

PREVIEW_ Michel Lundell - Interview (Mallorca 2017) 2

Michel Lundell: Ketones are the alternative fuel for glucose. So when your glycogen stores are getting depleted and the body senses that you have very low insulin it will create ketones from your fats, breaking down your fat in the liver.

Your first signal to the glucagon that releases the fatty acids from the adipose tissue would get into the liver and the liver forms the first ketone, the primary ketone which is acetoacetate. This ketone can be used as a building material for ATP, which is...

Dr. Andreas Eenfeldt: A sort of energy.

Michel Lundell: Energy, exactly. So that's only the first ketone. The second ketone is the acetone which is getting out through your lungs, the breath ketone. It is spontaneously released from acetoacetate.

So the important thing is when you burn fat the acetone comes out your mouth. The third ketone is beta hydroxybutyrate, that is the storage ketone. Excess ketone that is not used for energy will be stored in blood as beta hydroxybutyrate.

Dr. Andreas Eenfeldt: So that's sort of a buffer for the future for like next...

Michel Lundell: Easy access energy and that is very powerful.