

Questions and Answers

First Name	Time Asked	Time Answered	Question Asked	Answer Given
Angela	12:39:38 PM CDT	12:40:32 PM CDT	Does unhealthy fat cells relate to increased bound fascia?	Yes, if they are overstuffed that is when it becomes problematic :)
Angela	12:39:38 PM CDT	12:42:01 PM CDT	Does unhealthy fat cells relate to increased bound fascia?	Check it out here: https://mariamindbodyhealth.com/so-well-at-home-health-tests/
Angela	12:58:57 PM CDT	01:22:58 PM CDT	Cryotherapy kills fat cells?	Nope, I didn't say that. :)
Angela	01:09:01 PM CDT	01:09:55 PM CDT	How do you measure your bmr?	The most precise way is in a lab setting.
Ann	01:19:11 PM CDT	01:20:46 PM CDT	Can you make Maria bigger on the screen and make the slide smaller?	Just click on the video to make it show up full screen
Ann	01:23:33 PM CDT	01:25:06 PM CDT	Your mixer is so quiet	It is a commercial mixer :)
Ann	01:23:33 PM CDT	01:24:54 PM CDT	Your mixer is so quiet	The microphone isolates the sound. :)
Barbara	12:06:01 PM CDT	12:06:46 PM CDT	I can not get this on my computer. I checked requirements, it's all good. I'm looking from my phone. My computer says let's get started.	You have to check the settings on your computer and make sure the proper software is installed and enabled :)
Barbara	12:07:15 PM CDT		I did the check. It says it is all good.	
Barbara	01:38:33 PM CDT	01:40:58 PM CDT	I need a new non stick type of pan. What kind of pan did she say?	Scan Pan! https://mariamindbodyhealth.com/scan-pan/
Beverly	12:15:09 PM CDT	12:17:09 PM CDT	Can't hear. Will check settings	Sound is on loud and clear. Check your device and settings :)
Brittany	01:42:38 PM CDT	01:43:11 PM CDT	is it possible to bake them instead if you're making noodles?	Yes, you can bake them too.
Brittany	02:10:58 PM CDT	02:11:36 PM CDT	If allulose messes with our GI tract can we substitute something else?	Yes, although allulose works differently in some recipes. Like it browns the crust on the bread, etc
Brittany	02:12:10 PM CDT	02:13:29 PM CDT	Does Bella eat keto too?	She eats raw carnivore
Brittany	02:13:43 PM CDT	02:15:58 PM CDT	awesome! thanks y'all!	Big hugs!
Cari	01:15:16 PM CDT	01:15:56 PM CDT	Excellent program Craig! I look forward to watching it again! WOW! I am a certified coach through Keto Adapted - Maria & Craig's program. Grateful for my own health and to help others!! Based on science and I love it! Thank you for the education!	Thanks for joining us!
Cari	01:15:16 PM CDT	01:23:15 PM CDT	Excellent program Craig! I look forward to watching it again! WOW! I am a certified coach through Keto Adapted - Maria & Craig's program. Grateful for my own health and to help others!! Based on science and I love it! Thank you for the education!	Thank you!!
Cari	02:11:31 PM CDT	02:11:59 PM CDT	Awesome and so fun! Thank you	Thank you for coming!
Cynthia	12:06:35 PM CDT	02:18:44 PM CDT	Nice! Thank you Craig!	
Cynthia	12:07:48 PM CDT		Hello Sweet boy!	Kai says hi back!
Cynthia	12:28:55 PM CDT		Wow...very interesting study!! Good to know the science.	
Cynthia	12:59:11 PM CDT	12:59:54 PM CDT	Is Prime Protein powder a complete protein that can add more protein into my day?	yes, it contains a complete amino acid profile. But is always preferable to chew your food. So don't use the Prime Protein shakes to meet your protein goal. You should prioritize chewing your food :)
Cynthia	01:09:11 PM CDT	01:10:20 PM CDT	Can Creatine be added to help with muscle recovery and maintenance of muscle?	Yes. This one is good: https://mariamindbodyhealth.com/creatine/
Cynthia	02:12:01 PM CDT	02:15:04 PM CDT	Thanks so much you guys!! Excellent presentation!	Thank you!
Dawn	01:21:41 PM CDT	01:25:38 PM CDT	Not seeing Maria.	I fixed it. :)
Debbie	01:18:47 PM CDT	01:19:18 PM CDT	Looks like I am going to get a good "dose of Kai" while you are cooking! ????????????	YES!
