

Other Tools For Your Keto Lifestyle

When we want change in our life we almost have to re-invent ourselves and become a new person. I had to let the old person die so a new one could emerge. In addition to creating new habits and literally a new personality (the old one sometimes wants to resurrect from the dead), I found that new gadgets for the home, car, and workplace would make it easier. So I thought I would share a few:

Cyxus Blue Light Filter [Computer Glasses](#)

[Blood ketone](#) monitor

Evening blue [blocking glasses](#) for night time

Fit bit or activity tracker (also available on your phone)

Himalayan salt [lamp](#)

[Grounding](#) mats

Essential oils, check our [website store](#)

Great reads (*You Can Heal Your Life* [book](#) and companion [book](#) by Louise Hay, [Power Thoughts](#) and [Battlefield of the Mind](#), by Joyce Meyer, *The Abundance* [Book](#) by John Randolph Price, [It Works](#) by RHJ)

VitaMix

Spiralizer