You Can Now Manage Your Keto Diet Regime in Real-Time On Your Smartphone



New York City, May 21, 2020 (Issuewire.com**)** - Countless times, she found herself standing in the produce section, wondering how she could sub-out an ingredient in a recipe to make it fit within her keto diet regiment. Now, with the KetoDiet App, she doesn't have to.

There are countless resources available to learn about the keto diet, but the problem is that individuals have to scour various sources, including cookbooks, blogs, and of course the internet to hopefully have their question answered. Unfortunately, it's too time-consuming and the "real-time" answers weren't anywhere close to real-time.

For entrepreneur and health advocate, Martina Slajerova, time was of-the-essence when it came to finding a solution that allowed her to maintain her energy and weight, while easily finding resources on how to regularly implement her keto diet.

Slajerova, who was diagnosed with Hashimoto's Disease in 2011, found herself struggling with daily sluggishness and difficulty in maintaining a healthy weight. For the uninitiated, Hashimoto's is an autoimmune disorder that causes hypothyroidism, or underactive thyroid. Essentially, the immune system attacks Slajerova's thyroid, damaging it so much that it can't produce enough thyroid hormones.

But turning to the keto diet wasn't enough to solve her issues, even though it allowed her to trim some pounds, while keeping her energy at high-levels.

"The trick is knowing what foods to avoid outright and what carb-filled ingredients can be swapped with lower carb substitutes," Slajerova explained.

Early on, Slajerova found her diet was paying dividends, and over time, her research and experimentation allowed her to expand her "internal cookbook."

"But why should that cookbook stay internal?, she asked. "Many people can benefit from a keto diet...yet the diet itself can be difficult to stick to, unless you know what you're doing."

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"Countless times, she had found herself standing in the produce section, wondering how she could sub out an ingredient in a recipe, or if she could eat a particular vegetable," as Innovation & Tech Today pointed out in a previous interview with Slajerova.

For first-time users, it may take some time to navigate the app due to the complexity of the app. But have no fear, as there is an in-depth walkthrough guide the app takes users through.

"Every new user is introduced to the app through an on-boarding sequence that guides them through the initial configuration," Slajerova explained. "A good place to start for a new user is to explore the content in the app including the guide and recipes. The next step would be to explore the Planner and get familiar with the options for food tracking and planning."

So, instead of scouring the internet and reading other people's experiences...start mapping out your own that actually helps you in real-time. When you hit that grocery store aisle, start scanning the barcodes of products you want to learn more about, so you can begin to create your own internal workbook that is easy to adhere to.



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Source : Martina Slajerova

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