

THE KETOGENIC QUICKSTART GUIDE



DR. DAVID JOCKERS DNM, DC, MS



The Ketogenic Quickstart Guide

Dr David Jockers DNM, DC, MS

This is a quick start guide to understanding ketosis and the ketogenic diet. For more thorough information, check out our Navigating the Ketogenic Diet manual and for research citations look at DrJockers.com or contact michael@drjockers.com

What is Nutritional Ketosis?

Most people in society are in a state of sugar or glucose metabolism. Nutritional ketosis is a physiological state when the body switches from burning sugar as its primary fuel to burning fatty acids as its primary fuel. Ketones are produced by the liver from both dietary as well as body fat when blood sugar levels drop to a certain point.

Unlike diabetic ketoacidosis which is a very rare medical condition that only takes place in individuals who cannot produce insulin, nutritional ketosis is a desirable physiological state because it helps the body to run more efficiently.

What Are Ketones?

Ketones are water soluble compounds formed from fatty acids that easily cross into the cellular mitochondria where they are metabolized for energy. Ketones create **14 times more cellular energy than glucose**. In addition, the metabolism of ketones produces close to 50% less metabolic waste and oxidative stress.

Think of a vehicle that gets more 14x more gas mileage, significantly better overall driving performance by all standards and produces 50% less exhaust and pollution. We would all want that vehicle and that is what the state of nutritional ketosis does for our body!

What is the Ketogenic Diet?

The ketogenic diet is a specific nutrition plan that helps the body produce ketones and utilize these ketones as an energy source. This nutrition plan is composed of a low level of carbohydrates, moderate protein levels and high in fats.

The general breakdown is 60-80% fats, 10-30% protein and 5-10% carbohydrates. The variance in the ranges depends upon how active the individual is and how carbohydrate and protein sensitive they are.

Clinical Use of the Ketogenic Diet:

The ketogenic diet has been used since the 1920's to treat epilepsy and other seizure disorders. It has gained in popularity recently due to the wide range of health benefits it offers and health conditions that improve with it's use.



KETOGENIC DIET

HEALTH BENEFITS

- ✓ Weight Loss
- ✓ Improved Mood
- ✓ Blood Sugar Regulation
- ✓ Memory and Cognition Improvements
- ✓ Anti-Aging
- ✓ Relief from Chronic Pain
- ✓ Improved Energy

DRJOCKERS.COM
SUPERCHARGE YOUR HEALTH

Biggest Challenges With Keto-Adaptation:

When someone switches from burning sugar to burning ketones as their primary fuel it is called Keto-adapted. This process will take anywhere from a few days to 4-6 weeks after following a ketogenic diet and lifestyle depending upon the individual's metabolism and state of insulin resistance

The biggest challenges people face during the process of Keto-adaption include the following:

Hypoglycemia (Low blood sugar)

HPA Axis Dysfunction (Brain-Adrenal Fatigue)

Electrolyte Imbalances

We go over all the detailed strategies to address these issues in the Navigating the Ketogenic Diet Manual (see chapter on Critical Ketogenic Tips and Strategies to Overcome the Keto Flu)

WHAT IS KETO FLU? AND HOW TO PREVENT IT



HOW LONG DOES IT LAST? 1 WEEK

Keto Flu does not impact everyone, and those who are impacted will experience it differently. Often it lasts a week, but for some it can be longer.

7 WAYS TO PREVENT KETO FLU:

- Back Off Carbs Slowly
- Increase Your Fat Intake
- Increase Your Salt and Mineral Intake
- Hydrate Well
- Get Some Exercise
- Reduce Stress
- If All Else Fails...
Increase Your Carb Intake

SYMPTOMS

- FATIGUE
- HEADACHES
- NAUSEA
- INSOMNIA
- IRRITABILITY
- UPSET STOMACH



HYDRATION IS IMPORTANT

During the keto adaptation phase, we lose more hydration and electrolytes. It is key to drink lots of water and be sure to use extra salts to replace the electrolytes.

I recommend drinking a minimum of half your body weight in ounces of water at a minimum. The best time to drink a lot of water is first thing in the morning and then in between meals.



SALTS AND TRACE MINERAL RICH FOODS

You should aim to add 2 tsps of high quality salt into your food each day and a pinch to the water when you drink it to help your body replace the electrolytes you are losing as you keto adapt.

You should also look to consume a lot of trace mineral rich foods such as bone broth, celery, cucumbers, wild-caught seafood, sea vegetables, pickles, olives, leafy and cruciferous veggies, sauerkraut and olives.

