



LIZA MERRIMENT

The Keto Naturopath

I have program options available to suit everybody! If you would like to have a chat to see what's right for you, you can book in now for a free 15 minute chat to see which of my programs will be best for you.

- 6 week weight-loss program
- 12 week weight-loss program
- Programs for couples

Programs are available in-clinic and via zoom australia wide.

TESTIMONIAL

"I was pleasantly surprised with the amount of food I was allowed. At first, it was a lot of food. I have never been a breakfast lover and Liza worked this into my program. I lost 9.7kg during my program. Now I am on my own, but feel more confident than I have before that I can stick with it, but know I can book in with Liza if I feel the need with any future struggles."

-Ang

WANT TO KNOW MORE ABOUT KETO?

FREQUENTLY ASKED QUESTIONS

Q. How much weight will I lose on Keto?

A. After the first few weeks, I like to see around 0.5 - 1kg of fat loss per week. Any more than that and you are losing muscle.

Q. Is the Keto diet hard to shop/cook for?

A. Not at all! Keto diet is mostly based around good foods such as meats, seafood, vegetables and good fats.

Q. Can I drink alcohol on Keto?

A. Yes! There are many low-carb alcohol options.

Q. Do I have to buy protein powders and bars?

A. Nope!

Q. Can I still eat out and have a social life?

A. Yes! I believe life is to be enjoyed, I'll teach you what to eat when you go out.

KETO MYTHS

- You can eat unlimited fat when trying to lose weight on keto
- Keto is just eating protein only
- Keto is bad for your cholesterol
- Keto is not sustainable long term
- You eat no carbs on keto
- Salt is bad for your blood pressure
- You can't build muscle on keto

DO YOU NEED A WEIGHT LOSS COACH?

Maybe, maybe not. The problem is that there is so much conflicting information on the interwebs and everyone thinks that their way is the only way.

We are all unique snowflakes and everyones program will be different depending on their health conditions. When reseaching a health coach, make sure you choose one that tailors their program to your health and lifestyle, not just a "cookie cutter" plan where everyone gets the same.