is that it puts stress on the liver and an essential part of the early phases of The Ketogenic Switch programme is to detoxify the body (and liver).

Now there's a myth surrounding wine that it's high in sugar and therefore leads to weight gain. This is simply not true. An entire bottle of dry wine contains around 8 grams of sugar, so consuming it will not directly impact ketosis or your ability to stay ketogenic. Just steer clear of sweeter styles such as riesling, port and dessert wines.

Wine does however have some indirect downsides that can work against you. If you drink too much it will increase inflammation, which can prevent optional weight loss. Moreover, while one drink may be okay, two or more may result in psychological changes and an 'I don't give a stuff' attitude, which in turn may give you the munchies!

My advice is to avoid alcohol for the first 3 weeks if not the entire active weight loss and healing phases of the programme. That said, know that a fruit serving can be replaced with the odd wine without ruining your entire diet as you will still remain ketogenic – which is the key to success.

Other alcohol options include spirits, such as vodka, gin or rum with soda or water (add some lime, mint and stevia to spice it up a bit). Do not use diet drinks or other mixes like tonic, as many of these are laden with sugar.



The Ketogenic Switch

Extras

Apple cider vinegar (ACV)

ACV is recommended for a myriad of health reasons. It is a natural probiotic, a digestive aid, a natural detoxifier and breath deodoriser; it helps alkalise the body and makes a wonderful sleep tonic. While I recommend 30ml per day as the minimum – a little more here and there won't hurt.

I do recommend Braggs Apple Cider Vinegar, available at good whole food stores and some supermarkets, but other organic brands that are cloudy, unpasteurised and contain the living mother culture should also be fine.

Due to its acidity, it is recommended that you brush your teeth after consuming it, otherwise it might wear away the enamel on your pearly whites.

Flaxseed oil

Flaxseed oil is recommended from Day 1 as it helps to flush out dead fat cells from the body and may have some anti-inflammatory effects. It also provides a plant source of omega 3, which nourishes the brain and helps counterbalance a high omega 6 intake. If you consume too much omega 6 and not enough omega 3, it can increase inflammation in the body. Flaxseed oil is lovely as a salad dressing ingredient is surprisingly tasty when added to yoghurt, if you choose to consume the latter from Week 3. Please view my 'fat imbalance' video in the members' area of www.ketogenicswitch.com.

Flaxseed oil is very volatile, so it's important to store it in the refrigerator and consume it within three months of opening. Please never heat or cook with it, as this will destroy its healing potential and could even be damaging to your body.

I recommend the Waihi Bush brand of here in NZ – make sure you buy a cold-pressed version.

Salad dressing

You can ingest your daily dose of ACV and flaxseed oil by using 30ml of apple cider vinegar mixed with 15 mls of cold-pressed flaxseed oil as a base for a salad dressing.

The Ketogenic Switch

extras

Superfoods

Superfoods may be added to your shakes (from Week 4 onwards) as supplements. Which ones you use will depend on your individual health requirements.

- maca – hormone balancing and recommended for menopause (use 1 tsp per day)
- colostrum – gut and immune healing
- camu – rich in vitamin C
- cacao – rich in magnesium
- lucuma – a mineral rich natural sweetener (limit to 1 tsp per day as it's high in carbohydrate)
- chia – rich in omega 3 fatty acids (limit to 1 Tbsp as it contains carbs)
- fine kelp powder – high in iodine for thyroid health and metabolism (1 pinch per day)

Herbs and spices (to be used freely any time)

Use plenty of fresh and dried herbs and spices to flavour your meals!

- Try fresh basil, parsley, cilantro (coriander leaves), mint, marjoram, sage, rosemary, thyme, oregano, chillies, chilli powder/flakes, cayenne pepper, paprika, cumin, coriander, garam masala, turmeric, spice and curry mixes.
- Please make sure your flavour mixes are free of flavourings and colourings, sweeteners and oils, flavour enhancers, MSG and preservatives.

Condiments and pantry items

- apple cider vinegar, other natural vinegars
- broths, stocks and MSG-free boullion
- fish sauce
- gelatin (we like the Great Lakes brand)
- lemon and lime juice
- sugar-free mustards
- tamari – naturally fermented soy sauce
- horseradish – hot sauce like Tabasco
- miso paste, can be added to broth each day for flavour
- shirataki (konjac yam) noodles and pasta, must be natural and additive free

The Ketogenic Switch

Extras

Sea vegetables

Sea vegetables are seaweeds and fungus that come from the ocean. Seaweeds (kelp) such as wakame and kombu provide iodine which is essential for healthy thyroid function. Kelp noodles also provide healthy minerals such as iodine. These may be used in unlimited amounts but must be preservative and additive free. A little rehydrated wakame is lovely in salads, and kombu adds iodine to bone broth. It's important to note that excessive over-consumption of kelp may over-stimulate the thyroid, so while it's fantastic to boost an underactive thyroid, remember "food is thy medicine" and too much of a good thing could catapult you from underactive into overactive mode over time. One serving a few times a week is recommended, just not several servings per day!

A simple Japanese dashi (broth) can be made by boiling together 2 cups of water or bone broth, 2 sticks of kombu and a splash of fish sauce, with a good handful of dried fish flakes (bonito), for several minutes. Strain and use as a simple stock base. (See my Asian Broth recipe).