Top 5 Mistakes Made On the Ketogenic Journey

1

Eating Too Little Fat and Calories: Many people are fat phobic because our society fosters the belief that fat is bad for us so they try to follow a low-carb, low-moderate fat diet. This will not work and will cause a lot of unwanted symptoms. You need to continually eat healthy fats to your satiety point.

2

Eating Too Much Protein: If you consume too much protein, your body will turn the protein into glucose through a pathway called gluconeogenesis. You want to consume anywhere from 0.5-1.0 gram of protein per kilogram of body weight (g/kg) if you are not doing intense exercise (sprints or resistance training). Aim for 1.0-1.6 g/kg if you are doing intense exercise each week.

1 g/kg for 150 lb person. $150/2.2 = 68$

This person should stick between 34-68 grams of protein each day if they are more sedentary (between 34 – 54 grams if they have cancer- 0.5-0.8 g/kg) and between 68 – 109 grams if they are doing intense exercise.

Aim to split these protein feedings up into 2-3 meals with roughly 15-35 grams per meal.

3

Eating Too Many Carbohydrates: You want to aim for less than 40 grams of net carbs per day. In the beginning stage, you may need less than this...somewhere around 10-20 grams for some individuals. The more active you are, typically the more net carbs you can handle.

Net carbs = Total Carbs – Fiber

If a food has **10 grams** of total carbs and **5 grams** of fiber, it has **5 Net Carbs**

4

Not Consuming Enough Salts or Water: On a high carb diet, your body retains sodium due to higher insulin levels. On a keto diet, your insulin drops and you excrete more sodium. You need a lot of good salts on this diet. You also need a lot of water...good hydration habits are key, at least half your body weight (lbs) in ounces of water.

I recommend using a high quality pink salt or Celtic Sea salt and using it generously on your food. Consuming mineral rich foods such as sea vegetable, celery, cucumbers, wild-caught fish, organic chicken broth, etc. is also very helpful.

5

Poor Sleep Habits: If you sleeping poorly, you will cause issues with your stress hormones and trigger higher amounts of cortisol and insulin. This will cause major blood sugar imbalances and an inability to get into ketosis.

Ideally, going to bed before midnight each night (ideally by 10pm) and getting 7-8 quality hours of sleep is best for keto-adaptation.

In addition, chronically high mental and emotional stress is also a big factor in increasing blood sugar levels and blocking our ability to produce and utilize ketones effectively.

Gentle Keto Adaption

Going from a moderate to high carb diet and all of sudden going keto can be stressful on the body. For many individuals, I recommend taking it in stages.

This is especially important if you consider a keto diet a major lifestyle change from what you have been currently eating.

Try this 6-week keto adaptation cycle and remember, it is very important to focus on good sleep, hydration, keeping stress under control and getting regular movement in your life.

First 3-7 Days: Eat like you always have and use this time to get rid of the food in your pantry and refrigerator that isn't healthy or keto.

Look at all the nutrition labels or find the nutrition info online and count up your total carbohydrates, fiber, net carbs, protein and fats each day and take an average of these over the 3-7 days. Remember that total carbs-fiber = net carbs.

1 gram of net carbs = 4 calories

1 gram of fiber = 0 calories

1 gram of protein = 4 calories

1 gram of fat = 9 calories

2nd Week: Reduce the amount of net carbs in half and add in those extra calories from healthy fats. So, if you averaged 200 grams of net carbs in the first 3-7 day period than drop this down to 100 grams of net carbs.

To make up these 400 calories (4 calories per net carb x 100 grams = 400 calories) than add in the equivalent of fat. 400 calories of fat = 44 grams.

3rd Week: Now drop your net carbs in half again and make up those calories with healthy fats.

4th -6th Week: Drop your carbs in half again (until they are around 20-30 grams) and replace those with healthy fats.

By the end of this week you should be producing ketones unless your protein levels are too high. Your protein calories should be roughly 15-25% of your daily calorie total.

So, if you consume 2000 calories daily, your protein should be 300-500 calories (4 calories per gram of protein) which is 75-125 grams. If you are having trouble getting into ketosis than try dropping it to 15% of your total calories.

Your Next Steps

Between these 3 weeks you should be seeing the benefits of ketosis and if so, then after week 6, you can implement a feast meal or feast day once per week where you cycle out of ketosis and then 6 days of keto to get back into that state of ketosis.

**If after 6 weeks you are still struggling to get into ketosis, then you must look closer at lifestyle factors such as sleep, movement and stress. Another kickstart can be to implement the carb phasing strategies in the next section.



