

# Dr. Rudy's Keto 16/8

## Prevent, Stop, Reverse Diabetes and it's Chronic Diseases

### Sugary Processed Foods



Sugar



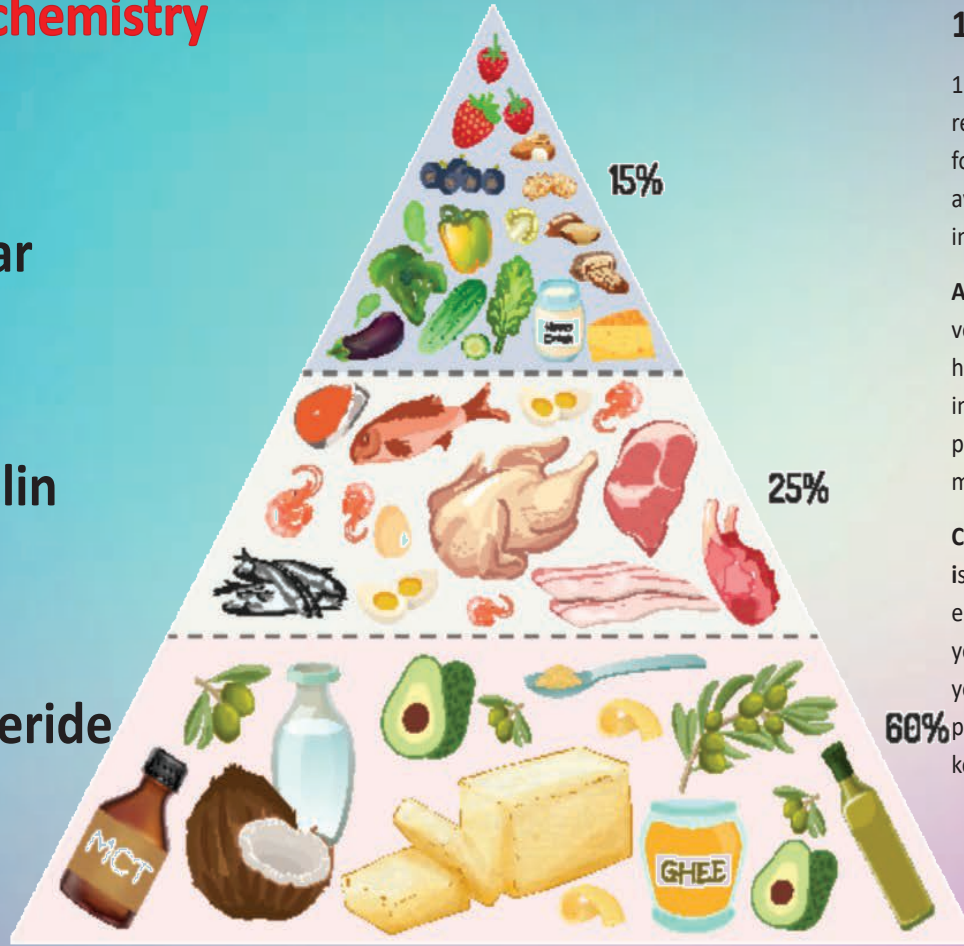
Insulin



Triglyceride



Inflammation



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Avoid & Reverse Most Diseases

### 16/8 Intermittent Fasting

16:8 intermittent fasting is a form of time-restricted fasting. It involves consuming foods during an 8-hour window and avoiding food, or fasting, for the remaining 16 hours each day.

A **ketogenic diet**, also known for keto, is very low in carb, moderate in protein and high in fat. It promotes reducing your carb intake to an absolute minimum and replacing it with fat to put your body into a metabolic state called ketosis.

**Combining keto and intermittent fasting** is all about putting in place an 8-hour eating window (or other depending on your fasting schedule) and ensuring that you stick to the required carbohydrate, protein, and fat distributions to remain in ketosis.



Educate yourself with **FREE Resources**

Find Dr. Kachmann on YouTube / Facebook and Amazon Books

Radio - WELT 97.5 - 6:00 pm Tuesdays

Comcast 57 - 6:30 pm Mondays (Diabetes) - 6:00 pm Wednesdays (Mind, Body, Spirit)

**FREE WELLNESS COACHING FROM DR. RUDY KACHMANN AT [kachmannappointment@gmail.com](mailto:kachmannappointment@gmail.com)**

**Kelly Marvin: Inspired Nutrition 260 438 0203**