Antipasto

The following are okay to use in small amounts: capers, olives, pickled artichoke (sugar free), pickled gherkins (sugar free), pickled onions (sugar free), pickled lemon, sundried tomato (in brine not oil).

Soda and fruit juices

Soda including soda water and sparkling water are highly acidic to the body. I recommend using these in moderation; certainly don't make them a staple part of your daily routine. Juices are extremely high in sugars and will prevent you from achieving ketosis so they must be avoided.

Processed foods and sugars

Processed foods and sugars are an absolute no-no, including corn syrups, agave syrup, honey, and artificial sweeteners such as Splender, Aspartame and saccharin.

Food chemicals

Please steer clear of any colourings, flavourings, flavour enhancers such as MSG or e-numbers and preservatives.

The Ketogenic Switch

extras

Green smoothies and coconut oil

You may wish to introduce a green smoothie from Day 1. Add your daily 2 portions of fruit to 300ml of water, as well as a large handful of leafy greens such as spinach and kale. Whizz on high in a powerful blender. Your daily coconut oil may also be added. Split this into two servings to have for morning and afternoon tea.

Berries

Try and have at least one portion of berries as fruit serving per day. Berries are rich in polyphenols – a class of antioxidants that 'mop up' free radical damage and restore cell vitality. Berries also have a low-glycaemic index, which means they don't raise blood sugar levels like other fruits (think mango and persimmons) which are too high in sugar for a ketogenic diet.

Berries truly are one of the world's primary superfoods and instead of taking antioxidant supplements, the bioavailability of nutrients in whole foods such as berries is potent. This basically means the nutrients from berries is better absorbed than by taking pills. If we can get what we need from foods over taking pills, we should.

Sweeteners: Up to 2 servings per day, note these can prevent ketosis

- stevia, natural green leaf (unlimited)
- erythritol or xylitol
- coconut sugar – 1 tsp per day, from Week 3
- maple syrup – 1 tsp per day, from Week 3

Avoid *all* artificial sweeteners such as Aspartame, Spender, Nutrasweet, 921 etc.

These are neurotoxic, pro-inflammatory and have been proven to stimulate insulin levels and weight gain. They have also been linked to cancers. These sweeteners are found in chewing gums, diet drinks and many diet foods.

The Ketogenic Switch

Extras

Keto chocolates

Coconut oil may also be enjoyed added to warm water or hot cocoa sweetened with a little Nativia, or eaten off the spoon.

You may also wish to introduce a green smoothie. Add your daily 2 portions of fruit to 300 mls of water and a large handful of leafy greens such as spinach and kale. Whizz on high in a powerful blender. Your daily coconut oil may also be added. Split this into two servings for morning and afternoon tea.

Dark chocolate

The health benefits of consuming a little dark chocolate are well known, but it's important to understand that the best chocolate is made from raw, unprocessed cacao. Loving Earth make a wonderful 70% chocolate containing all raw ingredients and this is by far my top recommendation, but Whittacker's also make a good 70% version. While it's expensive, one must appreciate its value. Hand-crafted with the finest ethical ingredients, the term cacao means it is raw and unprocessed. Cocoa, on the other hand, refers to the powder from cacao beans that are roasted. While vital enzymes are being destroyed in the process, cacao still contains valuable antioxidants.

I am also a very big believer that with every dollar we spend we are voting for the world we choose to co-create and live in. Slavery in the sugar, cocoa, coffee and even banana industries are well known. I boycotted Easter when my children were growing up out of principle to not fund the pockets of corporations who support and profit off such slave industries. So paying a little extra for the highest quality food not only provides my body with more nutrients, it provides my conscience with a little inner peace as well.

Once you reach Week 3, feel free to swap out a fruit serving a few times a week for 4 standard squares, or 25 g of dark chocolate that is made up of at least 70% cocoa and is free from food additives. It should simply contain cacao or cocoa, cocoa butter, sugar or maple syrup, vanilla, and maybe a little GMO-free soy lecithin.



The Ketogenic Switch

Tracking ketones

Tracking your ketones

It will take 3 to 4 days for you to achieve nutritional ketosis or fat-burning mode. To make sure your body is in ketosis, test your urinary ketones each afternoon with keto testing strips, starting on Day 3. Many chemists sell these strips, as do online retailers. Some keto testing strips are not as good as others – I prefer the Bayer brand Diastix, but they are currently quite hard to find. Other good options include Piping Rock Ketosis Test Strips and Accu-Check Keto-Diabur 5000 test strips.

Your reading should be between trace 0.05 and 0.8 (listed as between + or 0.5 and +++ or 8.0 on some products). Please note: it makes no difference to your weight loss results whether your ketone readings are 0.05 or at 0.8. Higher ketones don't mean you're losing more weight or that your ketones are at a 'dangerous level'. From clinical observation the higher your fat percentage and the more fat you have to lose, the higher your ketones will be. If you are within a 10 kg range to ideal weight, your ketones will be lower.

In the first few days of embarking on TKS, your body will be utilising the last of its glycogen stores (glucose in the muscles and liver) before entering ketosis. After a few days, there won't be enough glucose left to fuel your body and it begins to seek out an alternate fuel source: stored fat.

