



The
KetoClean
Lifestyle



Introduction

If you are a mom, I know what keeps you up at night and fills your thoughts during the day!

You are thinking about your kids and concerned that you are making the best possible choices to ensure that they have a life filled with energy, health and the realization of their potential.

Has your child been diagnosed with a developmental disorder, ADHD, ASD, eczema, allergies, ear aches, asthma, cancer, or any other autoimmune or chronic disease?

I know that you feel guilty sometimes about the choices you make and wonder whether you are a good mom. I know that you would do ANYTHING in your power to ensure that you were making the best choices for your kids. I also know that you often feel confused about who to trust and what to believe and that this is a very paralyzing, disempowering way to feel.

How do I know this? I'm a mom and raised three boys as a single mom. I know about time constraints and budget constraints. I know about feeling lonely and unsupported by my community when I make a choice that I know is right for my kids. I know how hard it is to have a sick child and wonder if I am doing the right thing for the child. I also know what it feels like to be empowered and in full charge of the health of myself and my kids and how awesome that feels!

Who am I?



My name is Linda Huxtable and besides raising three incredibly healthy kids who turned out to be very successful, happy and healthy adults, I am a Naturopathic physician. I owned large clinics and had a large pediatric following. I was also a midwife and taught natural childbirth classes before becoming a Naturopath. The years and years of working in this field and raising my boys without the use of immunizations, antibiotics, drugs, aspirin, Tylenol, Advil, or anything else that I could figure out was harmful to them, has given me a very unique and important body of information to share with you.

My boys were also fed the best diets possible with the knowledge about the science that we had at the time. What we now know, based on the science being done on health and longevity, is just incredible. Fortunately, mothers have great intuition about their children and maternal instinct. We need to acknowledge that this intuition is powerful and given to us for a reason. We need to develop or culture this intuition within ourselves and learn to trust it. This is truly an empowering gift!

At the time I raised my boys, I didn't feed them anything from a can or box that was premade. Everything was from scratch using the healthiest ingredients that I could find. Organic when possible, and always without pesticides, chemicals, antibiotics, steroids or other contaminants. I milked our goat and made cultured food from goat milk and used only raw goat milk for them.

They had no sugar, commercial grains, wheat or premade bread. We never used a microwave. We pickled, canned, baked and they learned so many different kitchen skills. They also went to the farms with me to buy our food and were in the fields picking berries and other fruits and vegetables in season.

The boys were raised cooking with me in the kitchen from the time they could perch on a stool. They learned to love cooking and inventing new recipes and truth be told, they are better cooks than I am! I am not a fan of cooking, it is a chore. They love everything about it and are truly talented in the kitchen. It is so important to teach kids how to cook and what to eat. This is one of the most important skills that they will need throughout their entire lives. Their health depends on it!



Cooking healthy food is an incredibly important skill for your children to learn. Cooking together and working in the kitchen together is an important bonding time. I treasure those hours spent in the kitchen with them, now that they have grown up and have their own families.

They were taken to the market with me and allowed to pick the foods that they were drawn to; it is an instinctual

attraction that is part of our ancestral genetic survival mechanism. And, they were also taught how to shop for the cleanest foods and what to avoid.

Yes, it is harder to take the kids to the grocery store and it slowed me down. Especially when I taught them to read labels! They would take forever deciphering a label on a prepared food. However, there is a learning opportunity here that should not be missed!

If we don't teach our young children how to take care of their bodies and their brains, they will be among the degenerative disease patients of the future. Now, more than ever, we must teach this generation how to avoid the toxic foods, the drugs, the toxic body hygiene products, toxic makeup, nail polish and beauty products, toxic tattoo dyes, disruptive energetic effect of body piercings and everything else that has caused our society to have the highest degenerative disease rate in the history of mankind.

If you as a mom don't do this, who will?

Certainly, not their pediatrician or other doctor. Certainly not their schools. They are part of the problem.

Are your kids sick all the time? It is such a shock to hear this from moms today! Kids are sicker than they have ever been before. This leaves me stone cold terrified. We are seeing the first generation of children that won't outlive their parents!

We rarely see healthy children anymore.



Our food supply and the immunizations, drugs, and chemicals in the products we use in our homes are all making our kids sick. The human body and detoxification system was never designed to be bombarded by the toxins in our environments and food today. These toxins are destroying the brains and nervous systems and immune systems of our children.

The PEMF's they are exposed to, the chemtrails, the inherited toxins from the parents.....all of these factors are contributing to making our kids sick. There is barely any child left that has a healthy microbiome because of fluoride, c-sections, contaminated baby food, antibiotics, heavy metals and chemicals in our environment.

Many studies suggest that chronic health problems, along with learning and developmental disorders are on the rise. The rising childhood diseases include:

- ADHD
- Asthma
- Auto-immune disorders
- Cancer
- Cerebral Palsy
- Diabetes
- Food allergies
- Respiratory allergies
- Spina bifida
- Arthritis
- Autism Spectrum Disorder
- Developmental/Learning Disorders
- Cardiovascular problems
- Cystic fibrosis
- Epilepsy
- Obesity
- Sickle cell anemia

Cancer is the second cause of death in children in the USA. Heart disease is the first. ADHD affects over half of our children. Diabetes affects almost 1/3 of our children. Epilepsy and seizures affects 3 in 20 of our children. Autism affects 1 in 60, being 5 times more common in boys.



