



JAMI AREIA REPORT

# Ketogenic Weight Loss Guide Eating Real Food For Life

*Keto Club for Women*

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# SAY GOODBYE TO TIRED, HUNGRY AND GRUMPY

## Stop Making Excuses

You're getting older. No ifs, ands or buts about it. Once you hit 40, the game changes. You saw it coming as your 30's came to a close and it doesn't get easier from here. For the most part when you were 20 you could eat pretty much anything you wanted. Your 20 year old body was very different from the one you have now and the one you will have 20 years from now. Take a couple of minutes and consider what advice you would go back and give to yourself in your 20 or 30's. Then next 20 years are going to fly by faster than the last 20. Where do you want to be? Don't wait for the doctor to give you the ultimatum to lose weight or die. Be accountable to yourself. It will be a lot easier now than it will be 20 years from now. Just because we get older doesn't mean we can't get better.

As women (and men) age, our reproductive system, libido, body composition, mood, skin and hair all change in preparation for the next 40 years of life. Stop and observe a 60 or 70 year old woman and reflect on the fact that she was also once 40. Beginning at the age of 20 your muscle mass declines at the rate of at least 5 per cent per decade of life, if you don't incorporate strength training into your routine, you will continually experience a decline in muscle mass and then you will burn fewer calories which contributes to that darn slowed metabolism.

The middle age spread is managed by careful eating and exercise but if you have excess fat on your body you have to put the right factors in place to get your body to burn fat. Your body is divinely designed to be a fat burning machine. But we have turned it into a sugar burning machine. It's no longer just eat less and move more. That works much better for someone who is at their goal weight. Obviously thin people and fat people cannot eat the same.

A portrait of Jami Areia, a woman with long, wavy blonde hair, smiling. She is wearing a black top with a white collar. Her left hand is resting on her hip, showing a ring and a bracelet. The background is dark with some bokeh lights.

**JAMI AREIA FOUNDER**

# INFORMATION OVERLOAD



“ Diets do work and you lose the weight but then you go back to your old habits and regain.

The only valid excuse you do have about not being successful at losing weight, is there is way too much information out there and it has left most of us confused and overwhelmed. The information is conflicting and you question who to trust. Later we will also explore what went wrong and why every diet you try doesn't work. Or it works and you lose the weight but then you go back to your old habits and regain that weight plus some.

# DIETS DO WORK

Don't fall into the latest propaganda that diets don't work.

If you have tried a diet and failed there are two reasons why.

- a) You're doing it wrong or
- b) You stop doing it.

If you are overweight you need to have a diet of some kind. You have to be in some form of a deficit to institute fat loss. However, starvation and calorie restriction is not a diet.

Besides, if you buy into diets don't work you have just mentally justified it to yourself and the little voices in your head can be heard telling you, "See! I knew it! Diets don't work! That's why I'm fat! I'm always going to be fat! Nothing works!"

Stop it! If the word diet bothers you or if you believe your family and friends are tired of hearing you say you are on a diet again, then change your vocabulary. Adopt the words "way of eating" or just don't tell them. Learn to quietly make conscious choices about what you are putting in your mouth. If you have made up your mind that losing 20 lbs is no longer supported by eating sugar, then having that piece of chocolate is no longer an option. You don't have to announce it to the world that you're not eating chocolate.

Even though being overweight causes us huge amounts of pain and suffering for years, we are willing to go blindly into that plate of chocolate cake for 5 minutes of heaven. We are willing to feed our long term suffering with short term pleasure. Crazy right? Not necessarily. That inability to have willpower may not be all under your control. When you understand the biochemical reactions in your body, you will understand why sugar is found to be 8 times more addictive than cocaine.

Would you be surprised to know that many of the big weight loss centers in our country are successful because you fail? Think about it, Weight Watchers, Jenny Craig, Ideal Protein etc don't stay in business because everyone succeeds. They profit because 98% of us fail over and over again.



# IT'S NOT A DIET FOREVER

Getting the right structure and the right tools is essential to success. Weight loss is a science and if you do it correctly you can easily eliminate cravings and bingeing and still be satisfied. Diets work because they provide a structure that you can follow to be successful. Diets don't work because you stop doing it and go back to bad habits that got you fat in the first place. Typically because they are so calorically deficient you can't maintain it long term and incorporate it into your real life. The secret to successful weight loss is when you reach your goal weight you learn how to adjust to maintain your new you. A program has to be sustainable for the long run. Just remember, it's not a diet forever. This should be a way of life.



