

PREVIEW_ Michel Lundell - Interview (Mallorca 2017) 1

Dr. Andreas Eenfeldt: Who should measure their ketones and what's the benefit of doing that?

Michel Lundell: Like if you have epilepsy or cancer or Lyme disease or something like that and you really want to achieve ketones for your brain--

Dr. Andreas Eenfeldt: Make sure that your brain is running on ketones.

Michel Lundell: Yes, if you're testing food like Allison Gannett, she had a brain tumor, she found out that if she eats coconut oil, her ketosis goes down. She's sensitive to that substance in the coconut oil that doesn't work for her.

Dr. Andreas Eenfeldt: That's strange, you wouldn't believe that would be the case. Of course if it's like that, then you would have to test to find out.

Michel Lundell: Yes, I didn't believe that cream in my coffee would be an issue. But I was actually doing a demonstration for a girl that had narcolepsy. We were meeting at a coffee bar, I measured myself, I was just going to show her a diagram, I had a cup of coffee with cream and I was waiting for her and she came and I did another measure and the graph showed that my ketosis went down when I drank this coffee with cream.

Dr. Andreas Eenfeldt: And you tested it multiple times?

Michel Lundell: Then I started to... Is this true? I didn't want it to be true, because I'm addicted to this cream.