Testing Ketones & Benefits

The 3 Most Common Testing Methods

Urine Keto Strips ($10 for 100 strips)- test for the ketone body acetoacetate
Pee on a urine strip and check for purple color, a taint pink is low ketosis.

Range: 80-160mg/dL

Pro's & Cons: inexpensive and good for the first few weeks of the ketogenic lifestyle; however least reliable of the 3 especially after 3-4 weeks

Blood Ketone Meter ($30-60 and each strip $4) test for ketone body BHB beta hydroxybutyrate.
Prick your finger and place blood on strip and insert in meter.

Range: 0.5 to 3.0 mmol/L)

Pro's & Cons: Most reliable, consistent readings and the gold standard in the Low carb industry; if you hate lancing your finger it may be uncomfortable in the beginning, expensive test strips, some people complain of bruising from the lancet device

Ketonix Acetone Breathalyzer Test ($190) – test for ketone body acetone
Blow into mouth piece and wait for reading about 30 seconds.

Range:

- *Blue = 0 – 150 nmol/L*
- *Green = 150 – 400 nmol/L (**Small**)*
- *Yellow = 400 – 930 nmol/L **(Moderate**)*
- *Red = > 930 nmol/L (**Large**)*

Pro's & Cons: One time purchase; initial higher investment, longer wait period to use the device, must breathe forcibly in the device for accurate reading, this may be the go to method of testing once the calibration of the device is perfected

Importance of Ketosis

Ketosis is when the body is burning fat as fuel. The body produces ketones as the result of a low carb diet. Ketones are made in the liver from fat. The brain loves ketones because in the absence of sugar it needs an alternative fuel source and since fat is abundant in the body it can be converted to ketones therefore an infinite fuel source for the brain.

Benefits of Ketosis

- ✓ Brain health-protect against neuronal death, improved cognition, lifts brain fog
- ✓ Managing epilepsy – BHB is the most important keto for preventing seizures
- ✓ Autoimmune conditions – by activating the NRF2 pathway
- ✓ Hormone imbalance – via NRF2 pathway
- ✓ Inflammation – via NRF2 pathway
- ✓ Increased mitochondrial energy – the mitochondria are like the batteries of our cells, the more energy the better performance
- ✓ Certain types of cancer –reduces glycogen stores therefore could help reduce the progression of cancer
- ✓ Activates NRF2 pathway which has been referred to as the ”Master regulator of antioxidant, detoxification, cell defense gene expression and stress response systems”

Since inflammation is the common thread for the top health conditions that are bankrupting Americans, you could see how beneficial being in ketosis could be to our health but also our economy.