Denise	01:16:25 PM CDT	01:16:41 PM CDT	Great presentation Craig! thank you	Thanks!
Denise	02:11:49 PM CDT	02:15:00 PM CDT	Great food demonstration Maria! You and Kai make a great cooking team!	Thank you!
Dina	12:23:56 PM CDT	12:24:40 PM CDT	What foods are you saying are high carb can you give exam[les?	Practically anything SAD (Standard American Diet)-sugar, processed foods, grains, etc. Anything with carbohydrates.
Dina	02:12:58 PM CDT	02:15:14 PM CDT	thank you	Thank you!

First Name	Time Asked	Time Answered	Question Asked	Answer Given
Gina	02:12:45 PM CDT	02:13:55 PM CDT	Thank you so much. This was great!	Thanks for joining!
Heidi	12:00:51 PM CDT	01:20:33 PM CDT	Hello from Germany	Hi!
Heidi	12:02:03 PM CDT	12:02:47 PM CDT	cannot see anything	We will start shortly. Going to give people a few more minutes to enter :)
Heidi	12:02:57 PM CDT		see the slides	
Heidi	12:07:04 PM CDT	02:18:30 PM CDT	Hi	Hi there!
Heidi	12:07:08 PM CDT	01:27:50 PM CDT	Hi from Germany	Hi!
Heidi	12:29:00 PM CDT	12:30:19 PM CDT	my recent blood test gave me a number of 46 my HDL 100 - the ratio Trigl. divided by HDL gave me 0,46 - HDL too high?	Were you fasted? For Cholesterol you want an HDL/Trig ratio of 2.0 or less, ideally 1.0 or less :)
Heidi	12:30:21 PM CDT	12:32:04 PM CDT	my doc wants to put me on a statin	For cholesterol, knowing your CAC score is a MUCH better indicator of CVD risk. Statins raise the risk of osteoporosis by 400%, diabetes risk by 33%, and is far more problematic than elevated LDL in our opinion.
Heidi	12:30:47 PM CDT		LDL193; HDL 100	
Heidi	12:34:21 PM CDT		Thanks	
Heidi	12:34:34 PM CDT		how long are you working out?	
Heidi	12:34:38 PM CDT		20 min	
Heidi	01:03:26 PM CDT	01:03:57 PM CDT	Wow, something clicked - what a great class	Awesome! Glad it is helping!
Heidi	01:07:10 PM CDT	01:07:34 PM CDT	What about Sodium Alginate for recipes?	Not a preferable ingredient. I would avoid it if you can :)
Heidi	01:09:40 PM CDT		cannot hear Maria	
Heidi	01:15:43 PM CDT	01:22:17 PM CDT	Craig - great job!	Thank you!!
Heidi	01:17:00 PM CDT	01:17:56 PM CDT	cannot hear anything	Check your settings. Microphone is back on.
Heidi	01:17:41 PM CDT		we hear you	
Heidi	01:24:55 PM CDT	01:26:14 PM CDT	Craig, I have paused my subscription, can you activate it again or do I have to "subscribe" anew?	Just log in and go here to reactivate it. :) https://keto-adapted.com/myaccount/?action=subscriptions#sub
Heidi	01:24:55 PM CDT	01:26:02 PM CDT	Craig, I have paused my subscription, can you activate it again or do I have to "subscribe" anew?	You need to log into your account and renew your subscription: https://keto-adapted.com/subscriptions/
Heidi	01:40:39 PM CDT	01:42:31 PM CDT	Craig, do you guys use the Blendtec Blender and a Vitamix?	We actually have both. Maria is using the Blendtec today: https://mariamindbodyhealth.com/blender/
Heidi	01:40:39 PM CDT	01:41:54 PM CDT	Craig, do you guys use the Blendtec Blender and a Vitamix?	We have used both. Currently she uses blendtec. https://mariamindbodyhealth.com/keto-shopping-and-supplement-guide/?_search=blender
Heidi	01:44:15 PM CDT	01:44:22 PM CDT	what kind of meat are you using	Ground chicken
Heidi	01:47:28 PM CDT	01:48:52 PM CDT	is the consistency of the ground chicken like a pate?	It's just ground chicken. You could definitely use your blender too if you want.
Heidi	01:47:48 PM CDT		thinking about sheredding it on my own	
Heidi	01:47:51 PM CDT		in a blender	
Heidi	01:48:23 PM CDT	02:22:29 PM CDT	often Flavour Extracts contain alcohol	Always check ingredients :)
Heidi	01:49:25 PM CDT	01:49:49 PM CDT	Maria Hugs from Germany	Thanks for joining us!
