

SL:Keto isn't magic (you just eat less)

Most of the benefits of keto aren't from ketosis.

**It's actually from eating fewer calories.**

Eating foods high in protein and fat take longer to digest keeping people fuller for longer.

That's why people lose fat on keto.

Not because of some magical fat burning state,

but because they are eating less calories.

Ever notice how eating a steak fills you up WAY more than a bowl of pasta?

That's because protein and fat keep hunger away way longer than carbs.

This means you don't need to cut carbs to lose fat.

You just need to control your calorie intake.

(NO EXTREME RESTRICTIONS REQUIRED)

Think about it most people struggle with keto not because it doesn't work,

but because extreme restriction isn't sustainable.

If you don't need to cut out carbs to lose fat...

Why put yourself through EXTRA misery?

But controlling calories while eating foods you enjoy?

That's something you can actually stick with!

If you want to use more helpful health advice and take nutrition to the next step

I can be of [service.](#)

-Dan Feldman