# 6 Signs That Mean You Have Entered Ketosis

The Keto meal plan is a great way to lose extra fat and manage your blood sugar at the same time. With a dedicated low-carb diet that is also rich in healthy fat, you can increase your ketone levels and improve your health. Actually getting into keto however is the most difficult part. If you already have a diet plan prepared, our list can help you determine when you have entered a state of ketosis.

Brain Fog

Brain fog and poor concentration are one of the most common and most annoying symptoms of entering ketosis. Your brain operates on almost pure sugar, so when it is deprived of its basic fuel source it will take time to adjust before your mental clarity is restored.

Sleeping Problems

Most people sleep well when they start a new workout routine, but the opposite is true when your body goes into ketosis. It can be hard to fall asleep due to discomfort and general malaise. Once you do fall asleep it is common to wake up often during the night or to wake up feeling tired.

Strange Cravings

Your body will be craving sugar since it is looking for quick fuel. This can result in not only sugar cravings but also cravings for odd items that your body knows or think contain sugar. Bread, certain vegetables, or even non-edible items may all trigger intense cravings during this phase.

Gastrointestinal Distress

The stomach undergoes some pretty drastic changes when you stop consuming carbohydrates. One sure sign that you are entering keto is that you suffer from cramps that may also result in constipation or diarrhea. It is important to stay hydrated until this portion of your keto diet evens out.

Irritability

If you are a coffee drinker, chances are you know how upset you can get without your morning caffeine shot. The same is true when your body is detoxing from sugar and entering a state of ketosis. Being irritable, irrational, and short-tempered are par for the course as your body switches from burning sugar to burning fat.

Muscle Aches

Your muscles are the main consumers of energy in the body. When you stop consuming carbs the sugar they store will get burned up before your body switches to fat. This can cause soreness in the muscles all over your body. Thankfully, all of these symptoms are short-lived and should clear up within a week of entering a state of ketosis.