Something that allows you to not be deprived, lose weight and be able to maintain it. The sad thing is we have been conditioned in order to lose weight you have to be starving, deprived and suffering. I will show you just how untrue all that is.

No matter how you lose your weight you will regain it back if you go back to eating how you were before. The reason why my clients are successful at losing the weight and keeping it off is because they realize they don't want to continue to lose the weight over and over again. They no longer "DIET". This time they have finally found a way to eat food that keeps them satisfied.

Imagine sitting down for chips and salsa and having the self-control not to have any. Or you have the choice to have 6 and no more. For the majority of us, that's not possible. Not because you lack willpower, but again because the biochemical response in your body from ingesting certain types of food has triggered some major stuff and your willpower grows wings and flies away.

Wouldn't it make sense to find a program that provides a reasonable meal plan that leaves you satisfied and still fits into your lifestyle? If you have spent the last 5 years with too much mama in your pants, then spend the 3, 6 or 12 months doing it right so you can spend the next 20 feeling sexy and sassy. Not fat, sick and tired.

# TAKE OFF THE BLINDFOLD



## Stop looking for the magic potion!

If you don't have a clear picture where you are going, how in the world do you think you are going to get there? Case in point, if you are constantly looking in the mirror at the sad, unenergetic, overweight person in the mirror and constantly listening to the voice in your head who reinforces you are pathetic, sad and always going to be fat, then that is who you are focused on and who you are feeding every day. You may have heard the saying, where focus goes, energy flows.

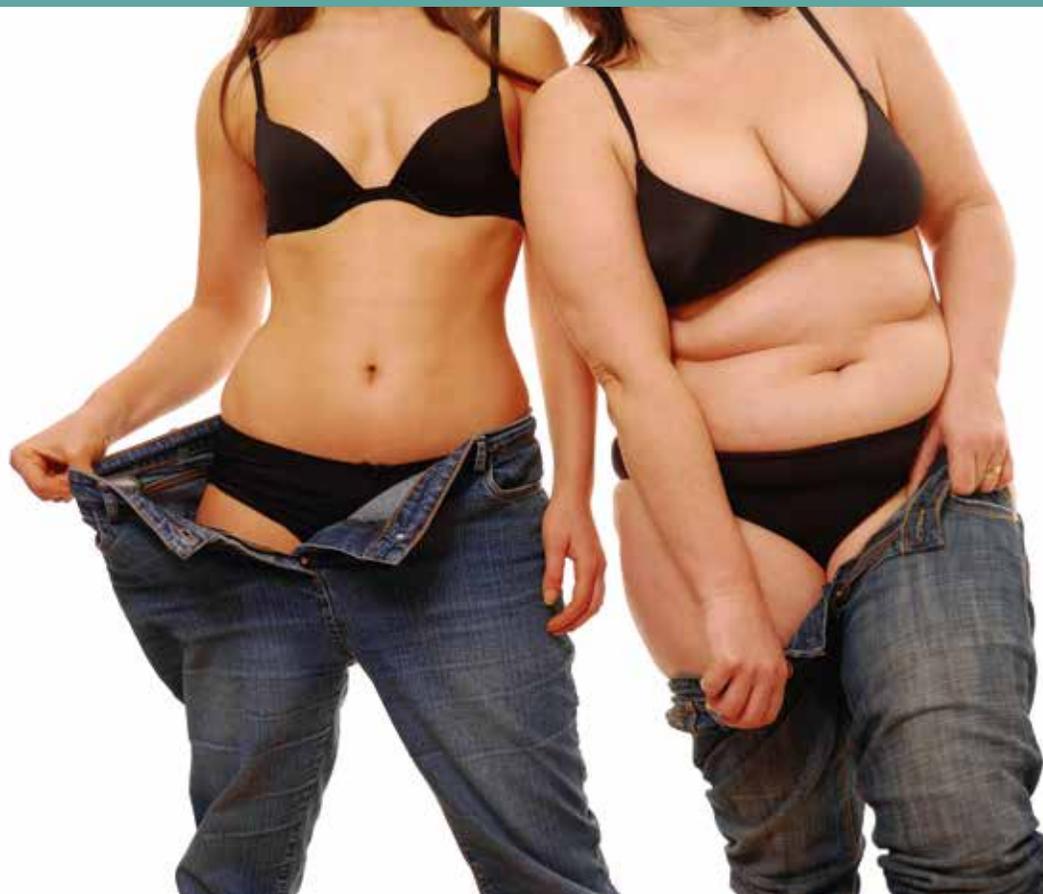
Get clear about who you are when you are at a healthy weight. Find a picture of that person or someone that you admire and put it in a visible place every day. Start talking to that person. Ask her what she would like today. You know as well as I do, she makes different choices about what she eats and how she moves. There IS a slender version of you inside and you should be nurturing her and coaxing her out of her shell. Yes, it's going to take some work, but what in your life hasn't taken work that's worth it?