Top 5 Mistakes Made on the Ketogenic Journey

Eating Too Little Fat and Calories

Eating Too Much Protein

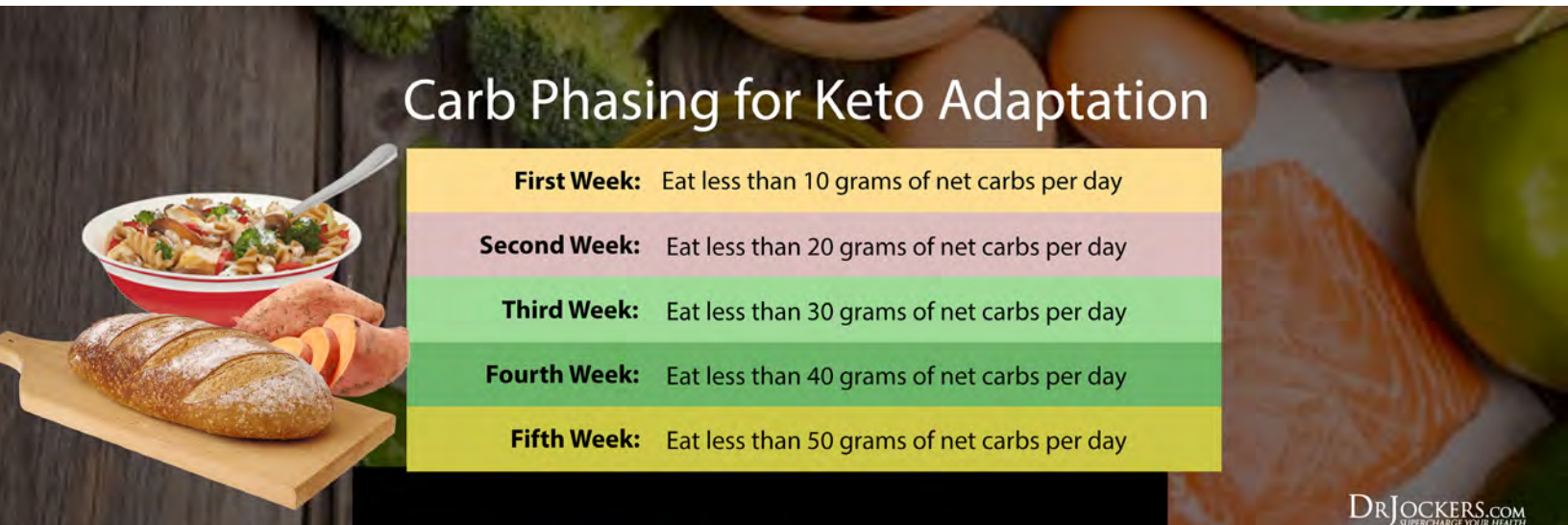
Eating Too Many Carbohydrates

Not Consuming Enough Salts or Water

Poor Sleep Habits

Carb Phasing For Keto Adaptation

I will often teach people to use carb phasing to get keto adapted faster. I learned this from a friend and mentor Dr Dan Pompa. Here is the carb phasing breakdown.



Carb Phasing for Keto Adaptation

First Week:	Eat less than 10 grams of net carbs per day
Second Week:	Eat less than 20 grams of net carbs per day
Third Week:	Eat less than 30 grams of net carbs per day
Fourth Week:	Eat less than 40 grams of net carbs per day
Fifth Week:	Eat less than 50 grams of net carbs per day

DRJOCKERS.COM
SUPERCHARGE YOUR HEALTH

Be sure to measure your ketones each week. Most people are able to get into ketosis in week 1 following this plan and then stay into ketosis throughout. Some struggle with 40-50 grams of net carbs and need to back down.

Keto Diet + Carb Cycling w/ David Jockers, DC



Fat Fasting

Consuming nothing but fat and water for a day or multiple days is one of the best strategies for getting into ketosis quickly. On this fast, you can consume coconut oil, MCT oil, SCT oil or grass-fed butter/ghee.

You can and should drink lots of water, diluted broth, herbal tea or organic coffee but have no carbs or protein. Be sure to use salts to keep your electrolytes up.

I personally do a 20-24 hour fat fast 3 days each week and feel awesome while doing it.

Best Foods To Eat On a Ketogenic Diet

Good Fats: Avocados, Grass-fed Butter/Ghee, Coconut oil, Coconut Milk, Coconut Butter, Coconut Flakes, MCT oil, SCT oil, Pasture-Raised Eggs, Olives and Olive oil

Non-Starchy Veggies and Herbs: Celery, cucumbers, spinach, kale, collard greens, broccoli, cauliflower, mustard greens, bok choy, swiss chard, brussel sprouts, cabbage, ginger, turmeric, oregano, basil, thyme, cinnamon, rosemary, etc.