In 2006, the World Health Organization released a comprehensive study that suggest more than 33% of diseases affecting children under the age of five are caused by environmental exposures, and that by preventing these exposures, as many as four million children's lives a year worldwide could be saved. This was 2006. Imagine what it is today!

This is absolutely heartbreaking to me. I immediately think of how I would feel if I was given this news about my own children. I want to make a difference. I want to get my message, what I have learned over many years of experience and studying, what you can do to prevent this from happening to your loved one, to you.

You are on the front line here. And I am right behind you! I am going to teach you everything you need to know to help you to make the right decisions for your kids.

No more sleepless nights, wondering if you are making the right decisions. No more feeling helpless and disempowered because you don't know how to take care of your sick child, or you don't know what food to buy. No more confusion as to what they need to have in their diet to ensure a healthy brain, a strong immune system, and robust health.

Just confidence, peace of mind, healthy kids!

My KetoClean Lifestyle class will teach you everything you need to know to feel wonderfully prepared and empowered to take care of yourself and your family. We have put together a wealth of information that you can't get anywhere else in our programs.



The KetoClean Lifestyle Eating Plan – “KEEP”

The KEEP class is one of the foundational pillars of our KetoClean Lifestyle proprietary protocol. I highly recommend that you start with this class to get the foundation that you will need to build on.

Food is our best medicine. Nutrigenomics is the science of using food to cause our genes to express themselves in healthy gene expression. Food is the most powerful tool we have to cause our genes to express themselves as healthy phenotypes. We are not our genotype, we are our phenotype. Our genes expressed through the influence of diet, lifestyle, and environment.

Wouldn't you like to:

- Feel confident that you have the tools and knowledge to boost your kids learning ability and to keep their immune systems healthy?
- Stop feeling overwhelmed and worried that you are not giving them the best foods for their health?
- Know that you are rebuilding their microbiome and reducing or eliminating the need for antibiotics?

Starting with the KEEP class will give you this peace of mind, and so much more.

When you sign up to take the KEEP class, you can take the classes in the comfort of your own home, at your own pace, when it fits into your schedule. You will become a part of our KetoClean Lifestyle community on Facebook. You can schedule appointments with our trained, certified, coaches if you feel that you need extra coaching.

Here are some of the testimonials from our students:

// Dr. Huxtable is an amazing doctor! She has been such a blessing in our lives! My daughter and I were struggling with several health issues and had no solutions. Her insights and medical expertise have improved our lives! We are so grateful!!"

—Cyndi

// She (daughter) is doing fantastic! The diet is a miracle from God :). So grateful for your mentoring at the beginning!"

// Linda we are forever grateful to you!!!" With much love, Noemia

// Words cannot express how valuable the KEEP course has been, I had been following what I thought was a clean ketogenic diet but was unaware of small mistakes I was making that were preventing me from moving forward with my health issues, Linda gives lots of valuable, precise information and resources to put and keep you on the right track. Until taking the KEEP course, my husband struggled with the KetoClean way of living and kept failing because he missed what he liked to call 'comfort food' like bread, and desserts, the 3 week eating plan makes for an easy transition into the Keto Clean lifestyle, the recipes are easy to follow and the bread bun recipes has totally converted my husband ideas about the diet, and also is a lifesaver for me when I need a quick meal fix! Honestly don't know if I could have kept moving forward without the knowledge and support gained during this course, because of this I'm moving forward with confidence I'm on the right path, thank you Linda and Ron!"

—Jane

By signing up for my KEEP class you will learn:

- About the KetoClean Eating Plan and why it is so important to use fat as your main fuel.
- The science behind why ketosis is the healthiest, most efficient way to eat and why KEEP teaches you to use only grass fed, grass finished, wild caught, organic and clean foods.

When you sign up for my KEEP class:

- You will get a 30-day meal plan.
- You will receive recipes that I have developed. These are fast, easy and economical.
- You will receive our resource list to stock your pantry with the best foods available at the best prices.
- We will address your mind set and help you to change your thinking so that you will make this a true lifestyle change.
- We teach you easy ways to track your progress and make your meals ketogenic without the measuring, ketone testing, high tech methods that you frankly don't have time for.
- You will understand the benefits of intermittent fasting and how to easily integrate this into your own diet.
- We help you to customize KEEP for the nutritional needs of growing children.
- We give you tips on travelling, eating out, freezing meals, making nutritious, inexpensive bone broths and soups and much, much more!



Conclusion

If you go on the internet to try and make these changes, you will most likely be exposed to lots of myths and crazy ideas that will set you up to fail. My mission is for you to succeed in integrating this lifestyle into your family's existing lifestyle.

I understand how important this knowledge and this way of life is for you. The health and well-being of your children and your loved ones is at stake here.

My mission is to restore health and wellness to children and families, naturally. Share this with every mom you know. Together we can and will make a difference!

Contact me at ketocleanlifestyle@gmail.com to learn more!



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