

SHT tips for going low-carb

1. eat fatty fish and/or take cod liver oil.

fatty acids released from excess bodyfat may contribute to a temporary inflammatory response. giving the body the precursors to the anti-inflammatory pathways can help to offset this inflammatory effect, and can definitely help with headaches and feeling “off.”

salmon, sardines, and our fermented cod liver oil gives you plenty of EPA & DHA.

2. consume salt, and add it to your water.

when your body dumps glycogen, it dumps the water associated with it (for every gram of glycogen, your body stores 3-4 grams of water). you're also losing tons of sodium. also, a byproduct of low insulin is reduced sodium retention. so you're both losing and failing to hold on to sodium. finally, eating real food the way we do is relatively lower in salt.

add salt to your food to taste and always mineralize your water.

3. eat real food sources of potassium

you also lose potassium when you lose your water weight. eat things like spinach, avocados, and full-fat yogurts.

4. take magnesium

although losing water doesn't flush out magnesium like it does other electrolytes, we do need extra magnesium to regulate minerals such as sodium and potassium. leafy greens like spinach are great sources of magnesium, as are a handful of fancy deluxe mixed nuts.

we also highly recommend our magnesium product that we sell in our office. we've heard nothing but great things from the use of it. not just for transitional phases, but also for cramps.

5. stay hydrated

over the long-term we recommend hydrating to thirst. sometimes this can be tricky. cravings for food can be mistaken for thirst and vice versa.

have a daily hydration goal of at least 1/2 your bodyweight in ounces during any low-carb phase, especially until you get thru your symptoms.

6. eat more fat

you don't have to overdo it. but compensating for the loss of “energy” from carbs with the energy we want our bodies to use can help the transition.

7. include some medium chain triglycerides (MCTs) in that fat

MCTs are treated differently than other fats. rather than store them in the body fat or use them in cell membranes, the body sends them directly to the liver for burning or conversion into ketones. so a good percentage of the MCTs we eat become ketones, which provide some additional fuel to glucose-deprived bodies that haven't quite adapted to self-sufficiency. coconut oil gives you about 14-15% of the fats as MCTs. full-fat dairy is going to give you about 10%.

for an ultra concentrated dose of the exact chains of MCT's that get converted to ketone energy, we highly recommend our MCT oil by Parrillo Performance. 1tsp several times a day to start out, bumping it up to 1tbsp several times a day.

9. opt for moving at a constant low level pace, versus really intense workouts

you absolutely can perform at a high level when self-sufficient. we have CrossFitters, long-distance runners and cyclists, and everything in between that perform at a high level - ONCE ADAPTED. and the longer you commit to our way of doing things, the better things get. BUT THERE IS A TRANSITIONAL PERIOD.

opt for staying active all day, including hikes, walks, yoga, cycling, etc. versus super intense training sessions. at least until you feel optimal and adapted.

10. reduce carbs gradually

we've already worked on this with our phased SHT progression. first 2 weeks are usually lower-carbish than what we were all used to eating. maximizing self-sufficiency with all our tips reduces carbs even more.

if you really struggle your first few days, you can opt for a little safe-starches, or a little fruit, just to help with the transition.