



Depasi Fitness Newsletter August 28th, 2015

Your lab tests are misleading, here's why
Nutrition Coaches and RD's are typically looking at lab testing results in a completely different way than doctors. It's not that we're right and they're wrong, moreso that they're trying to do their jobs and we're trying to do ours.



[Read the article](#)

NFL Players Going Keto?

[Read the article](#)

New Podcast: The Truth About Being Keto-Adapted
Carl Lanore of Superhuman Radio recently interviewed me for his podcast, we covered a ton of great info about ketosis. My segment is the 2nd half of the show, starting about the 1 hour mark.



[Listen here](#)

BMP 2.0- Bone and Muscle Growth Stimulator



[Read the write up](#)

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