

Fasting

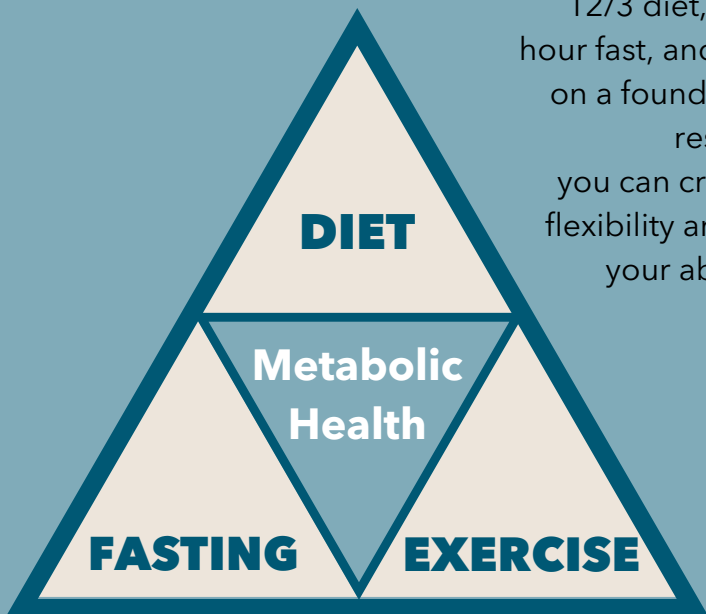
A 12 hour fast, including a minimum fast of 3 hours before bed, is an essential part of KetoFLEX 12/3. It promotes metabolic health, mild ketosis, and autophagy. Aligning your fast to your circadian rhythm is key to being successful. If necessary, slowly work up to your fasting goal by extending 5 to 20 minutes each day.



Creating Metabolic Health

Metabolic flexibility, or the ability to turn glucose or fat into fuel, is reduced as we age and adopt poor diet habits.

By combining the KetoFLEX 12/3 diet, a minimum 12 hour fast, and daily exercise on a foundation of quality restorative sleep, you can create metabolic flexibility and help restore your ability to achieve ketosis.



A Day in the Bredesen Protocol

Personalize the timing of these strategies to work with your lifestyle and natural circadian rhythm.



Create a morning routine including meditation. Enjoy a cup of black coffee or tea. Take your personalized supplement with adequate water.



Take advantage of your cortisol peak and incorporate a minimum of 30 minutes of aerobic exercise daily. Include strength training 3-4x per week.



Break your fast with N4L meal kit, add up to 4 Tbsp EVOO to meal. Practice mindful eating and eliminate distractions during meal time, focusing on chewing food well.



Engage in mentally stimulating activities; socialize, dance, learn new skills, engage in brain training



Enjoy a delicious N4L dinner, rich in nutrients, add up to 4 Tbsp EVOO to meal. When finished, begin your minimum 3 hour fast before bed.



Wind down with relaxing activities such as reading or journaling and take your evening supplements.



We are proud to offer the combined Science of Cognitive Health through Dr. Bredesen and Apollo Health with Leading Tailored Nutrition from Nutrition for Longevity.

Nutrition for Longevity offers plant-forward quality meals packed with phytonutrients and healthy fats to support brain health. The company's mission to live healthy longer by restoring food to its natural state aligns with Dr. Bredesen's research on the prevention and treatment of cognitive decline.

Dr. Bredesen & Jennifer Maynard



BEFORE STARTING

We strongly encourage those on KetoFLEX 12/3 to eliminate all forms of sugar, simple carbohydrates, conventional dairy, and grains. The combination of inflammatory foods with increased dietary fat could increase the risk for cardiovascular disease.



GETTING STARTED/MEAL CHECKLIST

Depending upon which version of the KetoFLEX 12/3 meal kit you've selected (bundle or meals only) your kit will have slightly different components. Regardless, all are needed for optimal benefit.

- Each box comes with 10 fully-prepared meals.
- Add up to 4 Tbsp of high polyphenol-rich extra virgin olive oil with each meal.
- Include pastured eggs (a great source of choline) into your diet.
- Freely supplement with extra leafy greens to reach your 6-9 cups of veggies per day.
- Add extra phytonutrient-rich cruciferous veggies to your meals for detoxification.
- Add a Tbsp or more of fermented veggies daily to upgrade your gut microbiome

NOTE: For those using diabetes medication(s), please consult with your physician before starting the nutrition plan as your need for medication will be reduced or eliminated. You'll need to be instructed on how to safely reduce your medication to avoid hypoglycemia.

Introducing THE BREDESEN SEVEN

It's important to understand that diet alone won't protect against dementia, but it is the most important strategy in the Bredesen Seven (B7). The B7 are the seven fundamental dietary and lifestyle strategies used in the protocol to promote neuroplasticity. Each alone can have positive effects, but a powerful synergy occurs when they're practiced together.



Learn more at ketoflexsupport.com or read *The End of Alzheimer's Program*.

POSSIBLE ADVERSE EFFECTS

Depending upon your current health status & genetics, some may experience adverse side effects. Most people however report cognitive clarity, increased energy, & overall optimized health. Fortunately, most are easy to rectify with these strategies:

KETO-FLU

Initially, when transitioning to a KetoFLEX 12/3 diet, you may experience symptoms of fatigue, headache, brain fog, cramps, or lightheadedness due to your body adjusting towards a fat-burning state. This can lead to dehydration therefore, it is important to drink plenty of filtered water throughout the day. Electrolyte supplementation is not needed as your diet provides adequate amounts. This can lead to dehydration so it is important to drink plenty of water throughout the day and use high-quality sea salt as needed to support hydration.

DIGESTIVE UPSET

As your body adjusts to the additional fiber and extra fat provided in the KetoFLEX 12/3 nutrition plan, some may experience GI symptoms. Replacing processed and refined foods typically included in a Western diet with nutritious whole foods requires your gut to work a bit harder. Using bitter herbs, unfiltered apple cider vinegar, organic lemon juice, or peel as seasonings can be helpful.

WEIGHT LOSS

Dietary changes such as adjusting macronutrients and practicing intermittent fasting can occasionally lead to weight loss. Increasing healthy fat, including high polyphenol EVOO, avocados, nuts, and seeds with non-starchy vegetables, can ensure adequate calories. If you find yourself losing too much weight, discontinue the long daily fast until you've achieved your optimal weight.