FASTING & KETONES
MARK MOSCHEL
How much I like food

Time of Day

Obsessive

A lot

Normal
<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>E</th>
<th>F</th>
<th>G</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Mark</td>
<td>19-Oct</td>
<td>7:32</td>
<td>0.7</td>
<td>Nothing</td>
<td>Just woke up</td>
</tr>
<tr>
<td>3</td>
<td>Mark</td>
<td>19-Oct</td>
<td>9:36</td>
<td>0.2</td>
<td>Nothing</td>
<td>Right after lifting - heavy squats</td>
</tr>
<tr>
<td>4</td>
<td>Mark</td>
<td>19-Oct</td>
<td>13:47</td>
<td>1.7</td>
<td>1 Bulletproof coffee, 1 regular coffee</td>
<td>Just went for 20 minute walk</td>
</tr>
<tr>
<td>5</td>
<td>Mark</td>
<td>19-Oct</td>
<td>16:04</td>
<td>2.2</td>
<td>Nothing since</td>
<td>Working, sitting</td>
</tr>
<tr>
<td>6</td>
<td>Mark</td>
<td>19-Oct</td>
<td>19:03</td>
<td>1.4</td>
<td>Guac, olive oil, canned oysters</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Mark</td>
<td>19-Oct</td>
<td>22:30</td>
<td>0.6</td>
<td>Dinner - burger in lettuce wrap, whole foods veggies in olive oil, 2 glasses of wine</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Mark</td>
<td>20-Oct</td>
<td>7:00 AM</td>
<td>1.3</td>
<td></td>
<td>just woke up</td>
</tr>
<tr>
<td>10</td>
<td>Todd</td>
<td>20-Oct</td>
<td>7:00 AM</td>
<td>1.2</td>
<td></td>
<td>just woke up</td>
</tr>
<tr>
<td>11</td>
<td>Mark</td>
<td>20-Oct</td>
<td>10:00 AM</td>
<td>1.2</td>
<td>Had 1/2 BP coffee 30 minutes ago</td>
<td>no workout this morning</td>
</tr>
<tr>
<td>12</td>
<td>Todd</td>
<td>20-Oct</td>
<td>10:00 AM</td>
<td>1.3</td>
<td>nothing</td>
<td>worked out</td>
</tr>
<tr>
<td>13</td>
<td>Mark</td>
<td>20-Oct</td>
<td>11:00 AM</td>
<td>1.4</td>
<td>Finished BP Coffee</td>
<td></td>
</tr>
</tbody>
</table>
Data from prior QS talk on Ketone Tracking

Measured Ketone Level

How Much Energy I Felt
Wake up
Workout
BP
Coffee
Afternoon fast
Snack
Dinner

0
0.5
1
1.5
2
2.5
3
3.5
4

12:00 AM
2:24 AM
4:48 AM
7:12 AM
9:36 AM
12:00 PM
2:24 PM
4:48 PM
7:12 PM
9:36 PM
12:00 AM
HYPOTHESIS

EAT + TRACK = Super Raging High Ketones
3-Day Fast #1
KETONE READINGS

Day 1
Average = 1.5

Day 2
Average = 2.2

Day 3
Average = 3.0
Day 1

Didn’t measure on day 1

Day 2

Average = 62

Day 3

Average = 59
HOW MUCH ENERGY DO I FEEL RIGHT NOW?

Day 1
Average = 3

Day 2
Average = 3

Day 3
Average = 3.8
Fast #1 – What I Learned

• Ketone levels increased
• Heavy workout $\rightarrow$ ketones drop, glucose increases
• Ketones / Glucose - Inverse correlation
• Ketones / Energy – Direct correlation
• High ketones continued post-fast
3-Day Fast #2

... with a twist ;(-)
Fasting +
NEW HYPOTHESIS

FASTING + + TRACKING

= Super Awesome Buzz!

Warning:
Please leave this to professional drinkers only. Do not try this at home.
Very Buzzed!

Not Buzzed

No Wine yet

1st Sip

Finished First glass

2nd glass

3rd glass

Wheee... zz...
Very Buzzed!

Not Buzzed

No Wine yet  1st Sip  Finished 2nd glass  3rd glass

Wheee...
End of Fast

Lift Weights

Day 2
Day 3
Day 4

GLUCOSE
KETONES
Zooming in on Day 2 ...

Graph showing changes in ketones and glucose levels after consuming three glasses of wine.

- Glass of wine #1
- Glass of wine #2
- Glass of wine #3
Day 2

Day 3

Day 4

End of Fast

Lift Weights

Lift Weights

GLUCOSE

KETONES
Day 2: Lift Weights, End of Fast

Day 3: Lift Weights

Day 4: Lift Weights
Fast #2 – What I Learned

• Ketone levels increased
• Ketones / Glucose – Inverse correlation
• Ketones / Energy – Direct correlation
• High ketones continued post-fast
• 3 glasses of wine →
  – small impact
  – quick recovery
  – gnarly buzz (technical term)
AM I STILL OBSESSED WITH EATING?

Mark Moschel
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