

Success Habits



Fat Adaptation & Metabolic Switching

I didn't know when I started but apparently, I did things just right. I began with 3 months of very strict Keto eating. Started with 50 grams of carbs per day – then moved to 30 grams per day. I began tracking my macro-nutrients, blood glucose and ketone levels. I lost weight quickly (mostly water weight first) and had the 'keto flu' for a day as my body switched into a new metabolic state.

After 3 months, I went off keto by increasing my carbs and lowering my fat. And I began an intermittent fasting routine of 16/8 - 3 or 4 times each week and continued to monitor and test. I continued fasting, with low fat – moderate carbs or a month – then went back to low carbs, high fat, then off again a few weeks later. I found that through it all and with the addition of intermittent fasting, I was able to keep my blood glucose down and my ketone levels up and continue to lose weight.

I had no idea there was a term for what I had accomplished but it's a big deal! I have become **Fat Adapted!** Meaning, my body now knows how to convert fat into fuel quickly and efficiently. Fat adaptation has resulted in decreased cravings, increased energy and stamina and improved sleep. Wow!

By changing things up often, (my eating, exercise, and fasting routines) and going in and out of ketosis, I have kept my body alert and responsive. Apparently, there is a term for that too! It's called **Metabolic Switching**.

As I have come to understand it, the body can use glucose or ketones for fuel. There is some significant research suggesting that ketones are the preferred fuel for brain and body. I must say that for me, I have found this to hold true. Whenever I eat too many carbs, too often, I feel bloated and crampy, sluggish and not too on the ball. But after a day or two of low carb, high fat eating – or 16 or more hours fasting, insulin goes down, ketones go up, I feel better, have more energy, I am more alert and think more clearly.

If you would like to learn more, do a Google search on these terms, read the research, listen to podcasts and watch videos. Some of my favorites are below!

References and Recommendations

[The Success Habits of Weight Loss Surgery Patients](#)

[Dr Becky Gillaspay](#)

[The Obesity Code, Jason Fung YouTube Channel](#)

Success Habits



[Thomas Delauer](#)

[Dr Benjamin Bikman- Insulin Resistance – Fat for Fuel](#)

[Dr. Mindy Pelz](#)



Yours for Greater Health and Happiness,

A handwritten signature in black ink that reads "Colleen M. Cook".

Colleen Cook, President, Speaker Author

An enduring inspiration, for over 25 years Colleen Cook has educated and motivated audiences all over the world. She is a successful weight loss surgery patient from 1995 and President of [Bariatric Support Centers International](#). Named "Bariatric Professional of the Year" in 2009, and honored by the International Federation of the Surgery for Obesity for her research. Colleen is the author of the internationally acclaimed, bariatric best seller, [The Success Habits of Weight Loss Surgery Patients](#) book and is a sought after speaker for both professional healthcare conferences and weight loss celebrations.