

Keto Couple Publishes “Keto Kings” July Edition of Their Keto Magazine.

Las Vegas Keto Advocate Couple Announces the “Keto Kings” July edition of their Keto Magazine.



Nevada, Las Vegas, Jun 11, 2021 ([Issuewire.com](https://www.issuewire.com)) - After losing a total of more than 180 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 launched their [KHD's \(Keto Hope Dealers's\) Mag](#), an online Keto magazine, on the 7th of January 2021 and have not looked back.

Nearly 40% of American adults aged 20 and over are obese. 71.6% of adults aged 20 and over are overweight, including obesity. (National Health and Nutrition Examination Survey, 2017-2018; Harvard School of Public Health, 2020). Joe and Toya have a desire 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 lose weight successfully while living a 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.

"We have several amazing exclusive interviews with keto legends, kings, and trailblazers. We will also feature several keto success stories, the debut of our yearbook of keto kings, and much, much more!"

When asked if KHD's Online Keto Mag offers a print version, Joe and LaToya replied of course. "We offer a print, digital and audio version".

Although the couple doesn't have previous experience of running an online magazine, Joe is optimistic that they'll inspire more people and achieve great things through it.

"I believe that even if we do not have the experience, we can still achieve greatness if we do our part."

LaToya, on the other hand, is very proud of their team for helping make KHD's Online Mag happen and shared their common motivation.

"We desired to see a relevant keto resource specifically for the keto community. Many times we walk into the grocery store, and we see other magazines that may include a keto article or column but never have we seen a keto magazine designed specifically for the keto folks."

Joe revealed the reason they started their business, the Keto Hope Dealers.

"Our mission has always been to impact lives. What better to do that than through health and fitness? This initially started as a ministry for us but turned into something much bigger.

KHD's Keto Summer Issue will be available for sale to the public on July 7th, 2021.

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 websites www.ketohopedealers.com and www.khdketomagazine.com

About KHD's Online Keto Magazine

The 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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Source : Keto Hope Dealers

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