Fung, Keto, Before and After Pics

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Just a couple of pictures of me, one taken in June of 2007, when I was 46, and one taken of me today, at 57.

I’m in about the same pose, and wearing the same sweater, which I knitted back in 2007.

The sweater is in the picture because this is the ONLY picture I have of me back then, because while I was not yet at my top weight, I was at that point pretty close.



So… 2007.

And now today…



Different houses, eleven years difference in my age, some gray in my hair now. And Sheldon, the Only Cat.

Fung. Keto. No cheating. I know I look older (and yeah, I am older) but I feel about thirty years younger than I did eleven years ago.

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