

PREVIEW_ Michel Lundell - Using Ketone Breath Analysers (Vail 2016)

In 2004 I got a seizure

and a brain tumor diagnostic.

And six months later they said, "No, you don't have brain cancer.

It's something else, we don't know what it is, but it doesn't grow."

So I was "hooked off"...

and eight years later

just five minutes after driving on the freeway with my family

I got another seizure and I was gone for 10 hours.

So when I woke up they handed me the medicine and said,

"Eat it for the rest of your life and you can drive your car."

Well, it didn't work out, because my personality got changed.

So my kids weren't allowed to yell and run in the house,

because I got angry and stuff.

So my wife told me that, "You have to stop doing this.

We have to do something else."

So I started to look for options. And what do you do?

Well, of course, you go to the Google University

and look for answers, because they are always true.

So I found studies like this

and it got me interested in... maybe a diet could be the answer.

And I found out that is... Well, it's just food.

And it's very tasty food, I like it.

So I challenged my neurologist,

but he challenged me back and said,

"If you can do the diet and go in ketosis in 30 days,
we can change your medication to the diet instead."

So I did what everybody else were doing too, using the tools that were available.

And I got confused, especially about this one.

What does E-4 mean?

It means that you have to buy another strip...

And then how come I'm almost red?

And the next hour I'm not even showing anything out, it was very strange.

So I thought there must be some other way to measure this.

And I've got an idea because I've seen this correlation

between breath acetone and beta hydroxybutyrate,

so I said, "Maybe you can measure this breath."

So I made a first prototype.

It looked like shit, but it worked.

It worked well with the urine, anyway...

To see if this could be something that somebody else could use.

And I asked a few people.