Low-Glycemic Fruit: Lemons and limes (as much as you like), berries (less than 1/4 cup per day and keep track of overall net carbs).

Clean Protein: Grass-fed beef, wild-caught fish, organic poultry, wild game such as bison, lamb, elk, deer, duck, etc.

Nuts/Seeds: Pumpkin seeds, hemp seeds, flax seeds, chia seeds, almonds, walnuts, macadamia nuts, pecans, etc. Nuts and seeds are always best when soaked and/or sprouted.

Fermented Foods: Dill pickles, sauerkraut, kimchi, apple cider vinegar, coconut milk kefir, coconut milk yogurt, coconut water kefir (1/4 cup per day max and watch total carb count).

Natural Keto Sweeteners: Monk fruit, stevia and sugar alcohols such as xylitol and erythritol. Xylitol and erythritol may cause digestive disturbances so be careful with these.



5:2 Rule

This rule helps to ensure we are getting enough fats and enough electrolytes. SCT and MCT oil turn into ketones the fastest, coconut oil is a medium riser of ketones and long-chain fatty acids such as those found in grass-fed butter/ghee, avocado, olives/olive oil take the longest to raise ketones.

Olives and avocado provide fiber, micronutrients and electrolytes for the body as well.

This helps provide a template so you can get enough fat in your diet and from a variety of sources. If you have a food sensitivity to butter, try ghee which is hypoallergenic. If you notice unwanted symptoms with any of these than try taking them out for a few weeks and then adding back.

With MCT oil, be careful and only use 1/2 tsp at a time for the first week. For some they get digestive disturbances such as diarrhea.



- 2 tsps** of MCT or SCT oil daily
- 2 tbsps** of Coconut oil or coconut butter or full fat coconut milk daily
- 2 tbsps** of Grass-fed Butter or Ghee daily
- 2 tbsps** of olives, olive oil or avocados daily (mashed or chopped)
- 2 tsps** of Pink salt daily (in water, on food or in broth)

You can use more than 2 tbsps of these if you feel like it will support your body. Smaller people may have trouble getting all that fat and salt down...whereas larger people or people who are highly active may need much more to hit satiety.

If you have lost your gallbladder, you may consider smaller amounts of coconut oil, grass-fed butter/ghee, avocado, olives/olive oil at each meal and eat more frequently in order to avoid overstraining your liver. You can also use ox bile support with your meals to help.

Feast and Famine Diet Variation:

I learned this from my friend and mentor Dr Dan Pompa as well. Our ancestors went through times of feast and famine due to food availability. Adding in more carbs or protein once per week after keto-adaptation has occurred (not when you first begin on this plan) can be very effective for stress hormone and thyroid hormone balance.

I typically follow something similar to this and thrive. It is called the **5:1:1 principle**

5 Days a Week: Eat a low-carb, high fat ketogenic diet (you can also apply intermittent fasting strategies which are great!)

1 Day a Week: Consume 50-80 grams of net carbs on this day and/or higher protein levels.

1 Day a Week: Do a 22-24 hour fat fast on this day

What I Do Personally

I have found for myself doing 3 (22-24 hour) fat fasts on non-workout days seems to keep me feeling at my best.

I do 2 upper body resistance training workouts and 2 lower body sprint/resistance training workouts with at least 72 hours of rest between similar muscle group workouts. For example, I do upper body on Monday and Thursday and lower body on Tuesday and Friday.

I always exercise fasting (usually around 12pm after finishing dinner at 6-7pm the night before, so that is a 17-18 hour fasting workout). I make sure I am well hydrated and have had diluted broth or salt in water that morning. I typically do a fat burning coffee in the AM as well.

On workout days, I have a much higher metabolic rate and so I need more calories. So I consume two meals in a 6-8 hour eating window with one of those days being a higher carb (50-80 gram) and higher protein day. The other 3 workout days, I stay lower carb/moderate protein.



KETO SUPPORT BUNDLE



DRJOCKERS.COM
SUPERCHARGE YOUR HEALTH

Many people have challenges getting fat adapted as this is a stressor on the body when it is used to regular doses of higher carbohydrate foods.

There is shifting that must occur in the body's enzymatic systems that control macronutrient metabolism and alterations in the gut microbiome as the body changes its fuel source.

