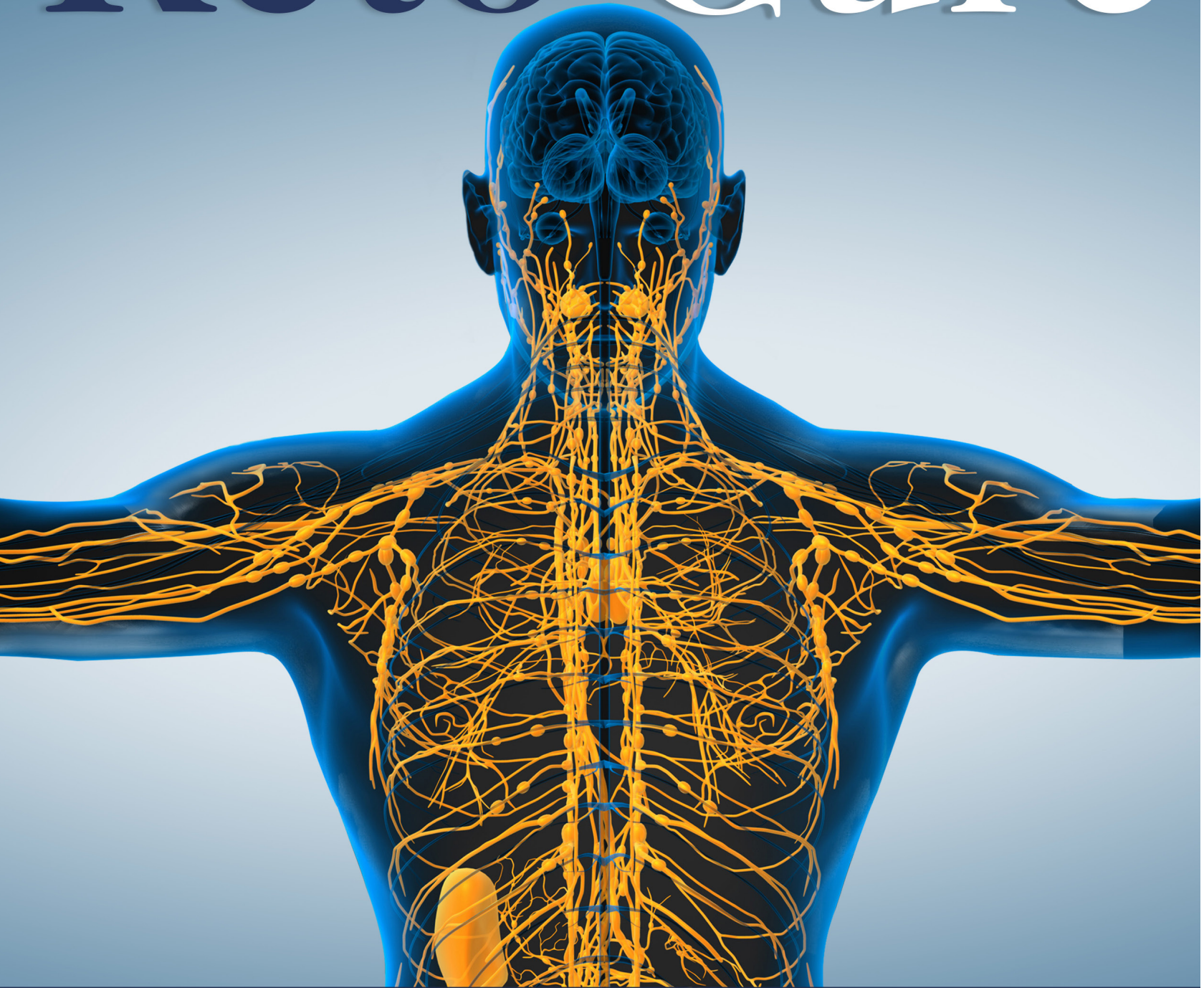


Dr. Kiltz's Keto Cure



LEARN TO FUEL YOUR MIRACLE MACHINE

I Didn't Believe it at First...



For years, I ate my three healthy meals a day with snacks in between, lots of water, lots of salads, and lean proteins like boneless, skinless chicken breast. I ran mile after mile or did cardio and lifted weights. Ultimately though, this didn't make me feel my best, look my best, or improve my health.

It made me wonder, Is this the way we were meant to live? Eating a ton, exercising like crazy, repeat, over and over? Incredibly, I had several patients who had been struggling to get pregnant for years. No matter what we tried, nothing seemed to be the answer. On their own, they changed their diets by eliminating carbs and sugar, and suddenly, they were pregnant! I started doing some reading. First about the Paleogenic Diet, then about the Ketogenic Diet and all about the dangers of sugar, carbs, inflammation, and the benefits of fat. I didn't believe it at first. Fat is good for you? It goes against everything I was taught in my medical training and as a student of healthy living. But the results for my patients were undeniable, so I tried it and have never looked back. Now I recommend keto to my fertility patients, my colleagues, my friends, and family.

I have patients who ask me if they **HAVE** to go keto. My response is always, you don't have to do anything. But my job as a fertility doctor is to give you the tools to make the changes and do the things that will ultimately make you successful at having a baby. It's not a one-size-fits-all solution. What works for one person or one couple, might not work for you. I'm here to give you options. What you ultimately decide to do or how you choose to live is up to you. You are the expert on you. You decide what you eat, read, listen to, and how you find inspiration in your daily life to keep moving forward toward your goal.

If what you're doing right now isn't working, **CHANGE IT UP!**

You have to find the right formula that works for you, and changing your diet is an easy, low cost, low medicine option that will have an immediate impact. You will feel better, look better, have more energy, and more clarity of mind.

The list of diseases that are helped by the ketogenic diet (some would even say "cured") is a long one — diabetes, PCOS, Crohn's, IBS, heart disease, colitis, asthma, migraines, dementia, depression, and frankly, there are very few people whose health won't benefit from eating ketogenically—male/female, young/old, thin/heavy. Keto isn't just for those struggling with obesity, an autoimmune disorder, or even infertility. **KETO IS FOR EVERYONE.**

There are people who refer to keto as a "diet", but for me, keto is a lifestyle, and Kiltz's Keto Cure is about more than just what you put into your mouth. It's also about what you put into your mind, how you treat your body, how you feel about yourself, and how you challenge yourself to be kind, creative and to connect with everyone around you in deep, meaningful and loving ways.



WHAT'S BEST?



The Human Ferrari

We seldom take the time to marvel at the incredible design and engineering of the human body. It is truly a wondrous thing. I call it the “human Ferrari” because like the much-revered Italian-designed sports car, our bodies are beautiful machines designed by **the Master Creator** to do marvelous things. They are exquisite in both their design and function.

It has been my experience, as both a physician and casual observer, that we humans show more appreciation and concern for the high-priced sports car than we do for our own bodies. Why is that? We treat the sports car with kid gloves, polishing it, giving it the best gas and oil, driving it carefully and cautiously. And we treat our human Ferraris like shit. We put the wrong food into our mouths—sugar, carbs, alcohol; the wrong ideas into our minds, and we literally wear them out with exercise and stress.

We’re treating these beautiful, expensive, irreplaceable, and amazing bodies like rental cars, or worse, Yugos, that much maligned other Italian-designed automobile that was the butt of many jokes and generally regarded as **the** lemon of the auto industry.

We have the ability to change all of this! We can treat our bodies like the impeccably designed and invaluable entities they are. I’ve seen hundreds of people take control of their health by shifting their food plan to a ketogenic lifestyle with a high fat, med to low protein, and low to no carbohydrate diet.

My analogy of the human Ferrari makes another important point that many of us fail to recognize. **We are ALL human Ferraris.**

We ALL have the same exact blueprint and high-quality parts. There’s nothing stopping us from being a sleek, powerful machine but ourselves. I hear people blame genetics for everything under the sun: why they can’t lose

weight, why they will likely become diabetic, get arthritis, etc. and I call bullshit.

We all have essentially the same genetics. If you put every cell of your body under a microscope and compared it to mine, they would not look no different. Yes, your DNA may code for different eye color, hair color, skin color, and height, but our blueprints are 99.9% the same. It’s what we are putting into our bodies that is making the difference and causing so many disorders and diseases. It’s our internal environment that matters.

You have the ability to change all that. I’ve seen so many people stop eating carbs and sugar and start eating fat. They are able to stop or reduce their insulin; stop the hypertension medicine; and stop the cholesterol meds. Irritable bowel goes away; eczema clears up and for the first time they feel clear, vibrant, free of medicines, and at home in their own bodies. **They finally begin to feel like a Ferrari again.**

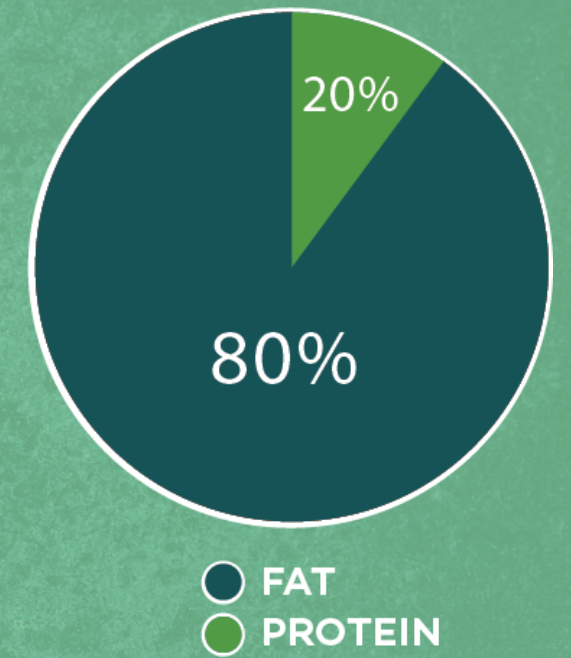


Dr. Kiltz giving his talk “The Human Ferrari” at TedXOCC in April 2018

“We already are the human Ferrari. There’s nothing stopping us from being a healthy, powerful machine but ourselves.”