Heidi	01:50:47 PM CDT	01:51:21 PM CDT	when you make lots of pizza ahead, when taking them out, do you heat it in the oven for a couple of minutes?	Do you mean once it is frozen? Yes, we just heat them up in the oven.
Heidi	01:51:29 PM CDT		yes	
Heidi	01:53:10 PM CDT	01:54:27 PM CDT	what is the topping?	Find the full recipe in your emails. We sent out the recipes :)
Heidi	01:54:38 PM CDT	02:17:34 PM CDT	thanks	You're welcome!
Heidi	01:58:13 PM CDT	01:58:39 PM CDT	tell Maria, if you chop up the PSMF Bread and sprinkle it into the Pudding, that is so filling	Yum! Sounds much like our PSMF Tiramisu ;)
Heidi	02:02:26 PM CDT	02:09:51 PM CDT	this mixture works as well for the Ninja Creami	Good to know!
Heidi	02:02:33 PM CDT	02:17:25 PM CDT	which is fantastic	:)
Heidi	02:11:19 PM CDT	02:11:49 PM CDT	Thank you so much	Thank you!!!
Heidi	02:12:30 PM CDT	02:13:43 PM CDT	so cute	Thank you!
Heidi	02:13:32 PM CDT	02:16:06 PM CDT	what software do you use when creating a recipe?	We use Wordpress
Isabel	01:42:02 PM CDT	01:43:01 PM CDT	Hi, Can we swapp the 120gr of Egg White powder with liquid egg whites? How many gr? Thanks	Nope. You need egg white protein powder for the bread to work.
Isabel	01:42:44 PM CDT	01:43:29 PM CDT	Would it be more of a crepe than a tortilla?	The crepe recipe is slightly different. But yes, they are similar :)

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Isabel	01:45:55 PM CDT	01:46:37 PM CDT	I tried the deli chicken recipe but it turned out a bit dry. Would it be less dry and elastic using maybe gelatine like in the tortilla recipe?	This recipe seems to help it not be so dry: https://mariamindbodyhealth.com/the-best-homemade-deli-meat/
Isabel	01:47:05 PM CDT		Thanks :)	
Isabel	02:05:26 PM CDT	02:17:03 PM CDT	I can't see with the big prime protein bag...	Oops
Isabel	02:05:40 PM CDT	02:17:00 PM CDT	Thanks. Now it's OK!	Sorry about that
Jan	01:33:07 PM CDT	01:33:49 PM CDT	Have been keto for 6 mos after falling off the wagon for 1.5 years. Have been slowly losing weight and feeling better, however I had some hormonal fluctuations that were symptomatic. High estrogen levels causing a lot of post menopausal bleeding requiring work up and treatment. Is this unusual?	Not at all. Do a personal health assessment with Maria. She can help: https://keto-adapted.com/product/assessment-form/
Jan	01:38:44 PM CDT	01:41:52 PM CDT	Supplementing salt daily, at least 2.5g, plus potassium and magnesium. I still have muscle cramps daily. Do I need more sodium?	You need to increase magnesium, possibly sodium too. Everyone is different and we dose based on symptoms: https://mariamindbodyhealth.com/how-to-balance-electrolytes/
Janet	02:04:38 PM CDT	02:17:12 PM CDT	Just a suggestion for next time...keep the camera paht clear. Protein powder in the way.	Sorry about that. Thanks!
Janet	02:14:45 PM CDT	02:15:31 PM CDT	Thank you! Very informing and anxious to start putting this into practice. Ready to try a few more recipes too!	So glad you enjoyed it!
