

Success Habits



Bari-Keto?

I had had it! You know the feeling. Pants too tight to breathe, refusing to go up a size, feeling awful, discouraged, and disappointed. But what to do about it. Last spring, I found myself at 168 pounds – knowing I had to do something, but what?

My life's work has been spent researching the details of long term success for bariatric patients. I am a patient myself from 1995. I lost 125 pounds, but my weight has fluctuated up and down through the years and the battle with the disease of obesity continues. At my wits end, I knew that I had to tell myself the truth about my habits aligned with what I know about [The Success Habits of Weight Loss Surgery Patients](#). The picture was clear. Several were out of whack – some easily restored like drinking more water – being more consistent with my vitamins and exercise. My eating however was out of control, and I was not making myself accountable. So...what to do?

I came to this point in time knowing several things about myself.

1. For permanent change, I had to engage my mind in a big way. I had to read, learn, study, listen to podcasts, watch videos and keep my head in the game. I had to keep myself motivated and my thoughts focused on my weight and health goals.
2. I already knew what my metabolic rate – (trial and error and had it tested years ago) 1147 calories; that's it!
3. I knew carbs were my greatest challenge. And most importantly,
4. I knew I had to log and track my progress.

I had good success with our Back on Track Program (6 weeks including 2 weeks of Ketosis) but wanted to learn, understand and do more. I started researching Keto Diets and wow; I had no idea! there is so much research, information, food, recipes, articles, and groups. The more I learned, the more interested in it I was. So – I began.

1. Tracking – Though there are several ways to track and record I have found that for me, [MyFitnessPal](#) has been awesome. I learned to track, not just calories but macronutrients. Through the months, I adjusted with percentages and found my sweet spot. Yours will be different, so I will share with you the ranges I use. Calories - 1,000 to 1,200. Carbs 30 to 50 grams, Fat 85 to 115 grams and Protein 90 – 120 grams.

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2. After a few days, I did experience what they call the Keto Flu. I was happy about it honestly, because I could feel my body changing from burning carbs to using fat for fuel. Awesome! And the weight started to come off – quickly.
3. I started stocking up on foods I love like shrimp, avocado, zucchini, seeds, and nuts. I tried many different recipes using alternative flours and sweeteners, but I found some keepers, but I have learned that for me, I would rather do without than have keto bread, pudding, ice cream or honestly, low carb anything.
4. Knowing that game is staying in ketosis by keeping my insulin levels low – I started measuring my glucose and ketone levels with a [Keto-Mojo Meter](#). I homed in on exactly how and when my insulin rises and falls. What foods effect it, what exercise does to it.

After about 4 months – and a weight loss of 18 pounds, I deliberately went off of keto. And I felt it. My weight loss stalled for a bit – but then....I learned how to keep my insulin levels down and my body in ketosis with Intermittent Fasting!! I have continued to lose weight, my energy levels are up, my mind is clear and I can't imagine ever going back to eating all the time.

Stick with me for more details on my experience with Intermittent Fasting.

References and Recommendations

[The Success Habits of Weight Loss Surgery Patients](#)

[The Obesity Code, Jason Fung YouTube Channel](#)

[Thomas Delauer](#)

[Dr Benjamin Bikman- Insulin Resistance – Fat for Fuel](#)

[Dr. Mindy Pelz](#)



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Yours for Greater Health and Happiness,

A handwritten signature in black ink that reads "Colleen M. Cook".

Colleen Cook, President, Speaker Author

An enduring inspiration, for over 25 years Colleen Cook has educated and motivated audiences all over the world. She is a successful weight loss surgery patient from 1995 and President of [Bariatric Support Centers International](#). Named "Bariatric Professional of the Year" in 2009, and honored by the International Federation of the Surgery for Obesity for her research. Colleen is the author of the internationally acclaimed, bariatric best seller, [The Success Habits of Weight Loss Surgery Patients](#) book and is a sought after speaker for both professional healthcare conferences and weight loss celebrations.