

PREVIEW_ Michel Lundell

Using Ketone Breath Analysers (SD 2016) 2

Michel Lundell: Breath testing however is painless. It's cost-effective, because you can reuse it 1000 times, for years and it indicates ketosis in real-time. That is the big plus because you can measure it now.

You can eat something and measure it in 15 minutes, 30 minutes, one hour and you will see what this did to your ketosis and if your blood sugar went up or down. On the negative side, it does require a little practice.

You have to get the air out of the bottom of your lungs, because that's where the highest concentration is, and the results are personal. I don't know if that's negative or... Doctors want to compare it and the lab people want to compare it to other people and stuff like that.

But it's not relevant. Actually if it's a number or if it's a color, it's not relevant. I will show you how to use this.