Dr. Kiltz's Keto Cure



The **ketogenic diet** or “keto” is a high-fat, adequate-protein, low-to no-carbohydrate diet that was first created back in the 1920s and 1930s as a treatment for epilepsy and diabetes. It was developed as an alternative to fasting, which had demonstrated success in controlling seizures. The later advancement of medications that could effectively control epilepsy saw the diet abandoned, but renewed interest in the mid-1990s sparked research into using it to treat other disorders, including heart disease, Parkinson’s, Alzheimer’s, ALS, diabetes, and a host of other medical conditions, including infertility.

Kiltz’s Keto Cure takes things a step further. It combines a high fat (preferably animal fat) / low-protein diet with intermittent feasting. One meal per day at night is what I recommend. I often refer to it as the B.E.B.B.I. Diet (pronounced “baby”, because I am a fertility doctor after all) for its focus on bacon, eggs, butter, beef, and ice cream as its primary foods. The idea that bacon, eggs, butter, beef, and ice cream are good for us doesn’t make any sense to most of us, I know. We have been taught and repeatedly told that they are not

good for us, but I’m betting a billion dollars the “experts” are wrong.

We use the term ketogenic to represent ketones. Ketones are supposedly built when the body burns fat instead of sugar, but I don’t believe we burn sugar and then convert to burning fat. I believe we are always burning fat (acetyl Co-A that comes from fatty acids) 24/7/365 regardless of what we’re eating. Our bodies can either make fat by converting carbohydrates in the liver, or use the animal fat we eat for fuel. Acetoacetate, beta-hydroxybutyrate, and acetone are ketone bodies that can be measured. People perceive the elevated level of ketone bodies in the blood to be evidence of our bodies replacing glucose as a fuel source, but the presence of ketone bodies is really just a reflection of lower glucose levels. I believe they appear to be higher when glucose levels are lower. It’s simply a matter of ratios. An elevated level of ketone bodies in the blood, a state known as ketosis, leads to a reduction in inflammation throughout the entire body. Ketosis can make you feel less hungry, and it also helps you maintain muscle.

Most of us eating the Standard American Diet are almost always hyperglycemic because we consume a low-fat, high carb, high protein diet. By eating carbohydrates 3-6+ times throughout the day and little to no fat, glucose is constantly being secreted into the bloodstream requiring insulin to make fat in the liver. Because glucose levels are never allowed to drop, we end up with a hyperglycemic environment that causes glycation. This leads to cellular damage throughout our bodies. What's more, a high plant-based diet is putting a "compost heap" into the bucket that is your bowels, which ferments via the bacteria, yeast, and other microbes that love your bowels. What you get is simple: heat, gas, alcohol, and aldehydes, or the "ring of fire" as I refer to it. This causes further inflammation everywhere in our bodies. It's simple. Inflammation then elicits an immune response which send our bodies into further turmoil. Immunologic dysfunction is a root

cause of many diseases and can contribute to recurrent pregnancy loss. Eating fat is one of the easiest ways to reduce inflammation and improve immunologic function.

Nutritionists frequently recommend complex carbs and foods with a low glycemic index. We are told these foods are better for us because they take longer for the body to break down. This is exactly the reason they are so dangerous. They are slowly digested and absorbed, which never allows glucose levels to drop.

The truth is we don't need very much food. By eating a very narrow diet of bacon, eggs, butter, beef, and full-fat ice cream and eliminating carbs, which include all fruits, vegetables, seeds, nuts, and fiber, you get rid of the "compost heap" in the belly and significantly reduce the resulting damage caused by glycation.

"Eating fat is one of the easiest ways to reduce inflammation and improve immunologic function."

HEALTH CONDITIONS THAT MAY BENEFIT FROM THE KETOGENIC DIET:

- Hypertension
- Diabetes
- Crohn's Disease
- Irritable Bowel Syndrome
- Anxiety
- Depression
- Polycystic Ovarian Syndrome (PCOS)
- Colitis
- Asthma
- Migraine Headaches
- Dementia
- Multiple Sclerosis (MS)
- Epilepsy
- Metabolic Syndrome
- Some Cancers
- Autism
- Parkinson's Disease
- Alzheimer's Disease
- Nonalcoholic Fatty Liver Disease
- Infertility



What Does the Body Require?

(HINT: IT'S NOT CARBS AND SUGAR!)

The body needs exactly three things to thrive and survive: fat, water, and oxygen. And maybe a little bit of protein too. We need a constant supply of oxygen; a little bit of water; and either fat stores or fat (animal fat) to eat. The fact that a hiker lost in the woods can survive for weeks and even months without food and just a water bottle that can be refilled from melting snow or a clean river is not an anomaly. It's by design.

Our DNA was raised on keto. Like our early ancestors, we're meant to get fat for survival, but the world we live in has changed. Prior to the development of large-scale agriculture and industrialized foods, early man's eating patterns were far different from how we eat today. Hunters and gatherers ate when they could find berries or kill a deer, and then they fasted (not necessarily by choice) until they could hunt and gather again. Depending on the season and resources, early man could go days and weeks between meals. Now with grocery stores and fast food available on every corner, it's difficult to fight the primal urge to refuel often and to excess.

The human body was built for survival, requiring fat and protein to provide the energy needed to bear the elements and go about the necessary functions of the day. We have the potential to eliminate our biggest health problems and concerns—including issues of fertility—by going back to a basic diet, the one man first followed when he hunted the earth for sustenance.

Food can be classified into three major categories: carbs, protein, and fat. This is it. There's nothing else. Out of all of the plants and an-

imals we eat, these are the three macromolecules. Surprisingly, our body requires zero carbohydrates. There are no essential carbohydrates in the universe, but fatty acids and amino acids are essential to our health and wellness. Just to be clear, the body does not require carbohydrates or sugar to be consumed EVER!

WHAT'S A CARB?

Carbon dioxide in the air plus sunlight and water make a long chain carbohydrate. This is the process that builds trees, vines, leaves, fruits, and roots (fiber). Most of us believe these to be "healthy" carbs, but in fact, our body can't tell the difference between a candy bar and an apple. Carbs and sugars have a very similar chemical makeup and get processed in the body the same way. Every carb we eat is eventually broken down into sugar.



“There’s no such thing as an essential carbohydrate. Our body requires that we consume fat and protein, nothing else.”



The Dangers of Carbohydrates

(Both Complex & Simple)

“We do not need to eat sugar. EVER.”

IF WHAT YOU'RE EATING ISN'T EITHER FAT OR A PROTEIN, IT'S SUGAR.

The average American consumes a staggering 3 pounds of sugar each week, much of it “hidden” in processed foods, sauces, and drinks. Worldwide, most of us eat 500 extra calories a day just from sugar. It's quite common for food manufacturers to bump up the sugar for flavor when they make a product low-fat. And that fancy drink from the coffee shop or dressing on the “healthy” salad you had for lunch has a lot more sugar than you would guess.

When people hear the word “sugar”, they visualize the white granular stuff used for baking cakes. This type of sugar can be deadly, but **even more dangerous are the leafy greens, fruits, and vegetables.** They too are sugar, but they come with the added danger of plant antigens and phytochemicals. To this end, seeds and nuts are also harmful to your body despite what you may have heard.

Do we need to eat sugar? In a word, NO. We do not need to eat sugar. Ever. Just like your liver makes fat and cholesterol, it also makes glucose, which can be broken down and used for energy by every cell in the body.

Your liver can make all the glucose it needs from just about anything—protein, fat, or carbs. Contrary to what you might hear and think, sugar is a non-essential part of our diet. Sugar is a quick energy source and breaks down quickly, but fat is a much better fuel.

Sugar goes by over 60 different names: glucose, fructose, sucrose, maltose, just to name a few, but our body can't tell the difference between them, and they are all processed the same—sent to the liver to be converted into fat. Although we're told that lettuce, for example, is a “complex” carb, it's really full on glucose because every plant material we consume is sugar. Our body processes lettuce the same as it would table sugar.

HERE ARE SOME THINGS I'VE LEARNED ABOUT SUGAR:

Sugar is addictive. If you've ever felt like you might have a sugar addiction, you are likely closer to the truth than you imagined. When you eat sugar, you activate opiate and dopamine receptors in your brain. Ironically, these are the same “happy” chemicals that cause you to feel good when hanging out with loved ones and good friends. But with sugar, we get stuck in a compulsive loop of consumption despite the negative consequences like weight gain, hormone imbalances, and inflammation. Studies suggest that every time we eat sweets, we are reinforcing those neuro pathways, causing the brain to become increasingly hardwired to crave sugar. The more sugar we eat, the more tolerance we build up, as with any other drug.

Sugar hides in many non-sugary foods. As I mentioned earlier, sugar is an ingredient in most packaged and processed foods even when they are not necessarily what we think of as sweet. Ketchup, salad dressings, marinades, jarred tomato sauce, granola bars, yogurt, BBQ sauce, sports drinks, canned soups, cereal, breads, and bottled smoothies are some great examples of grocery items with hidden sugar. Take a look at the nutrition label on your favorite snack or condiment. You might be surprised! It's not enough to just avoid cookies, cakes, pastries, and the obvious suspects. This is one of the reasons I feel so strongly that people should avoid buying and eating anything processed and/or packaged. Natural is best, and prepare it yourself so you know exactly what you're eating.

Sugar has the same toxic effect on the liver as alcohol. There are lots of people who strongly feel that sugar should get the same type of warnings we see on alcohol. Why? Because there's evidence that fructose and glucose in excess quantities can have the same toxic effect on the liver as alcohol. Sugar also increases the risk for several of the same chronic conditions that alcohol causes. And being a healthy weight doesn't make you immune from liver damage caused by fructose. Studies show that liver damage can occur even without excess calories or weight gain.

