



Hi! I'm Dr. Heather! Glad you found me!

I'm sure before you dig into this guide you will want to know a little bit more about me and exactly why I share this knowledge and information with others so passionately.

### **On the surface...**

I am a passionate health care practitioner and licensed in Acupuncture and Applied Kinesiology. I received my Doctorate of Chiropractic from Cleveland Chiropractic College in Kansas City in 1997 and I am also the co-owner of Cardin Wellness Center, where I have been practicing alongside my husband, Dr. Ralph S. Cardin, for the past 20+ years. Besides being passionate about physical and mental wellness, I am a proud mother of four amazing young men, ages 15-23, I am active in my church community, the Co-Chair of Low Carb KC and also the Nutrition specialist for Pruvit, the world's largest supplier of pure therapeutic exogenous ketones.

We currently practice in Overland Park, Kansas where we have extended our scope of chiropractic treatment into the physical, mental and chemical aspects of patients' health challenges. It was in my first few months of practicing that I experienced how properly educating people on the benefits of health and nutrition could dramatically impact/influence their lives and in March of 2014, this belief became something that I would need to survive!

That year, I was on my annual mother and son ski trip to Colorado and I had an accident that crushed my right ankle. There was no part of my healing that was "normal" and by May 2014, I was diagnosed with a very rare neurological disease called Reflex Sympathetic Dystrophy aka "Chronic Regional Pain Syndrome". Six months later, it had spread to my entire body and I was given a very poor prognosis with little chance of remission or hope.

### **Behind the scenes,**

I continue to battle RSD everyday with meditation, simple movements and a very positive mindset. Through balancing the gut-brain connection, an autoimmune ketogenic diet, pure therapeutic ketones, acupuncture and chiropractic care, I have improved the quality of my life and my condition. I am thankful for the knowledge that I have that has changed my life for the better and feel it is my purpose to share that with others. My wish is for us all to thrive in our bodies and feel our absolute best. I hope you enjoy this guide and utilize the information given here to do exactly that!

Yours Truly,

*Dr Heather*



## WHAT IS THIS GUIDE ABOUT?

For the past 30+ years I've dedicated my life to helping others improve their overall health. The one thing all my patients seem to agree on is that having more energy would greatly improve their overall quality of life!

Throughout my career, I started to notice patterns occurring in my patients' lives. Their energy levels were not where they wanted them to be, they struggled with maintaining or losing weight, experiencing cravings, symptoms and mood levels that were less than optimal and in many cases, seriously affecting their overall health.

As a medical professional, I wanted to help... and medical professionals write prescriptions right?

So here, perhaps one would consider this a prescription of sorts for less hunger, more balanced blood sugar and better balance of moods. The first thing I want people to notice is not the scale. I want them to notice how they feel. Better energy, better balance of sugar, less hunger, less cravings.

Everyone is sick and tired of being tired.

This is my attempt to share useful information with you that has improved not only my life, but the lives of so many of my patients.

## HOW TO USE THIS GUIDE

As you go through the pages in this guide, you will see several recommendations and suggestions. My patients and I like sustainable realistic habits (don't we all?).

So if you were to change up one thing and one thing only from this guide, I would recommend you implement 3-7 days of incorporating one of the breakfasts listed below.

It's been said that breakfast is the most important meal of the day right? Let's think of it this way, breakfast is how you start your day. If you start your day having cereals or other processed carbs, you've already started your day with inflammation in the body. (Yes carbohydrates cause inflammation, which is often the cause of many of the things that ail us.) At night when we sleep it's like we're hitting a pause button. Our body goes into a fasted state and when we break that fast (fancy how they got the name break-fast isn't it?), if we feed our bodies properly, they will run properly throughout the day . If we feed our bodies garbage (or as I like to call it "carb-age") our bodies will run improperly and we will experience levels less-than-optimal health.

