

FASTING & KETONES

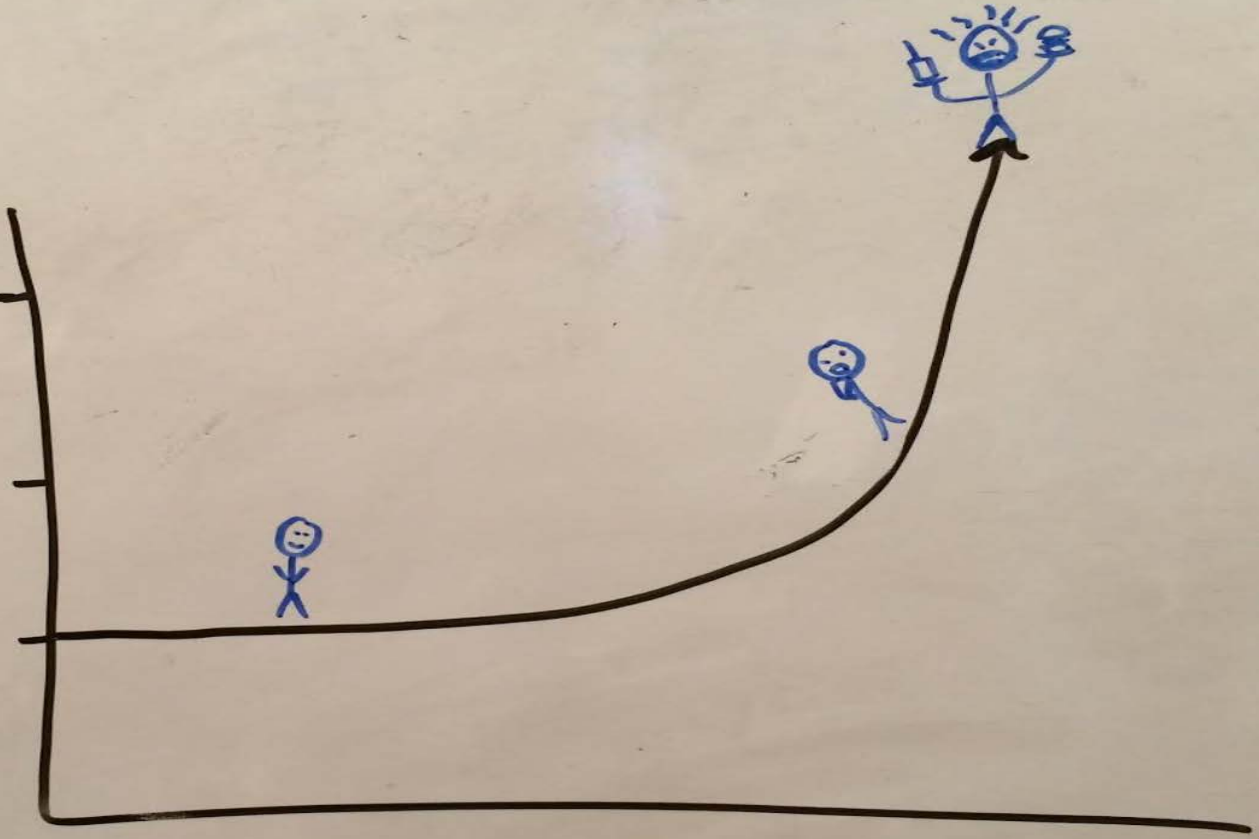
MARK MOSCHEL

How much
I like
Food

obsessive

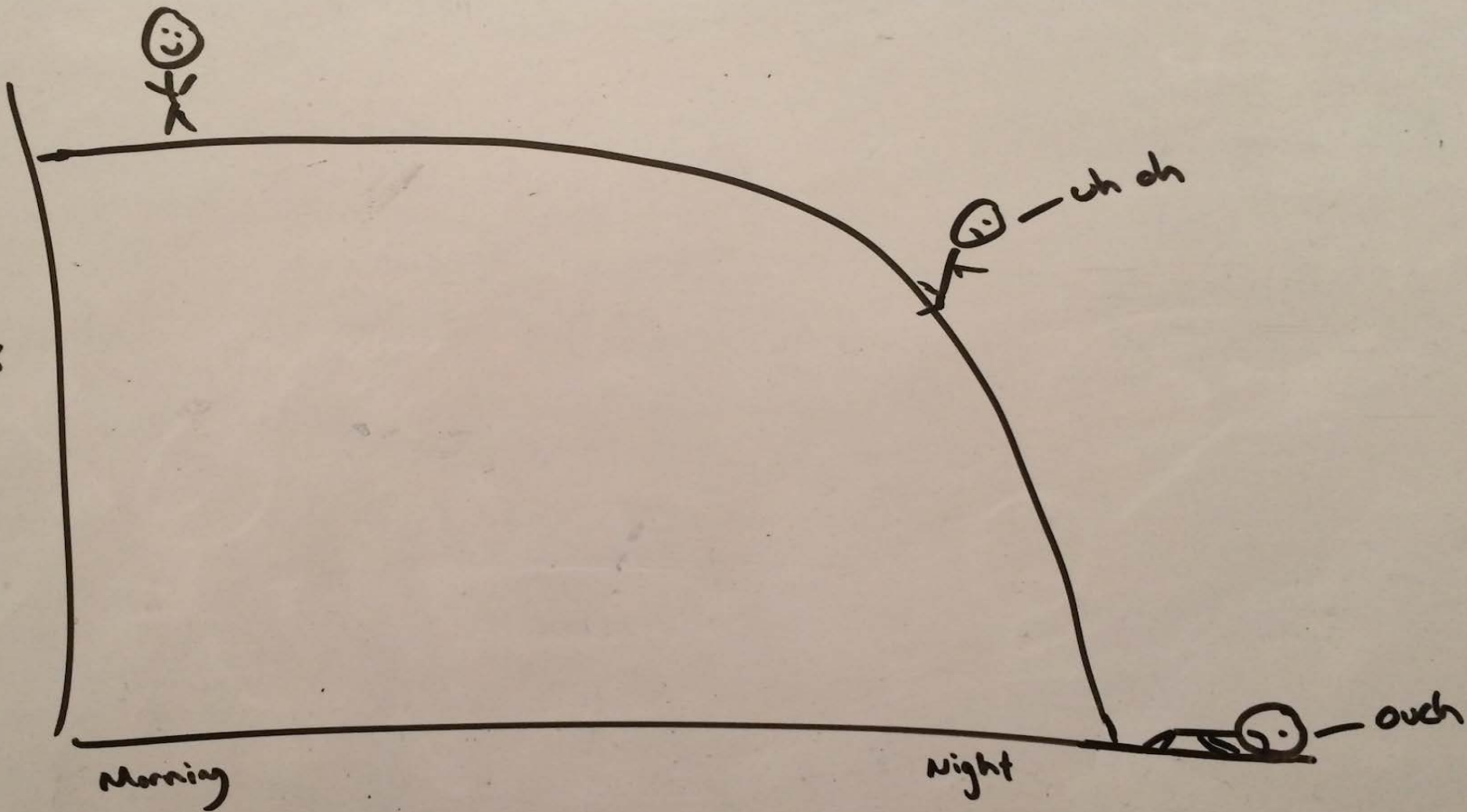
a lot

Normal



Time of Day

Willpower

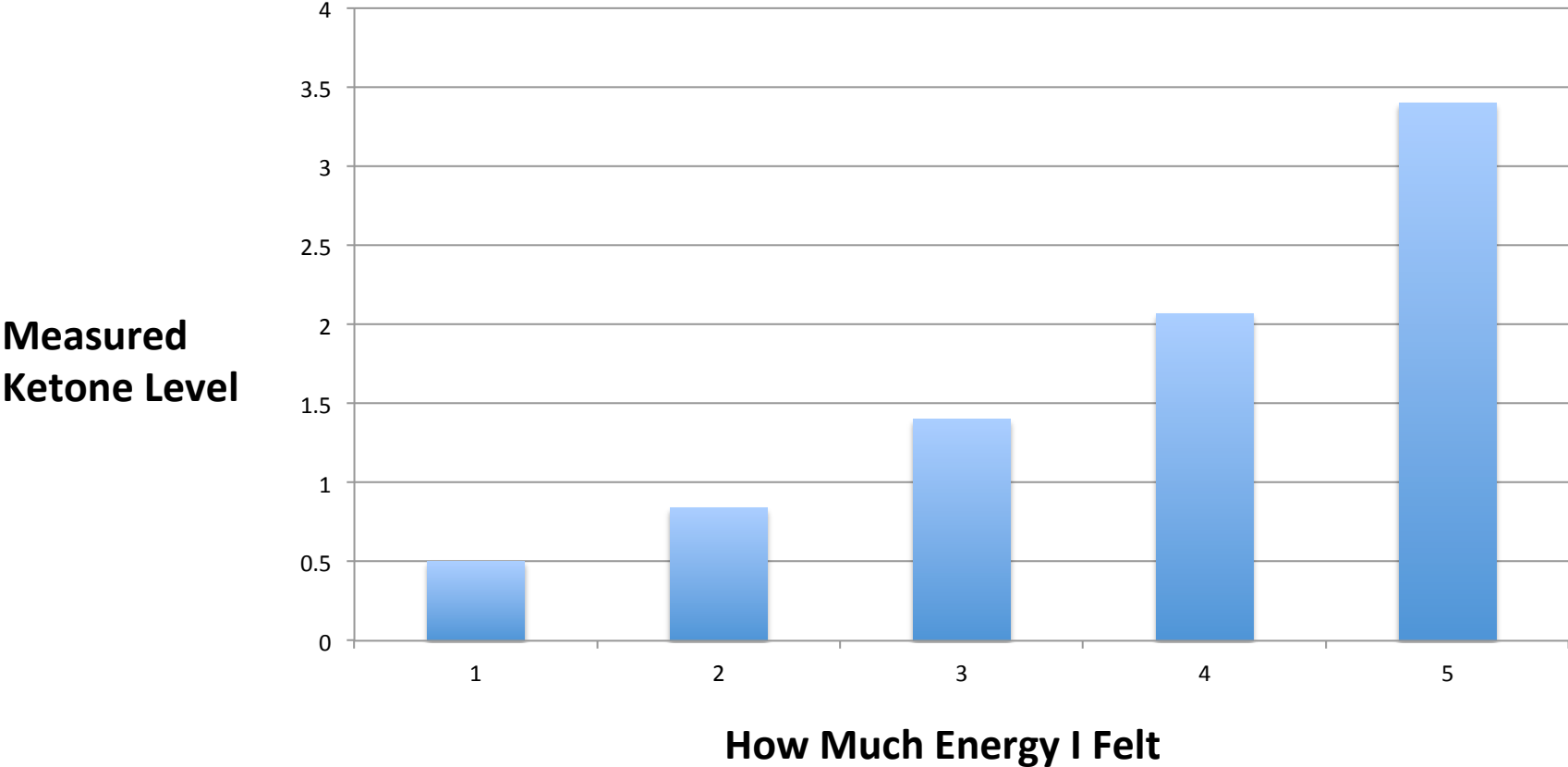


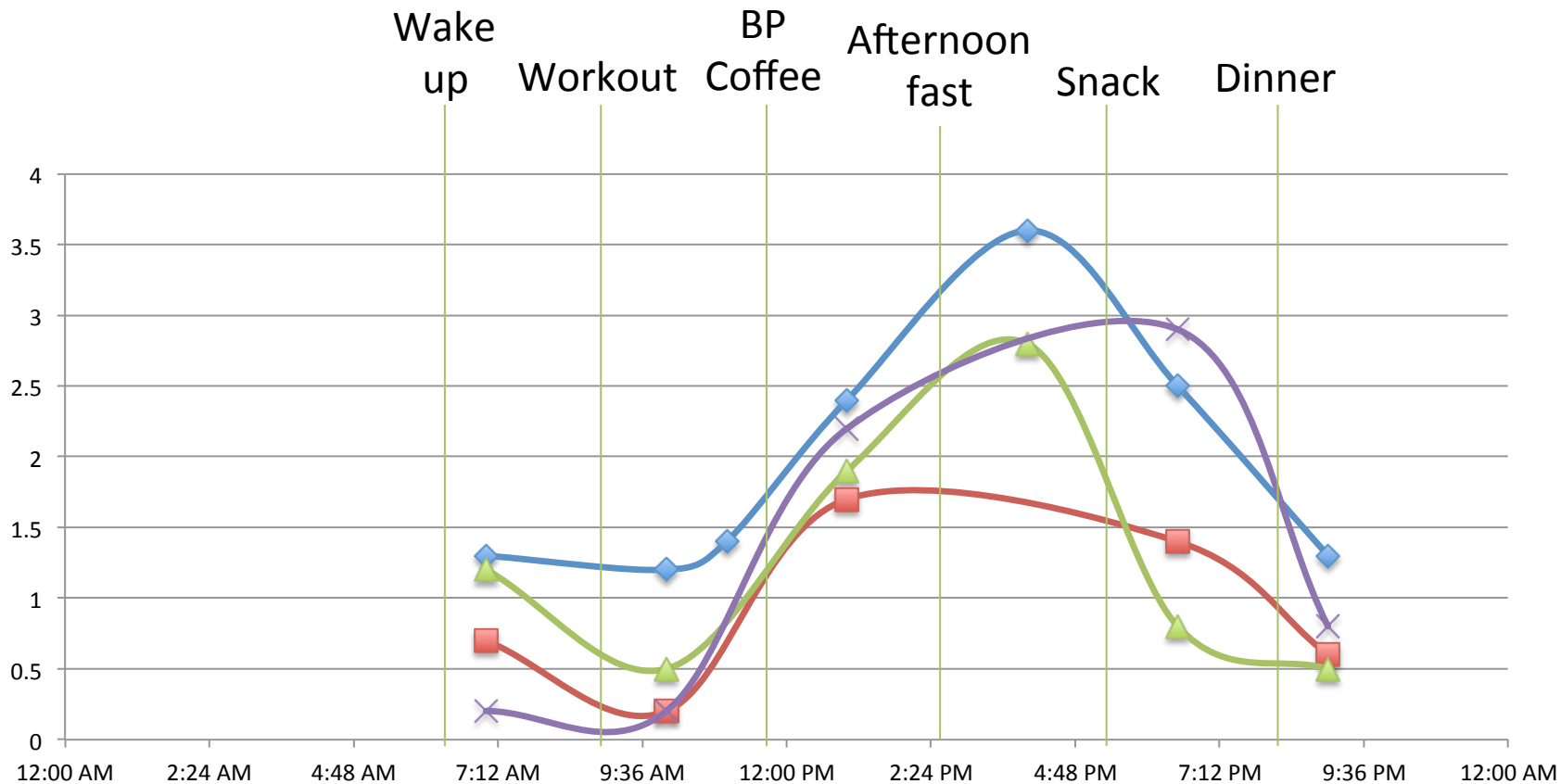
Time of Day



	A	B	C	D	E	F	G
1	Person	Date	Time	Guess	Ketone Level	Prior Food	Notes
2	Mark	19-Oct	7:32		0.7	Nothing	Just woke up
3	Mark	19-Oct	9:36		0.2	Nothing	Right after lifting - heavy squat
4	Mark	19-Oct	13:47		1.7	1 Bulletproof coffee, 1 regular coffee	Just went for 20 minute walk o
5	Mark	19-Oct	16:04		2.2	Nothing since	Working, sitting
6	Mark	19-Oct	19:03		1.4	Guac, olive oil, canned oysters	
7	Mark	19-Oct	22:30		0.6	Dinner - burger in lettuce wrap, whole foods veggies in olive oil, 2 glasses of wine	
8							
9	Mark	20-Oct	7:00 AM		1.3		just woke up
10	Todd	20-Oct	7:00 AM		1.2		just woke up
11	Mark	20-Oct	10:00 AM		1.2	Had 1/2 BP coffee 30 minutes ago	no workout this morning
12	Todd	20-Oct	10:00 AM		1.3	nothing	worked out
13	Mark	20-Oct	11:00 AM		1.4	Finished BP Coffee	

