

Are Myths about Keto Stopping You from Getting Healthier?

Now celebrating age 53 and feeling like 35, the Asia's Keto Queen Kelly has been living a successful keto lifestyle for 10 years.

Eating a well-formulated keto diet helped Kelly lose weight, rebalance her hormones, look and feel more youthful, and become stronger and healthier. She no longer has hypoglycemia or chronic gastric stomach attacks. By eating this way, Kelly also normalized her cholesterol, blood pressure, and blood glucose levels, avoiding diabetes.

STORY IDEAS:

- Asia's Keto Queen Reveals The Dangers the West Missed
- 5 Biggest Mistakes People Make Doing Keto
- 3 Foods That Make You Look Younger and 3 Foods That Age You
- Why Keto and Fasting Are the Secrets to Weight-Loss and Anti-Aging
- Eat Your Way to Weight Loss: Debunking Myths about Healthy Eating
- Stop Your Carb and Sugar Cravings: What to Eat for a Slim New You
- Easy Low-Carb Solutions: Success Formula for Living a Healthy Low-Carb Lifestyle
- How to Cook a Keto Thanksgiving Feast Your Family Will Want to Eat

Kelly Tan Peterson is the founder of *Cooking Inspired By Love, LLC*, a Certified Nutrition & Health Coach, *KETO ON!*™ and *KetoSHIFT*™ programs. She is also the award-winning author of *Keto East*, as well as *Keto Baked* and the forthcoming *Keto West*. With total of more than 160,000 social media followers from Facebook keto online support groups: 生酮东方味 Keto East (Chinese-speaking), Keto East-West (English-speaking group), Keto Baked, and LCHF Keto Market, Kelly helps many people around the world to lose weight, stay slim and regain health while eating well.



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