

# HOW YOUR BODY MAY INITIALLY RESPOND

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Because you're altering your daily food regime and changing your body's metabolic processes to reset and reboot your metabolism (essentially jumpstarting it, so it begins working more efficiently again), the first few days on the Quick Keto Metabolic Reset weight loss protocol may be a shock to your system. This is especially true if you've recently gained weight, or your diet hasn't been as clean as it needs to be. Listed below are some of the most common physical responses because of these healthy changes.

Symptoms listed may occur during the first few days only; however, your body may also react with the same responses later if you don't follow the weight loss plan as prescribed. Now that you know what to expect, feel confident that they are temporary feelings. 70% of clients will **NOT** have these symptoms.

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## HUNGER

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If you feel hungry during the first few days of the weight loss method, you may need to increase water consumption (preferably warm water or tea with lemon or calorie and gluten-free broth). Make sure you didn't skip any Metabolic Boosting Protein Shakes or nutritional supplements. You may also increase the amount of protein shakes (up to four) or leafy green salads (you can turn your salad into soup by adding water). After a few days, the hunger should disappear due to your body burning stored fat for fuel.

If you continue to feel hungry, review your daily journal/checklist to identify where the problem areas are. For example: Skipping a Metabolic Smoothie or Keto Carb Edge and Cutting Edge supplements, not eating enough veggies with your metabolic meal, or drinking enough water. Hunger can also be a sign that you're still ingesting too many carbohydrates for your body (don't forget to review any cheat meals). If you're following the metabolic method correctly you should not be hungry.

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## HEADACHES

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Some clients may experience headaches during the first few days following the metabolic weight loss method. Especially those who are insulin-resistant or were ingesting a high carb diet prior. High levels of insulin tell the kidneys to hold onto sodium and excrete potassium and magnesium. When you start this method, the blood sugar-spiking carbohydrates are reduced and insulin is quickly secreted, which is actually the desired effect. Once this occurs, the kidneys will function normally and will begin to excrete excess sodium, followed by water loss, so there may be a significant reduction in blood pressure and weight.

This can lead to feeling lightheaded or dizzy when you stand up (orthostatic hypotension) along with headaches. Clients on prescription drugs for hypertension should look for these signs. The good news is your doctor may lower your dosage or even discontinue medication.

To remedy this, slightly increase your use of sea or Himalayan pink salt and make very sure you're drinking enough water (warm water hydrates more efficiently). (1/3 tsp. or less) of sea or Himalayan salt in (8 oz.) of water will alleviate your headache within 15 minutes or less. Bottom line: Headaches are a sign you're dehydrated. Drink more water/broth!

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## FEELING NAUSEOUS

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A nauseous feeling is common amongst those who never eat breakfast. It's a very simple cause and effect, when the body isn't used to having a morning meal, and all of the sudden start having breakfast. The stomach is saying, "Hey, what's this? I'm still in sleep mode... do you mind?"

Kick-starting your sleepy metabolism by having a Metabolic Boosting Complete Protein Shake is the perfect light breakfast to help get your body used to a morning meal. Reduce the amount of water you make your shake with and don't blend as much or stir with a spoon to reduce the amount of air you're adding, both of which help tremendously. Once your metabolism resets itself and is rebooted it will begin to ask for nourishment in the morning, which is a sign that your metabolism is beginning to work efficiently.

The other common nausea trigger is the decrease in sugar consumption/intake. It's important to understand that this method changes the body's fundamental metabolic process, essentially turning off the weight gain switch and flipping on the weight loss and fat-burning switch. This is not only very healthy, but it's the desired outcome. Having said that, after years or even decades of consuming lots of sugar (this includes all alcohol – yes wine too) our bodies can sometimes respond by feeling nauseous, shaky, or weak at first. By following the plan, we are forcing the body to turn to other sources of energy for fuel, such as belly fat and stored fat.