Data from prior QS talk on Ketone Tracking





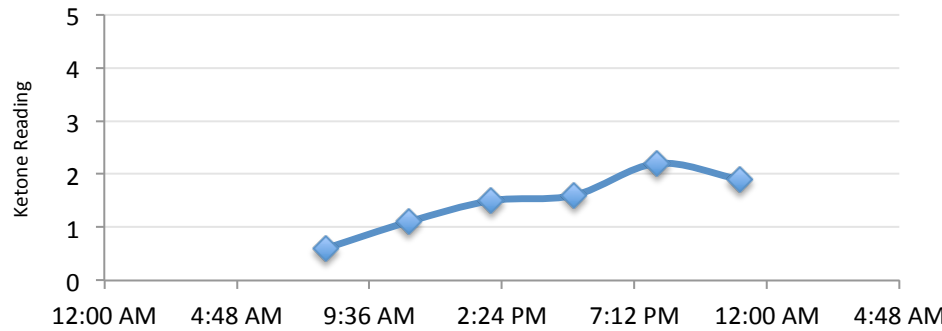
HYPOTHESIS

EAT + TRACK =

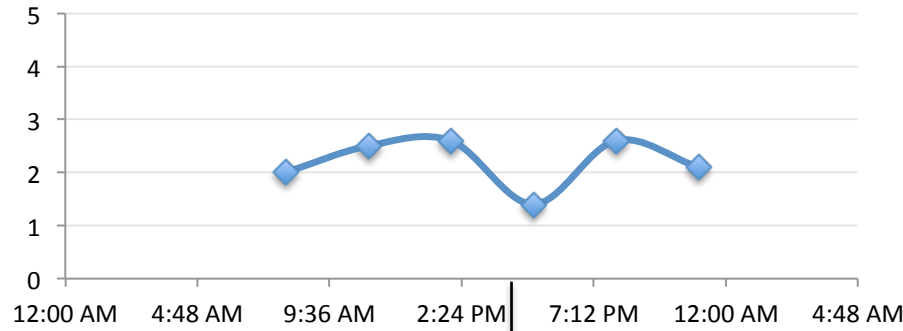


3-Day Fast #1

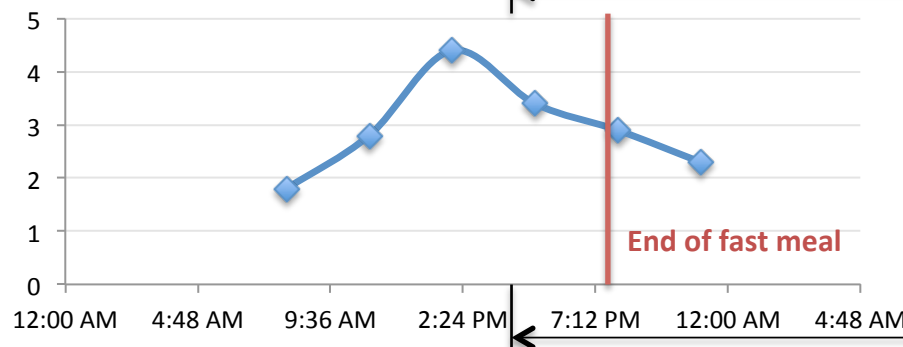
KETONE READINGS



Day 1
Average = 1.5

