

# Keto Weight Loss Gummy: Individual Reviews and Benefits

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[Oprah Talking About Keto Gummies. 005: SUSTAINED WEIGHT LOSS on LOW-CARB/Keto DIET! | Marigold Talingdan, RN \(New York/New Jersey USA\)](#)



[005: SUSTAINED WEIGHT LOSS on LOW-CARB/Keto DIET! | Marigold Talingdan, RN \(New York/New Jersey USA\)](#) She LOST MORE THAN 60 LBS in ONE YEAR! Now she is OFF MEDS for HYPERTENSION and PREDIABETES! Two years ago, she was morbidly obese at almost 200 lbs, depressed, heartbroken and feeling alone. WATCH, LISTEN and be INSPIRED by the successful and sustained journey back to METABOLIC HEALTH of our guest MARIGOLD TALINGDAN, a registered professional nurse from New Jersey/New York, using the LOW CARB KETOGENIC DIET. Questions/comments? Leave them below! WATCH, LIKE and SHARE this video to spread the message! SUBSCRIBE to my Low Carb Health Doctor | LCHD Channel! ++++ READ the BLOG for this VIDEO in the Low Carb Health Doctor | LCHD BLOGS! <https://learn.lowcarbhealthmd.com/blog/metabolicsyndrome/keto-heart-attack> ++++ REFERENCES: \*Prof. Dr. ROBERT LUSTIG - <https://www.lowcarbhealthmd.com/resources/experts/lustig> \*Prof. TIMOTHY NOAKES - <https://www.lowcarbhealthmd.com/resources/experts/noakes> \*Dr. DAVID DIAMOND PhD - <https://www.lowcarbhealthmd.com/resources/experts/diamond> ++++ MUSIC - Big THANKS to: \*Summer Motivational by Alex-Productions ( No Copyright Music ) | OCEAN (<https://soundcloud.com/alexproductionsmusic/summer-motivational-by-alex-productions-no-copyright-music-ocean>) ++++ TIMESTAMPS 00:00 â€“ Introducing Marigold Talingdan, RN (New York/New Jersey) 01:10 â€“ How did you encounter LCHF? 04:11 â€“ Health circumstances prior to doing LCHF 05:17 â€“ Perspective and challenge as a registered nurse in doing LCHF 12:15 â€“ Being hypertensive, prediabetic and with fatty liver prior to LCHF 16:48 â€“ Were you afraid of doing LCHF when you first started? 19:33 â€“ Health improvements after doing LCHF 20:17 â€“ What was your doctor's reaction to you doing LCHF? 22:33 â€“ How did your relatives and friends react to your doing LCHF? 24:27 â€“ What's your motivation to doing LCHF? 25:30 â€“ What are the most important benefits you got from LCHF? 28:14 â€“ Are you sharing your LCHF experience with others? 31:24 â€“ Do you think LCHF/Keto is a "fad" diet? 32:50 â€“ What message

