# The Beginners Guide To Entering Ketosis Quickly

By now you have heard of the keto diet and if you are reading this blog, you are interested in getting started. In order to jumpstart your weight loss, your body needs to enter a state of ketosis before you will start seeing any form of results. Depending on how much sugar you have in your diet, this step can take quite a while. Thankfully, we have some tips that will help beginners enter ketosis much quicker.

What is Ketosis?

When your body needs fuel it usually breaks down sugar. When there is no easy source of sugar to break down, it will start to break down fat instead. As your body demolishes its fat stores, the level of ketones in the blood increase and then exit through the urine. Ketosis, or being in ketosis is when your body has switched over from sugar to fat as is a fuel source.

Why Ketosis is A Good Thing & How To Trigger it

If you are looking to lose weight or manage your blood sugar levels, ketosis is an excellent way to go about it. Ketosis helps to reduce blood sugar levels and break down fat stores in the body. In most cases, it also works to eliminate hunger which further supports weight loss. Getting into ketosis can be an uncomfortable process and staying there takes a dedicated effort.

Triggering Ketosis Fast

The first step in triggering ketosis is to change your diet. You will need to eliminate your carbohydrate intake completely. This means no bread, juice, sugar, candy, and even many fruits and veggies are forbidden. Once you cut out carbs, the next thing you should do is complete a series of short-term fasts. This will help you to trick your body into burning off excess sugar more quickly, so you can enter a state of ketosis.

Within the first few days of cutting carbs and fasting, make a point of getting active. Your muscles burn more energy when they are in motion which will help your body to enter keto faster. While you are working towards ketosis, make a point of testing your urine levels. You can find affordable keto test strips at most local pharmacies. Once you see that ketones have started showing up in your urine, you have entered ketosis and can move on to the next phase of your keto lifestyle plan.