During Weeks 1 and 2 your body will be adjusting to utilising ketones as fuel. It's an important time to be really strict because eating additional carbohydrates could prevent stable nutritional ketosis. By the end of Week 3 your body will move into a state called 'deep ketosis'. At this point your body begins to produce another type of ketones, which you can generally only through blood. Although ketones may still be present in your urine, your urinary ketones may drop.

By Week 8 your body will be more efficient at producing and utilising ketones. At this stage, we can test our carb tolerance by introducing a little more carbohydrate to gauge how much our body can handle before going out of nutritional ketosis. At the 8-week mark, athletes will also find that their body is far more efficient at using fat as fuel for heavy training and endurance events. However, for the purpose of weight loss, you will be doing six weeks of active weight loss followed by a two-week stabilisation phase. You will then repeat this cycle until you reach your goal weight.

The Ketogenic Switch

tracking ketones

Problem solving

If after five days there is no keto reading in your urine, take the steps below. But don't worry if ketones aren't showing up immediately. If you're losing weight, feel good, aren't hungry and are sticking to the plan, it's likely that you're in nutritional ketosis and that your body is simply efficient at burning fat. In fact, it could indicate that you have a really good metabolism!

1. Start consuming 1 Tbsp of raw, cold-pressed virgin coconut oil twice a day. You may choose to eat it off the spoon, take it in a warm drink or in the form of keto chocolates (you'll find the recipe and 'how to' video in the bonus section of 'Deb's Kitchen', on www.ketogenicswitch.com).
2. Make sure that you're consuming your two portions of protein per day.
3. Omit your fruit for 2 to 3 days until ketones are present.
4. Ensure that you're only consuming the fruits and vegetables listed in the food plan, and that you're weighing them. Items that aren't listed may be too high in carbohydrates, and preventing you from reaching nutritional ketosis.
5. Check your ketones in the afternoon – they're usually higher then than in the morning.
6. Try peeing into a pottle and soaking your test strip in the urine for five seconds. Some keto tests just aren't very sensitive.
7. Make sure that your keto test strips haven't expired. They are super-sensitive to oxygen so keep the lid on at all times.

If, after a couple of days of taking coconut oil, you're still not producing ketones but aren't hungry, it could mean that your body is utilising ketones efficiently. Only excess ketones will appear in your urine, so if your body is utilising ketones well, it may not produce a positive test. We often see this in avid exercisers, although this again differs from person to person.

What to do when ketones stay high

In cases where your ketone levels are consistently high (above 0.8), please eat an additional piece of fruit each day. I very rarely come across a reading that's above 0.8, and if so, it's usually in clients with a very high fat percentage. If adding fruit does not reduce the reading, please eat some carbohydrate (such as two pieces of fruit or a few dried dates). If that doesn't help, please interrupt and contact us directly for advice. I have not yet encountered this, as consistent 0.8 plus readings are only likely in people with undiagnosed type 1 diabetes.

The Ketogenic Switch

exercise.

Contrary to popular belief, weight loss does not require you to burn calories in order to achieve maximum results. In fact, on this programme, the more you rest your body and the more you sleep, the more weight you'll lose.

Exercise can interfere with your daily results which can be disheartening. Also, when your body is under the excessive stress that strenuous exercise places on the body, cortisol levels rise, causing your body to go into a type of 'lock down' mode which may result in an inability to shed the desired pounds. Despite the huge amount of energy many clients feel, another reason for limiting your exercise is that the fuel mix on this programme isn't designed for major physical training, and you'll simply lack the glycogen in your muscles that's required to perform strenuous exercise in the early phases. Once you've been in nutritional ketosis for an extended period of time, such as 8 to 12 weeks, your body will adapt to using ketones to fuel exercise more efficiently.

If you are currently exercising and are conditioned to your exercise routine, then by all means continue. However, I don't encourage extending or upping the ante on your exercise programme during the active weight loss phases – in my 15 years' clinical experience, less than 5% of women continue to lose weight at the same rate while exercising, and for the rest weight loss slows down or stops completely.

The good news is: once you reach the maintenance phase we absolutely encourage all forms of exercise – particularly yoga and strength training for women.

While strenuous exercise is not recommended, relaxation techniques such as yoga, meditation or Qi Gong will help improve the mind-body connection that is needed to truly form and maintain a healthy relationship with food.

The Ketogenic Switch

Thyroid & metabolism

According to researchers, 15% of Americans – that's 42 million people – have mild symptoms of a thyroid disorder, and as we associate the thyroid with weight, you might be right in thinking your thyroid could mean you have an inability to lose or keep weight off.

As a rule of thumb, an underactive thyroid may result in a sluggish metabolism and lead to weight gain and or an inability to lose weight, while an overactive thyroid can result in sudden weight loss and an inability to gain weight.

But is it that cut and dry? Does an underactive thyroid truly result in an inability to lose weight? Over the years I have had hundreds of women claim that no diet works for them and it's because their thyroid is underactive. Having said that, I have never come across a woman who can't lose weight on my programme. The way it works is that it seems to 'reset' the thyroid and I've seen weight loss in clients who have a clinically diagnosed underactive thyroid match that of those who don't.

In case you didn't know, the thyroid is a butterfly shaped gland in the neck that controls our growth and development via our metabolism. Around 80% of our overall weight management is controlled by your metabolism – that's why, if your thyroid plays up, you can end up with a weight problem.

An underactive thyroid or hypothyroidism is one of the most common thyroid disorders and the risks increase with age, especially in women over 40. According to Dr. Datis Kharrazian, the most common cause of the disorder is when our immune system attacks the thyroid, also known as Hashimoto's disease.