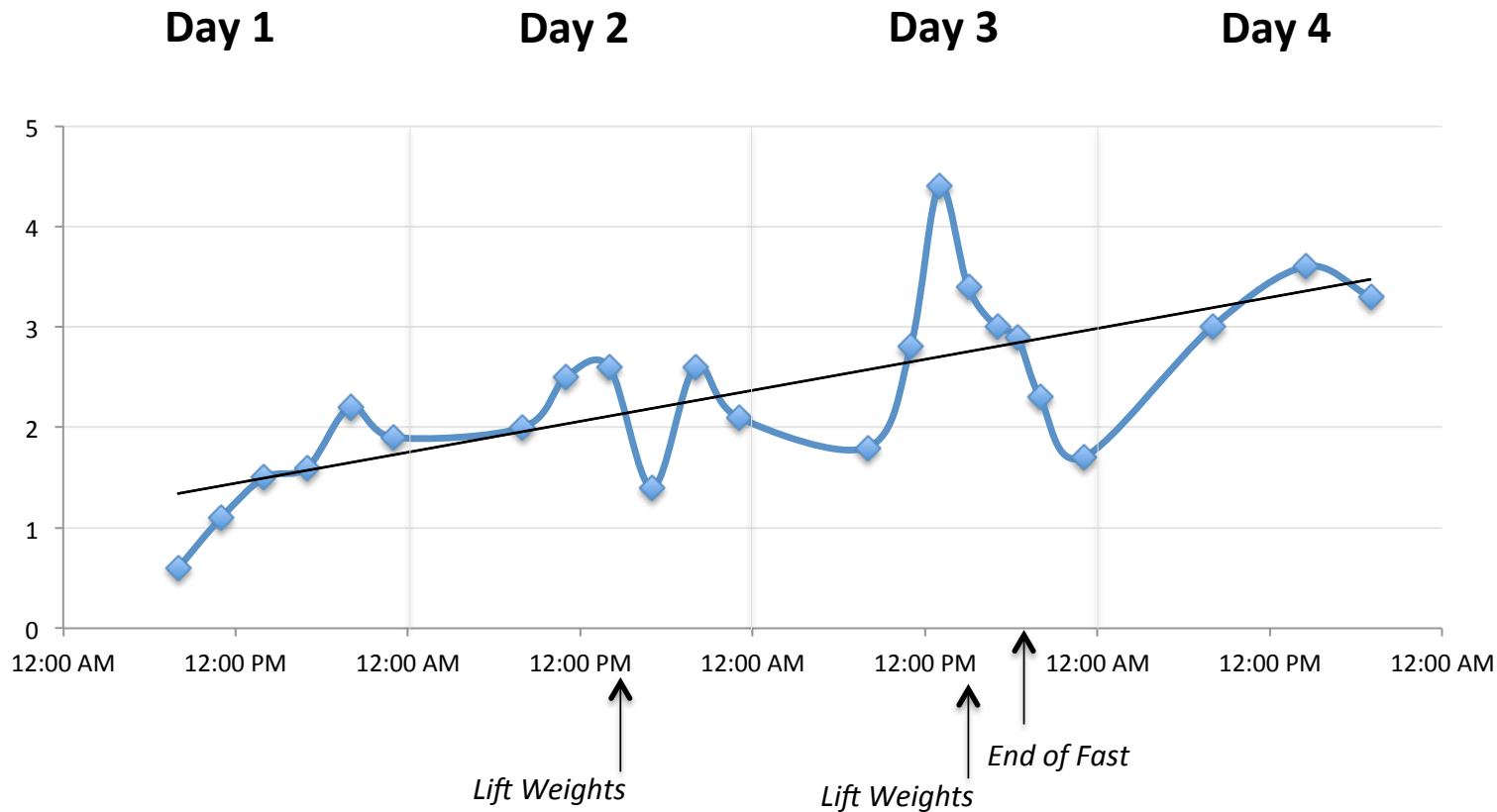


Day 2
Average = 2.2



Day 3
Average = 3.0

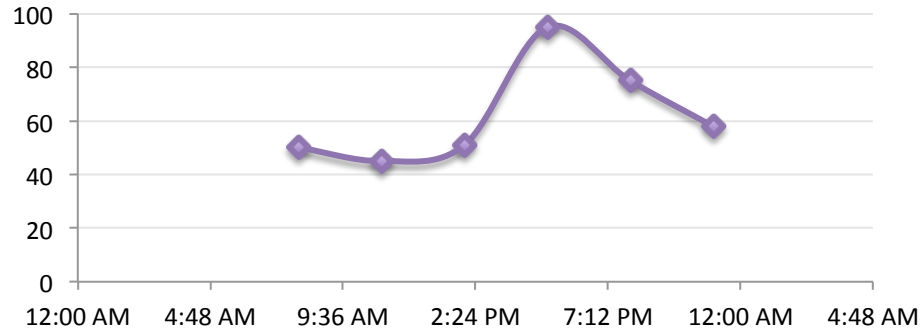
KETONES



GLUCOSE READING

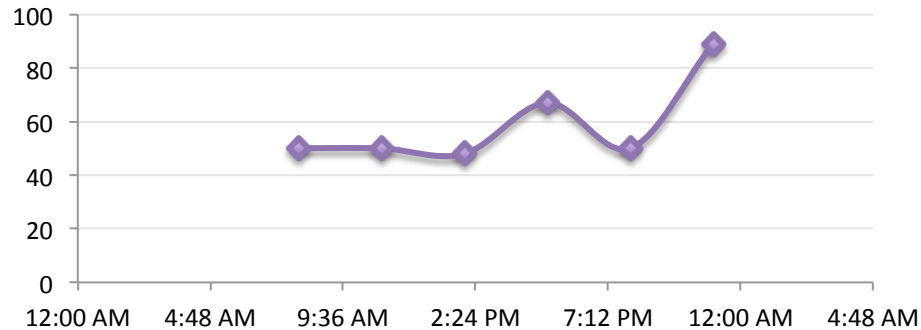
Day 1

Didn't measure on day 1



Day 2

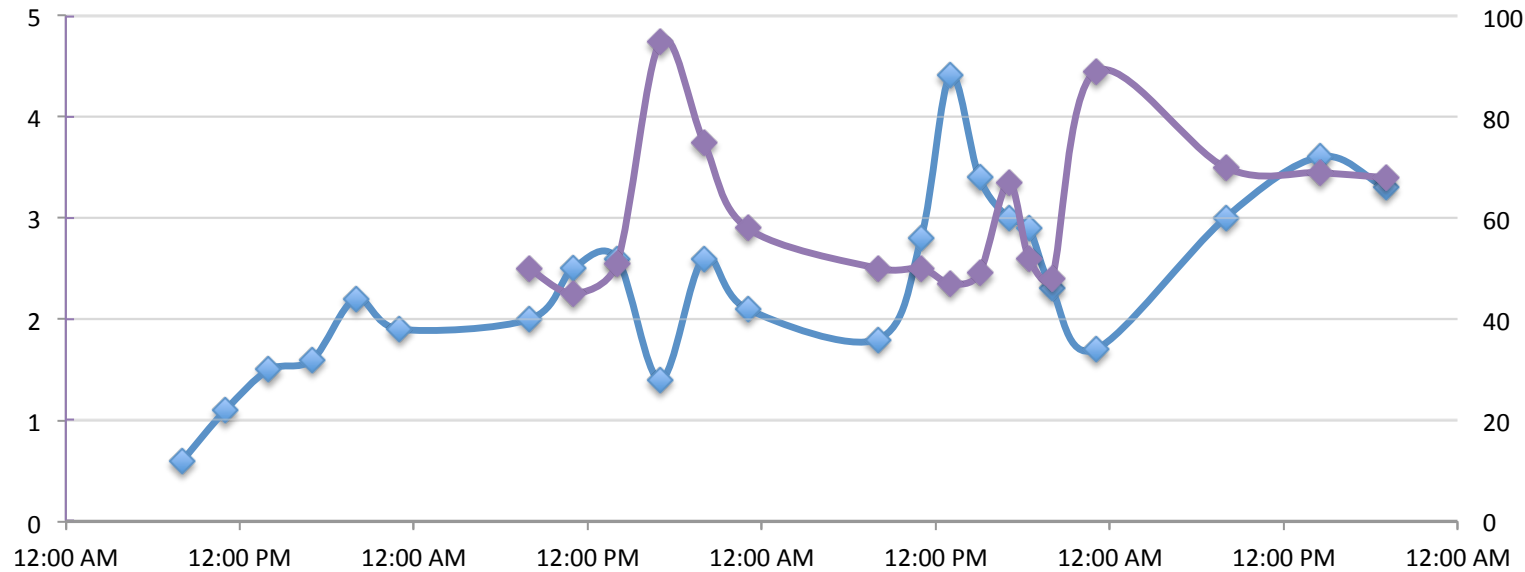
