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**HEALTH**

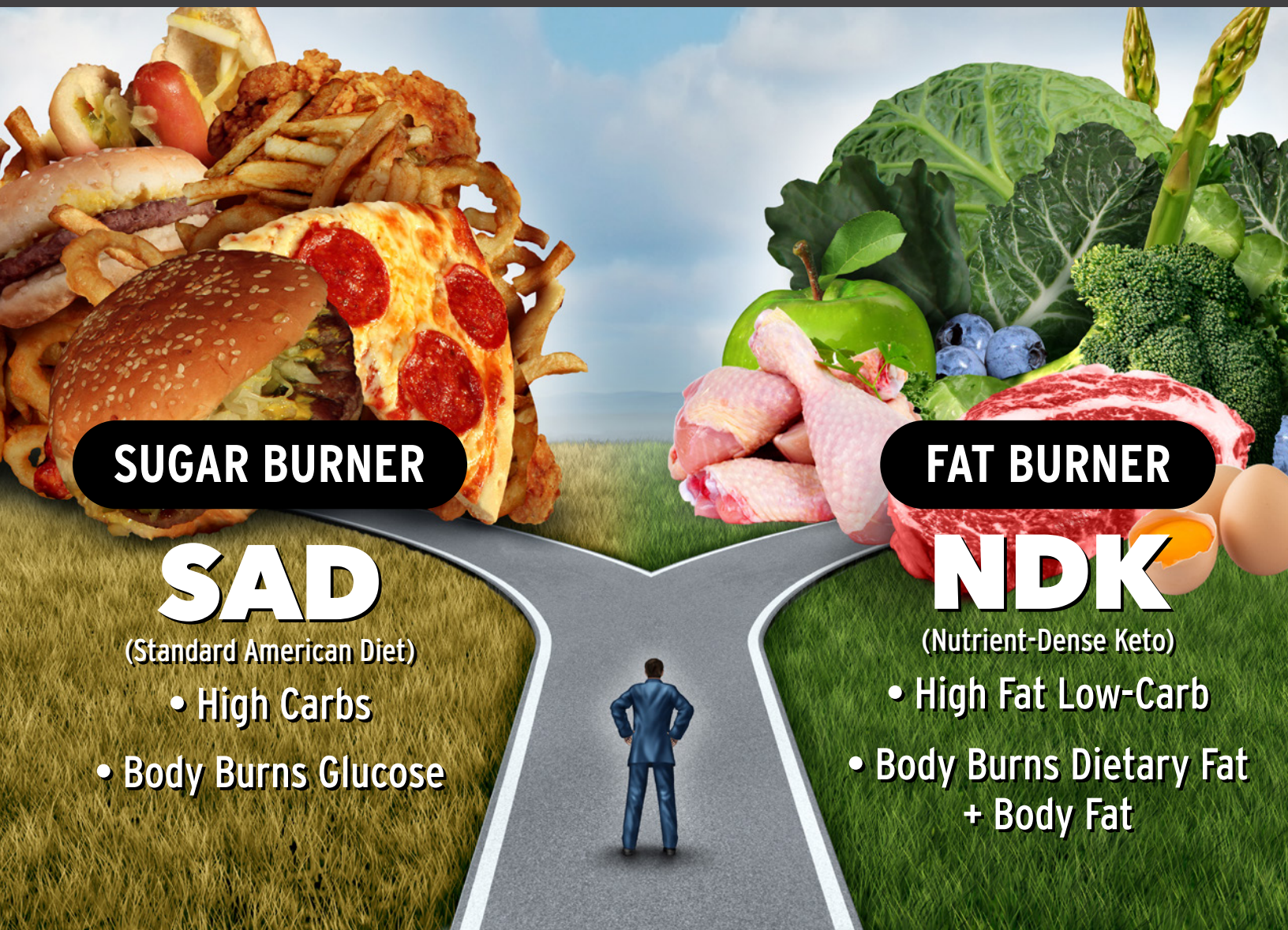
# 7 STEPS NDK LIFESTYLE

(NUTRIENT-DENSE KETO)

FUELED BY FAT / DRIVEN BY DESIRE

# 7 STEPS TO AN **NDK** LIFESTYLE

1. Stop Drinking Your Calories
2. Eliminate All Grains
3. Seek High Quality Fats
4. Eat Moderate Amounts of High Quality Protein
5. Count Your Carbs
6. Seek Nutrient-Dense Foods
7. Measure Ketones



**SUGAR BURNER**

**SAD**

(Standard American Diet)

- High Carbs
- Body Burns Glucose

**FAT BURNER**

**NDK**

(Nutrient-Dense Keto)

- High Fat Low-Carb
- Body Burns Dietary Fat + Body Fat



# #1 Stop Drinking Your Calories

The only liquid your body needs to be healthy is water. Eliminate the sodas, sports drinks, and even fruit juice. All sugar that is rapidly absorbed by your body creates an insulin spike. Give your body plenty of pure fresh water to keep it hydrated. You can even add a little sea salt for mineral balance as well.

