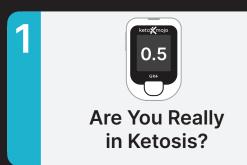
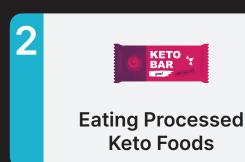
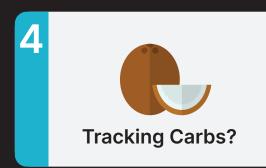


common reasons you might not be losing weight on keto.













If All Else Fails:

Try Intermittent Fasting



Intermittent Fasting (IF) is a voluntary prolonged abstinence from food, beverage, or both, for a specific amount of time, ranging from hours to days.