Jean	12:57:09 PM CDT	12:57:59 PM CDT	I am taking miralax and colace and am still constipated since eating keto?	No no no. Get your electrolytes right. Don't use those drugs please. Your colon NEEDS sodium. https://mariamindbodyhealth.com/how-to-balance-electrolytes/
Jean	12:58:40 PM CDT		thank you	
Jennifer	12:52:40 PM CDT	01:24:29 PM CDT	Question on insulin: Have you seen clients that have high sugar, like CGM of 136, haven't eaten in 6 hours, then when they eat protein (carnivore meal) their sugar does down like 30 to 40 points pretty quickly after they start eating . They never go low, 69 is the lowest blood sugar in years.	This is due to the amplified insulin output due to the added fat. If they lower fat while increasing protein they won't see this effect. :)
Jodi	01:19:44 PM CDT	01:25:27 PM CDT	Can you take down the screen with the coaching certification?	I fixed it. :)
Jodi	01:21:45 PM CDT	01:22:01 PM CDT	The full screen option is only available on the slide screen, not Maria.	I just fixed it. :)
Jodi	01:25:47 PM CDT	01:26:33 PM CDT	How many oz in the ice cream scoop?	She uses this one: https://mariamindbodyhealth.com/ice-cream-scoop/
Julie	12:54:16 PM CDT	12:54:50 PM CDT	What about carbohydrates from vegetables? Does that store fat? Like SAD diet carbohydrates?	Carbs are carbs no matter the source. Stick to 20g total carbs or lower per day ;)
Julie	01:02:07 PM CDT	01:03:34 PM CDT	What about that Chisel program eating like it's your job until stuffed and then high amounts of cheese protein butter etc? Then they do rolling 48's of fasting	We don't recommend fat fasts or extended fasts like you are describing at all. You lose lean mass, and can drive the very problems Craig is addressing in this presentation. Read more about different types of fasting here: https://mariamindbodyhealth.com/5-types-of-fasting-which-one-is-best-for-you/
Julie	01:11:44 PM CDT	01:12:06 PM CDT	What about Redmonds Re-lyte I use the Pina colada. Could that affect my BS?	Nope. I will not significantly raise blood glucose at all.
Julie	01:14:13 PM CDT	01:15:05 PM CDT	I'm still trying to get more protein in.	Prioritize lean animal protein. Chicken breast, fish, shrimp, lean beef, pork loin, etc, It is EASY to reach your protein goal if you prioritize lean cuts and meet that goal before you add carbs :)
Julie	01:15:37 PM CDT		Ah good to know	
Julie	01:16:26 PM CDT	01:16:46 PM CDT	Amazing! They are so knowledgeable	Thank you!
Julie	01:16:58 PM CDT	01:17:41 PM CDT	I've lost 90lbs because of them. Just following their instagram and postings	Awesome!
Julie	01:17:35 PM CDT		And their PMSF is what did it.	
Julie	01:19:11 PM CDT	01:20:30 PM CDT	I don't see a video I can see what is going in?	Check your settings. The screen is up :)
Julie	01:21:53 PM CDT	01:22:15 PM CDT	I see her I just can't enlarge it ??	It should be larger now.
Julie	01:22:18 PM CDT	02:22:48 PM CDT	Oh got it! Thank you ♥	You are welcome :)

First Name	Time Asked	Time Answered	Question Asked	Answer Given
Julie	01:30:28 PM CDT	01:32:15 PM CDT	How do I sign up for membership? I need help last 5 lbs and maintenance. And supplements	You can get a membership here: https://keto-adapted.com/subscriptions/
Julie	01:35:37 PM CDT	01:36:24 PM CDT	She's using Ketochow egg white and used to use Jay Robbs egg white is there a reason or difference?	We helped develop the egg white protein with KetoChow. Jay Robb is still a good option.
Julie	01:39:44 PM CDT	01:42:00 PM CDT	I LOVE Maria's bagel recipe!! ??	Thank you!
Julie	02:00:17 PM CDT	02:09:28 PM CDT	Next time I'm going in person ??	:)
Julie	02:11:30 PM CDT	02:12:04 PM CDT	You are the very best!! ♡♡♡	Thank you!
Karen	01:16:00 PM CDT	01:16:36 PM CDT	how do we determine what our macros should be?	You can do that here for free (PLEASE read the notes at the top of the calculator) https://mariamindbodyhealth.com/calculator/
Karen	01:16:59 PM CDT	01:17:47 PM CDT	This was awesome presentation. Thank you!	Thank you!
Karen	01:18:31 PM CDT	01:18:59 PM CDT	If you have gastric sleeve and need to do smaller meals to get all protein in should you still do intermittent fasting 16/8	yes!
Karen	01:19:38 PM CDT	01:21:59 PM CDT	My sleeve had destroyed my metabolism	:(
Karen	01:23:25 PM CDT	01:24:52 PM CDT	What is Maria making.. I missed the first little bit	PSMF Buns and Bacon Mayo right now :)
Karen	01:35:14 PM CDT	01:35:54 PM CDT	Weight is coming over very very slowly and just found out i have a parathyroid issue and will most likely have one or more removed.. can this create an issue with weight loss	yes, we have helped thousands of clients heal their thyroids and get off meds and lose weight.
