

The Keto Lifestyle for Women



What does a Keto Lifestyle Look Like?

Sleep – add more carbs, lavender oil, Epsom salt bath, and tryptophan

Movement – 10,000 steps daily, move every hour, walk after each meal, short intense exercise

Digestive Health – at least 2-3 bowel movements that sink, little to no gas or bloating, check for parasites

Hormone Balance – good stable mood

Mindset – prosperity vs. lack, happiness, joy, love, how we see life

Self improvement – seminars, conferences, retreats, gratitude

Relationships – healthy relationships with family, friends, co-workers, neighbors, and SELF

Spirituality – your understanding of a higher power, bible studies, spiritual retreats

Fun – outdoor activities, hikes, biking, surfing, swimming, canoeing, paddle boarding, traveling, camping