

## Dietary and Exercise Information

You can reclaim your life. My personal feeling and experience is that the ketogenic diet works and can be followed by anyone. You need to check with your medical doctor before starting this diet to make sure it is right for you.

Here are some links and two cookbooks that I have found useful:

<https://www.dietdoctor.com/low-carb/keto>

<https://perfectketo.com/ketogenic-diet-foods-to-avoid/#Carbohydrates>

Keto for Life Mellissa Sevigny

ISBN-13:978-1-628602-89-0

Simply Keto Suzanne Ryan ISBN-13:

978-1-628602-63-0



Exercise ALSO is IMPORTANT; here are two links to help you get started

<https://www.lifespanfitness.com/fitness/resources/weight-loss-calculator>

<https://caloriecontrol.org/healthy-weight-tool-kit/get-moving-calculator>