When you look at the picture of the better version of you, how do you feel? Do you feel more energetic? Do you feel more confident? Do you feel a bit sassier and sexier? Connect with an emotion of joy and excitement when you look at that picture. Don't dwell on the emotion of despair, and self-loathing. Get into the excitement and emotion of how it will feel to be in a bikini on the beach this summer and focus on THAT.

Did you know that the brain is one of the most neglected muscles we have? Our natural tendency is to let our minds run amuck with negative thoughts that we think we have no control of. It's really cool. I'll share more about that later.

Probably the most important thing I can tell you is....

# KEEP IT REAL



You are where you are because of the choices you've made. Right now I want you to go get bare naked and stand in front of a mirror. You can't change what you don't acknowledge. If you've been hiding under baggy clothes and stretchy pants, you're not fooling anybody including yourself. I understand the heartache you feel everyday when you try to find something that still fits or minimizes that muffin top. Perhaps you have justified squeezing and torturing yourself into a pair of Spanx, girdle or waist cincher is worth it. It is easier because you are in denial. But losing weight has such a horrible connotation tied to it that we want to avoid it at all costs.

There has to be an easier way and there is. I have been on a diet every year for the past 36 years and I have done them all. I wish I had a tally of how much I have lost over all those years.

Now for the first time since then I have been able to keep the weight off. And through my program, I've been able to teach many women how to do the same. They stop me on the street and share with me how much eating this way has changed their life. They tell me they will never go back to the old way of eating. They now understand how crappy they feel when they eat foods that are not part of the program. They have lost weight without feeling hungry, without cravings and their energy has increased more than they ever imagined. They are the reasons why I developed this program and why I am so passionate about sharing it with everyone. I work with my clients one on one and they have continually proved to me how well this works.

# DOES IT WORK FOR EVERYONE ?

No. Nothing is a one size fits all and not everyone will stick to it. They say they are following it and then the next sentence I hear from them is, “I’ve done pretty good.”

The clients who commit and trust me for the first two weeks and research what I tell them are the ones who are most successful and most successful long term. Having a support system to hold them accountable also makes them 7 times more successful.

Let’s be realistic, people are living longer, but they are sicker and destined to experience decades of poor health before they finally kick the bucket. And it’s all because they’ve lost their connection to this beautiful gift of a healthy body and well-being that most of us have been given. Physicians and pharmaceutical companies are in business to treat the symptoms and consequences of our bad choices. They are not in business to make us healthy... that’s our job.

Think about this, as a nation, the United States of America’s obesity epidemic has risen exponentially in the last 50 years. We eat more and we move less and this lifestyle (or lack of) is greatly affecting our next generation... our children. Diabetes, heart disease and cancer are all on the rise yet the majority of people continue to be dazed and confused until they become sick and wonder what happened.

The information we based our U.S. Dietary guidelines on is now being disproved. The low-fat mentality that we had all been conditioned to follow has failed us miserably. Many studies are coming out now indicating saturated fat was not the culprit to obesity. Yet because of what we’ve been conditioned to believe, my clients look at me like I am crazy when I ask them to consume more fat in their daily diet.



