

Welcome to the "Your Keto Journey" Blog!

Mar 19 Posted by [Kat Heil](#) in [Your Keto Journey](#)

Welcome to the **Your Keto Journey** Blog!

My Purpose is:

- To Encourage You in your keto journey.
- To Provide you with Keto resources
- To Provide You with Recipes that you can try out.

Let's Begin.

I'm Kat Heil. My website is www.KatHeil.com. This blog can be accessed directly at www.YourKetoJourney.com

On the top of the page you will find a Menu Item called "Your Keto Journey". This is where you will find Your Keto Journey blog post. You will also see a "Resources" menu item. There is an area for all our Keto resources posted on this page. Scroll down to the item titled "Your Keto Journey Resources".

When I first heard the wonderful benefits of the Keto diet, I was excited! Then when I heard about the acceptable foods you can eat on the diet, I was somewhat devastated.

I knew it was going to be tough sledding until our new food habits formed. We had to admit to ourselves that our old food routine must be buried.

But there is good news! Your Keto diet and lifestyle can be attained!

We first heard about Dr. Don Colbert some ten years ago at our church. Our Senior Pastor, who was also a jet airplane pilot, need a change in his diet. He met Dr. Colbert, followed the diet and achieved amazing results. So Dr. Colbert was introduced to the congregation.

Why is this important? Our Senior Pastor did not allow just "anyone" to speak from the pulpit at this church. Only a hand-selected few received this opportunity.

Fast Forward 10 years. We were watching the daily Believers Voice of Victory broadcast on BVOVN (Believers Voice of Victory Network). Kenneth Copeland was doing two weeks of programs with Dr. Colbert. They were discussing Dr. Colbert's new book "Dr. Colbert's Keto Zone Diet."

Dr. Colbert was talking about the Diet and the people it was helping. He came across the diet because he had a number of late stage cancer patients that were coming to him looking for help. He wasn't a cancer specialist, but wanted to help. He devoted himself to learn as much as he could about cancer, nutrition, diet, lifestyle and longevity. Through his research, study of other research results and work with his patients, he discovered that sugar, not fat, was what was making people sick. He took a solution that other doctors were using, a ketogenic diet, and fine tuned it. Over time he found that this helped the people with cancer, and also helped people who were overweight (and even those who weren't!). He is now sharing what he has learned in his book and on his website.

Dr. Colbert's book, "Dr. Colbert's Keto Zone Diet" is available on his website KetoZone.com. In it Dr. Colbert gives you the history of his research with example results from his patients who he has worked with. In addition, he gives you the background information on how and why the diet works. The last section of the book teaches you how you can apply the diet to your life.

The book is very helpful and easy to read!

That's it for today. I will be posting on this blog every Monday and look forward to connecting with you next week! Subscribe to this blog in the box on the side (down below on mobile devices.)

Cheers to your health and vitality!

Kat Heil

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