

# KetoAir



## The 90-Day Metabolic U-Turn From Sugar Burner to Fat Burner

*A 12-week reset to transition your body from burning sugar to efficiently burning fat. Most people aren't lazy—they're simply running on the wrong fuel.*

- ✓ Fatigue, brain fog, and stubborn weight gain aren't just "getting older"—they're metabolic warning signs.

### The 4-Phase Blueprint

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#### Phase 1: The Audit (Weeks 1–2)

- Establish your baseline habits
- Identify energy crashes, cravings, and sleep patterns
- Increase awareness before making major changes

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#### Phase 2: The Fuel Switch (Weeks 3–6)

- Shift from high sugar/carbs → fat-based fuel
- Reduce glucose spikes
- Focus on whole foods, protein, and healthy fats

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#### Phase 3: Force Multipliers (Weeks 7–10)

- Exercise: Build metabolic flexibility
- Sleep: Optimize recovery + hormone balance
- Small improvements here = exponential results

4

#### Phase 4: The "Stick with It" Strategy (Weeks 11–12)

- Close the gap between knowing and doing
- Build sustainable habits
- Reinforce identity and long-term consistency

### Key Mindset Shifts

*Change your fuel → Change your energy → Change your life*

**It's not willpower...it's biology**

**Your body follows signals, not intentions.**

**Make your "Why" bigger than your cravings.**

**Is your metabolism a Ferrari... or a lawnmower?**

### Common Metabolic Pitfalls

- Liquid Calories: Smoothies, alcohol, "healthy drinks" = hidden sugar bombs
- Late-Night Screen Time: Disrupts melatonin → raises cortisol → increases sugar cravings
- "Just One Bite" Trap: Even small carbs can trigger 24–48-hour hunger cycles

- ☐ You don't need perfect discipline.  
You Need Better Fuel / a better system / maintain follow through