In her book *Why do I still have thyroid symptoms; when my lab tests are normal*, Dr Kharrazian states that up to 90% of hypothyroidism is caused by Hashimoto's.

Symptoms of an underactive thyroid are not pleasant, and can include weight gain, fatigue, sensitivity to cold, constipation, depression, slow movement and thoughts, muscle aches and weakness, muscle cramps, dry and scaly skin, brittle hair and nails, loss of sex drive, pain, numbness and a tingling sensation in the hand and fingers (carpal tunnel syndrome) and irregular or heavy periods.

healthy thyroid

The Ketogenic Switch

Healthy thyroid

Most, if not all of these symptoms, could easily be attributed to being really stressed at work, a lack of sleep or exercise, or because you generally haven't been taking care of yourself.

Mild hypothyroidism can be really hard to clinically diagnose because hormone levels fluctuate throughout the day. While testing bloods is still the preferred method of many GPs, it has been proven to be an inaccurate test for this condition.

That means if your weight gain is down to mild hypothyroidism, you're in a sub-clinical grey area where you might live with these symptoms for years and blame middle age spread, ageing, or life in general because your blood tests were clear.

The good news is there is a home-based method of testing that is far more accurate than bloods and I've included this test for you in my free download, the Quick Start Guide to Managing Weight Over 40.

If Dr Kharrazian is right, then most thyroid issues are actually caused by our immune system, so to minimise the risk we must look first at our diet, because 80% of our immune system is controlled via the gut.

As we age, our gut health declines and this creates inflammation which leads to a myriad of medical problems. The gut truly is the foundation of health and where the fountain of youth resides! And the great news is, it's easy to fix.

Reducing grain intake and removing processed sugars along with refined ultra-processed foods from our diet, increasing our healthy fat intake and increasing our probiotic intake can lower our risk of developing gut problems.

The secret for managing weight loss over 40 is to look at the root cause of the problem, not at the problem itself. We are often blinded by our symptoms and fail to look any further. When we are curious enough to ask 'why' and continue to ask 'why' to every new answer, we eventually discover the root cause.

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neatthy thyroid

Weight gain is not caused by an underactive thyroid, it is caused by a combination of environmental and mental stressors that trigger an imbalance of the hypothalamic-pituitary-thyroidal-axis (HPTA) via an unhealthy up regulation of the hypothalamic-pituitary-adrenal-axis (HPAA). While this might sound like mumbo jumbo it essentially means stress, gut health and other lifestyle factors may well be the root cause of your weight gain, NOT your thyroid.

When something in our body isn't functioning the way it should, it's because our entire being is out of sync, not just the one moving part. All parts are affected and this is why it takes a holistic approach to bring the body back into balance and wellness. Wellness cannot occur in one part of our body and not another, when wellness occurs our entire organism will heal. This is what total wellness means.

Low-carb diets and the hypothyroidism myth

One of the most frustrating myths I see in the weight loss world is that 'low-carb diets *cause* an underactive thyroid, and people with thyroid issues should avoid low-carb diets.'

Now while this myth continually swarms the internet, there is no clinical data to back it up. It stems from the fact that people on low-carb diets generally have a lower level of the thyroid hormone T3. But there is a *very* good reason for this and it could in fact mean an increase in expected longevity and better body composition as we age. Let's examine this further.

Low T3 is frequently misdiagnosed as hypothyroidism, however it's proven that low T3 on its own is not unhealthy, or causes health problems. Low T3 has been found in people who live longer and is often associated with longevity. The only time low T3 is a problem is when it's combined with high thyroid-stimulating-hormone (TSH) AND low T4. If these two hormones are in a balanced range though, low T3 may not only help extend life-span, it also actively helps protect our body from muscle loss during weight loss.

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thyroid test

If low T3 is misdiagnosed and medications are introduced, it can lead to a *loss* of lean muscle mass. In other words, the low-carb diet may assist in the adjustment of certain hormones to preserve muscle during weight loss. The diet I follow and prescribe to my clients – the ketogenic diet – is considered radical by some because it goes against the modern supermarket diet.

It uses seasonal variations in fruit and vegetables, adequate protein and fats, but eliminates refined sugars and ultra-processed carbohydrates, so we return to eating a diet similar to our ancestors. If science suggests that healthy eating can be the cause of diseases like hypothyroidism, we need to question the science and the conclusions. In my 20 years' clinical experience working with low-carb ketogenic diets I have not seen *one* case of detrimental effects to the thyroid – my clients just finally lose weight and feel healthier!

Thyroid testing

Taking your rested body temperature each morning is recommended to ascertain healthy thyroid function, not only at the start of the programme to determine whether an underactive thyroid could have contributed to weight gain, but afterwards as well. This will ensure that calorie restriction hasn't caused any thyroid issues during the course of the programme.

As mentioned before, blood tests are not accurate in determining underactive thyroid. What we are looking for is a low temperature. Temperatures that are consistently below 36.5 are abnormal and may mean that your thyroid is underactive.

During and around ovulation your body temperature will rise, whilst during and around your period, it will drop. Therefore it is recommended that you chart your temperature and plot results for one month, to increase the accuracy of the readings.

