



Taking Keto OS

General Guidelines:

1. Consider Keto-OS as a snack – no need to use with food.
2. Drink at least ½ your body weight in ounces of water daily.
3. Take electrolytes 2-3 times daily. Don't forget is salt! Our favorites are Trader Joes or Celtic Sea Salt.
4. Drink Keto OS over 15-25 minutes, DO NOT GULP IT DOWN!
5. IF you have GI distress after 5 days please use digestive enzymes recommended by Dr. Kandilakis or Dr. Gould.
6. Buy high quality protein bars with very low sugar and make fat bombs to keep with you at all times for snacks.

Phase 1: Days 1-7

Begin by taking 1/2 serving between breakfast and lunch with 12-18 ounces of water or ice water.* Consider the Keto OS a snack, so no need to eat with it. If you have any GI distress, please start out a 1/4 serving 1-2 times per day until it. Drink at least 1/2 your body weight in ounces of water and add Mg⁺⁺/Ca⁺⁺ electrolytes (at least magnesium, I like Natural Vitality's powdered Magnesium), 2-3 times a day. Because Keto OS is a natural diuretic, increase your salt intake by adding a pinch of Celtic sea salt or other healthy sea salt to your food or water.

Phase 2: Days 8-14

Along with the 1/2 serving between breakfast and lunch, add 1/2 serving between lunch and dinner.* **Many find a reduction in cravings and hunger.** When this happens, start reducing portion size - starting with sugars and carbohydrates. Continue to drink at least 1/2 your body weight in ounces of water along with adding electrolytes and pinch of Celtic sea salt.

Phase 3: 15 to Ideal Health Goal

Continue 1/2 serving twice per day or take 1 full serving first thing in the morning on an empty stomach.* Please wait to eat again until you are hungry, this could be up to 5 hours for some. Always be prepared to be hungry and choose the foods from the food list provided. The overall goal of this phase is to reduce carbohydrates, moderate your protein and increase your fat intake. If weight loss is desired calories will also need to be lowered. Light activity will be very helpful especially in the morning after taking the Keto OS. What a great time for a walk! An extra 1/2 to 1 serving can be added in the afternoon if needed in a situation when life gets busy. Keep taking electrolytes and salt while drinking at least 1/2 your body weight in ounces of water daily. **For optimal results on a High Fat Low Carb (HFLC) diet you should consume 50% of calories from fat, 5-10% from carbohydrate and 45-50% from protein. At minimum we want you to eat a PALEO diet, there are examples on this site, please review.**

Phase 4: A Better Lifestyle

Once you have achieved your health goals it's time to settle into your new way of life. This phase can also useful for people that are heading on vacation or have reached their goal and want to stay there. Enjoy the Keto OS 1-2 times per day and maintain the low carb high fat diet. You will need to reduce your fat intake on days where you splurge on carbohydrate. Don't worry, it happens! You may gain a few pounds after increasing your carbs. Do not panic and adjust back to the HFLC. If you continue to gain weight or feel bad, it would be best for you to go back to Phase 3 to continue to heal your body and get your weight back down. *These are suggested times. Please listen to your body. You may have better results taking the Keto-OS at different times. As a general rule, allow ½ hour before meals or two hours after meals when taking Keto-OS.

Keto-OS Tips

If you are getting hungry, increase your healthy fats and/or have additional ½ to 1 servings of Keto OS in the afternoon. If you find it necessary to eat after 8:00pm, eat a **fat bomb*** (See Last Page for Explanation).

- If you don't feel good after the high fat meals, switch the type of foods your fat is coming from. You can also reduce the amount of fat per meal and try smaller amounts more often until you feel like your body can handle larger meals less often.
- If you feel tired, have a headache, are urinating often or feel very dry especially with chapped lips, it is likely your body is still adapting to it's need to store enough water without as many carbohydrates.



Increase your water intake making sure to add electrolytes along with adding a high quality salt such as Celtic or Himalayan sea salt to water or meals.

- Buy coconut and/or avocado oil and use them with vegetables. If you can tolerate dairy, you can also use grass fed butter or ghee.
- For extra nutrition and satiety, add a teaspoon of MCT (Medium Chain Triglyceride) oil to your Keto-OS, salads or fish. Medium Chain Triglycerides are one of the many variations of good, dietary fat.
- As recommended by your health professional or doctor, integrate 10 minutes per day of higher intensity exercise. This is relative to your fitness level! For some, walking up a major hill, jogging for 1 minute at a time, or doing 3 sets of picking up and putting down heaving things could be a great addition to your health.
- High quality protein sources can determine your heart health! Strive to find grass fed, grass fed beef and lamb. You don't need a lot of protein – it will be the quality that counts!
- Chicken and Turkey: Look for free range fed chicken and turkey. Choose eggs from free-range chickens.

