



senza

September Reset Program

K.Ro Keto Coaching Handout

What to expect in the first 2 weeks of keto

Within a couple days of starting keto and throughout the first two weeks, you'll start losing water weight from stored carbs. Make sure to stay hydrated. Adding keto-friendly electrolyte powders can help with replenishing electrolytes lost through sweating and urination. Simply sprinkling a little pink sea salt in your water can be super helpful as well.

You will likely feel a little sluggish, tired, and/or weak. This is totally normal! Your body is making the transition from using carbs/glucose for fuel to burning fat for energy. As mentioned above – staying on top of hydration and electrolytes will relieve or alleviate this feeling.

If you work out, you may notice a temporary decline in performance and/or endurance. Don't fret, again it's totally normal since your body is working so hard to make the transition to the state of ketosis. Take it easy at first. Maybe cut back on workouts or just go a little easier on yourself until your body can make the shift to using fat for fuel. This may take up to four weeks (depends on the individual), so please be patient.

You may experience diarrhea or constipation. Make sure you hydrate and add pink sea salt or electrolyte powder, get enough sleep, and experiment with including low-carb veggies like avocado, cauliflower, and broccoli. (However, if you weren't eating cruciferous vegetables before and you suddenly start having them in large quantities, this can actually cause GI issues. These symptoms will subside as your body adjusts to its new nutrition plan.

Some people report insomnia early on. Taking Magnesium Glycinate can be very helpful. I highly recommend taking this especially when first starting your keto journey. Try to get some activity in (walking, yoga, etc). This can help with burning off some of that good energy that comes from those awesome ketones your body is starting to produce.

A common side effect once you're in ketosis is bad breath. This is due to elevated ketone levels. This will not last forever! It will subside once your body adjusts to being low-carb. Stay hydrated and chewing a keto-friendly gum (PUR is a great option) can be helpful.

Be consistent and patient! You will get into ketosis as long as you are keeping carbs low!

– Coach Kim