So, when you wake up, drink 12 to 16 oz. of water to get your lymphatic system and colon going to flush out the toxins. I often like to bring a giant glass of water to my bedroom at night so it's there for me first thing in the morning.

Then, feed your body one of the suggested breakfasts listed here and start to notice how you feel. Most of my patients, if not all, report less cravings, feeling satisfied longer, more energy and yes overtime with proper guidance and proper nutrition they even start to lose weight naturally.

I've also include a Grocery List that we use in my 10 Day Reshape/Reset Keto-Kickstart that includes approved foods to help you feel incredible throughout the day!

As you read through the pages in this guide, remember, what you eat dictates how your body functions throughout the day and throughout life. If you feed your body properly, you have a better chance of functioning more optimally!



### SEND ME A MESSAGE

Want to experience the health benefits of burning FAT for FUEL? Message me to Join My 10 Day Keto-Kickstart where you'll be supported in your journey to more energy, less cravings, better mood and weight loss!

### [WWW.ASKDRHEATHER.NET](http://WWW.ASKDRHEATHER.NET)

My blog where you can find amazing tools, recipes and at home resources to help guide you on your journey towards optimal health.

[facebook.com/theketodoc/](https://facebook.com/theketodoc/)

[Ask Dr Heather](#)

[@askdrheather](#)

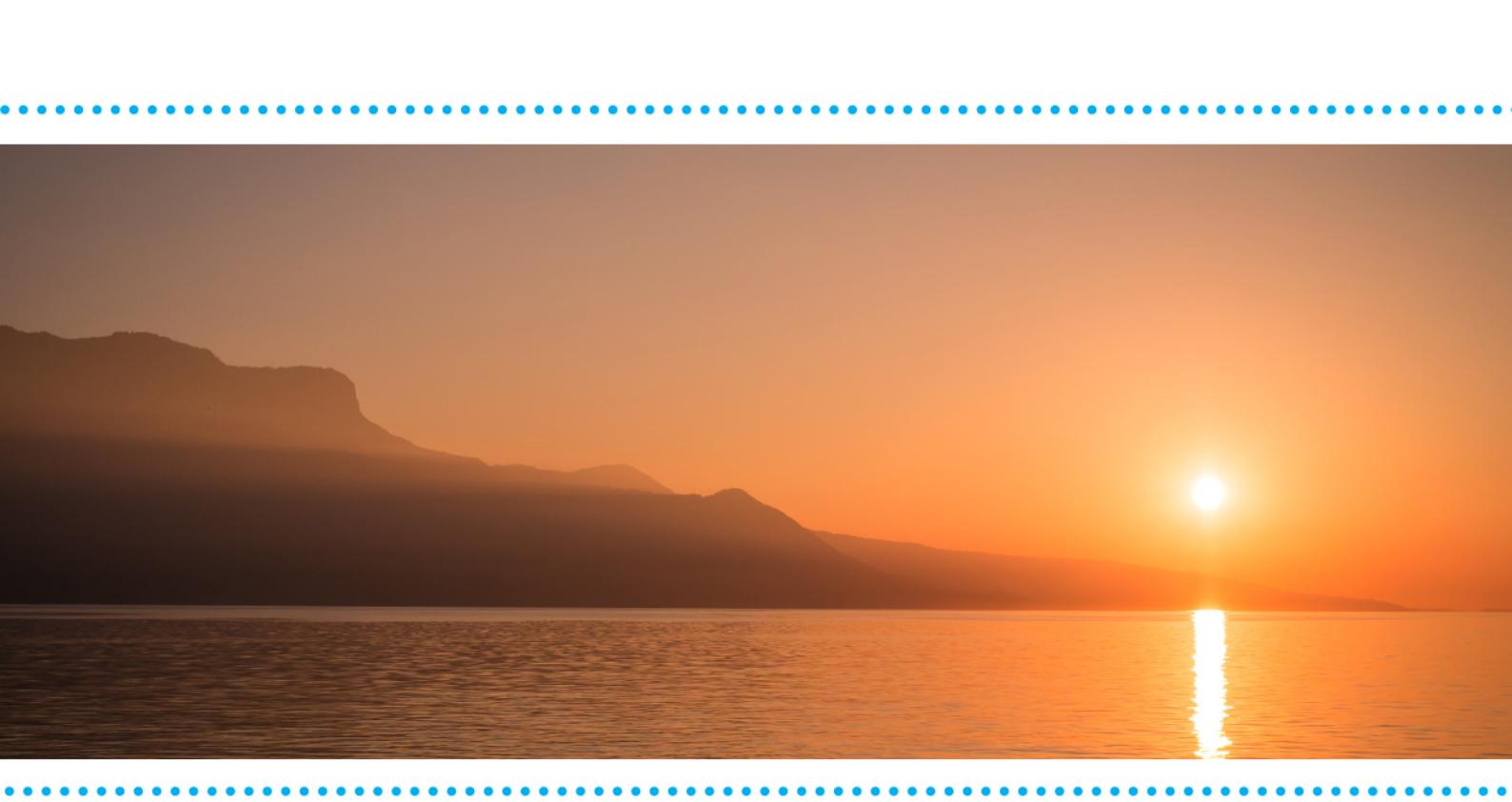
[@ask\\_drheather](#)