To do the test please place a thermometer next to your bed and take your temperature upon waking. Do not get up beforehand, as it is important that your body is totally relaxed. Keep the thermometer in your mouth for at least 5 minutes for a more accurate reading, and chart your temperature in your daily food diary.

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Please note: Even if your temperature is below normal for longer than 7 to 10 days, if you are feeling energised and healthy, the low temperature is probably nothing to worry about. However, if you feel sluggish and lethargic for that amount of time, chances are your thyroid function may be low. If this is the case, we highly recommend that you take a three-month supply of Thyrobalance supplement to give your thyroid a boost. You can order this product by emailing us at support@ketogenicswitch.com. You will be asked to fill in a health questionnaire before we can prescribe the product.

Long term a ketogenic diet should result in your body temperatures increasing. This is due to the changes in how your body stores and utilizes energy. When I eat a meal my body temperature increases and I always need to remove a layer, this is a sign that my body is heating to burn excess fuel, rather than storing it. This could be the main reason I find my weight stays within a 1 kg range no matter what I eat. Because I practice nutritional ketosis with carb cycling, and intermittent fasting, my body has become a fat burning machine, and yours can too!

thyroid test



The Ketogenic Switch

Your weight loss

Monitoring your weight loss

Each morning, after taking your body temperature and testing your urine ketone levels (unless you choose to test them in the afternoon), weigh yourself naked.



This is the only accurate weight of the day, so don't be tempted to weigh yourself later as it's normal to fluctuate a good kilogram each day. Enter this information into your spreadsheet.

Some clients have an issue weighing themselves, but we encourage you to overcome these issues for the sake of your transformation. Not only will weighing yourself help you stay motivated as the weight decreases, but also provide feedback from your body in regard to particular foods if the scales don't move.

It is not uncommon for us to detect food intolerances whilst on TKS and the scales, in conjunction with the food diary, will allow us to fine-tune your programme if need be, or to help you overcome any plateaus.

Measurements

At the bottom of your weight loss spreadsheet you'll find a chart where you will enter your measurements every 10 days. This can be very motivational and helps highlight how this diet positively reshapes your body. Ensure you take your first measurements before starting the programme, and then in 10-day increments until the end of Week 8.

Please consume all the food portions stipulated on your plan each day and do not skip and foods from the list as it may negatively impact on your metabolism. Yes, most people don't feel hungry on TKS, but the truth is, as ironic as it sounds, you must eat to lose weight!

The Ketogenic switch

Fibre and constipation

One of the few side effects of a lower carbohydrate diet is that the bowel may slow down depending on the choice of foods you eat and your hydration levels.

There are two reasons for this. The first is that the quality of food you are eating is usually very well digested and absorbed. Your body recognises fruits, vegetables and proteins as 'real' foods, and as such will optimally digest and utilise these foods. The second reason is that because you are no longer consuming breads and grains, you literally won't have the volume of food passing through your system.

This is why I suggest that you consume psyllium fibre. This is an insoluble fibre, which means it passes through your body undigested, and it literally acts as a 'bulker' to aid the transportation of waste out of your body. So to help the body detoxify, and to keep your bowels moving each day, take one Tbsp of psyllium husk in a large glass of warm water with vitamin C and drink it immediately before it thickens. You can purchase psyllium husk from most supermarkets or health stores.

On the flip side, it is important to note that if your bowel is dehydrated, psyllium can actually cause constipation. To avoid this, drink 1 to 2 glasses of water straight after consuming your psyllium drink, so it doesn't clog your system. While there are psyllium capsules available I don't believe that they are as effective.

If you are really struggling to take your psyllium, please take 1 Tbsp of chia seeds in a glass of water instead. I recommend you leave it mixed up for at least 10 minutes before consuming it so that it becomes gelatinous and optimised for digestion. Adding 1 Tbsp of LSA to a smoothie can also help.

healthy bowel

The Ketogenic Switch

Keep your regular

Here are some tips on how to prevent and relieve constipation

1. Drink **plenty** of water (do not complain of constipation if you are dehydrated!) Try to consume at least 8 glasses per day – one each hour on the hour is a good strategy to apply.
2. If you do become constipated, add 1/2 tsp of salt to 2 litres of water and consume it first thing on an empty stomach to 'flush' the bowel.
3. If you wish to have a good clean out and bowel detox, add 2 tsp of epsom salts to a glass of warm water and consume it before bed. You should have a good evacuation in the morning. If not, repeat it the following night. It's best to adopt this method on a weekend as each person responds differently. This method has been used in my clinic as part of detoxification programmes for 20 years so I know that it works.
4. I also recommend that you consume one cup (and no more) of Morelife Senna Tea (available from health stores) or Alpine Tea (from the supermarket) each day. Please note: more than one cup may result in stomach cramps! As these teas contain mild laxatives, we don't recommend these for long-term use.
5. Ensure you eat plenty of raw vegetables, I recommend at least one serving of salad each day.
6. Add cultured vegetables to your diet. 1/4 to 1/2 cup of sauerkraut per meal will aid digestion.
7. If your symptoms persist it is possible you require digestive enzymes to aid the breakdown of protein, a weakened digestive system will lack the ability to breakdown and absorb nutrients, and this could lead to nutritional deficiencies. This is not abnormal as we age. Please book a private consultation with our naturopathic team (a fee is involved) to determine your individual requirements. Further investigation is encouraged to determine your microbiome and gut health. It's important to note that the diet doesn't cause this, it is merely exposing an underlying digestive issue prior to beginning the program. Another sign of a weakened ability to digest food, is seeing undigested foods in your stools. You can [contact our naturopathic team at this link](#).