Artificial sweeteners basically trick your body into thinking that it's going to receive sugar (calories), but when the sugar doesn't come, your body continues to signal that it needs more, which results in carb cravings.

# #2 Eliminate All Grains

The next step in your journey is to eliminate all grains from your diet, this seems drastic to many people but I can tell you, this is the step that will have the biggest impact on your health.

Grains are high in carbs, heavily processed, grown with all kinds of nasty chemicals and many times genetically modified. For these reasons, grains are not meant to be consumed by humans.



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# #3 Seek High Quality Fats

This is my favorite part of the program, when living an NDK lifestyle (Nutrient-Dense Keto) you get to eat as much high quality fat as you want, no really as much as you want. Fat is amazing, it makes food taste great (think butter) and it is crucial for our health. We have been lied to for decades and eating a "low fat" diet has made Americans extremely unhealthy. Remember, the whole point of a ketogenic diet is to switch the body from being a sugar burning machine to burning high quality fat as your primary energy source, so it only makes sense that we need to feed our machine plenty of high quality fuel (fat).



# #4 Eat Moderate Amounts of High Quality Protein

How much protein do you need? How much protein is optimal? This is a topic that is highly debated in the keto / paleo community. I fall into the group that likes to keep protein consumption lower than most. I see too many people turn a ketogenic diet into a high protein diet, remember it is a high fat, moderate protein diet.



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# #5 **Count Your Carbs**

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The key to the ketogenic diet is to starve the body of glucose so that it becomes a fat burning machine. ALL dietary carbohydrates are converted to glucose in the body. This includes both sugar and starches. Ketosis is the state in which the body is out of glucose and will start converting fat into ketones to use as energy.



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# #6 **Seek Nutrient-Dense Foods**

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One of the potential downsides to a strict ketogenic diet can be getting enough nutrients for long-term health. The lower you go with your daily carb intake, the better your results will be for weight loss and blood sugar control. A strict ketogenic diet also suppresses appetite so well that many people just don't eat enough to get all of the nutrition they need.



# #7 Measure Ketones

There are three ways to measure ketone production in the body, and also a fourth way to check to see if we are in ketosis. The whole point of the diet is to get our body producing ketones. This is how we know that our body has shifted from burning sugar (glucose) as it's primary energy source to burning fat for energy.

## HOW TO TEST YOUR KETONE LEVELS

When following the ketogenic diet, there are several ways to test for ketones in your body:



### ***URINE TESTING***

- Urine strip indicates ketones by color.
- Very affordable
- Not always reliable



### ***BLOOD TESTING***

- Glucose meter with blood test strips monitors ketones
- Most accurate results
- Expensive



### ***BREATH TESTING***

- Ketonix breath meter measures acetone (ketones) or breath.
- Most affordable option
- Not most reliable

# DESTINATION HEALTH CREDENCE

**DIET** - Here at Destination Health, we always believe that a base of a real, whole food diet is crucial when addressing our health. Your diet should be rich in meats, eggs, fish, shellfish, vegetables, nuts, seeds, leafy greens, and minimal fruits. A healthy diet is one rich in diversity, of both plant and animal-based foods, as well as not high in carbohydrates, and for some that may even require a Ketogenic approach.

**LIFESTYLE** - Your lifestyle is another important piece to your success, just as what you put in your body. Managing stress, proper sleep, and including regular movement into your lifestyle will go a very long way to improving your markers of health.

**TRIBE** - Destination Health is the ultimate resource for drivers who believe in REAL FUEL! We are dedicated to help understand and reverse the effects of your current diet and lifestyle based on your bio-individual nutritional needs. Achieving optimal health takes time, dedication, and commitment. The Destination Health tribe is here to offer support and guidance as you continue on your journey to a better you!

**support@letstruck.com** OR CALL **855.800.FUEL** (3835)

**HEALTHY PERSON HAS MANY WISHES,  
A SICK PERSON HAS ONLY ONE**

Stay healthy my friends,

*Kevin Rutterford*

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