Sugar may be aging your brain. All of that excess sugar you are eating might be accelerating the aging process. Scientists have discovered a positive relationship between

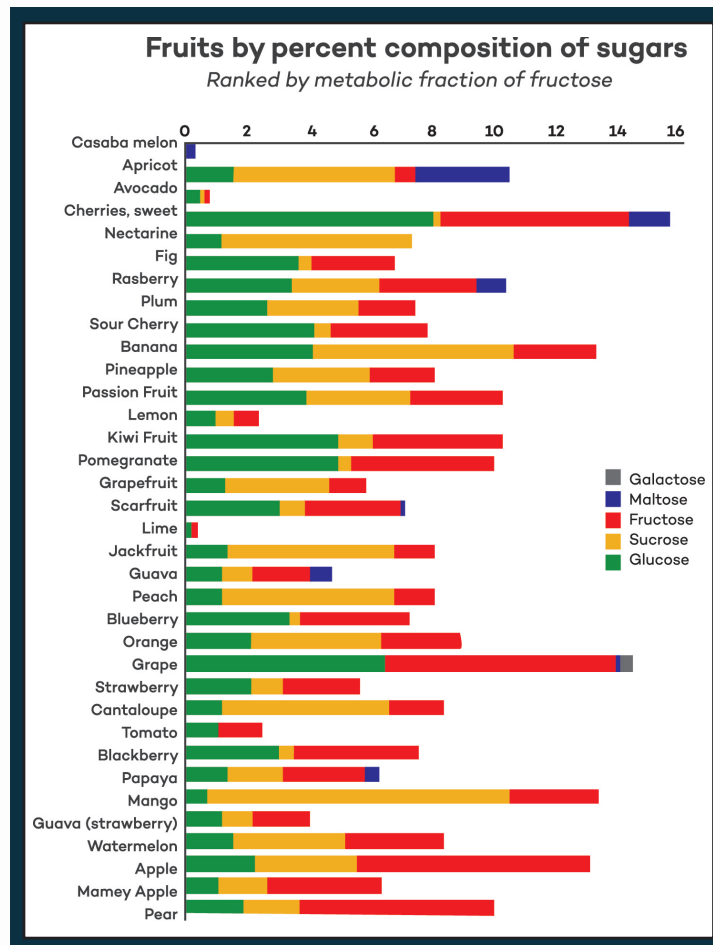
glucose consumption and the aging of our cells. Aging cells can result in something as minor as wrinkles and as concerning as chronic disease. Excessive sugar consumption has also been linked to deficiencies in memory and overall cognitive health.

Sugar and carbs are making us fat. Fat is not making us fat. Because of its lack of nutrients, sugar makes it easy to consume lots of it and not fully understand the dangers. With no immediate negative physical effects to warn us of the perils, we keep on eating it. Fats and proteins offer a sense of fullness and satiation. Sugar gives you calories, but not the full feeling that you've had enough you get when you eat fat or protein. That's why you can eat an entire bag of candy at the movies and still be ready for dinner after the credits roll.

That fruits and vegetables are in fact sugar makes the recommendations by the American Diabetes Association and the American Heart Association so frustrating to me. I lost my beautiful sister, Maria Ann, to diabetes. She was diagnosed at age four. She died at 52 from heart disease and blindness as a result of diabetes. I now know that the diet recommended to her by her doctors was completely wrong.

Sugar comes from all plant material. Eating a diet rich in fresh fruits and vegetables, as they recommend, raises glucose levels in the body. In a diabetic, this expedites organ damage.

How Can Fruits & Vegetables Be Bad?



Vegetables are sugar. Whole grains are sugar. This is a simple yet difficult truth for many to accept. Other than the revelation that fat is actually good for us, the one component of Kiltz's Keto that is particularly surprising to anyone I talk to is the fact that I recommend little to no fruits, vegetables, and fiber to be consumed. For those who grew up with the idea that a big salad was the epitome of health, this is a direct challenge to all they know. **How can fruits and vegetables be bad?**

HERE'S HOW:

Fruits and vegetables are carbohydrates, and many of them contain high amounts of sugar (just check out the glycemic index on some of the more common fruits and vegetables you likely eat). They also contain a tremendous number of plant antigens and phytochemicals that can be dangerous and even deadly to our bodies. Phytochemicals are molecules that actually harm our bodies on a cellular level. They elicit immune reactions in our bodies that are damaging and deadly.

Just like animals that have camouflage or a poisonous sting for protection, plants create molecules to protect themselves from being eaten. They too have a life cycle and being eaten isn't in their best interest.

Fiber Fuels Inflammation

Fibers are complex carbohydrates and strands of poorly or non-digestible carbs that essentially fuel the fire of the bowels. Fiber is like steel wool in our gastrointestinal tract and sandpaper in the gut. It damages and destroys the very sensitive mucosal lining of the gastrointestinal tract that is meant to be cared for in a delicate manner.

We have been given the recommendations to fill the gut with poorly or non-digestible fiber (carbohydrates) that add bulk to the diet, push along the bowels, and help improve the daily constitutional or elimination. But, in fact, fiber may be adding to the damage and disease by fueling the bacteria and yeast with the food they love, which ultimately breaks down to sugar.

The fiber gets down to the colon where it adds bulk to enlarge the feces in order to make it more difficult to get through the small exit portal. We have been given advice by health care practitioners and nutritionists to do one thing, but quite possibly (and likely) the opposite is true. **Fiber fuels the fire of inflammation.** Bacteria and yeast love it. Bacteria and yeast make heat, alcohol, and aldehydes that fuel the inflammatory processes in the body leading to colitis, irritable bowel, Crohn's, hemorrhoids, cancer, you name it. Gas is bad. Alcohol is made in the colon, the rectum, and the digestive tract, which basically travels to every cell of our body and damages the body even more. The immense number of bowel surgeries and bowel problems people are experiencing as a result are overwhelming.

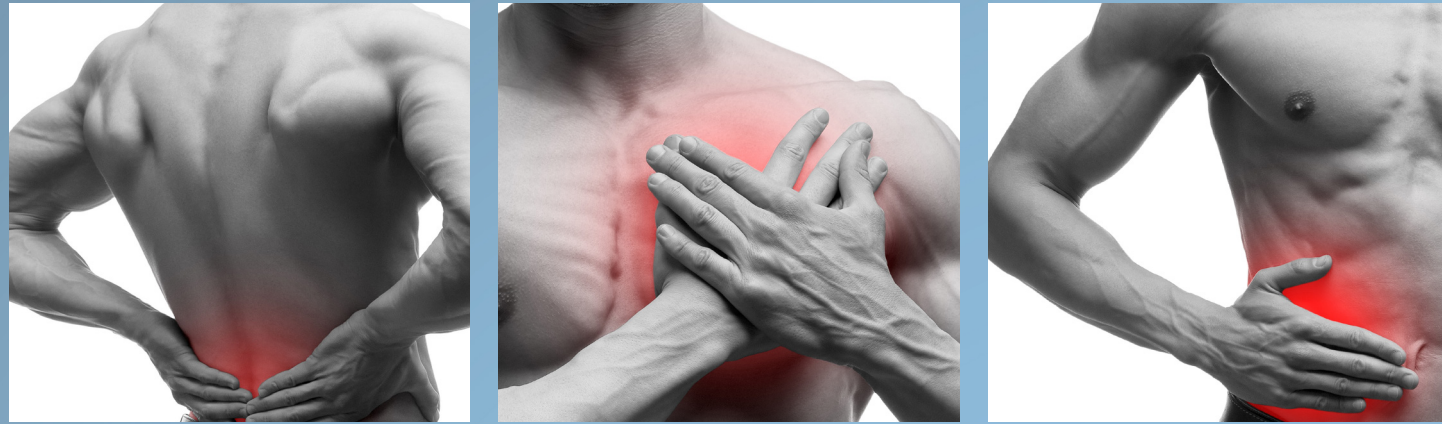
"Fiber is like steel wool in our gastrointestinal tract and sandpaper in the gut."

A high vegan/vegetarian, plant-based diet sounds like it's the healthiest thing for us, but I believe it's likely doing more harm than good.

There's an increasing body of research studying the **Gut-Brain Axis**. The gut is sometimes referred to as the body's "second brain" as it controls about 70% of your body's immune response. If your gut is out of balance, your entire body health can get off-balance as well.

My general recommendation is to eliminate all fruits, fiber, and vegetables. After reading **Fiber Menace** by Konstantin Monastyrsky, I had a better understanding of the danger of fiber. I didn't believe it until I eliminated the fruits and vegetables I thought were healthy, and my bowels became the best ever. Our bodies are remarkable and amazing. Healing is their nature, but we can't heal if we're constantly feeding them inflammatory products (alcohol, fruits, fibers, vegetable) and a lack of fat.

Inflammation



In order to understand keto and why it works, you first must understand inflammation, what are its likely causes, and the havoc it wreaks on every organ and system in our bodies.

The body's immune response is a mysterious thing. When it functions properly, inflammation is a quick response that actually helps the body to heal. But when it doesn't turn off, inflammation simmers at a chronic level and begins to damage healthy cells instead of healing damaged cells, contributing to a long list of diseases.

Inflammation isn't always obvious. It can appear as joint pain or swelling, as well as gum disease, fatigue, headaches, unexplained rashes, and muscle stiffness. Sometimes inflammation goes unnoticed until a diagnosis of heart disease, diabetes, or an autoimmune condition (where the immune system mistakenly attacks your body) such as lupus, multiple sclerosis, and rheumatoid arthritis.


Inflammation is linked to nearly all of our diseases. Infertility is just one among a long list of diseases caused by acute and chronic inflammation due to infection from a microorganism, or glucose and glycation, or various phytochemicals and plant antigens—lectins and particles of plant material that actually elicit inflammatory responses from our own body.

Pinpointing exactly why it happens in the uterus, tubes, ovaries or in the male reproductive organs, we're not completely sure, but I believe it has to do with the blood flow that deposits these microorganisms and plant phytochemicals and antigens in those areas. Plus, it's secondary to the excessive heat in the G.I. tract—the colon and small intestines—and as the fermentation of these particles (fruits, fibers, vegetables) occurs, it creates an exothermic reaction that heats and damages the local organs and tissues.


Inflammation is the body's reaction to these insults. **You can work to prevent inflammation by reducing the quantity of plant molecules you put into your body** and reducing the heat in your body by slowing it down. Using products like low dose naltrexone, which also reduces inflammation, and CBD oil, along with acupuncture, massage, meditation, light therapy, and visualization can be very beneficial.

“Inflammation is linked to nearly all of our diseases.”


How Inflammation Affects the Body




BRAIN
Pro-inflammatory cytokines cause autoimmune reactions in the brain, which can lead to depression, autism, poor memory, Alzheimer's disease and MS.




HEART
Inflammation in the heart & arterial & venous walls contributes to heart disease, strokes, high blood sugar (diabetes) and anemia.




