

PREVIEW_ Yvonne Lane (LLC UK 2019)

Yvonne Lane: I went complete cold turkey; no pasta, no rice, no bread, no potatoes, not even starchy veg which was quite tricky. Everyone says you have a few days of keto flu.

Well, I probably had a few weeks. Now the energy levels are just amazing. It's like I can't sit still. It's really difficult just to sit inside and not go out and do something.