

# Is the *Keto Diet* Right for You?

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**W**hen I was 30 years old, Lynn Evans quite literally saved my life. I had life-long constipation, high cholesterol and acne. Overnight, at the age of 30, I started suffering from many more symptoms: panic, anxiety, weight loss, stomachaches, diarrhea, numbness in my extremities, dizziness, fatigue, insomnia, shaking, hyperventilation—I could go on and on. After seeing 3 specialists who could only offer me prescriptions, I landed in Lynn's office. She guided me out of my high-fiber, low-fat diet, and conventional thinking. Long story short, I soon felt better than I ever had. I am now 41. I am healthy, happy, and love to share with others all the knowledge Lynn helped me acquire.

—Bobbie S.

**T**he picture on the left, above, shows me at my heaviest (230 lbs.) in 2001. I was 43 and miserable. I had tried almost every diet that came along. All of them were some version of a low fat/low calorie diet. All seemed to work initially, but none lasted long term. In about 2002, I discovered [WestonAPrice.org](http://WestonAPrice.org) and was shocked at their message that FAT does not make you fat. I adopted a high-fat, whole-food diet. Many of my physical ailments disappeared, but after about a year, my weight loss stalled. I then learned about the low-carb, high-fat approach, then I discovered the Keto Diet.

I was probably a diabetic for many years, despite being told by my doctor that I wasn't, as my labs were "normal." I was unfortunately told for many years by doctors I trusted that, "I just needed to eat less and exercise more." I now know this is very bad advice. I'm still a work in progress, but I feel fabulous at 60, and much "younger" than I felt 30 years ago!

Keto Diets are all the rage nowadays, which means there's a high risk of misinformation. A well designed Keto Diet that is matched to individual's needs can be truly life-changing. I do not consider Keto a weight-loss diet. When done right—it is a *profoundly healing diet*. Weight loss will come when the body is ready. You can lose weight on many of the popular diet plans, but if your diet is low-fat and low-calorie, your weight loss will probably be temporary and you risk sabotaging your overall health. ■



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**LYNN EVANS, RN, M.S., CNW**

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