# BRING ON THE BACON

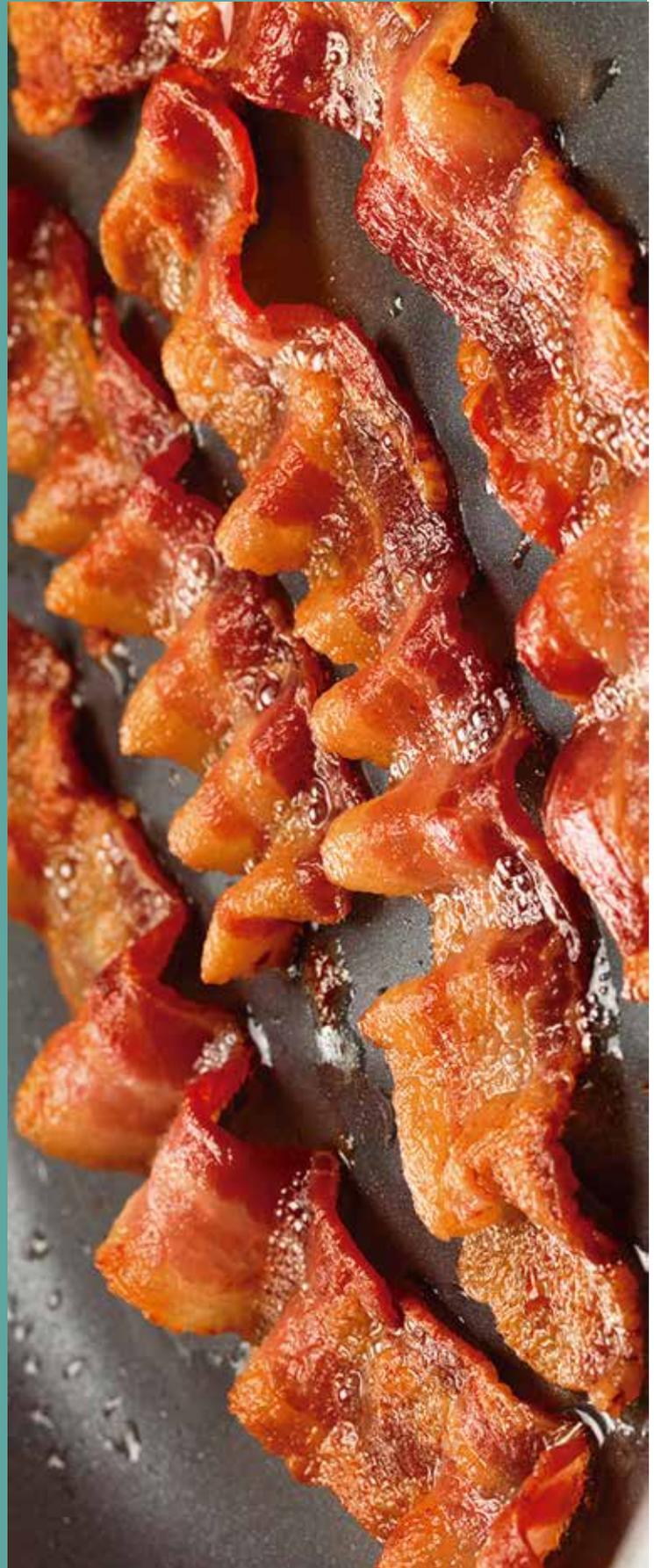
When I was a little girl, my grandfather would get up early in the morning to fry his bacon and then cook his eggs in the bacon grease. The milkman would leave a large glass jug of milk at the front door. The milk had 2 inches of cream floating on the top that we would shake into the milk before we poured into a glass and drank it. And guess what... no one in my family was fat.

Unfortunately, except for me. I was blessed into an era where processed foods, fast foods and high fructose corn syrup were pushed onto the market and snacking became normal. I was 12 years old when I was on my first diet. At 48 years old, I look back and realize that I have been on a diet at least once a year for the last 36 years. This is the first time in my life that I have not been on a diet and I will never be on one again. Not being on a diet does not mean I am able to eat anything I want. Believe me, when it comes out, I'll be the first in line for the pizza, pasta and chocolate diet. But that will never happen.

Back in the 1970's Nabisco introduced SnackWells to the low fat market. They told us these little chocolate delights were "Amazing, only 50 calories a serving and fat free". Well that's just dandy. Considering a serving was one cookie and there were 12 in a box. For someone like me who didn't have a shut-off valve when it came to sugar, I could easily put away the whole box. If you've ever read the label you would find that sugar was the first ingredient, but those little suckers also included corn syrup AND high fructose corn syrup. No wonder I couldn't stop. It was like putting crack in the hands of a drug addict.