KATHERINE	01:09:32 PM CDT	01:11:14 PM CDT	What was the name of the Dr. Craig just mentioned?	Any audience questions will be included in the transcripts we will provide in 1-2 days :)
Kathy	02:11:45 PM CDT	02:14:56 PM CDT	LOVED THIS! Thank you for the program!! And all you do!	Thank you for joining!
Kim	12:02:44 PM CDT	12:03:20 PM CDT	Has the event started? I can't see anything	We will begin shortly. Giving folks a few more minutes to enter.
Kim	12:03:07 PM CDT		????	
Kim	12:08:12 PM CDT	12:08:32 PM CDT	Can't hear you	Check your settings. Sound is on and working.
Kim	12:09:03 PM CDT	12:09:50 PM CDT	It's up as high as it will go	Sorry, it is working loud and clear :)
Kim	12:36:21 PM CDT	12:37:55 PM CDT	How can you know what your fasting insulin is?	You have to test it in a fasted state. If you don't have a CGM it can be a really helpful tool: https://mariamindbodyhealth.com/cgm/
Kim	01:16:44 PM CDT	01:17:28 PM CDT	I've had gastric sleeve surgery and it's very difficult to get all my protein in.	Split it up into smaller meals. It is even more critical that you get your protein in as gastric bypass patients have a harder time absorbing protein.
Kristi	12:54:30 PM CDT		You decrease fat cells with lipo, what about cryotherapy?	
Kristi	12:54:30 PM CDT	12:56:36 PM CDT	You decrease fat cells with lipo, what about cryotherapy?	Same theory applies. Shrink your fat cells naturally with proper macros and healthy lifestyle. Removing them surgically will make insulin resistance worse.
Kristina	02:31:23 PM CDT	02:31:42 PM CDT	Thank you that was a lot of fun to see Maria work her Magic in the kitchen ! And Craig great presentation!	Thanks for joining us!
Laura	02:22:03 PM CDT	02:22:18 PM CDT	Thank you Maria & Craig! Presentation was excellent! Cooking demo was fun and shows how delicious & doable this lifestyle can be. Thank you!	Thank you so much Laura!
Laura	02:24:39 PM CDT	02:29:21 PM CDT	Will your website list all the preferred products used today? With gratitude.	You should have received an email with the recipes and shopping lists. Everything is linked there :)
Laura	11:52:49 AM CDT	11:53:39 AM CDT	Why cannot I not see the event	It will start in 8 minutes
Laura	11:53:16 AM CDT		Hopefully when it starts, I can see	
Laura	11:54:59 AM CDT		ok thank you....	
Laura	11:55:18 AM CDT		sorry for beeing a pain...just dont want to miss anything...	
Laura	12:03:48 PM CDT	12:04:30 PM CDT	Let us know when you start talking so we all know our mics are working as there is no sound	Will do! We are giving folks a few more minutes to enter :)
Laura	12:47:05 PM CDT	01:28:45 PM CDT	wow..those are insanely good number.	It is crazy! Show the power of personal fat threshold!
Laura	12:55:44 PM CDT		how	
Laura	01:10:37 PM CDT	01:11:48 PM CDT	Thats ALOT of med.	yes it is. Crazy!
Laura	01:15:42 PM CDT	01:26:21 PM CDT	Thanks Craig!	Thank you!
Laura	01:16:49 PM CDT		Im excited to watch Maria make PSMF stuff. Mine always taste like styrofoam	
Laura	01:18:34 PM CDT	01:19:11 PM CDT	Can you make the cooking screen large???	This is as large as we can go

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Laura	01:18:50 PM CDT	01:20:06 PM CDT	Take off the last slide so we can see	Just click on the screen and it will show full screen for you.
Laura	01:19:29 PM CDT	01:21:46 PM CDT	Its so small	Click on the screen and it will show full. I think I just fixed it for everyone.
Laura	01:19:37 PM CDT	01:25:24 PM CDT	Can you take off the last slide??	I fixed it. :)
Laura	01:20:33 PM CDT		No it doesnt	
Laura	01:20:57 PM CDT	01:25:36 PM CDT	I clicked on the video and it wont get bigger the Keto Coaching Cert slide is huge and her video is small	I fixed it. :)
Laura	01:24:23 PM CDT	01:25:22 PM CDT	Will we have access to this later to back for review?	yes. everyone will get 30 days access to view the recording.
Laura	02:03:39 PM CDT	02:17:20 PM CDT	please MOVE the bag of protien powder	Sorry
Laura	02:11:33 PM CDT	02:16:37 PM CDT	Thank you Maria!! How long did you cook the chicken crust for	Bake crust for 12-15 mins
Laura	02:12:53 PM CDT	02:14:00 PM CDT	Thank you!!!	Thank you!
