



THE FASTING PODCAST **WOW**: EPISODE 89 – Testing Ketosis without Urine Strips

EPISODE 89: TESTING KETOSIS WITHOUT URINE STRIPS

The Fasting Podcast **WOW** (Wellness & Optimal Weight)



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Ketone Test Strips can be Inaccurate & Misleading

- ❌ Ketone strips only show the amount of excessive ketones in the urine that the body couldn't burn
- ❌ Just because ketone levels in the urine are small doesn't mean the ketone level in the blood are small too
- ❌ It also doesn't mean we aren't in ketosis
- ❌ Over-hydration can dilute urine, dehydration can concentrate urine – both of which can affect readings if using ketone urine strips
- ❌ When first cutting carbs way down, before our body gets efficient at burning ketones (getting fat adapted) it may end up leaving excess ketones in the urine – not necessarily a sign we're burning fat well
- ❌ As body becomes fat adapted, may reduce ketone strip reading yet you may be actually burning more fat/ketones – can be misleading
- ❌ **SHOWSTOPPER** – urine strips measure acetoacetate used for diabetic ketoacidosis for example; we should measure betahydroxybutarate





Other Options People Use

- ❶ Breath meters are really convenient but they measure acetones (a form of ketones when acetoacetates are self-destructing)
- ❷ Acetones are not an accurate reflection of nutritional ketosis and can even be affected by exercise
- ❸ Blood meters check betahydroxybutarate indicating nutritional ketosis
- ❹ May use it to check before/after eating or exercise or sleep
- ❺ I personally like the Keto Mojo which tests glucose as well as ketones with 1 blood sample – includes GKI Glucose Ketone Index
- ❻ I bought this before testing the fasting mimicking approach and numbers were ideal from that program – check out episode 69 Lessons Learned from the Fasting Mimicking Approach
- ❼ Some people may think they are burning fat while they might actually be burning muscle or glycogen so it's valuable to check your metrics



Keytone Breath Meter



Glucose / Ketone Test Kit:
Self test 1 finger prick to
get ketone reading,
glucose reading and
Glucose Ketone Index (GKI)



Possible Next Steps

- ✓ For questions or suggestions contact Julie@JPWOWPrograms.com
- ✓ **PLEASE Refer others** & check out our website that includes the slides for each episode, our favorite WOW natural products, a blog & the new WOW Lifeboat Freedom video system for income from the WOW natural products www.JPWOWPrograms.com



Stay Positive, Focused, & Determined Because Where the Mind Goes, **Energy Flows...** *Ernest Holmes*

