

PREVIEW_ Michel Lundell

Using Ketone Breath Analysers (SD 2016) 1

Michel Lundell: I'm an engineer and I've been working with software and infrastructure architecture at AstraZeneca. I've been a professional hacker, I've been doing a lot of stuff. I had a kite surfing school in Sweden when the jobs were not too many in the IT industry.

So I started to kite surf and teach people kite surfing. And I was sponsored by Red Bull and Snickers. So guess what I ate all day... Red Bull and Snickers. Not a very good diet. However I looked very ripped, because I was running in this high water and dragging kite surfers and their kites, kilometers every day.

And I got a seizure. And they diagnosed me with brain cancer. Then another year later they said it's not brain cancer and if it is, "You're going to die from other things before that hits you."

A couple of years later I got another seizure and then they declared, "You have epilepsy and you have to eat drugs for the rest of your life." However, this drug changed my personality so I became short tempered, I was shouting at my kids and I was not a pleasant person to be with.

So I did some research on alternatives and I found the ketogenic diet and I said to my neurologist that I want to do the diet instead of drugs. And he challenged me back and he said, "You have one month to prove yourself to be in ketosis."