

Keto Couple Launches Online Keto Magazine to Help Crush Obesity While Spreading Hope

Las Vegas husband and wife team launch online Keto Magazine who were overweight launch Online Keto Magazine to help people achieve the same weight loss success as they achieved.

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Las Vegas, Dec 10, 2020 ([Issuewire.com](https://www.Issuewire.com)) - After losing a total of more than 156 lbs. together with the help of the Keto lifestyle, keto influencers Joe and Toya wanted to inspire people to crush obesity while spreading hope. They will do this by launching [KHD's \(Keto Hope Dealers's\) Mag](#), an online Keto magazine, on the 7th of January 2021.

Nearly 40% of American adults aged 20 and over are obese. 71.6% of adults aged 20 and over are overweight or obese. (National Health and Nutrition Examination Survey, 2017-2018; Harvard School of Public Health, 2020). According to the NHS, 67% of men and 60% of women are overweight. According to the World Health Organization, more than 2 billion people are overweight, showing this is a global problem. Joe and Toya are determined to change these statistics and be the change.

"We created this magazine with our keto/low-carb community in mind," shared Joe and LaToya Gay. "Our mission is to help challenge folks to put their health as a priority in their lives. We are not keto coaches (yet). We are simply a normal couple crushing obesity while spreading hope across the world with a lil' bit of laughter," they explained. They wanted to share their keto journey and help others by holding them accountable and teaching them the right way to do keto. Their desire is to also help folks get healthier and show them that it's never too late to put your health first. With Covid-19 affecting the nation, they felt the need to give back and be the light others need to see through their keto journey.

LaToya revealed that they chose to try out the keto diet in July 2019 after watching their friend Lynette McCutcheon, founder of Down By Linitas's Way, lose weight successfully while living the ketogenic lifestyle. They tried other diets and lost weight but eventually, they gained it all back. They knew they needed to live a healthier lifestyle being that LaToya weighed over 253.6 and Joe, 357. The Keto lifestyle works for them and has changed their lives for the better. Doing Keto allowed them to understand how the body works and how sugar can cause so many negative side effects.

When asked if KHD's Online Keto Mag will have a print version, Joe and LaToya replied that it depends. "It will be digital for the first issue, but if things go well, we will offer both a print and digital option."

About Joe and LaToya Gay

Joe and LaToya started their keto journey in July 2019 and decided to put their health as a priority in their lives. After losing a total of over 156 lbs together, they knew that the ketogenic lifestyle was the best choice for them. There were bumps and roadblocks along the way, but they overcame each challenge thrown their way together. Their weight-loss journey prompted them to start their own business, Keto Hope Dealers, and later launched their website www.ketohopedealers.com.

About KHD's Online Keto Magazine

KHD's digital magazine aims to challenge people to put their health as a priority in their lives with the help of keto to eradicate obesity and give hope and inspiration to others.

Stay tuned for more exciting updates on the progress and launch date announcement for the Keto Hope Dealers online magazine by signing up for their exclusive mailing list here:

<https://ketohopedealers.com/join-our-mailing-list/>

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