LIVER
Build-up of inflammation leads to an enlarged liver or fatty liver disease. Increased toxic load build-up in the body.




GI TRACT
Chronic inflammation damages our intestinal lining and can result in issues like GERD, Crohn's disease and Celiac disease. and MS.




BONES
Inflammation interferes with the body's natural ability to repair bone mass, increasing the number of fractures & leading to conditions like osteoporosis.




THYROID
Autoimmunity as a result of inflammation can reduce total thyroid receptor count & disrupts thyroid hormone function.




SKIN
Chronic inflammation compromises the liver & kidneys, resulting in rashes, dermatitis, eczema, acne, psoriasis, wrinkles & fine lines.



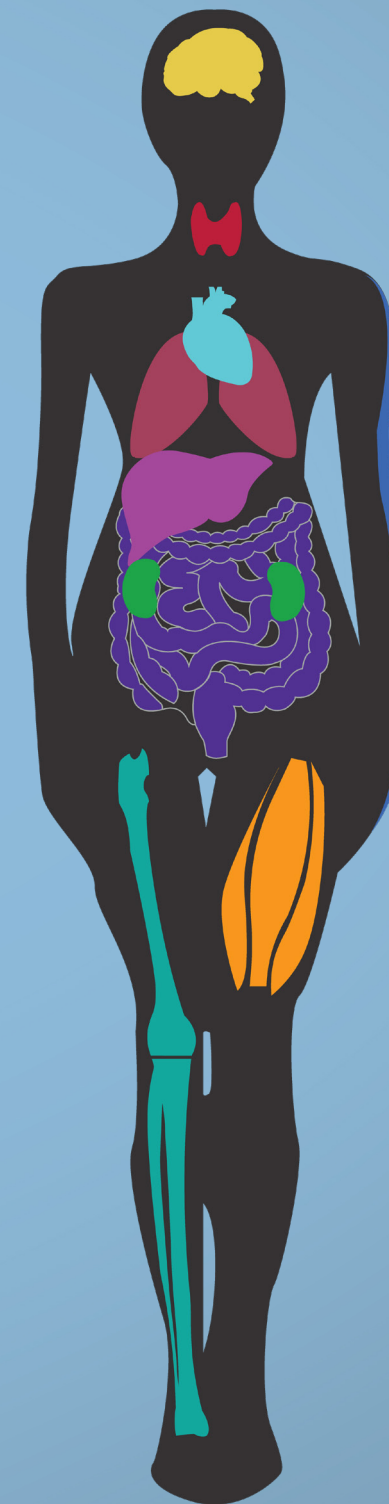
MUSCLE
Pro-inflammatory cytokines cause autoimmune reactions in the brain, which can lead to depression, autism, poor memory, Alzheimer's disease and MS.



KIDNEYS
Inflammatory cytokines restrict blood flow to the kidneys. Complications like edema, hypertension, nephritis & kidney failure can result.



LUNGS
Inflammation induces autoimmune reactions against the linings of airways. Can result in allergies or asthma.



5 Causes of Inflammation & Disease

NUMBER ONE: GLUCOSE

If you're eating the standard diet, you're consuming 70% carbs, about 20% protein, and about 10% fat along with what we think of as healthy fats--olive oil, coconut oil, avocado oil, which are not really healthy. They are industrialized-made oils, not nature's fat like that found on beef cattle or a pig. If this is how you're eating, you're producing a steady stream of glucose that is constantly fed into the blood stream and transported around the body.

Glucose causes something called **glycation**, which is the binding of glucose to every nook and cranny in our bodies, causing disfiguration and malfunction everywhere. When the mitochondria die, you die. But if you don't die, there's something called fermentation in the cytoplasm of some cell lines which are able to convert to a tumor cell or cancer cell, and then you have a terminal disease.



NUMBER TWO: PLANT ANTIGENS

Plants are amazingly smart. They know how to get you to eat them. They are going to kill you, and then they are going to sprout from within you. We are allergic to these plant antigens. You don't know anyone who is allergic to fatty meat. I'm sorry, okay, you might know someone who is allergic to some plant that the animal is eating, but you aren't allergic to meat. It's rare. Fish—okay, get rid of fish. Land animals, that's it. I'm not a big believer in all of this turkey and chicken. You're touching it too much. It's too lean. All of this lean meat simply converts to fat in the liver. Amino acids. Where else are they going.

But these plant antigens . . . we are allergic to them. My daughter is allergic to avocados and bananas. I know so many people allergic to strawberries. And kale is a killer. It's simple. **Kale is sugar.** It's got all of these antigens that you're allergic to. Done deal. I know. It seems wildly crazy, and I didn't get it either. But I'm learning and learning and learning how powerful the food industry is in teaching us what's good for us, but there's so much variety, and so many needs, minerals, and vitamins, OMG, I can't make heads or tails out of most of it.

NUMBER THREE: PLANT PHYTOCHEMICALS

The plants make chemicals which we've been using as herbs and medicines to heal for thousands of years or to hurt as poisons. Herbal medicine was just the early pharmaceutical industry. Now we've figured out how to take those pharmaceuticals and grind them down, process them, separate them into their entities, and guess what? **Plant phytochemicals are deadly. Marijuana, heroin, cocaine,** I'll go down the list.



NUMBER FOUR: FIBER + BACTERIA + YEAST + VIRUSES + MICROORGANISMS

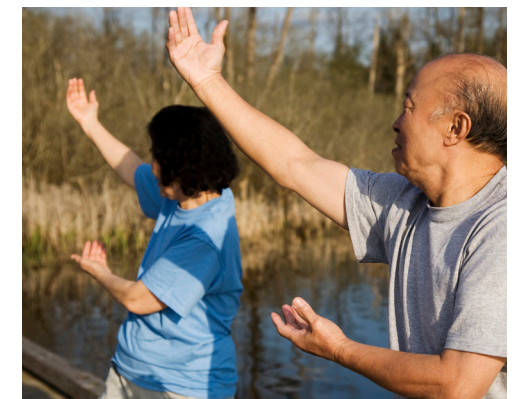


All of these ferment in our bodies and break down. Fiber does break down in our body due to the bacteria and yeast. Done deal. And many of the acids in our stomach are capable of breaking down some of it, but remember when you chew this fiber, you simplify it and you expose it to the ability of your enzymes to break it down during the process of digestion. Eating all of this causes indigestion, by the way. **Remember, the fiber makes heat, gas, aldehyde, alcohol, and methane. It's bad for the bowels.** It's pushing down to create hemorrhoids. It's pushing up to produce GERD, and eventually all of that inflammation in this beautiful amazing entity causes disease because we've been consuming a diet that is the opposite of what is good for our bodies.

NUMBER FIVE: EXERCISE

We've got to move, but for some reason, exercise damages our bodies in ways we don't fully understand. The running around and heating up in order to get healthy isn't good for us. Exercise causes heat in the gut. It robs the blood flow from our core where it's needed. It sends it to the arms, legs, and takes it away from the brain. It puts the adrenals into super-drive and constricts our vessels. High impact exercise on a regular basis is bad for you. I'm not suggesting you sit still and become a couch potato. Intentional movement is important. **Try yoga, meditation, Tai Chi, but keep it simple and easy.** Go for a walk in the woods and connect with nature. Walk with a friend to catch up and reconnect. I'm telling you, Do something. Be creative. Paint. Do pottery. Make jewelry. Write. Sing. Dance. Do something that inspires you every day, but stay off the treadmill, the elliptical, the racing bike, and stay away from high intensity exercise.

Again, we need to take our cue from the king of the jungle. Lions don't exercise! Yes, they move a little bit. They hunt. They feast, feed, and reproduce. All animals do. We've got to get back to the fact that we are a human animal that requires breathing, eating, drinking, and reproducing. And we require the protection and presence of the herd and connections to others. These connections vibrate in a positive way.



Why We Need FAT



FAT IS HEALING. FAT IS THE BUILDING BLOCK OF EVERY CELL IN OUR BODIES. FAT CAN REDUCE INFLAMMATION AND HELP OUR BODY TO REPAIR ITSELF.

Our bodies are made of mostly fat—lipoproteins—and require fat for the survival, growth, and the reproduction of cells. Cells require fat as fuel. In order to be used as energy, all food must first be converted into fat in the liver. **Without fat, we die.** All carbs and all amino acids (amino acids come from protein) must be converted into fat in order to be utilized as energy. Everything we consume—proteins, carbs, sugars, fruits, vegetables, fiber—must go from the stomach, to the liver, where they are converted into fat in the form of Acetyl CoA, which is the energy for the mitochondria that will then make ATP (Adenosine triphosphate) in order to maintain the body's cellular function and structure.

You do not convert the fat to sugar and then burn the sugar as energy. You convert all sugar into fat in the liver. When you eat fat, it does not go to the liver. It goes directly to the lymphatics to be distributed via the heart to every cell, nook and cranny of your body. It can be stored, so you can go days, if not weeks, without food. Your body was designed to store fat in anticipation of a famine that, in our present day, is not likely to happen.

The common misconception that is perpetuated by doctors and nutritionists everywhere is that fat is the enemy of a heart-healthy diet. **Saturated fats are not the enemy**, and they play a vital role in our body chemistry and total body health.

1. **Our bodies are made of fat.** Saturated fatty acids make up around 50% of our cell membranes. Fat is what creates the necessary stiffness and integrity in cell walls.
2. **Bone health depends upon fat.** In order for calcium to be effectively incorporated into our skeletal structure, it's necessary that at least 50% of our dietary fat intake be saturated.
3. **Saturated fats help protect the liver from alcohol and other toxins**, such as Tylenol and metals.
4. **Saturated fats help our immune system** to function correctly.
5. **Saturated fats have antimicrobial properties** that help protect us from harmful microorganisms in the digestive tract.
6. **A number of vitamins – A, D, E, and K**, for example—must have fat to dissolve so your body can absorb them.



“FAT IS OUR ENERGY. WITHOUT IT, WE DIE.”

Remember: Heart disease is caused by glycation, plant antigens and phytochemicals.

Everyone blames fat, but obesity causes NO diseases. It's nothing more than a sign that you're a high carb eater. Obesity is a result of the Standard American Diet.

Fat doesn't make you fat; carbs make you fat.