Linda	12:51:57 PM CDT	12:53:18 PM CDT	Are all the cameras off? ??	Nope, camera is up and running. We shut off cameras for attendees since this is being recorded.
Linda	01:17:21 PM CDT	01:18:08 PM CDT	Maria is muted	She is not muted anymore.
Linda	02:11:34 PM CDT	02:16:11 PM CDT	Thank you!!!	Thank you!
Lisa	12:21:13 PM CDT	12:22:03 PM CDT	When you say sweeteners are you referring to low carb alternatives like allulose or erythritol?	Yes, low or zero glycemic sweeteners like these: https://mariamindbodyhealth.com/guide-to-natural-sweeteners/
Lisa	01:28:51 PM CDT	01:29:19 PM CDT	Homeschool mama to 6 here! I bet you guys have so many adventures!	Awesome! Yes, we really love it -Craig
Lisa	01:30:40 PM CDT	01:32:36 PM CDT	Do you ever come to Florida?	Maria was just in Orlando recently for the Keto Orlando Summit :)
Lisa	01:32:08 PM CDT	01:33:07 PM CDT	Can you link the scale as well?	Find all our links on our blog shopping page: https://mariamindbodyhealth.com/keto-shopping-and-supplement-guide/
Lisa	01:33:20 PM CDT		Thank you!	
Lisa	01:41:36 PM CDT	01:42:44 PM CDT	Would cast iron wok for making the tortillas?	It might stick too much.
Lisa	01:41:36 PM CDT	01:42:43 PM CDT	Would cast iron wok for making the tortillas?	Not for this recipe. Need protein powder.
Lisa	02:11:28 PM CDT	02:16:44 PM CDT	It's been great, thank you!	Thank you Lisa!
Lisa	02:12:29 PM CDT		Wondering how far did the person who traveled furthest to your house come?	
Mandy	12:24:01 PM CDT	12:25:52 PM CDT	So should my T1D child eat low fat as well as low carb??	You have to find macros that work for your T1D child's situation. Every case is different. But always prioritize protein and adjust fat accordingly :)
Marina	01:17:07 PM CDT	01:18:02 PM CDT	Amazing presentation!	Thank you.
Marina	02:01:10 PM CDT	02:09:44 PM CDT	Can you repeat what you use instead of almond milk? Also can you list the brands of protein powder you are using today?	We use macadamia nut milk or coconut milk (unsweet)
Marina	02:02:59 PM CDT	02:10:13 PM CDT	Also what sweetener are you using?	She used Stevia Glycerite in the pudding and allulose in the bread :)
Mary	02:12:32 PM CDT	02:13:48 PM CDT	This was wonderful. Thank you. I use these recipes all the time.	Awesome!
MaryAnne	02:14:11 PM CDT	02:15:43 PM CDT	thank you so much!! you guys are amazing. i so appreciate all the science.	Thank you for joining us!
Michelle	02:14:09 PM CDT	02:15:47 PM CDT	Thank you!	Thank you!
Michelle	01:16:27 PM CDT	01:16:54 PM CDT	willcooking demo be full screen I hope?	Yes :)
Michelle	01:19:25 PM CDT	01:21:31 PM CDT	is picture blurry for everyone else?	I am working on it- Craig
Peggy	02:12:06 PM CDT	02:13:36 PM CDT	Gret job everyont - Craog - Maria and Kai!! I'm salivating now!!	Thank you!
Peggy	02:13:29 PM CDT	02:15:18 PM CDT	thank you all!!	Thank you!
Peggy	02:13:48 PM CDT	02:15:51 PM CDT	I'm salivating now!!	:)
Rebecca	12:12:14 PM CDT		I am 140 pounds and have a % body fat at 35%. Makes me sad...	
Rebecca	12:13:12 PM CDT		WOW life expectancy ! WOW	
Rebecca	12:44:26 PM CDT	12:45:33 PM CDT	My LDL was 187 My HLD is 36 Glucose moring is 90. A1c was 5.5.... Fasting insulin was 9. Triglycerides are 202 and calcium score... is 100. My % body fat was measured to be 35%. I am hoping to learn more today. I just got a CGM.	How long have you been eating clean keto? With time your triglycerides should go down. Your CAC should stay the same, but in some cases we have seen it decrease some. But lowering inflammation is priority #1 :)

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Rebecca	12:44:37 PM CDT	12:46:56 PM CDT	What is bound fascia? I have been keto for 3.5 years clean... It went high like this when I started doing keto. Hasn't gone down. I have given up, alcohol, coffee, sweeteners, nuts... soo much and it hasn't bugged. Looking to learn more about carnivore. Yes looking to learn how to reduce inflammation as well.	they are talking about the abdominal fascia.
