



**ALLIANCE**

Fitness ~ Wellness

15445 METCALF OVERLAND PARK

# Healthblast 2.24.19

Health Tips, Happenings & Recipes

## Client Spotlight: Toni Erickson

Toni came to Fitness Alliance about 3 years ago and works out with Ryan Bell three times per week. Since she walked through our doors, other clients and our training staff, have all watched her persistence and dedication lead to her losing over 115 pounds. A heartfelt interview sprinkled with such important factors many people don't think about when embarking on a fitness journey and choosing a fitness facility: feeling a sense of community, not intimidated, and confidence are things a fitness center owner loves to hear! Toni being able to go hiking on vacation and participate in other family activities now, and how exercise has changed her life are real goals accomplished. Bravo Ryan for constructing workouts with purpose and progression that truly led to, and continue to forge results for clients.

[Watch the Video HERE](#)



## Reboot the Body Part IV: Ketosis

Ketosis is a metabolic state in which the liver produces small organic molecules called ketone bodies when the body's preferred source of fuel: Glucose has run out. This last 'Reboot the Body' process binds well with the previous three: Intermittent Fasting, Time Restricted Eating, and Autophagy. *OR:* Eat later in the morning, don't snack all of the time, and let your crummy cells die off instead of feeding them.

Ketone Bodies, often lumped as simply Ketones, refers to 3 very specific molecules: Acetone, Acetoacetate, and Beta-Hydroxybutyrate.  $\beta$ HB is by far the most abundant. Basically, the process is a very cool evolutionary trick. Under food deprivation situations, which was surely the case for our prior 200,000 year existence, and before the grocery store, our Livers can switch to ketones as an alternative source of fuel. No ability to produce ketone bodies = no human species.

### It Gets Better!

- Ketones are better source and more effective source of fuel. (More ATP)
- Cancer cells can only live on glucose, not Ketones. (PI3K gets downregulated)
- Ketones spare protein and muscle, even during workouts. (Anti-Catabolic)
- You suppress Insulin, giving your Pancreas and Insulin receptors a break.
- Initiates Autophagy (death of weak and dysfunctional cells)
- Neuroprotective Benefits: less oxidative burden, cleaner burning fuel, restore and preserve damaged mitochondria. (*where the biochemical processes of respiration and energy production occur*) Research indicates protection from Neurodegenerative Diseases: Parkinson's, ALS, Dementia, MS, etc
- Stronger cells to deal with free radicals, and reduction in oxidative stress.
- Reduces and regulates Inflammation
- Improves Gene expression

### Nutritional Ketosis

I'll be honest, I am not a fan of long-term fasting and don't like to be in starvation mode. Personally I prefer to go 15-20 hours without food a few times per week. It takes a little training just like anything else, but if you finish dinner at 6pm and don't eat until lunchtime it really isn't a big deal. Very Cool is when you can begin to feel your body switch over to Ketosis once the sugar in your bloodstream runs out. The other BIG key is to restrict carbohydrate intake to definitely less than 100 gm/day. Diehards typically strive for less than 50 gm/day with modest protein intake because protein is gluconeogenic- i.e., protein in excess will be converted to glycogen by the liver. To see if you are truly in Ketosis, buy a [Blood Ketone Testing Kit](#).

**Remember:** Good Carbs are Vegetables and a little Fruit. For all of these Reboots to work you have to eliminate grains, refined carbohydrates, and sugars. Nothing good comes from them and in fact if you go back up to the 'It Gets Better' section, you can flip the benefits to the opposite.

So, take care of that body outside of the gym folks and put these four reboots into action folks!

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