

Americans are overweight and unhealthy because we consume far too many carbohydrates. A growing ketovore crowd has discovered our hunger disappears eating low carb, high fat and optimum protein. This makes weight loss easy. The author dropped 100 pounds. This book collects the knowledge gained the hard way (a huge time sink) along his bumpy journey to much improved health. Eating ketovore, you will:

- return to your high school physique or better
- reduce hunger to an infrequent, mild annoyance
- diminish or cure a long list of diseases
- stop needing many medications - lab tests improve
- mitigate cramps, aches, pain, allergies and acne
- improve brain function - depression and brain fog gone
- enjoy greater energy, productivity and joy
- wake refreshed, stop snoring and not get up to pee

This intentionally short (60 page) book is paired with a spreadsheet where readers can predict how fast they will lose weight based on height, weight, age, gender, lifestyle, food and exercise.



In the dim past, Joe Tyndall escaped from MIT as an EE. Now retired, he has time for long postponed projects. Also, having gone ketovore, his brain fog has lifted. Loving the van-life, his tiny house has wheels. Sitting and writing in the wilderness where life is beautiful, his mission is to hike and, before he checks out, to share what he has learned.

long hikes press \$15.00

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Doing Keto-Carnivore Right

end hunger, lose weight, get healthy



**low carb,
high fat &
optimum
protein is
the correct
human diet**

Joe Tyndall