Rebecca	12:49:00 PM CDT	12:52:22 PM CDT		What are your macros? If you are overdoing the fat it can reflect in your numbers and results just like Craig is discussing in this class.
Rebecca	12:49:49 PM CDT	12:52:55 PM CDT	Do you guys suggest to measure cortisol?	Knowing your cortisol is helpful :)
Rebecca	12:54:02 PM CDT		Thanks!	
Rebecca	01:08:38 PM CDT	01:09:03 PM CDT	I have hayfever reactions to collagen. Also, Stevia... thank god for Stevia glycerite !!	Bummer! Glad stevia glycerite works for you :)
Rebecca	01:10:40 PM CDT	01:11:35 PM CDT	I have added weight training in the last year.. although my numbers haven't trained. I feel stronger.	Awesome!
Rebecca	01:11:56 PM CDT		*numbers haven't changed.	
Rebecca	01:13:38 PM CDT	01:13:53 PM CDT	My last hoora is to give up dairy Heavy whipping cream... given so much up already.	You can do it!
Rebecca	01:13:57 PM CDT		:)	
ruth	01:18:55 PM CDT	01:20:16 PM CDT	Was ge=reat Craig Thank you	Thank you!
ruth	01:20:08 PM CDT	01:25:30 PM CDT	i am not seeing cooking. Still seeing coaching cert link page	I fixed it. :)
Shelly	12:05:03 PM CDT		I can not hear anything. Is anyone else having that?	
Shelly	12:05:46 PM CDT	12:06:05 PM CDT	Awesome thank you	We will begin shortly. Our mic is on.
sonia	12:05:28 PM CDT		I am not geting any sound	
Susan	12:05:27 PM CDT		There is still no sound. I see the slides advancing	
Susan	12:05:45 PM CDT		Ok now I have sound thank you	
			My A1c was up to 5.8 this year, and my fasting glucose was 99, so my provider codes me as "pre-diabetic". Quitting sweeteners (allulose, stevia, monk fruit) a week ago now has my fasting at 91 today. My provider declined to check my fasting insulin level. Thoughts about how to get insulin checked? It seems to me the sweetener issue may just drive me to eating more.	The shift in your numbers when excluding zero glycemic sweeteners is likely the difference of what ingredients you are adding to the sweeteners, not the other way around. A CGM will give you a better idea of what foods cause your insulin to spike.
Susan	12:33:00 PM CDT	12:34:50 PM CDT		
Susan	12:36:32 PM CDT	12:38:29 PM CDT	I am sure dairy is a big culprit for me.	Dairy is a big problem for many people, which is why I do not recommend it for weight loss or healing :)
Susan	12:55:58 PM CDT	12:56:54 PM CDT	Is there a fat type priority? Omega 3 etc?	Craig is discussing this now.
Susan	01:10:37 PM CDT	01:22:45 PM CDT	Please speak any questions the live audience asks	Sorry, the recording will have them.
Susan	01:10:48 PM CDT	01:27:16 PM CDT	This is fantastic!!	Thanks!
Susan	01:18:21 PM CDT	01:18:51 PM CDT	Wish everyone had to so Maria keto before gastric surgery.....	Yes. It is a surgery we really hate to see clients go through and wish we could have helped before they did it.
Susan	01:19:23 PM CDT	01:21:23 PM CDT	I am not seeing cooking demo?	She is cooking and the video is up and running.
Suzanne	12:25:08 PM CDT	12:26:35 PM CDT	So w an AM glucose of 106, my insulin level is likely low? Which is more important? Low BS or low insulin level?	That is not a terrible AM blood glucose due to dawn phenomenon. If it trends down and levels out throughout the day you are fine :)
Suzanne	12:26:58 PM CDT	12:27:28 PM CDT	oh good! I will check at varying times during the day then!	Good idea :)
Suzanne	12:34:10 PM CDT		Its hard to tell which line is "This person right here"... maybe can clarify in the slides at some point?	
Suzanne	01:21:53 PM CDT	01:22:40 PM CDT	Is allulose optional? We cant use it... :(I use Stevia and Monkfruit solely	Allulose is what browns the crust.