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8. The other alternative – my preferred digestive aid – is Metagenics Laxatone. This product has a very mild effect and stimulates peristalsis, or the contraction of the bowel. So rather than laxative teas, which can irritate the bowel, stimulating the evacuation process is preferable. To order this product, please [contact us here](#).

keeping regular



The Ketogenic Switch

microbiome

The foundation of health – your microbiome

Wellness begins in the gut. Within is a delicate balance of around 100 trillion microflora – ten times that of the 10 trillion cells in the body. Microflora consists of bacteria and along with parasites, yeasts, fungi and viruses, these microorganisms work in a symbiotic harmony to create what is known as the microbiome.

Highly intelligent and sophisticated bacteria communicate with the gut wall and receive information from the gut brain as to what the body's nutritional requirements are. Then the bacteria and enterocytes (the cells that coat the villi in the gut responsible for the absorption of nutrients) set to work on supplying these to the body.

These helpful bacteria play a number of vital roles in the digestion of food, how we absorb nutrients and how we respond and react to foods. Most importantly though, they control 80% of our immune system and 60 to 70% of the health of our enterocytes. What's more, they even produce vital nutrients; in particular vitamin K and Biotin (Vitamin B7).

The bacteria work by feeding off the foods we eat and their excretions are the very nutrients we survive on. I believe that beneficial bacteria are the most underestimated health benefit of our time. While we are only just beginning to understand how vital a role bacteria play to our overall health, clinical trials around the globe are now proving that friendly bacteria are instrumental in reversing many diseases and disorders.

It is unknown exactly how many types of gut bacteria there are – anywhere between 300 to 1,000 genus or master types that work in a symbiotic, harmonious relationship to keep their host healthy. They need us to be healthy as much as we need them to be healthy – when all is working well this is a marriage made in heaven.

This is still a relatively new field of science with many investigative studies currently being carried out. No doubt we will some day know a lot more about what many call 'The Forgotten Organ'. Bonnie Bassler, a molecular biologist from Princeton University, has discovered that bacteria communicate by excreting chemical signalling molecules called auto inducers.

The Ketogenic Switch

microbiome

They use one type of language amongst their own species – almost like a secret code – and another that enables them to communicate in a universal language amongst bacterial species. This communication is called quorum sensing and it essentially enables bacteria to function as a multi-cellular organism. (To watch Bassler's TED presentation on how bacteria 'talk', [click here](#))

Collectively, bacteria are able to influence genetic expression. Individually, bacteria are considered not to have any influence over the human body as they are far too small compared to their giant host. However, they are constantly splitting and dividing, enabling them to multiply rapidly in number, and scientists now believe that once there are enough of them, they are able to have dramatic influences over their host. It's as though they wait patiently amassing their army before they begin to manifest their potential on the organism.

Unfortunately, while there are good healthful bacteria, there are also opportunistic or pathogenic bacteria that cause more harm than good. These, too, communicate via quorum sensing. The best way to protect ourselves from these pathogenic bacteria is by eating a diet rich in natural, preferably organic whole foods, as well as including traditional cultured and fermented foods.