Average = 62



Day 3

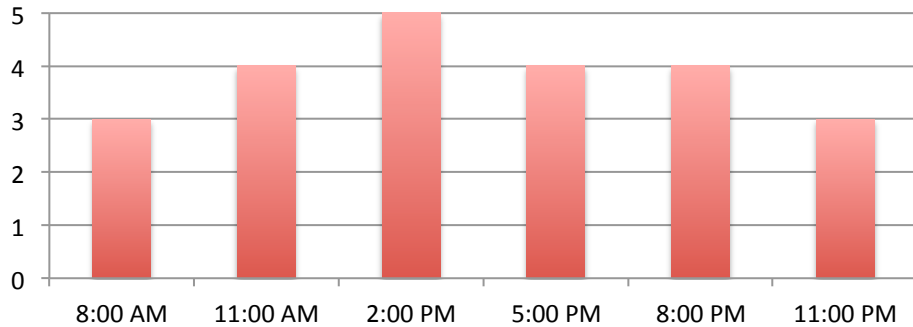
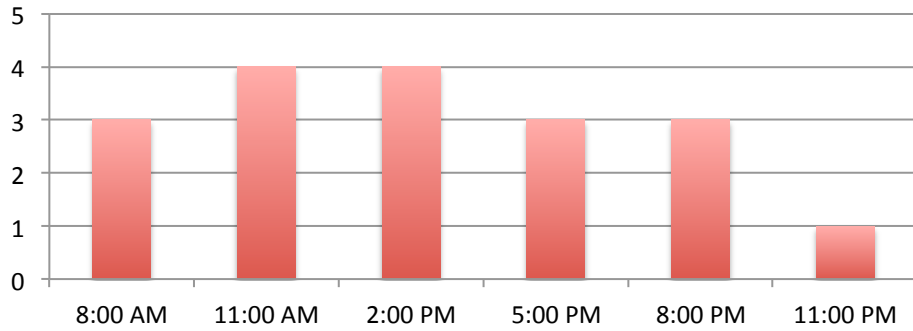
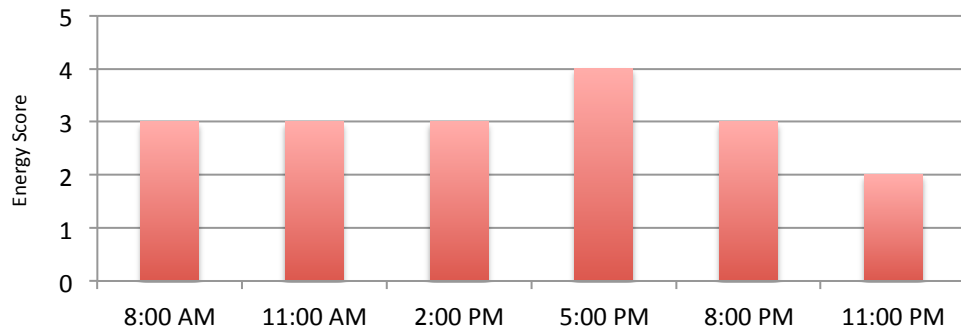
Average = 59

KETONES

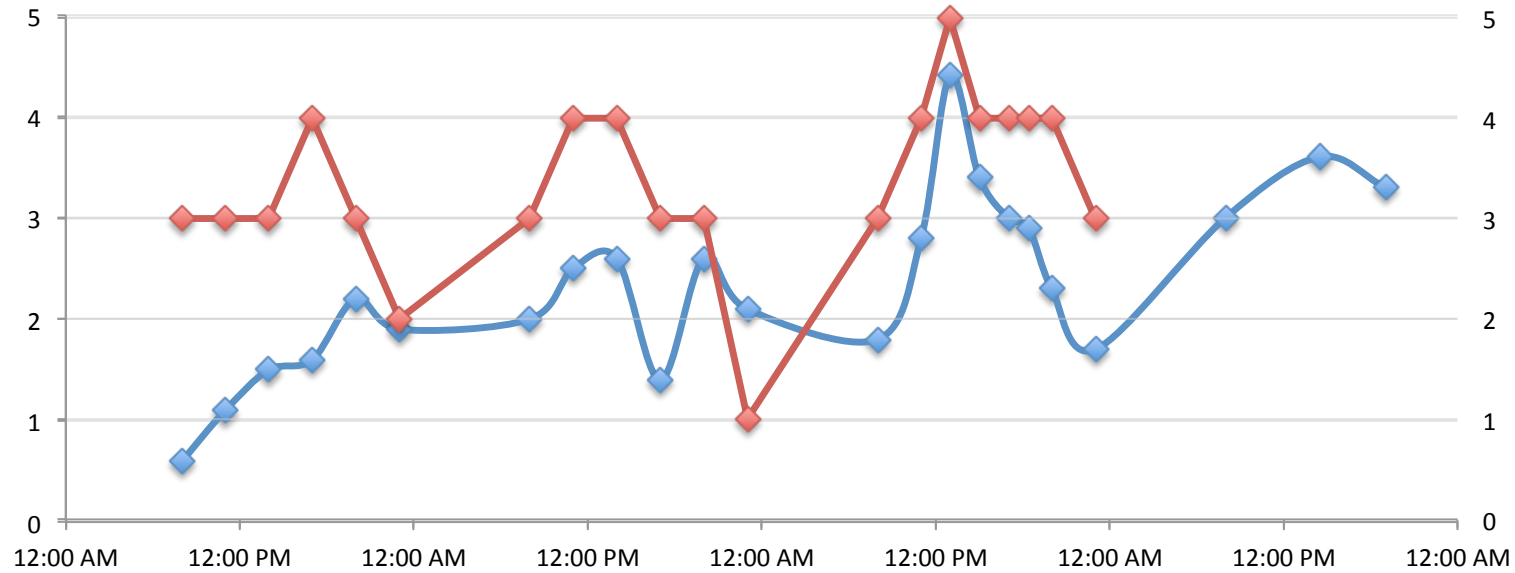


GLUCOSE

HOW MUCH ENERGY DO I FEEL RIGHT NOW?