Benefits of Cholesterol

Over the past several decades, cholesterol has gotten a bad rap. Fear of high cholesterol levels on bloodwork panels during annual physicals steered us away from eating too many eggs and fatty meats and toward lean proteins and man-made fats like margarine and vegetable oil. In truth, eggs, fatty meats, and butter don't raise cholesterol levels in our bodies. It's really eating diets high in sugar and carbs. Our bodies need cholesterol to function correctly. **Cholesterol helps us to maintain proper hormone function and fight inflammation.** The liver makes about 75% of the cholesterol we need, but we need to take in the remaining 25% through our diet. And the primary source for this additional cholesterol is animal fats.

Cholesterol is a necessary building block of **growth and development**, so important that breast milk from a healthy mother has about 50 to 60 percent of its energy (kilocalories) as fat. The cholesterol in breast milk supplies an infant with close to six times the amount most adults consume. This is especially important during infancy-- the most rapid period of growth and development we experience as humans.

1. Cholesterol, along with saturated fats, **gives our cells required stiffness and stability.** When the diet contains an excess of polyunsaturated fats (vegetable oils or omega-6) instead of saturated fats in the cell membrane, the cell walls become flabby. If this happens, cholesterol from the blood drives into the tissues to give them structural integrity. This is why serum cholesterol levels may go down temporarily when we replace saturated fats with polyunsaturated fats in the diet.

2. Cholesterol is vital for production and function of serotonin receptors in the brain. Serotonin is the body's "feel-good" chemical. Low cholesterol levels have been linked to depression and aggression. Anti-depressants often don't work for patients who are eating a vegetarian diet.

3. Mother's milk is VERY high in cholesterol and has an important enzyme that assists the baby in using this nutrient. Babies

and children need foods high in cholesterol to guarantee proper development of the brain and nervous system (BUT we also need these as adults!!!)

4. Cholesterol acts as a precursor to important hormones that **help us deal with stress and protect the body against cancer and heart disease.** It is also important to our sex hormones like androgen, testosterone, estrogen and progesterone. Which is why women trying to get pregnant have more success on a high saturated fat diet!

5. Cholesterol is necessary for us to use vitamin D; which is an essential fat-soluble vitamin needed for healthy bones and nervous system, insulin production, reproduction and immune system function, proper growth, mineral metabolism, and muscle tone.

6. Bile is vital for digestion and assimilation of fats in the diet; which is made from cholesterol that we eat.

“ *Your body is a fat-making and fat-burning machine.* ”



7. Current studies are now showing that **cholesterol performs as an antioxidant**, which is why cholesterol levels go up with age. As an antioxidant, it protects us against free radical damage that leads to heart disease and cancer.

8. Dietary cholesterol helps maintain the health of the intestinal wall. People on low-cholesterol vegetarian diets often develop leaky gut syndrome and other intestinal disorders.

Cholesterol can become damaged by exposure to heat and oxygen. This oxidized cholesterol tends to promote damage to the arterial cells and cause buildup of plaque in the arteries. Damaged cholesterol is found in powdered milk; which is added to reduced-fat milks to give them body. That is why I NEVER suggest drinking skim milk! It is also found in powdered eggs and in meats that have been heated to high temperatures in frying and other high-temperature processes. So fast food items come into play here.

Hypothyroidism can result in high cholesterol levels. When thyroid function is poor, usually due to a diet low in usable iodine, fat-soluble vitamins and high in sugar, the blood gets filled with cholesterol as a protective mechanism, providing a large amount of minerals needed to heal tissues. Hypothyroid individuals are particularly susceptible to infections, heart disease and cancer.

Source: Maria Emmerich

My advice:

STOP TRYING TO REDUCE YOUR CHOLESTEROL INTAKE. It does NOT cause disease. Your body is made of cholesterol. Your body is a fat-making and fat-burning machine.

The Lymphatics

When we talk about health and wellness, people don't spend much time discussing the lymphatic system, yet it is critical to maintaining optimal health. When we eat fat, it lubricates the lymphatics, and acts like a solvent within the gut to micronize, capture and filter (via the lymph nodes) the waste residue that is brought in through the foods we eat. If we don't eat fat, many of those antigens get stuck in your gut where they can get into the submucosal layer and interstitial layer of the GI tract leading to inflammation.

While other antigens are delivered to the liver where they interfere with the blood system and pollute every nook and cranny of our bodies. This is an essential part of why a high carbohydrate / low fat diet is deadly. Sugar causes glycation in the lymph system. And since the lymph system does not have smooth muscle to help propel the lymphatic fluid, it relies on the natural flow and pressure of a system that's intact and lubricated by quality fat. Lymphangitis, lymph node swelling, lymphomas, and leukemia are rampant worldwide because of a low fat / high carb diet filled with excessive frequency, volume,

and variety of sugar and carbohydrates.

Amazingly, the entire intrabdominal cavity, the left side of the chest, the left side of the face, and the lower extremities all dump into the thoracic duct. It's a huge collector of fluid and fat that needs to circulate and return back to your blood system.

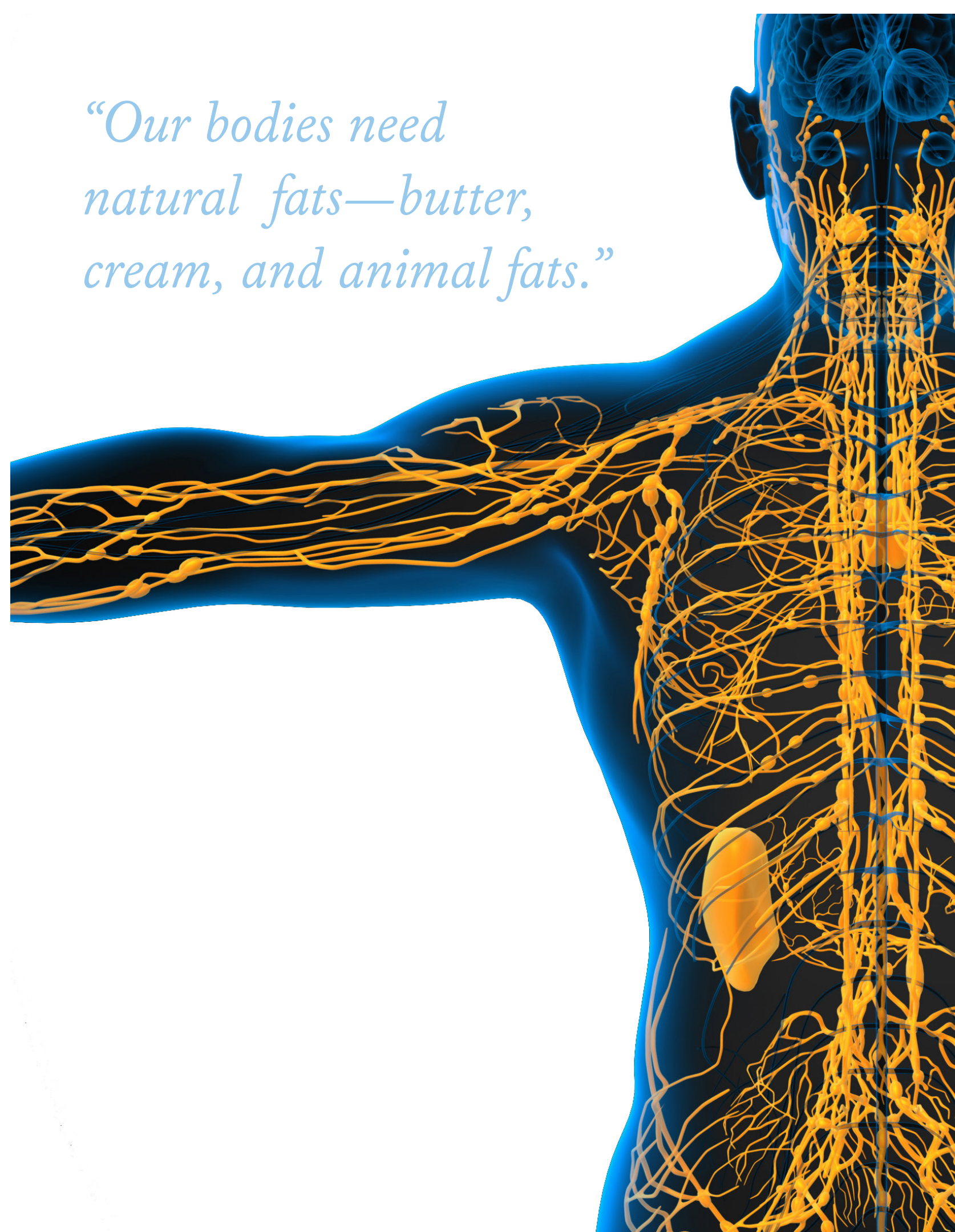
Meanwhile, the lymphatic tissue is sent through lymph nodes that employ a filter system and immunologic system with white blood cells that identify the foreign particles and make antibodies against the antigens so that your body can react against them, clean them up, and be ready for the next barrage.

All of the fat in the GI tract goes to the lymphatics and the thoracic duct. The majority of the antigens and dirt dissolve in the fat.

When you eat the fat, it lubricates the lymphatics and filters out the pathogens you bring into your body with the food you eat.

Our bodies need natural fats—butter, cream, and animal fats to keep the lymphatic system running strong.

“Our bodies need natural fats—butter, cream, and animal fats.”



Should You Go Dairy-free as Well?



Most of us lived through a childhood bombarded by commercials and jingles telling us to drink our milk and how good it was for our health and development. Remember the ad campaign where lots of famous people sported milk mustaches? “Milk, it does the body good” was a popular slogan, but does it?

Many people have trouble processing dairy. In fact, about 75% of the world’s population suffers from lactose intolerance—a genetic inability to properly digest milk and other dairy products. Common sense would tell us this isn’t surprising given that we are humans, NOT cows. What’s more, between the ages of 2 and 5 (weaning age), the majority of humans naturally stop producing lactase, the enzyme required to properly metabolize lactose—the sugar found in milk.

Some of us don’t even know we have a dairy intolerance until we give it up for a period of time and are amazed at the changes we experience.