Lower your total toxic intake. To start, examine these sources:

- Examine your house cleaning supplies – can you clean with fewer chemicals?
- Drink water that has filtered out pesticides, chemicals and pharmaceuticals.
- Buy organic, Non-GMO products as much as possible.
- Have a daily exercise routine. Move your body!

Recommended Oils: Choose Non-GMO, organic oils whenever possible.

- Coconut Oil
- MCT Oil
- Olive Oil
- Avocado Oil
- Sunflower Oil
- Walnut Oil
- Pumpkin Oil
- Butter (Grass fed, organic)
- Ghee (Grass fed, organic)
- Duck fat (organic)

Recommended Proteins: Choose Free Ranged and/or Grass Fed Organic meats when possible.

- Beef
- Ground Beef (prefer 15% fat or greater)
- Chicken (with skin)
- Eggs (whole)
- Eggs (yolk)
- Fish
- Lamb
- Shell fish
- Turkey
- Veal / Pork

Recommended Carbs: Choose home grown or organic as often as you can.

- Asparagus
- Avocado
- Broccoli
- Cauliflower
- Celery
- Cucumber
- Garlic
- Green Beans
- Onions
- Fermented Dill Pickles
- Lettuce
- Shallots
- Spinach
- Acorn Squash
- Butternut Squash
- Snow Peas
- Spaghetti Squash
- Dark Leafy Greens

Recommended Snack: No more than 2-3 ounces per day.

- Cheese *
- Nuts
- Seeds
- Olives
- Radishes
- Sardines
- Eggs
- Avocado
- Any of the preferred meats like salami or bacon

*Choose low allergy cheeses such as sheep or goat cheese. If you can tolerate cow cheese, choose cheeses like mozzarella or cream cheese. As always, choose cheeses from grass fed animals! If optimal results are not achieved eliminate all dairy out.



Different Ways to use Keto OS in your day

(Protocols 1 & 2 or often the best for fat loss)

<p><u>Win the morning with Keto OS only (#1 Protocol)</u></p> <p>Keto OS in the morning</p> <ul style="list-style-type: none"> Once you get hungry in the morning take the Keto OS (You can start with 1/2 serving and work up to a full serving from there.) Use 12-20 ounces of water ice is optional Keto OS should be consumed between 15-30 minutes <p>Meal 1</p> <ul style="list-style-type: none"> See if you can wait to eat first meal between 11-1. (Have a fatty snack ready if hungry earlier then 11) Eat till full, don't over eat <p>Optional snack if needed</p> <ul style="list-style-type: none"> 10-20 Almond or Macedon, 20 olives, Aged Cheese Keto Fat Bomb, N8tive tea or coffee Or ½ to 1 serving Keto OS <p>Meal 2</p> <ul style="list-style-type: none"> Once hungry have final meal follow food guideline High Fat Low Carb Eat till full, that's it Finish by 8 PM 	<p><u>Win the morning with N8tive Coffee (#3 Protocol)</u></p> <p>N8tive in the morning</p> <ul style="list-style-type: none"> Mix coffee or tea with 1 pack keto Kreme It can be decaf or with caffeine Spice it up try liquid stevia, cinnamon and/or vanilla extract Don't exceed 4 tbsp. of fat in your N8tive coffee unless you know your GI track can handle it. Mix with a blender <p>Take Keto OS</p> <ul style="list-style-type: none"> Once you get hungry after the N8tive Coffee take the Keto OS (You can start with 1/2 serving and work up to a full serving from there.) Use 12-20 ounces of water ice is optional <p>Meal 1</p> <ul style="list-style-type: none"> First meal may not be till mid to late afternoon wait till hungry (Keep in mind the N8tive Coffee and Keto OS has calories) Eat till full, don't over eat <p>Meal 2 May only need a snack</p> <ul style="list-style-type: none"> Once hungry have final meal follow food guideline High Fat Low Carb Eat till full, that's it Finish by 8 PM
<p><u>Win the Day with Keto OS (#2 Protocol)</u></p> <p>Meal 1</p> <ul style="list-style-type: none"> Once hungry eat your first meal High fat low carb, leftovers work great Eat till full, don't over eat <p>Keto OS during the day</p> <ul style="list-style-type: none"> Once you get hungry take the Keto OS (You can start with 1/2 serving and work up to a full serving from there.) Use 12-20 ounces of water ice is optional Keto OS should be consumed between 15-30 minutes <p>Optional Snack if needed</p> <ul style="list-style-type: none"> 10-20 Almond or Macedon, 20 olives, Aged Cheese Keto Fat Bomb, Keto Kreme with tea or coffee Or ½ to 1 serving Keto OS <p>Meal 2</p> <ul style="list-style-type: none"> Once hungry have final meal follow food guideline High Fat Low Carb Eat till full, that's it Finish by 8 PM 	<p><u>Win the Day with Keto OS only (#4 Protocol)</u></p> <p>Meal 1</p> <ul style="list-style-type: none"> Once hungry eat your first meal High fat low carb, leftovers work great Eat till full, don't over eat This meal can be a N8tive Coffee <p>Optional Snack if needed</p> <ul style="list-style-type: none"> 10-20 Almond or Macedon, 20 olives, Aged Cheese Keto Fat Bomb, N8tive tea or coffee Or ½ to 1 serving Keto OS <p>Meal 2</p> <ul style="list-style-type: none"> Once hungry have final meal follow food guideline High Fat Low Carb Eat till full, that's it <p>Keto OS during at night</p> <ul style="list-style-type: none"> Once you get hungry take the Keto OS Reduce meal 2 if your not hungry by 7 pm Use 12-20 ounces of water ice is optional Caffeine free Keto OS only Keto OS should be consumed between 15-30 minutes
<p style="text-align: center;">Using Keto OS for Workouts or Athletic Performance</p> <ul style="list-style-type: none"> Take 45 minutes before workout if workout is less then 30 minutes Take 30 minutes before workout if workout is more then 30 minutes Endurance athletes may add an additional Keto OS after 2 hours of exercise Use caffeine (charged) or caffeine free (non charged) Can use Keto OS as a replacement for pre workout Keto OS should be consumed between 15-30 minutes Feel free to add BACC to pre workout Keto OS 	



