



Dr. Berg

THE KNOWLEDGE DOC™

KETO STRATEGY TIPS

by Dr. Eric Berg, DC

- ✔ Only eat when hungry
- ✔ Don't eat if not hungry
- ✔ Eat veggies before protein
- ✔ Let hunger determine how long you fast
- ✔ Add additional fat to fast longer
- ✔ Reduce cravings by not snacking after dinner



BUILD A HEALTH RESERVE
SO YOU CAN AFFORD
TO OCCASIONALLY
NOT BE PERFECT.

- ✔ Most hunger sensations will pass if ignored
- ✔ Ability to fast longer means it's working
- ✔ Remember: health comes before weight loss



IF YOU CAN'T BE
PERFECT WITH KETO,
REMEMBER:
**SOMETHING
IS ALWAYS BETTER
THAN NOTHING!**

For more information
go to DrBerg.com

Cut out and insert in your wallet