My advice:

Try giving up all dairy. That means eliminating ALL milk, cheese, yogurt, and ice cream for two weeks and see if you feel better. You may notice improvements with your sinuses, post-nasal drip, headaches, irritable bowel syndrome, energy, and weight. Then start eating dairy again and see how you feel. If you feel worse, consider adopting a dairy-free diet.

While dairy products are a good source of protein and fat (especially full fat cream), the decision to consume/ not to consume really must be made on an individual basis.

How Do I Get Started?

It’s helpful to “buddy up” when starting Keto. Adopting the Keto lifestyle with a partner or friend allows you to share, learn from and support each other. Many of our client couples go Keto together and find they are both happier and healthier. When it comes to fertility, both the man’s and woman’s health are important and play a role in conception.

And you don’t have to go 100% Keto cold turkey. It’s okay to take baby-steps and gradually incorporate the Keto lifestyle into your everyday living. Start by decreasing your carb intake and cutting out sugar. Consider eliminating all processed foods from your diet. If it comes in a bag or a box, it’s processed. A good pantry and refrigerator clean-out can help reduce temptation. Donate unopened boxes and bags to your local food pantry. Then re-stock your refrigerator with real food, the way nature made it: fatty meats, poultry, and seafoods. Avoid foods with preservatives and coloring, both of which can be detrimental to our health. Buy organic when possible and grass-fed beef. Farmers markets are a great place to find locally grown/raised foods.

And don’t expect to be perfect. None of us is. You will have days when you don’t stick to your goals and you make bad food choices—you have a glass of wine with a friend or eat a couple French fries. That’s okay. Just get back on track and stay focused.

The good news is that a keto diet is generally more fulfilling than one heavy in carbs and sugar.

Fats are filling. Even though you are eating less, you will feel fuller faster and not get hungry as fast because your sugar levels aren’t on a roller coaster anymore.

GETTING STARTED ON KILTZ’S KETO:

1. **Get rid of all sugar**—any type.
2. **Get rid of all grains** – wheat, corn, rice, oats.
3. **Get rid of all hydrogenated or partially hydrogenated oils (e.g. vegetable oils)** – canola oil, grapeseed oil, corn or sunflower oil, and most vegetable oils contain Polyunsaturated fatty acids (PUFAs) and are very inflammatory. These should be eliminated (or kept to a minimum like peanut or sesame oil).
4. **Get rid of all fruits, vegetables, and fiber.**

CREAM
IS THE
NEW
ORANGE
JUICE.



Adding **full-fat heavy cream** to your coffee or tea is an easy way to add fat back in to your diet, and it tastes great too! Give up the non-dairy creamers, sugary flavored mix-ins, almond or soy milk. **Go with full-fat** heavy cream to fight inflammation.

Find the FAT

MAKE BACON, EGGS, BUTTER, BEEF, & ICE CREAM THE MAINSTAYS OF YOUR REGULAR DIET

Anyone who has spoken to me has heard me repeat these five foods like a mantra. They are the basis of Kiltz's Keto Cure. **They point back to this simple truth: Our bodies require fat for energy. If we can't eat fat or make fat, we die.** Unfortunately, the majority of fat we consume is industrial, man-made fat. What we really need to be eating is nature's fat—that stuff that surrounds the animal or is intertwined and marbled in every nook and cranny of the meat.

Stay away from lean meats and try to choose grass-fed, all-natural meats. You want to consume fatty meats like a rib-eye steak, not lean, fat-free chicken breast. You need to eat the fat. By adding fat, cream, butter, and eggs, you reduce inflammation, you reduce your appetite, you reduce your glucose levels, and your energy is so much better. All of the bowel problems go away, the skin problems and the joint problems are gone.

Minimize the variety and simplify your meals. Eliminate pasta, bread, yogurt, milk, seeds, and nuts. Plant oils which harden when exposed to oxygen likely contain a multitude of plant antigens, which are harmful.

Eating fat in its purest form is the simplest energy source for our bodies. There are a lot of different food plans out there that focus on high fat / med-low protein / low carbs. They are pretty similar, but tend to differentiate themselves by their recommended fat and carb consumption. Paleo is about 20% protein, 70% fat, 10% carbs. **Kiltz's Keto Cure is 80% fat, 20% protein, zero carbs.** This is the key to health and wellness. Any combination of bacon, eggs, butter, and beef (or fat-

ty meat) is crucial to reducing inflammation. We call this **The Lion King Plan**. To eat like the king of the jungle means eliminating all fruits and vegetables that produce sugar and phytochemicals, and focusing only on high quality, high fat foods. A nice, fatty rib-eye is a mainstay in Kiltz's Keto Cure.



THINGS TO AVOID:

- Sugar
- Carbohydrates
- Alcohol
- High-intensity exercise
- Probiotics
- Fiber
- Seeds & nuts



Kiltz's Keto Ice Cream

In Kiltz's Keto, even "treats" are full fat, that includes my guilt-free ice cream which can be enjoyed as a treat or actually as an entire meal. Yes, there's a little bit of sugar in there, but that small amount of pure cane sugar in that much heavy cream isn't a concern, even on the keto diet. This is the most delicious ice cream you can imagine and it's packed with all of that healthy fat your body needs.

What you'll need:

- 1 Pint of High-Quality Heavy Cream (preferably grass-fed)
- 1-2 TBSP of granulated pure cane sugar
- 1 Tablespoon pure vanilla extract (can use vanilla bean scraped as well)
- 1 egg (organic preferred) (optional)
- 1 tsp sea/Himalayan salt (optional but highly recommended)

Note: Recipe can be doubled depending on the capacity of your ice cream maker

Directions: Shake cream and pour into a large bowl. Add sugar, eggs, and vanilla extract. Whisk until well combined and frothy. Pour into ice cream machine and follow manufacturer's instructions.



YOU ARE A LION / LIONESS

The basis of Kiltz's Keto Cure is eating like a lion or lioness—like the king of the jungle—not like a lowly pig or other herbivore that eats 3-5 meals a day filled with grass, grain, fruits, vegetables, and fibers—the very things that inflame our bodies.

You need to eat like a lion. For humans, this means eating bacon, eggs, butter, beef, and (occasionally) full-fat ice cream.



CAN YOU GO KETO AND STILL BE VEGETARIAN/VEGAN?

Yes, although vegetarians will have an easier time doing this if they are still consuming eggs, butter, and cream. The key is to simplify the carbs and cook the vegetables down with some avocado oil, hemp seed oil or coconut oil. Don't consume them in the raw form. Raw fruits and veg

etables contain a lot of bacteria, yeast, and plant antigens, which are dangerous.

Vegan is a little harder. Look to add more fat. Ideally butter fat and cream are better, but avocado oil and coconut oil can work. Really separate out the meals to one every 12-24 hours. We're not a grazing animal. Limit the greens, fruits, and vegetables, and keep variety to a minimum.

“Eating fat in its purest form is the simplest energy source for our bodies.”





“Your best health comes from eating one meal a day in the evening and giving your body time to rest and digest.”



Intermittent Feasting: Eat Once Per Day

Fasting between meals gives your body time to rest and digest and allows the glucose levels in the bloodstream and throughout the body to go down. Some refer to this as “intermittent fasting”, but I find the term “intermittent feasting” to be more accurate. I believe your best health comes from eating one meal a day in the evening and giving the body time to rest and digest during sleep (allowing 12-24 hours between feedings). This is in line with how prehistoric man lived: going for days to weeks without eating, not knowing where or when his next meal was coming, feasting and then fasting, fasting, fasting while on the hunt for food.

Our bodies were not designed to eat 3-5 meals a day with snacks in between like a grazing animal. Eating several meals a day fills the gut with fiber and carbs that ferment and feed the bacteria and yeast causing more disease. The more we eat, the more we fill **“the bucket”** that is our digestive system. We fuel the fire of inflammation; we fill our intestines, never allowing them to diminish their contents because of the continuous supply of food.

Intermittent feasting allows time for digestion, reduces glucose and insulin levels in the bloodstream, thereby reducing the damage that causes foggy brain, digestive issues, and aches and pains throughout the body.

Our bodies are well- designed to go without food, yet most of us consume more calories than we could ever burn through in a day. This adds fat to our bodies. Fat is meant to be there to help ensure our survival during times of famine and drought.

Dr. Jason Fung has a lot of good information on incorporating intermittent fasting into your lifestyle.

“Carbo-caine” When I talk to patients or friends about eating bacon, eggs, butter, and beef and removing carbohydrates and sugar from their diets, most worry they won’t be able to do it. Carbs and sugar have a real grip on most of us, you’re not imagining it. I actually call carbs “carbo-caine”. Like cocaine, they are addictive. Eating carbs affects the pleasure centers in the brain just like a drug. High carb consumption spikes insulin which allows tryptophan to enter the brain and make sero-

tonin, the feel-good neurotransmitter.

Eating carbs quite literally makes us happy, but only temporarily. A steady diet of high carbs and sugar will create a host of problems that affect your daily enjoyment of life and can shorten your lifespan.

WHAT TO DRINK:

Water, Coffee, Tea. Copious amounts of water are not required. Have a cup of coffee or tea (with added cream or butter, if you like) and a glass of water (still or bubbly with no added sugar) when you are thirsty. The whole 8 glasses of water a day mandate is overkill. Over-drinking of water likely robs our bodies of essential minerals that are inadvertently flushed out.

Avoid alcohol in all forms. Alcohol is toxic to your body and fuels the fire of inflammation in the gut.

HOW MUCH TO EAT:

Frequency is more harmful than intermittent abundance. With intermittent feasting, your allowed to feast since you’re only eating one meal per day. But you will find that eating fatty meats or adding fat to your food is more filling than eating lean meats. You will likely feel full before you finish your meal.

When you eat lean meats, your body must convert them to amino acids which are then

converted to sugar in the liver and finally into fat. **CUT OUT THE MIDDLE MAN!** Choosing to eat natural animal fats allows your body to send fat right to the lymphatics.

LIMIT INTENSE EXERCISE

Intentional movement is key, but avoid high-energy and high-impact exercise. Activities like running create additional friction, heat, trauma, and damage in the body. Exercise steals blood flow from the body’s core and ultimately is not good for you or me. We are meant to walk, take in the sites, but not to run or churn away on the elliptical.

Yoga is terrific. Tai Chi is as well. Slow movements accompanied by meditation and quiet thinking are great for your mind, body, and soul.

