



HOW DO I KNOW IF I AM FAT ADAPTED OR IN KETOSIS?

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There is a difference between ketosis and fat adapted. Ketosis is when your body is making ketone bodies. When you deprive the body of glucose (carbs), the store fat or circulating fat is converted into energy and some of the fat is made into ketone bodies.

Acetoacetate is the mother ketone body which can make:

- *Betahydroxybutyrate*
- *Acetone*

You starve for a few hours and your body will make ketone bodies however if the primary fuel source for energy is sugar then you are not fat adapted.

When doing the Keto Lifestyle the lady way, getting healthy and fat adapted is the 1st goal and getting in ketosis is the 2nd goal. *There are many benefits of ketosis, which we will talk about in another lesson and how to measure for ketone bodies.*

When you're fat adapted you will experience some of the symptoms listed below and your body has created the metabolic flexibility to use fat as fuel instead of sugar as you fuel. This is a great place to be in your wellness journey. You will feel amazing!

Besides testing some common signs you are fat adapted without testing for ketones:

- Decrease to none sugar cravings
- Increase in energy
- Inches lost
- Weight lost
- No hangry pains (hungry and angry)
- Better mood
- Improved brain health
- More clarity and mind feels clear and sharp
- Better and restorative sleep
- You crave high fat foods like eggs, bacon, beef
- You can exercise and feel like you need to replenish right away
- You don't feel like you need carbs
- You can go 3-6 hours without a snack or food and not feel hangry
- You don't get those intense hungry pains like before you would feel like you were starving
- You can go without food easily for 12-14 hours

How Do I Know If I Am In Ketosis?

Testing for ketones is the only method to assure you are in ketosis. (discussed under Testing For Ketones)