

What is Keto to me?

<https://youtube.com/channel/UCw0l62ThH4xyfDj5plL1BNg>

The Ketogenic Diet to ME is an extremely healthy, very low carbohydrate diet that includes, whole one ingredient foods that God has provided to us. Good quality Meats, non-starchy vegetables and good healthy fats. Yep, that's pretty much what I eat and I eat A LOT of it, every single day!!

What is missing from my diet?

Sugar, starchy foods, processed foods, man made vegetable oils, JUNK FOOD from a box, I know!!! I really need to STOP this toxic keto diet, it could KILL me!!! (said with much sarcasm ☹)

Now, with all that being said, tell me why I shouldn't be eating Keto again because it's not healthy?? Why should I put down my food given by God and eat go back to eating that big ole bag of chips? Come on, explain it to me.....
(long silent pause)

I thought so.

I along with many, many MANY others have or are healing their bodies with this LIFESTYLE.

Please, go to my YouTube channel (lowcarbvelation) and read the hundreds of comments under my videos on how people are: Stopping migraines (a true miracle for me really!) Stopping joint pain (yep happened to me) Stopping Autoimmune Symptoms (yep me again) increasing energy (me again in a way I have never experienced) stopping brain fog, losing weight, Dissolving skin tags, stopping women from growing annoying black hairs from their chin (I still can't believe I don't have to pluck my chin anymore) controlling hormones, hot flashes, moodiness...people are getting off of all their medication!!!! Oh, pharmaceuticals hate that! Curing their type 2 diabetes, high blood pressure, fatty liver disease,

PCOS, acid reflux and more!!! Literally AMAZING!!

I have "optimal" lab results, That's how my doctor worded it. I feel the best that I have ever felt in my entire life! I give all the glory for this to God and I will never stop praising Him for that! I fervently asked Him and He answered...He opened my eyes to eating His foods and it has forever changed my life! So much so, that it has compelled me to share it with others. I want to see people healed and enjoying their very best life. I sincerely mean that! I am thrilled & blessed when people share their testimonials with me ♥☐

So...again...tell me how keto is not a healthy diet? Ok, Ok...I'll wait until you finish your donut.

Much love and God Bless