Enjoy Your Journey to Increased Health and Performance

A big part of this process is healing your body not all progress is measured by the scale depending on how much damage has been done to your body it can take months or even years to fully heal it. Do yourself a favor and enjoy the journey to getting healthy. Recognize every win and look for all the positive changes in your life in addition to weight loss, these are the reasons you will stick with this life style and create a healthier you.

Keys for success:

- **Do not take Keto-OS with food. We find that people do better with it on an empty stomach.**
- Walk for at least 20-60 minutes in the morning.
- If necessary to eat after 8pm eat a Fat Bomb.
- In a pinch have an additional 1/2 to 1 serving of Keto OS if it prevent binging.
- Buy organic coconut oil and use it to cook veggies in.
- Use more fats like butter from grass fed cows, olive oil, ghee, duck fat, MCT oil.
- Buy MCT oil put a teaspoon in the Keto OS, add to your salads and fish or coffee.
 - Check your calorie goals to make sure you are not eating to many calories.
- It can take one to seven days for your body to adjust to consuming fat as its primary fuel source.
 - If you experience discomfort refer to your resources and the Keto123 community for help.
- If you GI is struggling with the fat help it out with **digestive enzymes (Ask your Doctor to suggest)**
- If you feel tired or have a headache increase your salt intake you may want to add **Trader Joes Sea Salt and electrolytes to your water.** (you can find all supplements the schaffermethod.com diet web page)

Plateaus

Plateaus are a part of the process. As your body is changing and healing there will be times when your weight loss can be stalled for a week to three weeks. Do not be alarmed or frustrated it happens to everyone. The first plateau generally occurs around week 3. Do not worry unless weight loss stalls for more than 3 weeks.

Tips for plateau breaking

- Reexamine Macros/make sure you are sticking close to them every day. We often find that people are over eating and eating when they are not hungry. You may feel your calories are to low but don't force yourself to eat if you not hungry.
 - You may need to lessen your protein and or carb intake.
- Make sure you are getting at least 7 hours of sleep each night.
- If you are aggressively exercising make sure you are eating enough calories to avoid entering a starvation state.
- Carb loading: After one month you can experiment with a carb reload day.
 - A carb reload day is a day where Men eat anywhere from 300-600 grams of carbs and women eat 200-300 grams of carbs
 - This helps your body reset and can break plateaus, the goal is to shock your body with glucose to re-stimulate the weight loss process.
 - Keep in mind you need to decrease your fat intake these days so your total calories don't increase.
 - Carb reload days can be done every 7-14 days.
 - You may gain weight on the scale for 3-7 days, disregard the scale.
 - If you are not at your ideal weight start carb loading after 3 pm.
 - If you are close to your ideal weight you can do it spread out over the whole day.
 - **Fat Bomb**
 - **Go to Keto OS page and click the "Fat Bomb" link to see the recipes**