The problem is you get more upset about what you have to give up than the fact that you are overweight and literally driving yourself to an early grave. It's like the cigarette smoker, who's having a hard time quitting and says, "I'll die if I don't get a cigarette." Really? The inability to exhibit self-control is only part of the problem. It's a universal law that self control, discipline and focus are traits that are rewarded. However, when you understand how the dietary guidelines and food industry have sabotaged your efforts you will understand why as a nation we are fatter and sicker than we have ever been.



# STOP THE MADNESS

I have learned how to keep it simple, take the guesswork out and stop the madness. I have not invented something new. I have just spent hundreds of hours studying because I was struggling and my clients were struggling and I became like a dog on a bone trying to figure it out. I have studied many forward thinkers who are challenging the Standard American Diet. Ironically, most of them don't even live in this country. They are from Sweden, New Zealand, South Africa, Australia and the United Kingdom. These are countries that along with us adopted the SAD (Standard American Diet) and are now working to institute change. The research is overwhelming no longer supporting a low-fat diet and contently proving not only the weight loss benefits of a ketogenic or LCHF diet but the therapeutic benefits as well. Time and time again people are testifying that they have reversed their Type II Diabetes, reduced their hypertension, lost weight and feel better than ever because they changed their diet, not because they increased their medication.

## WHEN THE STUDENT IS READY

Now I want to teach you. Why? You are confused by recent media releases regarding fat and salt. Should you eat butter? Should you eat eggs? Should you eat vegetable oil? What about salt? You need to understand that there is a lot of money involved in our food industry and it will take a huge miracle for our country to change our current dietary guidelines. However, for the first time the USDA raised the dietary restrictions on saturated fat in 2016. Why? Because all evidence shows that healthy saturated fat is good for you and was not the evil villain causing heart disease.



# DIETS SOUND LIKE DIE AND WORKOUTS SOUND LIKE WORK

When saturated fat was taking a bad wrap, we were instead being advised to give up butter and eat margarine. I double dog dare ya to check out how margarine is made and what it is made from. We were also advised to eat vegetable oils such as canola oil. What's a canola? We mindlessly went along with it because we trusted the research and news coming our way. Now we don't. We are constantly inundated by the media with conflicting information and we are left dazed and confused. Be careful. Confusion will leave you fat and sick. Think about it. Our food industry will be extremely resistant to adapting to a real food all natural, low carb, high fat ketogenic dietary pyramid. Can you imagine the amount of revenue they would lose? They don't know it, but the beef industry loves me, companies like Nabisco... not so much.

When it comes to food, I've studied it and I've tested it. I've sorted out the confusion and I want to wake you up to a new way of thinking about how you fuel your body. How many infomercials have you watched that will cost you money to buy the product and then put you on an automatic shipping program for processed protein shakes and supplements. You are taught to prep your food every week into little containers so your portions are controlled and to eat 6 times a day. Have you ever considered eating 6 times a day isn't normal? I believe these are well meaning companies who began by having the desire to really help people. They have provided the structure that you crave, the testimonials that you can only imagine that give you hope to make the call and spend the money. They have the commitment, they believe in their program and they know that if you commit you will succeed. Yet let's be honest, most of us don't want to work as hard as the people who are selling their product. So if diets sound like die and workouts sound like work is it really possible to lose weight and not have it be so freaking hard?

Ketogenic Women offers you a program to keep your cravings under control, keep you satisfied and tap into your body's natural ketogenic process to burn it's own fat all by eating real food. Not boiled chicken, rice cakes and carrot sticks. Ketogenic is simply your body's own natural ability to burn fat. If you were in a state of famine and starvation, your body would use it's own fat stores to fuel your body. The bad part about starvation and famine is your body will also not get enough essential nutrients like amino acids and will therefore rob amino acids from your lean muscle mass as well as be so calorically deficient that you will waste away. Ketogenic eating provides real food and nourishment. Hunger is no longer an issue and food is no longer an issue. And those Monday morning meetings with bagels and donuts are no longer a threat.