Get off the treadmill and hit the nature trail with a friend. A casual bike ride or kayak ride is great, but leave the racing and spin class out of your regular routine.

NARROW AS AN ARROW: Variety, spices, and sides are deadly. Stick to bacon, eggs, butter, beef, and Kiltz’s ice cream. Skip the spices and the sides dishes.

Fatty, Flavorful, and Filling

WHY RIB-EYE STEAK IS THE PERFECT KETO MEAL

Consider a rib-eye steak to be the perfect keto meal, and it's one I eat quite often. **Here's why:** A rib-eye steak is cut from the rib section of beef cattle. Known for their tenderness, rib-eyes also have a high fat content. Generally, the higher the grade of meat, the more fat it contains. It's half fat and half protein in a delicious package and contains no carbohydrates, sugar, or fiber.

All that beautiful marbling in a rib eye means fat—great for flavor and your body.

General Nutrition

A 242-gram serving, or about 8.5 ounces, of grilled, boneless, choice rib eye steak with its fat trimmed contains 520 calories, 133 percent of the recommended daily intake of protein, 44 percent of the fat and 6 percent of the sodium. I recommend you don't trim the fat and eat it instead.

Protein

Protein makes up about half of the calories in rib eye steak. Your body breaks proteins down into amino acids. Amino acids are essential to the creation, repair and maintenance of cells. There are three types of amino acids: nonessential, conditional, essential. Your body can produce nonessential amino acids and conditional amino acids, but may need supplemental sources in times of illness or stress. Your body cannot make essential amino acids, which come only from the food you eat. Rib eye steak offers both conditional and essential amino acids.

Fat

Fat comprises the other half of rib eye steak's calories. About 40 percent of that fat comes from saturated fat. The body needs dietary fat for energy and for the essential fatty acids it contains that the body can't produce. These fatty acids reduce inflammation, control blood clotting and aid in brain function. Fat also allows the body to absorb vitamins A, D, E and K.

Vitamins

A serving of rib eye steak offers 239% of the recommended daily intake of vitamin B12 for an adult male. Vitamin B12 helps red blood cell formation, neurological health, DNA synthesis, and may play a role in reducing the risks of dementia and age-related cognitive decline. A rib eye also provides 84% of daily recommended intake of niacin, which helps in red blood cell formation, neurological function and maintaining healthy digestion, skin and nerves.

Minerals

An 8.5-ounce serving of rib eye supplies 153% of the daily need for zinc. Zinc is integral to energy production, protein and nucleic acid synthesis, healthy immune function and cell division. The same serving of rib eye has 145% of the daily requirement for selenium. Selenium combines with proteins to form antioxidant selenoproteins that help prevent cellular damage from free radicals, which may help lower cancer and heart disease risks. Selenium may also play a role in alleviating arthritis.

“Fat is the fuel for cells in the muscles. Muscles always need energy.”



The Gratitude Attitude



There's no better way to set the tone for your day by waking up and greeting the day "Thank you, God, for this awesome and amazing day you have gifted me." This is how I start my day every day. I speak these words out loud and my day begins from there.

Gratitude has been found to be one of the strongest positive emotions and is often linked to happiness. Most of us are confused when it comes to gratitude. We think we need to achieve certain goals or get to a certain place in our lives before we take a breath and express appreciation for all that we have. In fact, happiness isn't what brings you gratitude, gratitude is what brings you happiness!

Some people find it helpful to make gratitude part of their family dinner, going around the table with each person sharing something good that happened to them that day and/or why they are thankful. Teaching the next generation that there is good in every day is

an important lesson to pass along and will be the building blocks for happiness.

Gratitude has physical, psychological, and social benefits. The practice of gratitude has been shown to improve your immune system, regulate blood pressure, reduce aches and pains, and help with sleep. Gratitude can help achieve higher levels of joy and allows those who practice it to feel less lonely and more optimistic.

The mind-body connection is very real and should not be ignored when it comes to health and wellness.

Part of the gratitude attitude is being kind to others and to yourself. I firmly believe that kindness begins with the person in the mirror. Make sure you are saying positive and uplifting things to yourself when you look in the mirror. Love thyself first.



"Thank you, God, for this awesome and amazing day you have gifted me."

Nourish Your Mind & Feed Your Soul

As medical professionals, we spend a lot of talking about what you should be eating or what medicines you should be taking (as few as possible), but not as much time discussing how important what you put into your mind is as well.

I've spent a lot of time reading the works of great philosophers and spiritual leaders, both past and present, and can tell you that the phrase "food for thought" hits the mark. As much as you worry about what and how you to eat, you need to think carefully about what you're listening too and reading. What are you filling your conscious and subconscious mind with every day? Is it positive, amazing things that expand your mind and make you feel good or negative self-thought that

brings you down?

There are so many wonderful books out there and some really smart, insightful people to learn from. Learning is a life-long pursuit. It shouldn't stop the day you get your high school, college, grad school, or even medical school diploma. We all have lots to learn and that means making a concerted effort to expose yourself to ancient texts (the Bible, the Koran, the Bhagavad Gita), the writings of Buddha, Lao Tzu, and newer books by present-day thinkers who were inspired by ancient healers and philosophers.

Share what you're learning and thinking about. Whether it's a tweet, a vlog, a Facebook/Instagram post, or an email to friends. Pass along those surprising/insightful/mov-

ing "nuggets" that you're absorbing from whatever you're reading or listening to.

SLOW IT DOWN & BREATHE! Practice daily meditation, prayer, and visualization.

We need to slow it down and focus on the beauty of the universe and the creativity that we've all been given. The gift is life.

MEDITATIVE BREATHING: 5-6-7 Breathe in Through the Nose and Out Through the Smile

I do this meditative breathing practice sev-

eral times a day. You breathe in through the nose for 5 seconds; you hold it for 6; and you breathe out through the mouth for 7. I say, "In through the nose, out through the smile."

You can practice this 24/7/365, anytime of the day or night. The 5-6-7 rule is a meditative practice. You don't need to be sitting in a lotus position or at an ashram or the yoga studio. Right where you're sitting, standing, lying, resting, or relaxing is just fine.

Just stop what you're doing and focus on your breathing.

"What you put into your mouth and your mind matters most"



Try Something NEW



CREATE, BUILD SOMETHING, MAKE SOME MISTAKES

Studies link being open to new experiences with lower levels of inflammation. Get out there and try something new. It will benefit your mind and your body. If you've wanted to learn how to paint, knit, make pottery, master calligraphy, write a poem, learn an instrument, plant a garden, go do it!



I took up flying and earned my pilot's license in my mid-50s. Talk about stepping out of your comfort zone! Hitting the skyways at 10,000 feet behind the yoke with just you and the clouds is literally out of most of our comfort zones, but it's tremendously empowering. I'm now working toward getting certified to fly a jet. But trying something new doesn't have to be an expensive, dangerous new hobby. I'm not suggesting we all start free-climbing on

weekends (although try it if it's always been your dream, just be safe and get the proper training!).

Trying something new doesn't have to be a grand gesture. It can be as simple as taking a new route on your drive home from work so that you see different landmarks along the way and you get a new perspective.

It can mean pushing yourself creatively. Write something every day. It doesn't have to be a three-act play or short story. It can just be a few words about your day in a journal that you keep by your bed. Put pen to paper and write-out in long hand a couple of sentences or helpful reminders to yourself about how you're feeling and your goals. Or keep a digital diary on your phone if you want to be more high-tech.

For me, painting and potting have always been a creative outlet. I started working with pottery when I was in high school. Mrs. Wong in my ceramics class in the 10th or 11th grade at John Marshall High School in Los Angeles inspired me through pottery and clay. I enjoy working in my pottery studio making pots and throwing on the wheel, making slab pieces. Small pieces and big pieces, medium pieces, and pieces that end up in the bucket or on the floor. I make lots of mistakes, but I take

something and do it and then do it again. The beauty of clay is that it is actually re-usable and moldable and changeable. I guess it's kind of like the human being. It doesn't matter where you've been. It is possible to reshape yourself in a new way, and learn to do things differently. Tapping into that creative part of my brain does wonders for stress and helps me feel connected to a higher power and the bigger picture.

I've since learned to paint, make jewelry, operate, learn new ideas of health and wellness, **but ultimately it comes down to sticking to the loving, living, and learning.**

FERTILIZE THE UNIVERSE: MAKE SOME MISTAKES

Fear of failure shouldn't hold you back. If you're not making mistakes, then you're not trying anything new. I like to say that mistakes are fertilizer. Fertilizer is a good for the soil. It gives renewed growing power and strength to the seedlings that grow out of it. Failure is much the same. Failing makes us stronger, smarter, and more driven. Instead of saying, "I failed," say "I fertilized." There's a lot more truth to the latter.

When I first took up painting, my daughter told me I wasn't very good (and frankly, she was right), but that didn't stop me from try-

ing. I worked at it and over time saw great improvement and found much joy in the act of painting itself.

FIND INSPIRATION ANYWHERE & EVERYWHERE

I'm inspired by others. **That's really what life is all about: finding inspiration.** Whoever you're around, begin to learn and listen. If you want to learn to build and do something, spend time around those successful people who have learned to build and grow something. You are as capable as any other human being. Your past doesn't matter or your physical capabilities. Mentally we are all capable. All of us, in one way or another, are capable of shifting and creating and making change, building on the old and building anew.



Success Story

STEPHANIE ARANA: KETO + IUI



My name is Stephanie Arana, and my husband is Hector. We have been together for three and a half years, married for 2. I have had issues with my cycles for a long time. Having PCOS and not being able to ovulate on my own, we never worried about prevent-

ing pregnancy. After getting married in July 2016, we found out that Hector was being sent overseas to Korea that October. So, we started trying right away for family. Knowing it would be an issue, we started seeing Dr. Kiltz.

Before my husband left the country, we stored 6 vials of sperm in hopes that I could keep trying for pregnancy while he was gone and knowing it would take a while. In November 2016, we were keeping an eye on a cyst I had on my ovary when we tried our first IUI. It resulted in a pregnancy that was quickly lost. I went back again for 4 more IUIs, all with negative results. With 1 vial left of sperm and after con-

sulting with the Dr. Kiltz, we decided to take the leap and move to IVF. In March of 2017, after a couple weeks of stimulation, we had a lot of eggs to retrieve.

