



KePro

Harmonizing Gut Bacteria & Digestion

A Multi-Functional Food

**Food Cravings
&
Weight Loss**



Food Cravings & Weight Loss

What causes food cravings? We have known for a long time, is that feeding the bad bacteria more than we feed the good bacteria causes the bad to

overgrow and then they can send signals to the brain telling you to eat more food they like.

So, what foods do the bad bacteria like? They love sugary foods and carbs! Also, keep in mind, alcohol is also sugary and has many calories and it takes a lot to burn it off. So do the 80/20 rule and drink smaller amounts.

Let's look at this more. Potato chips, flat breads, breads, crackers, energy bars, cookies, cakes and sodas all are foods bad bacteria love to eat. Very little good nutrition for your body, but great food for them. They spike your blood sugar giving you quick energy that doesn't last. More calories in your body, yet not much real fuel for your body to have good energy for the whole day. So, it's a cycle of eat more, gain weight and up and down blood sugar spikes.

Then we eat foods with chemicals which your body doesn't know how to process and it stores it as fat, over a long period of time we gain weight and can't seem to lose it. This in turn creates low energy levels, so we just can't seem to exercise like everyone tells us to.

We try fad diets and at first, they seem to work then the weight comes back on and it is a cycle. We end up thinking we are just meant to be overweight, but that is not the case at all.

Genes do play a part in it, but it isn't a life sentence. Counting calories is also just one part of it. Eating bunny food isn't the answer either. The salad part is great, however many salad dressings are high in calories and loaded with chemicals.

So, finding a balance of good bacteria, getting your body to digest your food better, eating more foods your body actual needs to give you long lasting energy, good nutrition and making a habit to follow the 80/20 rule is best.

Where can you start? First, by incorporating real fiber into your daily food intake as fiber fills you up more and doesn't spike your blood sugar plus is a real energy source naturally. Next is to also incorporate healthy fats and oils which the body burns as fuel.

Getting the right foods into your diet does not have to be hard, confusing or overwhelming. One of the many reasons why KePro is so loved is because it includes most of what your body needs all in one!

A KePro smoothie has real fiber, real healthy oils and fats, natural electrolytes and low in sugar. All of which helps you feel full, giving you energy plus balances out the good to bad bacteria and why we say KePro harmonizes gut bacteria and digestion. The good bacteria helps break down your food better, which means your body can use and pull the good nutrition from your food in turn helping your digestive system to work better. Smoothies are a great way to get in more fruits and vegetables that in today's lifestyle we seem to forget about. They are not as convenient as on- the- go- fast foods are, which are full of calories, fast energy, but not good for your body and weight loss. KePro is very convenient and packed with nutrients to help your body thrive.

Another great way to help with weight loss is fasting. You may have heard your parents or grandparents say not to eat eat after 6:00 PM. Well, that was their fasting program, and there is a lot of truth to it. It isn't a hard thing to do. Just decide on your window of hours that works for you.

Example: If you are an early riser and eat breakfast around 6 AM, then don't after 6 PM. If you are a later in the day breakfast eater then 12 hours after breakfast, don't eat any more for that day. It is very helpful to not eat dinner and head to bed.

Fasting - If you can eat dinner and an hour later, take a walk around the block, this helps get your body in the calories burning mode. Giving your body a 12 hour window to break down your food and clear it from your stomach is just a good practical habit to have. In short, fasting is 12 hours to eat and 12 hours to allow your body to do its job breaking it down. Some people do a more fasting program find what works for you as everyone is different.

Information and statements regarding anything on this website are not intended to diagnose, treat, cure, or prevent any disease. Do not disregard professional medical advice or delay in seeking professional advice because of something you have read on this website. This information is not intended as a substitute for the advice provided by your physician or other healthcare professional. If you have or suspect that you have a medical problem, contact your healthcare provider promptly.

Thank you for your interest in KePro and hope this answered your questions.
We are here for you on your journey to feeling your best!

If you have any other questions or would like learn more. Please visit
KeProForYou.com

Every Sip Counts! Be sure to start your day off right with KePro as it will help
you on your journey to a healthier + better you.

The image shows the KePro logo on the left, which consists of the word "KePro" in a bold, black, sans-serif font. The letter "P" is partially obscured by a green leaf graphic. Below the logo, it says "All Natural Smoothie Base" and "Harmonizing gut bacteria & Digestion". To the right of the logo is a white pouch of KePro powder, which is surrounded by fresh fruits like strawberries, blueberries, and raspberries. The pouch has the KePro logo and text: "HARMONIZING GUT BACTERIA & DIGESTION", "ALL NATURAL SMOOTHIE BASE", and "PROMOTES IBS". On the far right, there is a light blue rectangular box with the text "Building a healthier you naturally" in a bold, black, sans-serif font.

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