Some individuals feel significantly better while they get keto adapted, while others may experience unwanted symptoms on the keto diet such as:

- Low Energy
- Insomnia
- Leg Cramps
- Headaches
- Anxiety
- Irritability
- Rash and Hives
- Constipation
- Diarrhea
- Stomach Pain
- Constant Cravings
- Brain Fog

These are all symptoms that the body is struggling to adapt to the new diet and get keto adapted. I have found in my research that certain nutritional factors help to address this so you can smoothly adapt into this amazing fat burning state called ketosis! In our Keto Support Bundle we have 4 powerful supplements that help you get the incredible benefits of ketosis without the unwanted symptoms during the adaptation process.

The support bundle provides elements that make it easier to keto-adapt and use dietary fat and your stored body fat as fuel for high performance.

MCT Fats: Easy to Digest Medium Chain Fats (MCT's)

Exogenous Ketones: Help train the body to use ketones as a fuel source and reduce symptoms of hypoglycemia during the adaptation periods. We have this in the [Keto Edge product here](#)

Adaptogenic Herbs & Mushrooms: Support the body's ability to adapt to stress and stabilize blood sugar and insulin levels to enhance fat burning, energy, immunity and stress adaptation.

Electrolytes: Keto dieters need higher amounts of electrolytes and this package provides support with calcium, magnesium, sodium and potassium to fuel energy production.

Lecithin: Lecithin is an emulsifier that helps support natural bile flow in the emulsification of fats for digestion.

Lipase: Lipase is a critical pancreatic enzyme needed to process and digest fats from our diet.

Herbal Carminatives: Carminatives such as apple cider vinegar, ginger, turmeric, cayenne, fennel, milk thistle, black cumin, peppermint, cardamom, fenugreek help support the body's natural production of stomach acid, bile and pancreatic enzymes for optimal digestion.

Soil Based Probiotics: Soil based probiotics are the hardiest of all probiotic species and help to reduce pathogenic strains of bacteria, yeast and parasites and enhance the overall health and diversity of the gut microbiome.

Bone Broth Protein: This protein source provides collagen protein and glucosaminoglycans for healthy gut, skin, joint, immune and muscle function and development.



KETO
SUPPORT BUNDLE

Ketogenic Supplement Support Pack



Brain Calm Magnesium: Magnesium L-threonate helps to cross the blood brain barrier and improve cognition and balance the HPA axis to modulate the bodies stress response. This improves blood sugar stability, keto-adaptation and improves sleep quality. You can find [Brain Calm Magnesium here](#)

BioGest or Super Dzyme: Consuming a digestive support supplement can help reduce stress on the digestive tract. [BioGest](#) contains Betaine HCL, Ox Bile and pancreatic enzymes to improve protein and fat digestion. This is great for people with compromised digestive systems and poor gallbladder/bile production. [Super Dzyme](#) has plant and pancreatic based enzymes if you are just looking to fine tune your digestion.

Keto PROTEIN: **Keto PROTEIN** is an ideal protein solution for the ketogenic dieter, or anyone looking to boost mind and muscle power. Providing high-quality protein and fat from chicken bone broth and coconut MCTs plus energizing antioxidant and adaptogenic herbs—Keto PROTEIN is designed to take your performance to the next level. This comes in several tasty flavors you can [find here](#).

Brain Supercharge: This is loaded with Acetyl-L-Carnitine which is key for fat metabolism. It also contains clinical doses of CoQ10, Alpha lipoic acid and N-Acetyl Cysteine which all help improve blood sugar stability, mitochondrial function and keto adaptation. You can find [Brain Supercharge here](#).

Cortisol Defense: This supplement has adaptogenic herbs such as ashwagandha, lemon balm and L-theanine that balance out cortisol levels. Balanced cortisol helps improve sleep, energy and blood sugar stability. This is especially good for those who have higher morning blood sugar levels. You can find [Cortisol Defense here](#).

About Dr. David Jockers DNM, DC, MS

Dr. David Jockers is a doctor of natural medicine, a functional nutritionist and corrective care chiropractor. He currently owns and operates Exodus Health Center Kennesaw, Georgia and runs one of the hottest natural health websites in DrJockers.com with over 1 million monthly visitors and has been seen on popular media such as the Dr Oz show.



DrJockers is a world-renowned expert in the area of ketosis and the ketogenic diet. He is the developer of the best selling “[Navigating the Ketogenic Diet](#)” E-course and the host of the Popular Keto Edge Summit.

Dr Jockers is also a sought-after speaker around the country on such topics as ketosis, weight loss, brain health, healing leaky gut, thyroid function, natural detoxification and disease prevention.

DRJOCKERS.COM
SUPERCHARGE YOUR HEALTH

