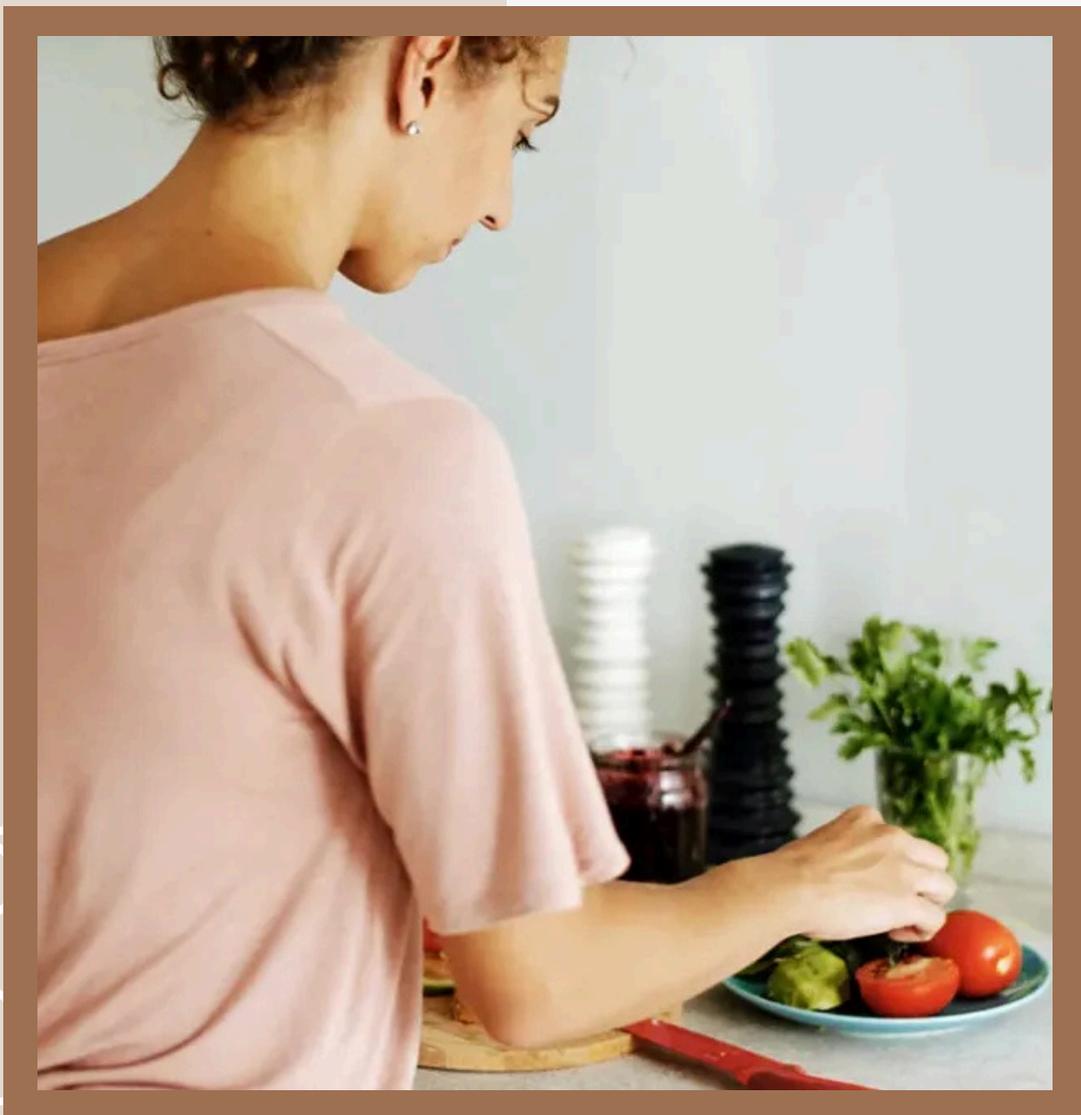


me

NUTRITION

# Getting Started



mindessence

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[mindessencenutrition.com](http://mindessencenutrition.com)

# Laboratory Tests

**B**efore starting the ketogenic metabolic therapy, it is important to consult with your doctor and request the following laboratory tests:

- Complete blood count (CBC).
- Comprehensive metabolic panel (CMP): includes glucose, electrolytes, fluid balance, kidney and liver function.
- Free and total carnitine.
- Fasting lipid profile.
- Uric acid.
- Vitamin D.
- Zinc and selenium.
- Plasma amino acids (if recommended by your physician).
  - Optional: HbA1C and fasting insulin
  - Thyroid panel (if on thyroid medications).

\*\*\* If your doctor needs more information about ketogenic therapy and how it can support your treatment, please feel free to reach out to us. We will gladly provide you with the relevant documentation.

The ketogenic diet is a metabolic therapy that has been used as a treatment for epilepsy since 1921. Among patients treated with the ketogenic diet, 50% to 70% experience positive result. Including a reduction or complete remission of symptoms.

In recent years, the ketogenic diet has been used as a therapy for the treatment and remission of various conditions such as **depression, diabetes, migraines, schizoaffective disorder, bipolar disorder, multiple sclerosis, ALS, Parkinson's, autism, and many others.**

# Before Getting Started

## Food weighing scale

- A good scale measures to the nearest tenth of a gram (0.1).
- Avoid purchasing a pocket scale unless you need it for travel.



## Blood ketone meter

Blood ketone monitoring provides the most accurate measurements:

You can purchase one of the following options:

- Keto Mojo GK+ Test Strips
- Freestyle Optium Neo Meter by Abbott (available outside the US; please check availability in your country)

## MCT oil sources

MCT oil can boost ketosis and is easy to incorporate into your meals or drinks. There are numerous organic MCT oil options available.



# My Checklist

- |                          |   |                          |  |
|--------------------------|---|--------------------------|--|
| <input type="checkbox"/> | I spoke to my primary care doctor                         | <input type="checkbox"/> | I bought the necessary supplies                |
| <input type="checkbox"/> | I requested laboratory tests                              | <input type="checkbox"/> | I wrote down my goals and objectives           |
| <input type="checkbox"/> | I sent results to my health coach                         | <input type="checkbox"/> | I prepared myself emotionally                  |
| <input type="checkbox"/> | I scheduled my first educational session with Mindessence | <input type="checkbox"/> | I spoke about this with my therapist           |
| <input type="checkbox"/> | I spoke about this with my family                         | <input type="checkbox"/> | I checked websites for recipes                 |
| <input type="checkbox"/> | I keep track of my meals                                  | <input type="checkbox"/> | I cleaned my pantry                            |
| <input type="checkbox"/> | I keep track of my symptoms                               | <input type="checkbox"/> | I cleaned up my social media                   |
| <input type="checkbox"/> | I eliminated sugary drinks, desserts and added sugar      | <input type="checkbox"/> | I bought the recommended vitamins and minerals |

Notes