

PREVIEW_ Jaydeep Bhuta –

He Lost 130 Pounds on a Low-Carb Vegetarian Diet (SD 2016) 2

Dr. Enfeldt: So what other examples... some examples of same things that you found reduce your ketone levels?

Jaydeep Bhuta: Yes, in fact, you know--

Dr. Enfeldt: I think that was surprising to you.

Jaydeep Bhuta: Yes in fact, you know, sugar-free Sprite and 7-Up, the zero carb ones, occasionally I do have one and it takes my levels off. I can see my ketone levels go down.

Dr. Enfeldt: So these sweeteners could... I mean this has been discussed back and forth, but it could potentially in some people sometimes release insulin.

Jaydeep Bhuta: Yes, I mean even black coffee it's a CNS, central nervous system stimulant, so I probably have one before my work out, I do weight training, but even that kind of spikes my insulin level. And the sugar-free sweeteners and Cola... I guess once in a while you can treat yourself with them, but it will reduce your ketone levels. So my ketone levels, my highest, have been close to five.

Dr. Enfeldt: Very high, huh?

Jaydeep Bhuta: Yeah and I try to maintain my ketone levels at approximately around 2.

Dr. Enfeldt: Do you do intermittent fasting?

Jaydeep Bhuta: Yes, I do.

Dr. Enfeldt: In what way?

Jaydeep Bhuta: So I try and fast probably every day for 15 hours. So my dinner is early and my lunch is late. So it kind of ends up having a 15-hour gap.

Dr. Enfeldt: You save time and money for breakfast, huh? You save money so you can buy the ketone strips.

Jaydeep Bhuta: Yeah, that's exactly what I do.