



NATURAL FAMILY TODAY

Mindful & Ketogenic Living

(<http://naturalfamilytoday.com/>)

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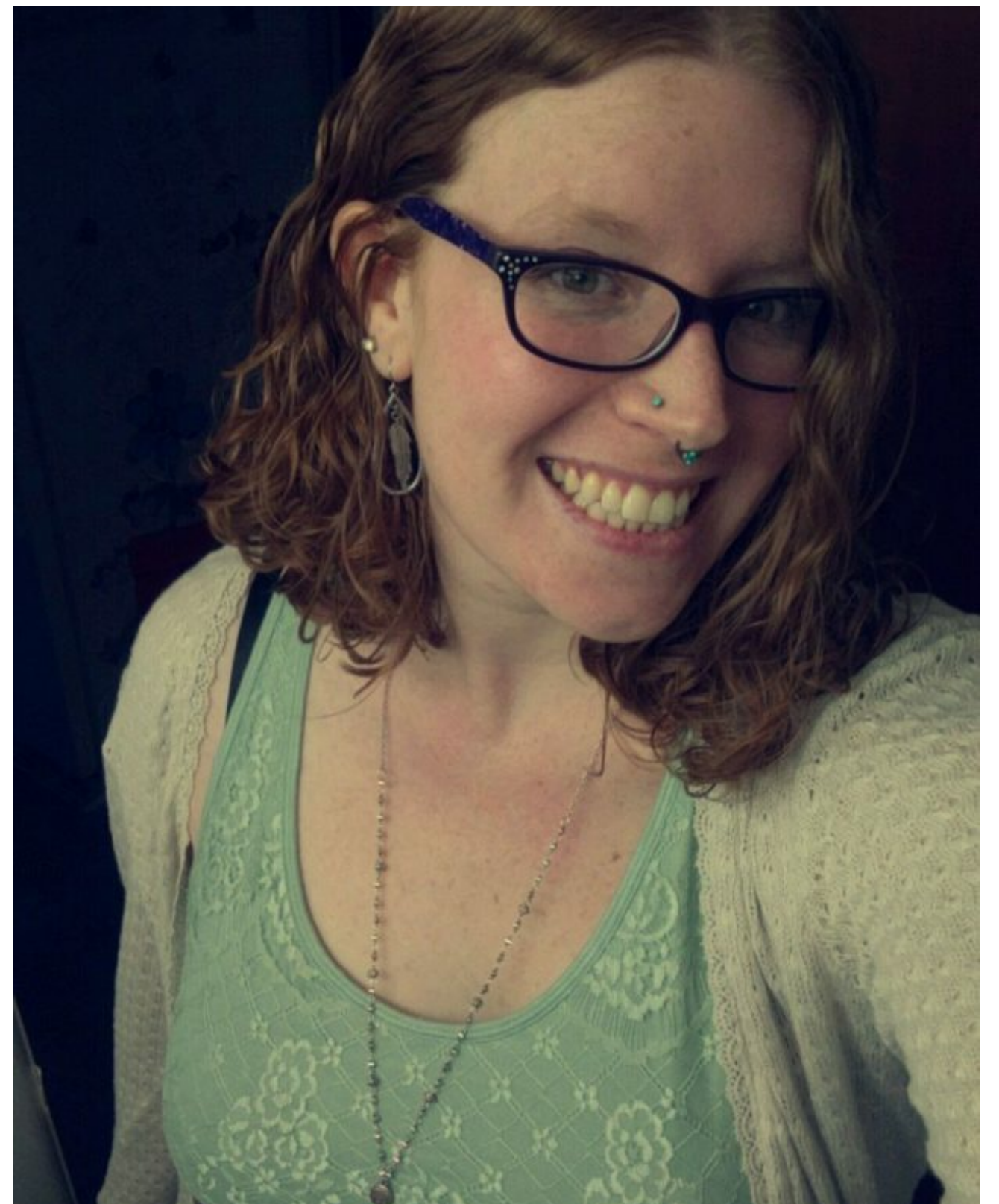
[ALL ABOUT KETO \(HTTP://NATURALFAMILYTODAY.COM/NUTRITION/KETO/\)](http://NATURALFAMILYTODAY.COM/NUTRITION/KETO/)



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(http://naturalfamilytoday.com/about/attachment/18077305_10158533260280263_2628162521794770735_o/)Hi, I'm Vanessa.

This blog is all about living happier, healthier lives through a keto / low carb lifestyle, fitness (<http://naturalfamilytoday.com/freedomfitness>), and mindfulness.

Here's my story...

I was diagnosed with Fibromyalgia in 2005 and realized I needed to change the way I lived. I began by changing to a “real food” diet, which did begin to make me feel better. I also tried the GAPS healing diet for over 6 months with great results.

Although I was feeling better and eating healthier, I was still severely overweight. I started a Keto / Low Carb diet (<http://naturalfamilytoday.com/health/how-i-lost-60-lbs-on-the-keto-diet-before-and-after/>) in August 2015. As of July 2017 I have lost a whopping 79 lbs. The last time I can remember feeling this healthy was before my oldest child was born in 2006. I've also begun incorporating fitness (<http://naturalfamilytoday.com/freedomfitness>) into my healthy living routine.

My passion for helping people has led me to pursue various related educational opportunities. I attended classes to become a Life Coach at Light University Online, which has gave me the knowledge needed to help people set and achieve their personal and professional life goals.

I am currently pursuing a Bachelors of Science in Psychology at University of Nebraska at Kearney.

If you're interested in learning how a ketogenic lifestyle can help you lose weight and feel amazing, sign up to receive email updates and a FREE copy of my low carb meal ideas ebook.

>>Grab Your Free Copy (<http://naturalfamilytoday.com/low-carb-meal-ideas-ebook/>)

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