

The Keto Lifestyle for Women



Why Is The Keto Lifestyle for Women So Different?

Hormones – they are constantly changing whereas men are more leveled out; women's' take a sudden drop

Multiple roles – single, divorced, working, stay at home, business owner, kids, grandkids

Societal expectations – religion, media, ancestral

Emotional Connectedness – in 2nd & 3rd decade is about family, 4th family, career, self improvement, 5th decade of life more of spiritual growth, service

Tribal Connection – belonging allows for hormonal connection during menses and menopause

Women need more self care and to invest in themselves

- Reading
- Retreats
- Spa days
- Conferences
- Personal Development & Growth
- Embrace the journey