

TURNING POISON INTO MEDICINE

Patricia Daly, dipNT



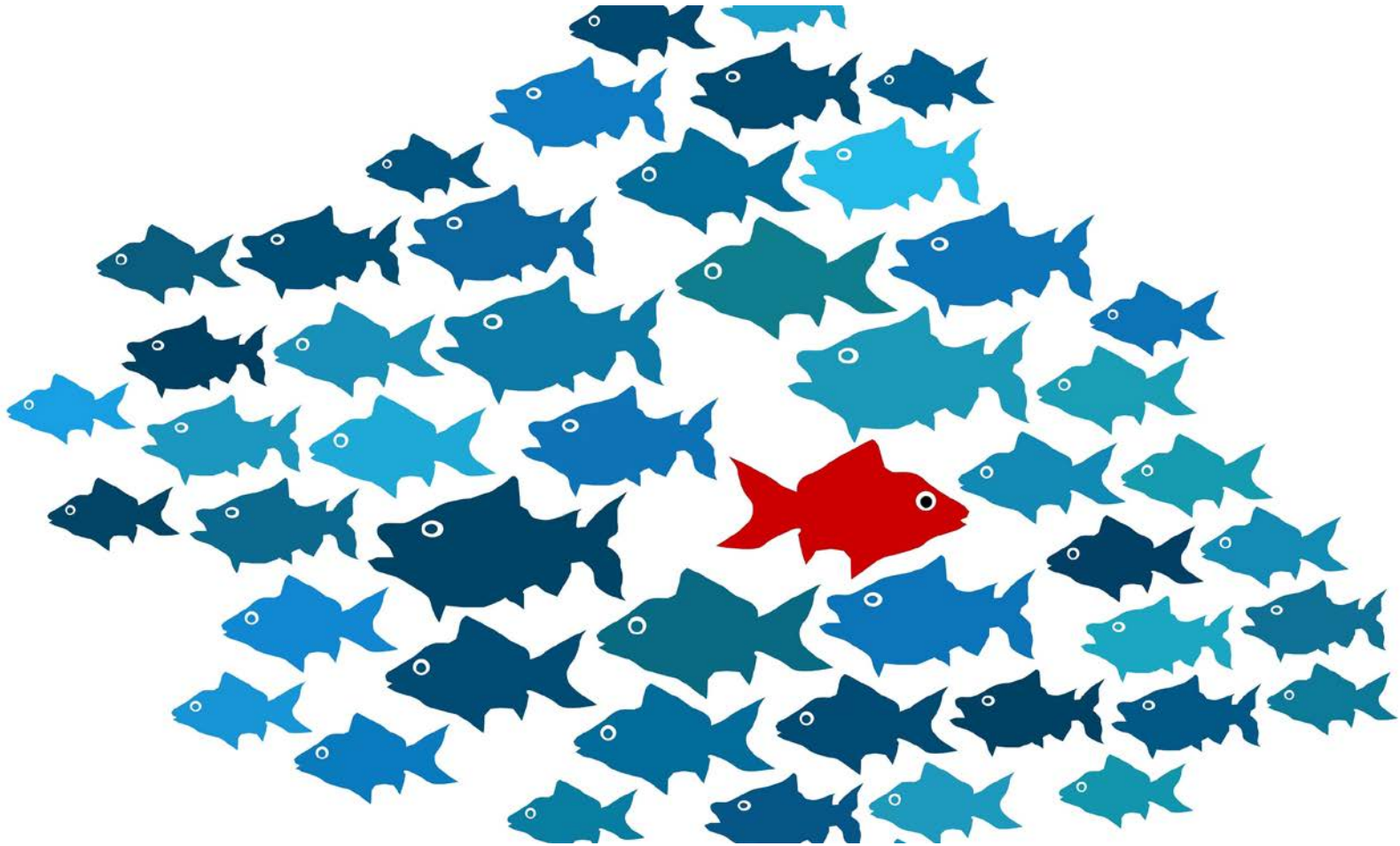
From Corporate to NT

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- Triathlete
- Economist (International Entrepreneurship)
- Corporate Banking
- Cancer diagnosis in 2008
- Nutrition studies initially as Self-Help
- Qualified NT in 2011

