

## Zero Calories Five Days 100 Miles

3 types of hunger: day started off with a teaspoon of sea salt flakes. Wasn't hungry on waking but aware there's energy hunger (taken care of by fat burning in ketosis), hedonistic hunger (hasn't set in yet), and to avoid nutrient hunger I'm taking salt (most abundant mineral in blood, and I want to avoid my body hitting that particular hunger button). I weighed in at 78.5kg, maybe 1kg less than recent

James provided me with a bit of light relief with stories of his bowel movements. Fascinating scatological humour, with photographic accompaniment

Lab rat time: metabolic rate tested again, no feedback on this yet. Resting lactate was 3.4 mmol/L. Dawn rise phenomenon (no Sunil, not what you're thinking) took my blood glucose up to 7.5 mmol/L. Thought I would wait and see what happened. The running took it higher to 10 so I had 2U rapid insulin, and this brought it down to just below 3 mmol/L, and like yesterday glucagon kicked in and brought my blood glucose back to a normal (non-diabetic) level of 4.5

Some T2 diabetic who have burned out their pancreas are injecting 300U per day

So with carbs what would I have done today? Answer: a guessing game: inject enough insulin to cover the carbs & hope/pray I timed it right and guessed right amount of insulin considering glucose ingested and impact of activity. That would have been a hazardous game. Some people have asked me about safety and wished me a safe event and I thank you for this. In all honesty, doing this run fed with carbs would be more hazardous. On the blood glucose management side of things, which is the game I have to play every waking minute, the last 2 days have been an enormous relief: with no need to think about what is going into my stomach and playing a guessing game as to how my blood sugar will react

Pace: bit slower today at 7:35/km, running at 6min/km but more run/walk cycles starting at 19km due to knee pain. James was reporting soreness too. And by end of day its fair to say we both had enough. We've just about completed 2 marathons in 2 days. I never thought I would run much more than 10km, and I don't even like long distance running that much. But we need to do this to prove the scientific basis of ketogenic diets, especially in the treatment of diabetes

Ketones at the end of the day were nicely at 3.8 or 4.8mmol/L depending on which meter you want to believe! Again proving I am well into fat burning mode

## Day 2: Sun 20 Sept, 38km Newbury to Marlborough

