



# PRAY FOR PINK

## Beware of Keto Flu

<b>DAY 3</b>  Time:	BLOOD PRESSURE	HEART RATE	URINE KETONE STRIP	TOTAL CARBS	Bowel Movements





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## Morning Ritual

Make this your morning ritual:

- 1) Check your ketone urine strip when you wake up and go to the bathroom.
- 2) Put 3-4 more strips in your pocket.
- 3) Each time you pee, check your PeeTones.
- 4) Salt all food for today and tomorrow.

Beef & Chicken Bundle:

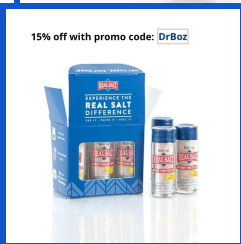
<http://bit.ly/3asMa1G>

Beef Broth: <http://bit.ly/2lk4dLv>



Sucking Salt Rocks:

<http://bit.ly/3bkpZMI>



6-Pack Pocket Salt: <http://bit.ly/31ypeen>

Salt Refill: <https://bit.ly/3dOdJFs>

## REAL SALT ANALYSIS

The link associated with the title above shows the mineral analysis of Redmond Salt. I have compared salts and Redmond won. . . by a landslide.