KETONES




ENERGY

Fast #1 – What I Learned

- Ketone levels increased
- Heavy workout → ketones drop, glucose increases
- Ketones / Glucose - Inverse correlation
- Ketones / Energy – Direct correlation
- High ketones continued post-fast

3-Day Fast #2

... with a *twist* ;-)

Fasting +  ?!?

NEW HYPOTHESIS

FASTING +  + TRACKING

=



Warning:
Please leave this to
professional drinkers only.
Do not try this at home.

VERY
Buzzed!

Not
BUZZED

No Wine
yet

1st
Sip

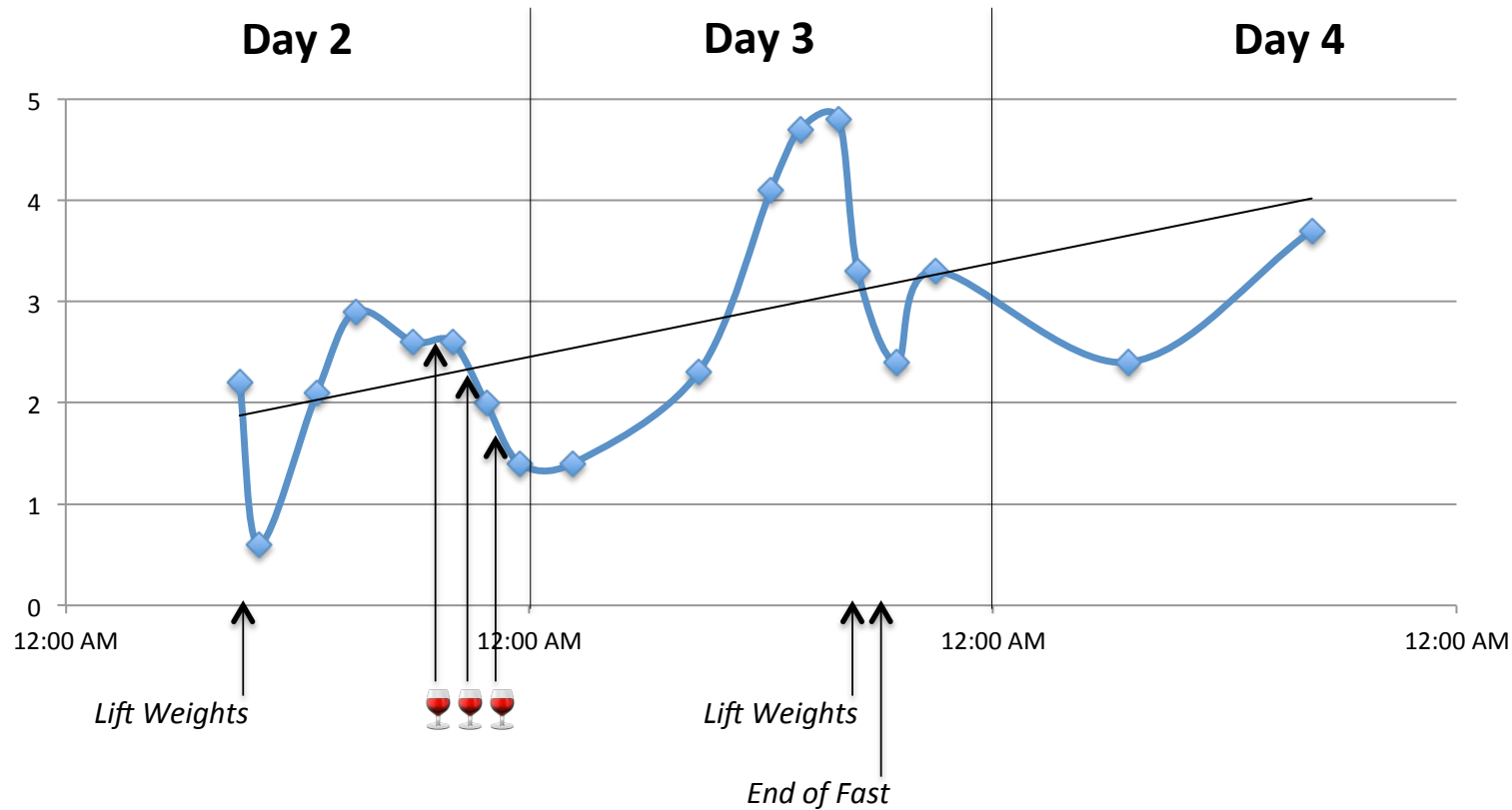
Finished
First glass

2nd
glass

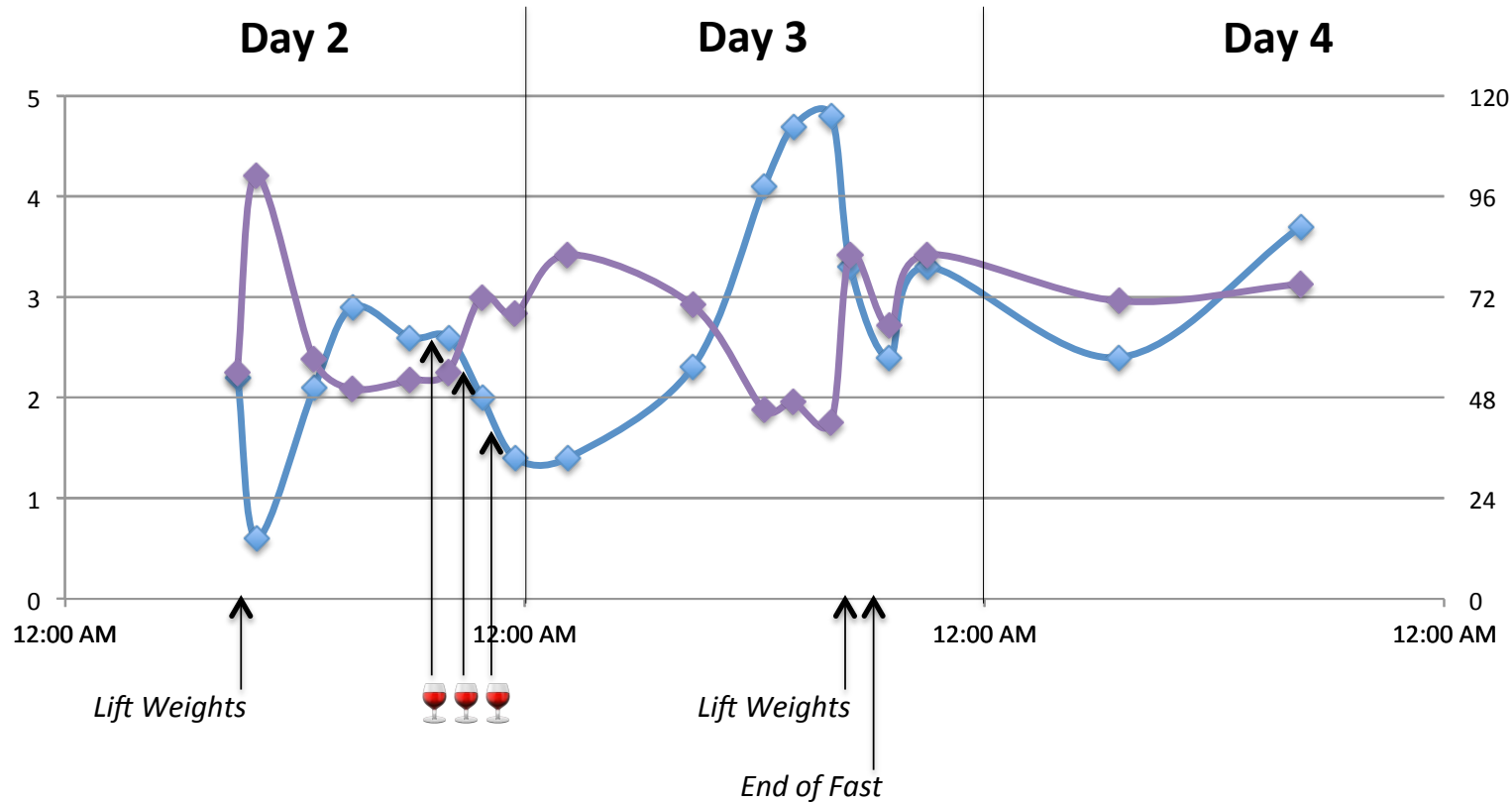
3rd
glass



KETONES

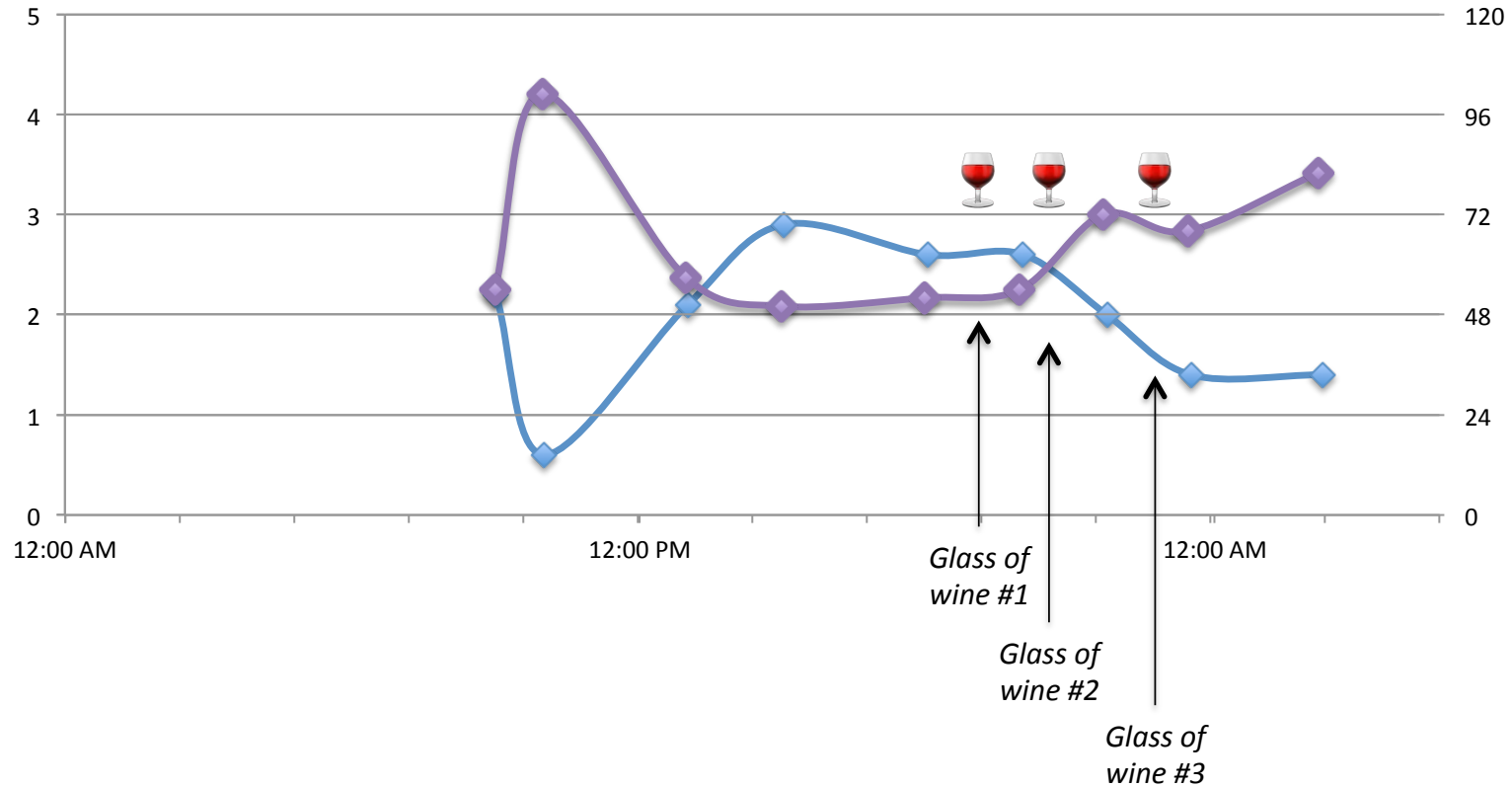


KETONES



GLUCOSE

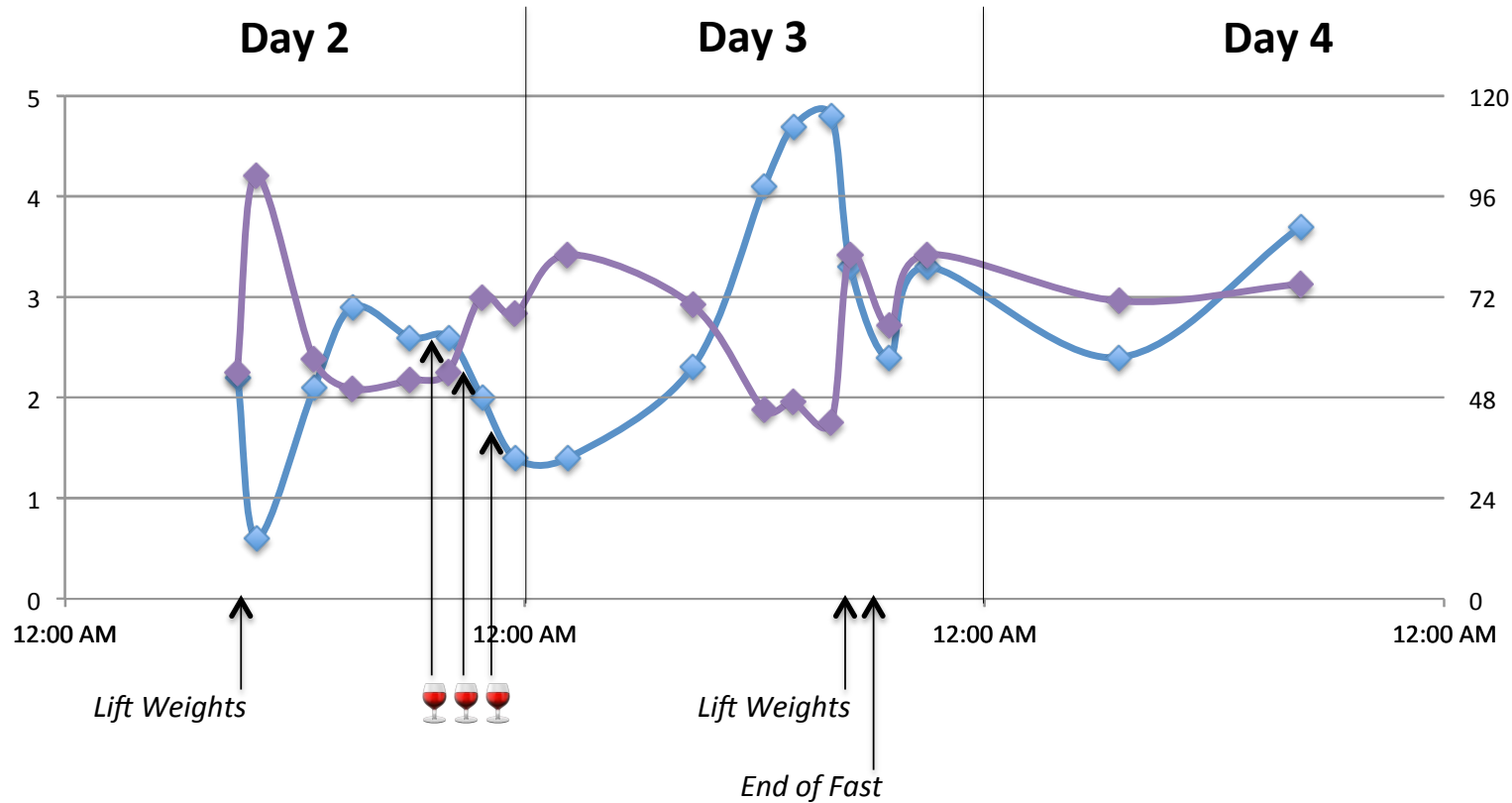
Zooming in on Day 2 ...



KETONES

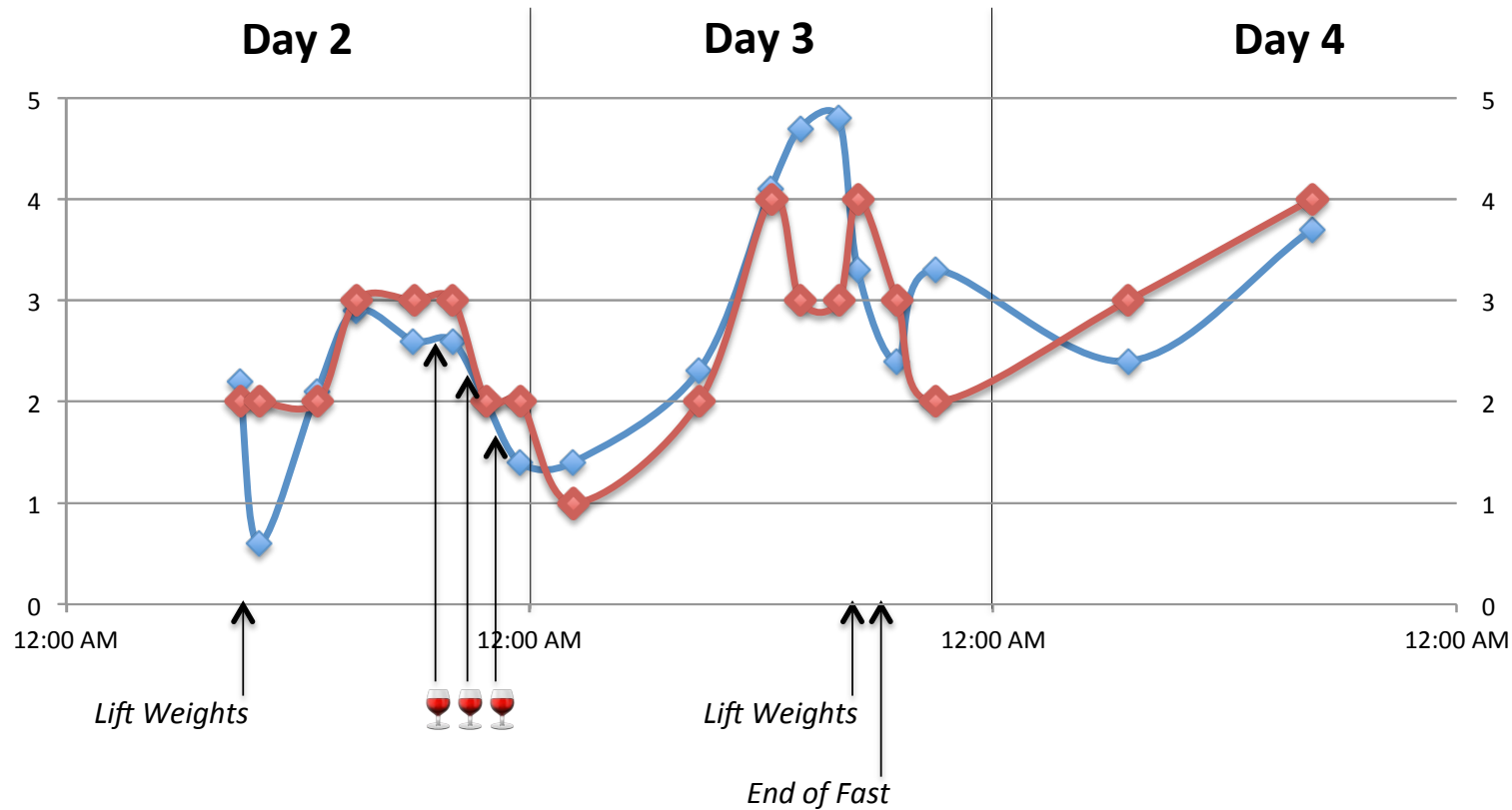
GLUCOSE

KETONES



GLUCOSE

KETONES



ENERGY

Fast #2 – What I Learned

- Ketone levels increased
- Ketones / Glucose – Inverse correlation
- Ketones / Energy – Direct correlation
- High ketones continued post-fast
- 3 glasses of wine →
 - small impact
 - quick recovery
 - gnarly buzz (technical term)

AM I STILL OBSESSED WITH EATING?

Mark Moschel
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