



**KarenRobertsCoaching**

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This affiliate disclosure is required by the FTC.

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Since we share intermittent fasting, keto, mindset training and exercise and various other health and weight loss related strategies with awesome people like you, naturally our content may contain affiliate links for products and services that we have investigated and truly feel will deliver value to you or that we personally use,

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## **CONTACT INFORMATION**

For questions, comments, complaints or testimonies, feel free to contact Karen Roberts Coaching Ltd at any time via [karen@karenrobertscoaching.com](mailto:karen@karenrobertscoaching.com)

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We will be pleased to hear from you.