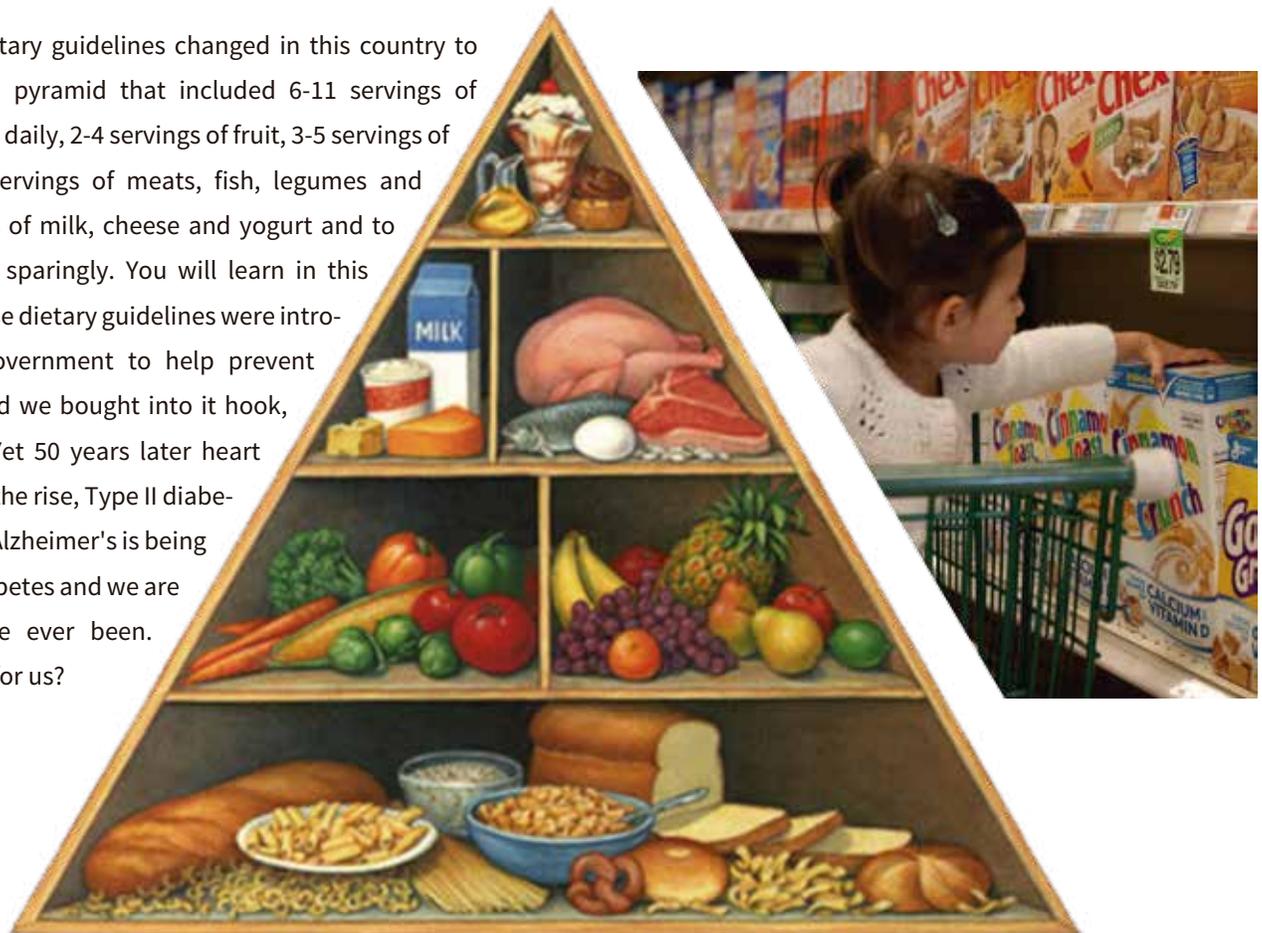


# DIET SCIENCE 101

Let's take a look at a little science. And I really mean a little. I don't geek out on the science until we have to. Right now we just need to keep it simple so we are better able to comprehend the basics. Later we expand on the details. Consider that our bodies are fueled by three macronutrients. Fats, proteins and carbohydrates. I'll let you in on a secret. Two of them are essential. Essential means without them your body will not survive. Those two are essential amino acids (protein) and free fatty acids (fat). There is no such thing as an essential carbohydrate. You could remove all carbohydrates and your body will survive. Starches and sugars are fuels that burn off quickly and therefore increase hunger, whereas proteins and fats are metabolized at a slower pace and leave you feeling satiated longer.