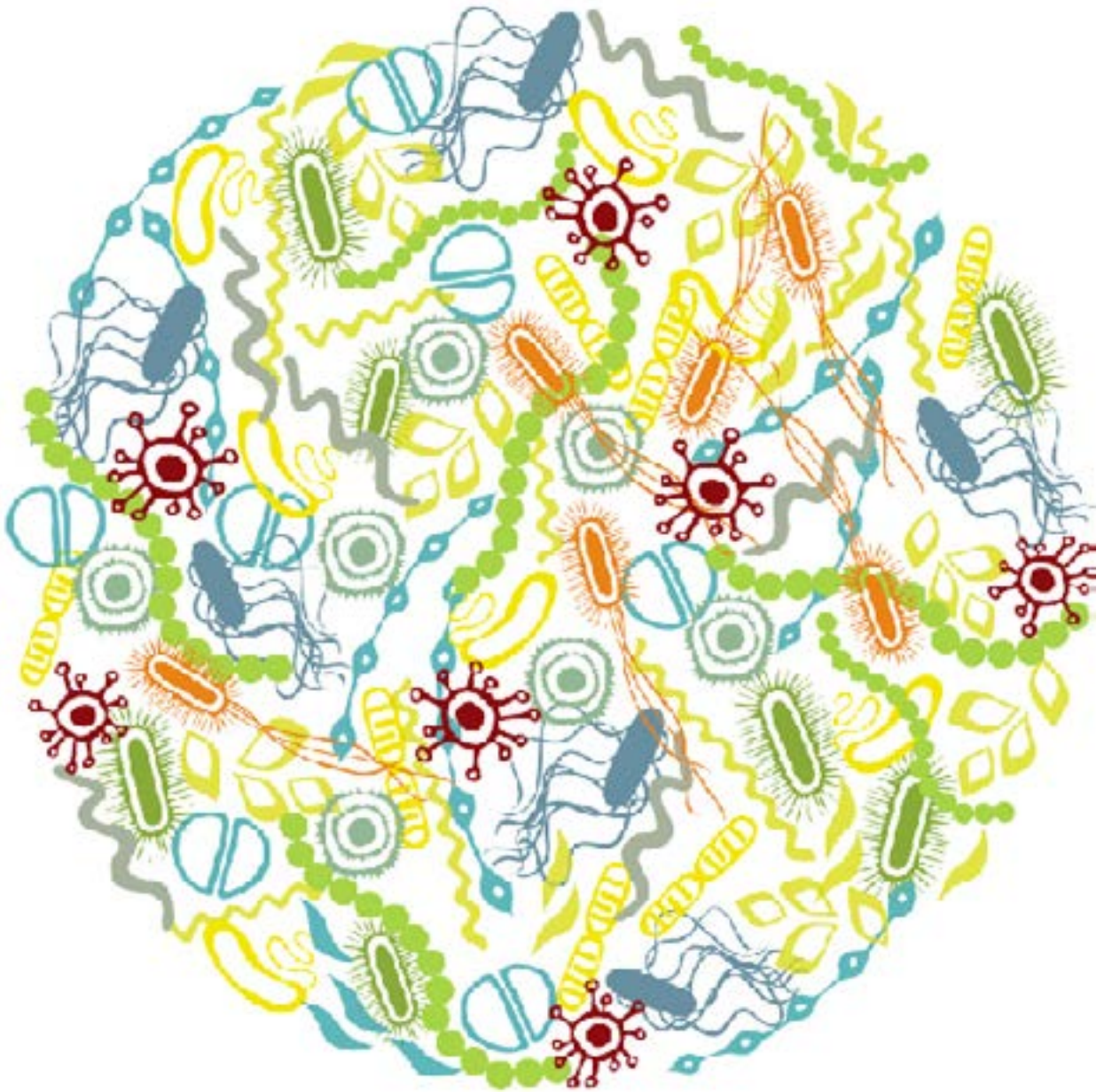
Many chronic diseases are linked to pathogenic bacteria and one way healthful bacteria work to keep the immune system healthy is to fight off these unwanted invaders. However, given the right conditions these pathogenic organisms can overload the gut and hijack the immune system, which also has a negative effect on the gut brain.

Antibiotics kill beneficial bacteria that are crucial for effective immune function. The more we study and learn about beneficial bacteria, the more we learn that killing them has profound negative side effects. Another example that nature is winning is fungal infections. Fungus essentially grows in 'layers'; when we apply an antifungal cream, we kill the top layers.

However, as the fungus is dying, it communicates with the fungus beneath it, teaching it how to 'out-smart' the antifungal cream, which makes fungus one of the hardest conditions to treat. As a result, we not only see that bacteria are resistant to most antibiotics, and fungus resistant to antifungals, but also that insects are becoming resistant to insecticides and weeds resistant to herbicides. It would appear to me that the mentality of 'anti' goes against the laws of nature.

The Ketogenic switch

microbiome



The Ketogenic Switch

microbiome

When we go against the laws of nature we end up paying the price. Today, the genetically engineered fields have a myriad of issues with weeds becoming resistant to Roundup and other herbicides. Essentially what is being created are 'super weeds'. Diseases we thought we had combated are returning, such as malaria. Not only has the malaria parasite evolved, but also the mosquito that carries it. The malaria parasite is resistant to antibiotics and the mosquito is resistant to herbicide! So is relying on a 'magic bullet', as antibiotics were known, the answer? Or is learning to work with nature the key? Maybe domesticating germs is a potential solution...

When we understand the body's profound ability to heal itself given the right environment, our quest for health and longevity must be to provide the right environment.

"A human being is a part of the whole called by us his universe, a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty." Albert Einstein

The gut brain

There is a new field of medicine called Neurogastroenterology that studies the Enteric Nervous System or gut brain. Just like the larger brain in the head, this system sends and receives impulses, records experiences and responds to emotions. Its nerve cells are bathed and influenced by the same neurotransmitters. The gut can upset the brain and the brain can upset the gut. In fact, holistic medicine would seek to treat these individual organs as one.

The gut brain is embedded in the gut wall and participates in a rich dialogue with the brain during the entire journey of food through the 30-foot-long digestive tract, from the oesophagus to the anus. It comprises a network of 100 million neurons — more than the spinal cord. It has neurotransmitters and proteins that zap messages between these neurons along neural nets like those found in the brain. It remembers, learns and produces 'gut feelings'. Very importantly, neurotransmitters such as serotonin, dopamine, norepinephrine and glutamate are present in the gut brain.

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microbiome

In fact, the gut uses all of 30 neurotransmitters. Two dozen brain proteins called neuropeptides are found in the gut brain, and scientists have even found natural opiates in the gut, as well as a rich source of benzodiazepines that have a similar effect as Valium and Xanax. Scientists don't know yet how these benzodiazepines are produced, but it's possible that the gut bacteria and/or certain foods produce them. It's unclear if the gut causes ailments in the brain or the brain causes ailments in the gut! What we do know for certain though is that the gut brain plays a major role in our happiness and our misery.

Many gastrointestinal disorders like colitis and IBS originate from problems within the gut brain. Indigestion and acid reflux are both symptoms that the gut isn't functioning correctly.

What you eat has a direct effect on the gut brain just as much as what you eat has a direct effect on your brain. This is a new field that I believe will unravel the mysteries around foods and moods and why some bring us up while others take us down.

