

# **Keto Changed My Life**



This was two years ago, I was probably more than 25 lbs heavier. I had severe neck and shoulder pain...my whole body hurt...I had debilitating migraines...I remember the pain and fatigue just looking at this pic. I'm still not where I need to be but I'm working on it daily. I am so happy I was able to improve my health just with my food choices. There is hope ♥️  
#keto #weightlossjourney #wellness #lowcarb life