In the 1970's, dietary guidelines changed in this country to introduce a food pyramid that included 6-11 servings of grains and breads daily, 2-4 servings of fruit, 3-5 servings of vegetables, 2-3 servings of meats, fish, legumes and nuts, 2-3 servings of milk, cheese and yogurt and to use fats and oils sparingly. You will learn in this program that these dietary guidelines were introduced by our government to help prevent heart disease. And we bought into it hook, line and sinker. Yet 50 years later heart disease is still on the rise, Type II diabetes is on the rise, Alzheimer's is being called Type III Diabetes and we are fatter than we've ever been. How'd that work for us?

At some point, we have to pay attention! The definition of insanity is doing the same thing over and over again and expecting different results. Hippocrates said, "Let food be thy medicine and medicine be thy food." Well, it seems kind of contradictory that the food guidelines that we have been told to follow, combined with the increase of sugar and high fructose corn syrup have actually increased the amount of people who are ill and increased the need for medicines to treat the illnesses. Mention this to most doctors and they will argue that. Remember, physicians receive on average three hours of nutritional education. They are not taught to heal, they are taught to treat.



# BE THE BEST VERSION OF YOU

Now that doesn't give you an excuse to not move. The plan is to help you to lean out so you can move easier without putting unnecessary stress on your body. Your body was designed to move. When it comes to exercise stop comparing yourself to other people. Stop setting yourself up for failure by signing yourself up for a grueling 8 week bootcamp to only quit a week or two later. Bootcamps are great, BUT not in the beginning. It's too taxing on your body. It's like taking someone who has only walked a half mile and asking them to run a marathon. Put some things into place that are efficient fat burning activities. If you are working out too hard your body thinks you are trying to kill it and holds onto the fat. As you get thinner and your mobility and endurance increases you will feel more motivated to challenge yourself with a bootcamp or a marathon. Become excited about becoming the best version of yourself!

Our culture is being hypnotized or conditioned to be comfortable. You don't have to get out of your car to eat, you don't have to move from your couch to change the channel, and you can shop directly from your laptop. We spend 75% of our time sitting, either eating, driving, on our smartphones, tablets or computers, or on the couch behind the remote watching someone else's life on TV. Now moving makes us uncomfortable. Well guess what... change and growth comes from being uncomfortable. Don't you remember your child struggling and crying on the floor trying to roll over, then crawl and then walk. They had to go through the struggle to gain the strength to accomplish the next level. Many are more concerned with the next level of a video game than the next level of their life.

Go back in your mind 5 years ago. If you are overweight consider how much of that weight you have put on in the last 5 years? How many events have you sat out on because you were embarrassed or couldn't find anything to wear? Where will you be 5 years from now if you don't make a change? What if you made a change today? What if you full on committed to improving your life? Where will you be 6 months from now if you don't?

Statistics show that you are setup to fail unless YOU make a decision. It will be much easier for you now than it will be 20 years from now. You were blessed with this one body and this one life and how much have you taken for granted? It's not too late! If you are breathing, you can do this. Just stop doing it the hard way!



# DON'T GO AT IT ALONE

What you will find with Keto Club for Women is a positive and supportive group of women who face the same challenges on the same journey and moving towards the same finish line you are headed to. How encouraging would it be for you to have informative sessions once a week to better understand the changes your body is going through as well as learn up to date information to increase the probability of your success? How motivating would it be to see positive changes in other women and know that they are faced with the same challenges you are? It has been proven that people are 7 times more successful at reaching their goals when they are held accountable.

What if you didn't have to spend hundreds of dollars a month to do it? My clients have told me of programs that they have paid for that sell them a program that costs as much as \$1,000 to join and teaches them what I teach them in this program. On top of that they pay \$300-\$500 a month for pre-packaged foods that keep them under 1,000 calories a month and many will charge additional for supplements or injections. Being in ketosis is a natural state for your body to be in, but surviving on a 1,000 calories is not sustainable. Weight loss is achievable with the right combination of real food. The key is to plug into a system that doesn't cost you a fortune, that is something you can sustain and includes an educational accountability program to help ensure your success.

The world's best athletes don't become #1 on their own. The best teams don't win the Super Bowl because a few guys decided to play ball. They are all under the guidance and tutelage of many

coaches. But who do you trust? The bookshelves are filled with books by many experts and gurus all promising the quick fix or the uber pill to make you fit and fantastic. We are constantly chasing the bigger better deal (BBD) thinking that the hype you are sold will be the magic formula that will work this time.