Not only does our digestive system require symbiotic colonies of beneficial bacteria to keep us healthy, it also requires small amounts of fungus and parasites to remain balanced. And if our systems are too clean and our immune system is never stimulated, it may have a negative impact on our health as well. So it's quite apt that Irritable Bowel Syndrome has been referred to as ADHD of the gut.

An example is of how bacteria can both have positive and negative effects, is candida. In small doses candida is thought to be harmless, even beneficial. Yet once the balance of yeast to bacteria is affected, usually through the use of antibiotics, candida overgrowth occurs. In fact there are more than 20 species of candida, and the most common of those is *Candida albicans*. This type of candida mutates from the healthy yeast into opportunistic yeast that has been linked to hundreds of chronic diseases.

Likewise, we are discovering how certain parasites may be healthy for us, especially in the case of autoimmune diseases such as MS. The parasites are thought to somehow balance the immune system. Currently, clinical trials involving parasitic larvae are taking place that are showing promising results in the treatment of MS and eczema.

The Ketogenic Switch

Think of your gut as one giant universe. When all is going well, your universe is at peace with helpful colonies of soldiers working to restore order. When we are at war, these colonies create disorder. Interestingly, quantum physics is now uncovering the possibility that within our very own consciousness and thought processes, we are determining peace or war literally within our very own body. This makes total sense when you contemplate illness. At the very core, illness is always linked to an underlying emotional or spiritual message. My yoga teacher once told me that Buddhist monks would never take an anti-parasitic herb to kill parasites. They would simply meditate and raise their vibration to a point where the parasites were no longer compatible with the host and would decide to leave voluntarily. I love the thought of that.

So to summarise, the Ketogenic Switch plan is based on an anti-inflammatory diet of traditional unadulterated whole foods that are properly prepared to maximise nutrient absorption and maintain optimal body ecology and gut health. It is a diet of high-vibe foods and micro- and macronutrients that transforms vitality and leaves you youthful and full of energy. It feeds the soul.

microbiome

The Ketogenic Switch

supplements

Unless stated otherwise, the items listed below cannot be purchased without a prescription. However, you can order them through us if required, by emailing support@ketogenicswitch.com

Fibroplex Plus

This is a high-dose patented form of pH adjusted magnesium that is very gentle on the gut. Fibroplex Plus assists with fluid retention, cramps, aches and muscular pains, as well as stress. If fluid retention has been an ongoing problem for you, and/or you are experiencing cramps, we highly recommend this product.

NZ\$87.50 for 30 to 60 days.

Ketodrops

This is Deborah's unique homeopathic formula that assists with weight loss.

It suppresses appetite, protects the 'healthy fat' and stimulates the release of stored fat which will be converted to ketones for optimal weight loss. Take 5 drops, 4 times daily.

NZ\$30 per bottle (1 bottle lasts 1 to 2 weeks). [You can order these online here.](#)

Meta B

This is a high-quality B vitamin complex designed to assist in combatting stress and increasing energy. Take 1 tablet daily for 50 days.

NZ\$32.95 for 50 tablets

Laxatone

Laxatone is a gentle laxative that is none irritating and aids evacuation. Please see the section on 'constipation' for more information.

NZ\$19.50 for 30 capsules.

Neurocalm and Adrenotone

Adrenal support is recommended for people who have been through or are experiencing excessive stress resulting in disrupted sleep or fatigue. Contact us for the correct recommendation for you.

The Ketogenic Switch

support

We are here to support your wellness journey!

While some things are simple for our naturopathic team to advise on, larger health issues do require more thorough investigation into your medical history, current health status and assessing the compatibility to current medications with our recommended natural medicines. In these cases I advise booking a private consultation with me or our team.

While we are happy to prescribe standard vitamins, minerals and probiotics, pre-existing health issues require proper investigation before natural medicines can be accurately prescribed.

While some issues are easy to spot and correct, such as eating something that isn't working for you, or doing something outside of the plan and we are happy to do this without charge. More medical issues require investigation, consideration and time. Consultations are 40 mins via skype and are \$165 payable upon booking.

Please contact us [here to book your appointment.](#)

The Ketogenic switch

supplements

Thermoburn

This high-dose green tea complex may help burn abdominal fat. Take 1 tablet twice daily with food.

NZ\$56.50 for 60 tablets.

Thyrobalance

If your basal body temperature is consistently below 36.5, it can point to a potential deficiency in thyroid function and metabolism, which is important for weight loss.

Thyrobalance is a nutritional and herbal supplement that assists in underactive thyroid and can make a dramatic difference in overall health and energy levels. It is recommended to start with a loading dose of 2 tablets, twice daily, with meals for the first 2 to 4 weeks, and then reduce to 1 tablet, twice daily, with meals.

NZ\$42.95 for 60 tablets. (A 3-month dose is required to start with)

Vitamin C

It is important to have 3,000mg (3g) of high-quality, pH-adjusted vitamin C per day. If you suffer from IBD I recommend using Lypo-spheric vitamin C and 1,000 mg is adequate due to its optimal absorption. In NZ you can [purchase it here](#).

Otherwise I recommend the Clinicians range, available in health stores and pharmacies throughout NZ, or Ester C in Australia and NZ. Alternatively, or our naturopathic team can prescribe the top-quality C-Ultrascorb through Metagenics for you.