Suzanne	01:23:21 PM CDT		re: allulose... I will skip it then and just realize that my rolls may not brown nicely	
Suzanne	01:27:56 PM CDT	01:29:07 PM CDT	Do instructions for the trial Silver membership come along after this class? That may be how we access the video to watch again?	Your Silver membership access began the day you purchased this class. Log in and go to your member home page to access the tools: https://keto-adapted.com/home/
Suzanne	01:27:56 PM CDT	01:29:14 PM CDT	Do instructions for the trial Silver membership come along after this class? That may be how we access the video to watch again?	It started when you signed up. :)
Suzanne	01:29:30 PM CDT	02:22:36 PM CDT	oh! I had no idea! I will go to the website as you suggest.	Good deal ;)

First Name	Time Asked	Time Answered	Question Asked	Answer Given
Suzanne	01:34:10 PM CDT	01:35:22 PM CDT	Sometimes my gelatin turns hard as a rock! Maybe its bc my water is too warm?	Yeah, you want to add slowly and make sure you really stir or it will clump.
Suzanne	02:11:50 PM CDT	02:15:08 PM CDT	This was wonderful! Thank you!	Thank you!
Tamara	12:59:48 PM CDT	01:00:20 PM CDT	Prioritizing protein and less fat for weight loss. But what to do to help one gain weight?	Dial fat up. Fat is the lever you control in maintenance. Like Craig is discussing right now.
Tamara	01:27:13 PM CDT	01:27:37 PM CDT	I homeschool too! So happy to hear that??	:)
Tamara	01:27:13 PM CDT	01:27:58 PM CDT	I homeschool too! So happy to hear that??	Cool! We love it :) -Craig
Tamara	02:20:38 PM CDT	02:21:06 PM CDT	Thank you, Maria and Craig for this amazing presentation this afternoon!	Thank you for joining us!
Tracy	12:07:07 PM CDT	02:18:34 PM CDT	Hi!!!	Hello!
Tracy	12:54:17 PM CDT	12:55:24 PM CDT	My cronometer is counting the allulose in the PSMF bread because I have it counting total carbs. Is there any way to fix that?	Yes, there is a setting you can change that subtracts allulose and erythritol carbs.
Tracy	12:55:47 PM CDT		OK thank you I'll check. I couldn't find it when I first looked.	
Tracy	01:05:24 PM CDT	01:06:10 PM CDT	Can I use vanilla egg white protein instead of the vanilla beef protein in some of the recipes?	Depends. Beef protein isolate works VERY differently than egg white protein in most recipes. For shakes and pudding an equal swap is fine. For anything else, it probably won't work.
Tracy	01:06:45 PM CDT	01:07:15 PM CDT	I'm actually allergic to beef so just wanted to find an alternative.	Bummer! Alpha Gal? Beef allergies are super rare.
Tracy	01:08:47 PM CDT	01:09:16 PM CDT	Yep I'm just lucky I suppose! :) :))	So sorry sweetheart
Tracy	01:11:53 PM CDT	01:12:46 PM CDT	Any tips for those not seeing results with 3 days PSMF?	What are your macros? Are you eating ANY dairy, gluten, or having coffee? Adding any over feeding days to combat metabolic adaptation??
Tracy	01:13:46 PM CDT	01:14:21 PM CDT	120 P, 20 C. 20-30 F on PSMF days. Allergic to gluten so not for over 10 years. No coffee or dairy or nuts.	How close are you to goal? If you are within 10 pounds PSMF isn't right for you.
Tracy	01:14:47 PM CDT	01:15:45 PM CDT	Need to lose about 40 lbs. Haven't lost any weight since last Dec.	Time to change something up. Probably lay off the PSMF and just follow your weight loss macros for a period of time.
Tracy	01:21:29 PM CDT	01:25:14 PM CDT	I think if you (moderator) stop sharing your computer screen then the cooking video will be bigger.	I fixed it. :)
Tracy	01:21:46 PM CDT		Yes that worked thank you!	
Tracy	01:22:24 PM CDT	01:22:48 PM CDT	You can click on the corner of the screen and get the arrows and drag it to fit your own screen	Thank you!
Tracy	01:53:54 PM CDT	01:54:37 PM CDT	After you make the sandwiches can you freeze them to have later?	yes, you can freeze them for later :)
Tracy	02:03:49 PM CDT	02:17:17 PM CDT	Can you ask Maria to move the bag out of the way please?	Sorry about that
Tracy	02:06:05 PM CDT	02:16:52 PM CDT	Thank you!	Thank you for joining
Tracy	02:11:19 PM CDT	02:11:43 PM CDT	It was great thank you!	Thanks for joining!