Leanne Vogel is the founder of Healthful Pursuit, best-selling author of over 11 health programs, host of The Keto Diet Podcast, author of the international bestselling paperback, *The Keto Diet*, and the creator of Fat Fueled living - a holistic, paleo- friendly approach to a ketogenic, high-fat diet. She has been in the field of nutrition since receiving her holistic nutrition certification in 2007. Leanne shares free videos, podcasts, recipes and keto-friendly resources on her blog, healthfulpursuit.com.