To accomplish this, it requires a specific and strategic approach that activates your body's metabolic enzymes and reset/reboot metabolism. If you are less metabolically resistant this can happen immediately; if not, it can take time. While you wait for the reset to kick in, you may feel weak and nauseous. Simply having your caffeine fix when you wake up, taking your nutritional supplements, and waiting an hour or so does the trick, and then you are able to drink your shake. This method does provide some fast sugars, helping to ease the transition off a high sugar or alcohol-rich diet, and provides time to bring your metabolism up to speed and working efficiently again. Once fully reset and boosted, your body can live off its fat reserves and stubborn belly fat begins to melt off.

Bottom line... slow down and wean yourself off your former diet gently. And if needed, reduce the offenders (creamers and milk added to coffee are usually the culprits) slowly, decreasing the amount used each day until you're weaned. This only happens to a small number of clients and is a sign that rebalancing blood sugar is even more crucial.

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## BAD BREATH

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Bad breath is a good sign! Bad breath occurs when the body is in ketosis and producing ketonic bodies. This means that the body has used up its supply of stored carbohydrates and is burning stored fat to produce energy.

**The Solution:** Brush your teeth more frequently to avoid needing to consume excessive breath mints that could kick you out of ketosis. And make sure you stay hydrated.

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## FATIGUE

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There are two main reasons why a client may experience fatigue on the Metabolic Method: low blood pressure (hypotension) and low blood sugar (hypoglycemia). All these issues are quickly and easily corrected.

### LOW BLOOD PRESSURE

When carbohydrates are greatly restricted, our pancreas greatly reduces the amount of insulin it secretes. High levels of insulin tell the kidneys to hold onto and retain water. Under insulin's influence, the kidneys also excrete too much magnesium and potassium. When we lower insulin levels the kidneys begin to function normally again. The excess sodium and water are quickly eliminated. This can cause a quick drop of blood pressure and can also make you feel tired as a result. This is especially true if you're taking a prescription diuretic (water pill) or drinking excessive amounts of coffee. If you experience this, make sure to use sea or Himalayan salt liberally and increase the amount of water you drink.

**The solution:** **Daily Power Shot** to provide your body with the minerals and vitamins it needs without stopping weight loss or preventing fat-burning.

### LOW BLOOD SUGAR

In the beginning when we reduce the amounts of carbohydrates we consume (which is our body's first and preferred source of energy) is suddenly decreased, it takes a few days for our system to reset itself. Our other biochemical processes re-activate, which will provide a steady amount of fuel for our cells known as gluconeogenesis lipolysis (breaking down fat). Consequently, if your blood sugar suddenly becomes lower than what is normal for your body, or what it's used to, you feel tired.

**The solution:** To remedy this, you should have an additional protein shake or ½ a Lean Bar during the first week, if needed, to allow your system time to adjust. If you feel tired around 10 am, and you took your supplements and drank your protein shake as suggested, have another one using only one scoop to see if that does the trick. The goal is to consume protein to help re-balance and buffer blood sugar levels.

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## CONSTIPATION

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It's not uncommon to become constipated when you reduce the amount of food and saturated fat you consume. If you become constipated when you start the Metabolic Reset, here are some simple suggestions that work. Sluggish elimination is a sign of a sluggish metabolism. As your metabolism resets and becomes boosted you'll notice a correction. Your stomach will be flatter, and you'll feel energized.

- Drink a minimum of two liters (64 oz.) per day. Warm water with lemon is best.
- Eat a minimum of four cups of vegetables and at least one green salad daily.
- Take an additional Raspberry Ketone Cleanse & Restore to jumpstart things and stay active.
- Walking helps improve digestion, which in turn regulates your bowels.

We do not recommend any commercial fiber supplements, even if it sugar free. Fiber supplements are not necessary as our Complete Protein and Lean Bars contain the BEST source of fiber for weight loss, in the exact amounts needed, so they won't kick you out of ketosis. Prebiotic fiber improves gut health and is the only regulating fiber that won't stop weight gain or cause bloat, which is why we add it to our protein.