## CUT OUT THE CARB-AGE

Our body is its own pharmacy and it makes its own energy. Food fuels that energy, so what we eat dictates how our bodies will function throughout the day, and throughout life. Ideally, we want to feed it the highest quality of energy we can, for it to operate and function at optimal levels.

Based on your own goals and personal health concerns, you can determine how strictly you would like to adhere to the guidelines below.





## BREAKFAST RECIPES



### 2 EGGS ANY STYLE & GREENS

- 🍳 - 2 organic eggs
- veggies
- 1/2 Tsp.
- grass-fed butter
- coconut oil
- or bacon grease

🍴 Cook the two eggs in any style.  
Add some veggies, cooked in 1/2 Tsp.  
coconut oil, butter or bacon grease.



### KETO WAFFLE

- 🍳 - 1/2 Cup organic almond flour
- 2 Tbsp. organic flaxseed meal
- 1 Tsp. organic vanilla extract
- & cinnamon
- 1/3 Cup unsweetened coconut milk
- 2 Tbsp. swerve, erythritol,
- or stevia (optional)
- 1 Tsp. baking powder
- 2 organic large eggs

🍴 Mix all dry ingredients together and  
mill all wet ingredients together. Then  
combine wet & dry ingredients, apply  
batter to warmed waffle iron. Remove  
when fully cooked and top with your  
favorite toppings. ENJOY!

## BREAKFAST RECIPES



### CHIA PUDDING

- ✿ - 1/4 Cup chia seeds (whole or ground)
- 1/2 Cup water or unsweetened almond milk
- 5-10 drops stevia extract (optional)
- 1-2 Tbsp. [Swiss Cacao](#), or raw cocoa powder
- 1/4 Cup unsweetened coconut milk
- 1 Tbsp. erythritol (optional)

!! Mix the chia seeds, coconut milk, water, cacao/cocoa powder, erythritol and stevia. If you prefer a smoother texture, use ground chia seeds. Let it sit for at least 10-15 minutes, ideally overnight in the fridge.

Top with 1/2 Tbsp. raw cocoa cacao/cocoa nibs or extra dark chocolate (at least 85% solids).

Add 1/4 Tsp. cinnamon.



### KETO COFFEE OR TEA

- ✿ - 1-3 Tsp. coconut oil or MCT oil (build up slowly if not use to digesting MCT)
- 1-2 Tsp. grass-fed butter
- 1-2 Tbsp. of your favorite unsweetened nut milk

!! Shake and add to 1 Cup of your favorite organic coffee or tea. For an easier way to make your mornings limitless... Simply add [KETO//KREME](#) to your hot drink!

