

## All Things Ketone

*What are they? How do you measure them? Do we need them?*

### Overview

#### **What are ketones?**

Ketones, or ketone bodies, are acids your body makes when it's using fat instead of glucose for energy. Your body gets most of its energy from glucose, a sugar that mainly comes from [carbohydrates](#) in your diet. If you don't get enough energy from glucose, your body breaks down fats for energy instead. The breakdown releases ketones that travel through your bloodstream. The ketones fuel your body's tissues and eventually exit in your urine (pee).

Nutritional ketosis is a metabolic state in which your body uses fat and ketones for fuel instead of carbs. It can be achieved by significantly reducing your carb intake and increasing your intake of healthy fats. It may benefit weight loss and other health aspects. Nutritional ketosis is defined as blood ketone levels of 0.5 – 3 mmol/L.

Therapeutic ketosis is a state of elevated ketone levels in the body that may have therapeutic benefits for a number of conditions. Therapeutic ketosis is characterized by a ketone concentration of greater than 5 mg/dL

Endogenous Ketones vs Exogenous Ketones - Endogenous ketones are produced naturally in the body, while exogenous ketones come from outside sources.

#### **Finger pricks**

Using a ketone meter like Keto Mojo or Fora 6, you can test ketones most reliably with a drop of blood. The dual monitors also test blood glucose.

#### **Pee sticks**

Ketone strips are made from a special type of paper that contains chemicals that change color on coming in contact with ketones in the urine. This is an easy, quick, and accurate method of measuring ketones in your body.

#### **Breath meter**

Ketone breath analyzer works like this: You breathe into a tube that measures certain elements on your breath. In this case, acetone—which is also responsible for making your breath stinky in ketosis. The higher your score, the deeper you are in ketosis and the more successful you may be on the keto diet.

## **Measuring Ketones and Blood Glucose:**

Discount Link (15%) for Keto Mojo: <https://bit.ly/3Zq4Jh2>

Canadians (Fora 6): <https://shop.foracarecanada.com/collections/all>

Other items are in my Amazon shop: <https://amzn.to/3Xipnjp>

TDEE Link: <https://criticalcarnivore.netlify.app/> Use whatever weight you are TODAY!

Live Q&A Video of the week from Amy Berger:  
<https://youtu.be/aTMJ1r9sF64?si=RbG9KI0CmKUWuiAi>

I cannot recommend this book highly enough from Dr. Boz. Keto Continuum. It is probably the book I pop open for info the most: <https://amzn.to/3ARqDIM>

## **LINKS More Resources on Ketones:**

KetoMojo What Should Your Ketone Levels Be?  
<https://keto-mojo.com/article/testing-what-should-ketone-levels-be/> [Metabolic Mind /](#)

Bret Scher How to Determine Optimal Ketone Levels for Ketogenic Therapy  
[https://youtu.be/ZA8SL-urfjU?si=fpc925\\_rBwDVq5Tv](https://youtu.be/ZA8SL-urfjU?si=fpc925_rBwDVq5Tv)

Virta Health / Dr. Stephen Phinney Nutritional Ketosis and Ketogenic Diets (Part 1)  
<https://youtu.be/1IEuhp8RFMU?si=Cq-JGjUW1xH9nYmv>

Virta Health / Dr. Stephen Phinney Nutritional Ketosis and Ketogenic Diets (Part 2)  
<https://www.youtube.com/watch?v=CHJmqhMzKtE&t=0s>

Virta Health / Dr. Stephen Phinney Nutritional Ketosis and Ketogenic Diets (Part 3)  
<https://www.youtube.com/watch?v=k0NE8WEH44A&t=0s>

KetoMojo Optimal Ketone & Glucose levels and When to Test  
[https://youtu.be/XVRjfpNIT5o?si=z-PZmeeL4v5\\_FLhM](https://youtu.be/XVRjfpNIT5o?si=z-PZmeeL4v5_FLhM)

Thomas DeLauer Keto Diet Guide: How to Measure your Ketones Properly  
<https://youtu.be/qM7md3ZzOtk?si=qbs5SfkCxVINJLjP>

Optimizing Nutrition: [Nutritional Ketosis & Optimal Ketone Levels | Optimising Nutrition](#)