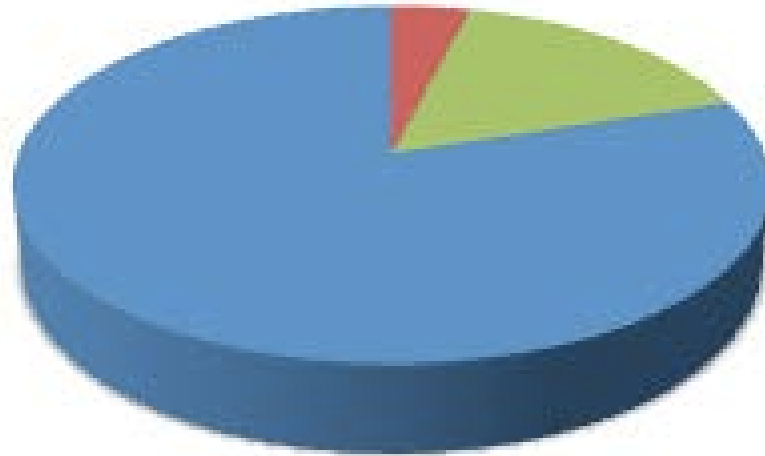


Turning Point 2012



The Ketogenic Diet

- High Fat, Low Carb, Moderate Protein
- Networking!



Carbs 3-5%

Protein 12-20%

Fat 75-85%

Online vs Offline

- First eBook in January 2014
- Second and third eBooks in January 2015
- First eCourse in April 2015

Practical Keto Meal Plans for Cancer

Ketogenic Diet: Basic Information, Practical Tips, Meal Plans and lots of Dairy free and Gluten free Recipes for Cancer Patients



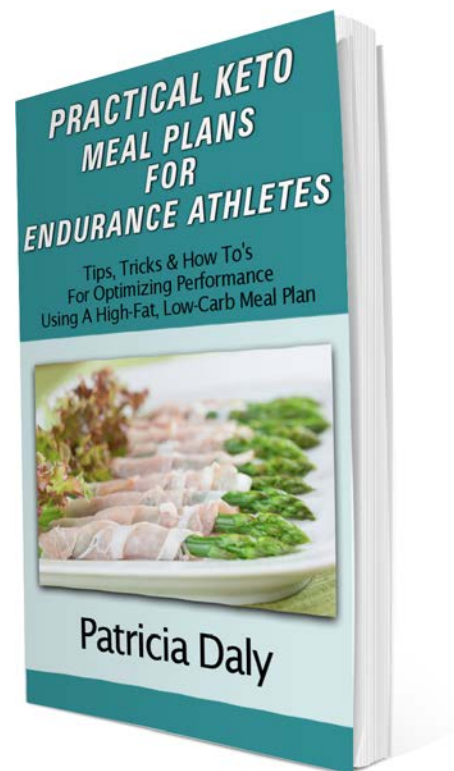
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Practical 12-Gram Keto Meal Plans for Cancer Patients

Ketogenic Diet: Basic Information, Practical Tips, Meal Plans and Lots of Grain-Free Recipes for Cancer Patients Restricting Carbohydrate Intake to 12 Grams a Day



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YOU CAN'T BE ALL THINGS TO EVERYONE!

1. Get nich-y!
2. Create public awareness
3. Share knowledge
4. Keep learning (business!)
5. Follow up
6. Focus, no distractions
7. Patience!



A word cloud of lifestyle and wellness terms. The words are arranged in a roughly triangular shape, with 'travels' at the top left and 'relaxation' at the bottom right. The words are in various colors including green, brown, orange, and yellow. The words included are: travels, mindfulness, yoga, sleep, self-care, community, fitness, nature, family, juggling, eye-sight, friends, and relaxation.

THANK YOU!

www.patriciadaly.com

www.ketoforyou.com