would you like to share with other on the LCHF lifestyle? 29:35 â€“ Is doing the LCHF lifestyle challenging for you? 35:38 â€“ ENDSCREEN Links +++++ Low Carb Health Doctor | LCHD Social Media/Podcast! \*FACEBOOK: [ðŸ‘°https://www.facebook.com/LowCarbHealthMD](https://www.facebook.com/LowCarbHealthMD) \*INSTAGRAM: [ðŸ‘°https://www.instagram.com/LowCarbHealthMD](https://www.instagram.com/LowCarbHealthMD) \*TWITTER: [ðŸ‘°https://twitter.com/LowCarbHealthMD](https://twitter.com/LowCarbHealthMD) \*PODCAST: [ðŸ‘°https://podcasters.spotify.com/pod/show/lowcarbhealthmd](https://podcasters.spotify.com/pod/show/lowcarbhealthmd) \*JOIN the Low Carb Health Doctor | LCHD KETO Lab! [ðŸ‘°https://bit.ly/LCHDKetoLab](https://bit.ly/LCHDKetoLab) Check out my PROVIDER PROFILES: \*SMHP: [ðŸ‘°https://thesmhp.org/membership-account/profile/?pu=neurodon](https://thesmhp.org/membership-account/profile/?pu=neurodon) \*Diet Doctor: [ðŸ‘°https://www.dietdoctor.com/low-carb/doctor/adonis-agcopra](https://www.dietdoctor.com/low-carb/doctor/adonis-agcopra) \*Low-Carb Practitioners: [ðŸ‘°https://lowcarbpractitioners.com/practitioner/agcopra/](https://lowcarbpractitioners.com/practitioner/agcopra/) +++++ RESOURCES: \*Low Carb Health Doctor RESOURCES: [ðŸ‘°https://www.lowcarbhealthmd.com/resources](https://www.lowcarbhealthmd.com/resources) \*Low Carb Health Doctor SHOP: [ðŸ‘°https://www.lowcarbhealthmd.com/shop](https://www.lowcarbhealthmd.com/shop) \*Low Carb Health Doctor SHOP-PHILIPPINES: [ðŸ‘°https://www.lowcarbhealthmd.com/shop/ph](https://www.lowcarbhealthmd.com/shop/ph) +++++ FREEBIES: \*FREE PDF guide - ALL ABOUT METABOLIC SYNDROME through this LINK [ðŸ‘°https://www.lowcarbhealthmd.com/metabolicsyndrome](https://www.lowcarbhealthmd.com/metabolicsyndrome) \*FREE PDF - LCHD KETO FOOD TRAFFIC GUIDE through this LINK [ðŸ‘°https://www.lowcarbhealthmd.com/ketoguide](https://www.lowcarbhealthmd.com/ketoguide) +++++ Check out these VIDEOS: \*My own PERSONAL TESTIMONY from a medical professional's perspective in REVERSING MY METABOLIC SYNDROME in the LINKS below! PART 1 [ðŸ‘°https://www.youtube.com/watch?v=loYKnzfxXCY](https://www.youtube.com/watch?v=loYKnzfxXCY) PART 2 [ðŸ‘°https://www.youtube.com/watch?v=5tuWzPEtuWs](https://www.youtube.com/watch?v=5tuWzPEtuWs) \*The SCIENCE of the KETOGENIC DIET (Debunking Keto Myths) [ðŸ‘°https://www.youtube.com/watch?v=MutVCQOM9EA](https://www.youtube.com/watch?v=MutVCQOM9EA) \*INTRO to the LOW CARB HEALTH DOCTOR | LCHD Channel [ðŸ‘°https://www.youtube.com/watch?v=8vvc-EUXjkg](https://www.youtube.com/watch?v=8vvc-EUXjkg) +++++ SUPPORT my PLATFORMS and HELP #FightMetabolicSyndrome! \*Go Buy Me a Coffee! [ðŸ‘°https://www.buymeacoffee.com/LowCarbHealthMD](https://www.buymeacoffee.com/LowCarbHealthMD) \*Find me in Patreon! [ðŸ‘°https://www.patreon.com/LowCarbHealthMD](https://www.patreon.com/LowCarbHealthMD) +++++ HEALTH DISCLAIMER: All the content in this video (graphics, audio, text, and links) is purely for information and education purposes only. This video is not a substitute for professional medical care and should not be considered as such. To the best knowledge of the author, the information contained herein as of the time of posting accurately conforms to available scientific evidence. For any further questions or concerns, consult a qualified medical professional in your area. FAIR-USE COPYRIGHT DISCLAIMER: Copyright Disclaimer Under Section 107 of the Copyright Act 1976, allowance is made for "fair use" for purposes such as criticism, commenting, news reporting, teaching, scholarship, and research. Fair use is a use permitted by copyright statute that might otherwise be infringing. Non-profit, educational or personal use tips the balance in favor of fair use. #Keto #KetogenicDiet #LCHF #IntermittentFasting #LowCarb #MyKetoJourney #KetoDiet #LowCarbHealthyFat #LCHD #KetoWeightLoss #Ketogenic

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