Recovery from retrieval was difficult, but we ended up with 7 beautiful embryos that we froze. In April, we prepared and did our first frozen transfer of 2 embryos. It was an exciting and scary time, hoping and praying all that work and money would pay off. It was a negative result. And again, in May and June, both times transferring 2 embryos. All failed attempts. My final embryo was transferred in July 2017 and resulted in pregnancy, which I lost 9 weeks later. I was left with no embryos and no baby. I consulted again with Dr. Kiltz, and since my husband wouldn't be home from Korea until that November, we took this opportunity to take a break for 4 months during which **I finally listened**

to Dr. Kiltz's suggestion to try Keto. I figured what would it hurt? After being on so many medicines and supplements and it not working, why not give this a shot?

In July, the week after my loss, I started and never looked back. **I had my ratios at 75% fat, 20% protein, and 5% carbs.** I was consuming less than 20 grams of carbs a day. I would say the first 2 weeks of switching was the most difficult. My body craved the sugar, but I never gave in. After breaking through the cravings, I had a crazy amount of energy and mental clarity. I never felt better! **The first month I was keto, I lost 30 pounds.** The second month another 20, and after that 10 to 15. In October 2017, I had laparoscopic surgery to remove the large cyst still on my ovary. I was upset because this was the 3rd time I had to have a cyst removed due to the PCOS. But after that surgery, I never had another cyst form. And even during that 4-month break from fertility treatments, my cycles regulated themselves. In November, when my husband returned, we took that month and tried on our own hoping for a miracle. Unfortunately, it didn't work, so in December, we decided to just go back to Dr. Kiltz and keep trying IUIs along with timed intercourse.

At that time, **my husband also decided to go Keto with me** so I wouldn't be tempted by other foods. He didn't need to lose weight, but just for the health benefits he



tried it. He ended up losing 30 pounds and felt amazing. We continued to eat dairy because of the added protein. The instant energy and feel good boost were enough to keep us going. Add in the amazing weight loss, and how could we stop? In December, we tried an IUI, which was unsuccessful; January and February, too. In March, we had a positive pregnancy, but unfortunately lost that too. I was so discouraged, but tried once more in April. By then, I had lost 80 pounds. That IUI was the miracle we'd been hoping for.

I'm now 35 weeks pregnant. In 2 weeks, I'll be getting induced because of some blood pressure concerns. I know for a fact that had we not stuck with Keto, we wouldn't be where we are today. Not only did I lose 80 pounds, but my cholesterol dropped 40 points and after being on Zoloft for anxiety for 14 years, I was able to stop taking it. I was having such great mental clarity that my doctor didn't see a need for me to be on it anymore. I also feel that the

medication could have been complicating things for us.

Unfortunately, I couldn't stick with Keto during pregnancy no matter how hard I tried. The high fats were hard on my stomach. I have definitely been feeling the difference not being on Keto, and I plan on starting Keto again the moment our little boy is born in a couple weeks. I'm hoping the weight I've gained during pregnancy will fall back off and keto will also give me the energy I need for a newborn!

My advice:

For anyone trying Keto is NEVER give up on it; diligence is key, never have a cheat day, it takes too long that way to get your body back into ketosis. Also, meal prep is important and try intermittent fasting. It works and is so worth the hard work of this diet. There are also big support networks out there with advice, recipes and others going through the same process. Use these resources, you won't regret this decision, especially when the end result is a baby!

In her own words:

“For anyone trying keto, you won't regret this decision, especially when the end result is a baby!”

-Stephanie Arana

Other Ways to Reduce Inflammation:



CBD OIL

Beyond diet, which is the easiest change to make, we're always looking for ways to reduce inflammation. We use aspirin, NSAIDs, steroids, antibiotics, and more recently, I've been recommending CBD oil, or Cannabidiol. It's an extract of hemp or the marijuana plant. The same species that is used for THC and marijuana has also been used for thousands of years to make clothing, rope, plastics, fuel, and medicinals.

Cannabidiol has more recently been touted as the "go to" herbal medicine for reducing inflammation. There is evidence that it reduces the reactions of the white blood cells and other inflammatory markers on a local and systemic level. Though the exact mechanism isn't yet fully understood.

Whether you take it as a vapor, an oil under the tongue, rubbed on the skin, or in tablet form, there seems to be growing anecdotal and scientific evidence that reducing inflammation via CBD oil has benefits. It must have little to no THC, that means less than 0.3%. It is legal throughout the United States as long as it does not contain significant amounts of THC.

The intent here is not to create a high or a buzz. There may be side effects, so everyone must be cautious in deciding whether to use it. Certainly, if you are pregnant, we currently recommend against using CBD. That said, the anti-inflammatory benefits are encouraging. One to two dropperfuls of 500-750 mg. of THC in a 30 ml vial seems to be an adequate dose, although the exact dose response has not been determined for any individual. This may be one of those trial and error treatments, whether you vape it, take it under the tongue, or take it topically. Different varieties have been mixed with MCT oil, olive oil, or hemp seed oil in order to dilute the concentration of the CBD oil. **Your decision to use it must be based on some of your own research.**

WHERE TO BUY:

CNY Fertility has an assortment of high quality CBD tinctures, gummies, vape pens, and salve available with or without THC for purchase online at <https://shop.cnyfertility.com/>

INCORPORATE EASTERN THERAPIES.

We have also found integrating eastern therapies into your health and wellness routine to be helpful in reducing inflammation. Yoga, meditation, prayer, acupuncture, regular massage, and light therapy are all good options. Inflammation is triggered in response to stress. The more you can do to reduce stress, the less likely you are to become inflamed. It's important to try various options in order to find the one (or two or three) that work best for you personally. You might love Tai Chi but you might find acupuncture is not for you.

MAKE SLEEP A PRIORITY.

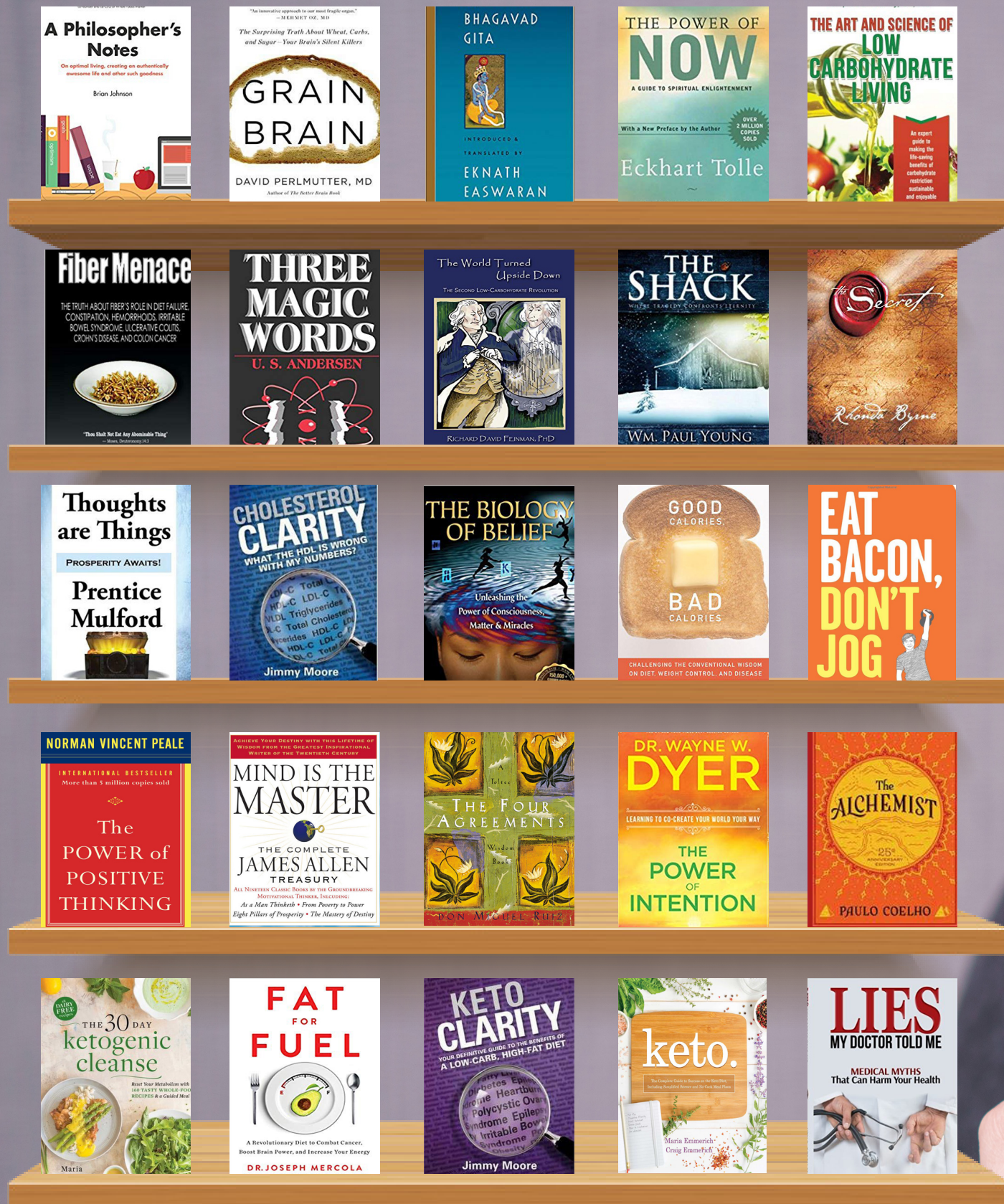
Sleep time is absolutely necessary for your body to heal from the physical and mental traumas of the day. If you're not getting uninterrupted or enough sleep, your body isn't healing the way it should be. Find a way to get on a regular sleep schedule. Invest in a quality mattress. Remove distractions from your room--no buzzing cell phones or TV.

CUT OUT CHEMICALS.

Exposure to pesticides and preservatives can cause inflammation by invading cells and destroying tissue. Chemicals are in everything from processed foods, food containers, and home cleaning products to cosmetics, shampoo, and other personal care items. Learn how to read an ingredient label and make sure you know what's okay and what isn't. Avoid phthalates and parabens as much as possible.



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