\* Optional: Sprinkle some cinnamon spice.

# WHAT CAN I EAT?

## Low Carb/High Fat-Keto Friendly Food List



### VEGETABLES A

#### *1/2 - 1c 3% or less carbs*

- Asparagus
- Bamboo Shoots
- Bean Sprouts
- Beet Greens
- Bok Choy Greens
- Broccoli
- Cabbages
- Cauliflower
- Celery
- Chards
- Chicory
- Collard Greens
- Cucumber
- Endive
- Escarole
- Garlic
- Kale
- Kohlrabi
- Lettuces
- Mushrooms
- Mustard Greens
- Parsley
- Radishes
- Salad Greens
- Sauerkraut
- Spinach
- String Beans
- SummerSquashes
- Turnip Greens
- Watercress
- Yellow Squash
- Zucchini Squash



### VEGETABLES B

#### *1/2 - 1c 6% or less carbs*

- Bell Peppers
- Bok Choy Stems
- Chives
- Eggplant
- Green Beans
- Green Onions
- Okra
- Olives
- Pickles
- Pimento
- Rhubarb
- Sweet Potatoes
- Tomatoes
- Water Chestnuts
- Yams



### VEGETABLES C

#### *1/2 - 1c 7-9% or less carbs*

- Acorn Squash
- Artichokes
- Avocado
- Beets
- Brussels Sprouts
- Butternut \*
- Squash \*
- Carrots
- Jicama
- Leeks
- Onion
- Pumpkin \*
- Rutabagas
- Turnips \*
- Water Squashes



### MEATS

#### *3.5 - 4.5 oz*

- Beef
- Beef Jerky
- Bison
- Cured Meats
- Chicken
- Duck
- Free Range Eggs
- Goat Lamb
- Organ Meats
- Pork
- Poultry
- Rabbit
- Steak
- Turkey
- Veal
- Venison

# WHAT CAN I EAT?

## Low Carb/High Fat-Keto Friendly Food List



### FISH & SHELL FISH

**3.5 - 4.5oz choose oily fish when possible and fresh over canned**

- Cod
- Crab
- Halibut
- Lobster
- Mackerel
- Mussels
- Oysters
- Plaice
- Salmon
- Sardines
- Scallops
- Shrimp
- Trout
- Tuna



### NUTS & SEEDS

#### 1oz

- Almonds
- Brazil Nuts
- Hazelnuts
- Macadamia Nuts
- Pecans
- Pine Nuts
- Walnuts
- Flaxseed
- Hemp Seeds
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Chia Seeds



### FRUITS

#### Varies

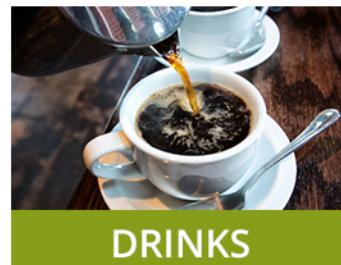
- Berries  
(All berries you can think of)
- Coconut
- Lime
- Lemon
- Rhubarb



### FATS

#### 1oz

- Avocados
- Avocado Oil
- Beef tallow
- Butter
- Cocoa Butter
- Coconut Butter
- Coconut Oil
- Duck Fat
- Extra Virgin
- Olives
- Olive Oil
- Ghee
- Goose Fat
- Lard
- Macadamia
- Oil
- Mayonnaise
- MCT Oil



### DRINKS

#### Varies

- Coffee
- All Teas  
(Without added sugar or milk)
- Bone Broth
- Lemon and Lime Juice
- Water

- Plenty of water, herbal teas are OK.
- 6-10 Veggies; 50% raw and 50% cooked (grilled, steamed, baked).
- 4-8 servings of health fats, 1 Tbs. is a serving. (seeds, oils, avocado, olives).
- 2-4 serving of clean proteins 3.5 to 4.5oz serving size.

\* Omit all berries, shellfish and dairy **except** butter & ghee.