I hear the same thing from every client who comes through my door... "I feel like I've given up, I don't know who to believe or who to trust so screw it, I'm just going to stop stressing, live my life, and eat what I want." And they end up settling for a life less lived. Sick and tired. I understand the frustration. I've seen it time and time again. It's important to never give up! Women are relieved when they get the help they need and overjoyed when they start reaching their goals. It becomes a way of life. It becomes manageable. Imagine how you would feel.

If you are going to rely on willpower and discipline alone... forget it. It will take too much effort and you will put yet another notch on your butter dish with another failed diet.

If an athlete wants to increase his running speed or a golfer wants to improve his swing, he or she turns to the coach. The coach has the ability to see from the outside and objectively evaluate what changes need to be done. Habits, whether good or bad are formed by conditioning. For us to change habits we must enlist the help of another.

Someone who can help us be accountable and establish the discipline and commitment to getting the results we want. You have to create proper habits and stick to them. Find someone you trust and turn down the volume on all the other possibilities or the BBD's - Bigger Better Deals.



*Keto Club for Women*

# ABOUT JAMI

Jami Areia, professional dieter extraordinaire, author, speaker and entrepreneur. Jami started a company called Body By SlimCo in 2014. Body By SlimCo utilizes an LED BodyLight system to accelerate the fat loss process by jump starting lipolysis - the release of lipids, triglycerides and free fatty acids into the body to be metabolized as fuel. Within several months, Jami learned that the process was more effective for some than others. A specific group of people stood out. Vegetarians. It was peculiar considering the truth is people don't get fat from eating too many vegetables. She dove into researching and became certified as an Advanced Clinical Weight Loss Practitioner and began coaching her clients on the most effective protocol.

Ketogenic nutrition became the foundation for her program. She followed her own program and after 2 months she had lost 22 lbs and felt amazing. When presented to her clients she found after only 2 weeks her clients experienced not only weight loss, but greatly improved levels of energy, no cravings and reduced hunger. The therapeutic benefits were revealed as well. Reduced pain and inflammation, improved blood panels and some even experienced improved relationships with their spouse.

Within a year Jami had worked with hundreds of clients and quickly realized she wanted to bring healing and weight loss to a greater number of women. She started Keto Club for Women to educate, inspire, encourage and help women succeed.

If you have struggled with weight loss over the years and feel as though you have lost the battle of the bulge, you have come to the right place. Stop wasting time and money on trying to find the magic pill or the bigger better deal. This isn't something new, it's been around for a very long time. However, Jami has found a personal and relatable approach to teach you the basics and help you build a successful nutritional way of life that is simple, realistic and sustainable. It's a game changer.

Stop dieting and spending thousands of dollars in a billion dollar industry that is designed to keep you fat. For only small monthly fee you can join my community that is designed to inspire and encourage you on your path to success to losing weight and being healthy, see the last page for details.

If you have any questions about the Keto Club or your personal situation please email me. ✉ [jami@ketoclubforwomen.com](mailto:jami@ketoclubforwomen.com)



June 2014 189 lbs.

Dec. 2014 167 lbs.

## WHAT HER CLIENTS HAVE TO SAY....

“She highly recommends this eating change because it will give you the results you are looking for by eating rich delicious food. In my first two weeks I lost nearly 2 inches and 8 pounds. I have continued the eating plan and am down 15 pounds in a month. I feel so much better.”

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“Who knew I would have this much energy? I didn’t expect all this, but I am so excited that I have lost 16 pounds in only 2 months and I’m not hungry all the time. Many times I forget to eat.”

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“I haven’t gone back to my old way of eating. This has changed my life. I now have control over food, food no longer controls me.”

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“Jami is my hero. I have spent the last 26 years in chronic pain. I was diagnosed with 2 autoimmune diseases. At 58 years old, chronic pain and dizziness were things I had to deal with everyday. After 2 weeks, I had more energy than I had in my entire life and I was pain free. Recently, I was excited to report to Jami that I hadn’t experienced a dizzy spell in two months. I’m looking forward to getting my blood panels done and getting off of my statin medication. Jami is thorough, knowledgeable and excited about this way of life. It’s contagious.”

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“I don’t know of a weight loss method that’s easy. I’ve been a vegetarian for most of my adult life. But I was always tired and could barely get through my day without needing a nap. Jami taught me how to properly fuel my engine and it flat out runs better. Now I get my workout in at the end of day and prepare a healthy meal for my family. I never feel deprived. And I’ll confess... I even indulged in some bacon”.



# *Keto Club for Women*

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