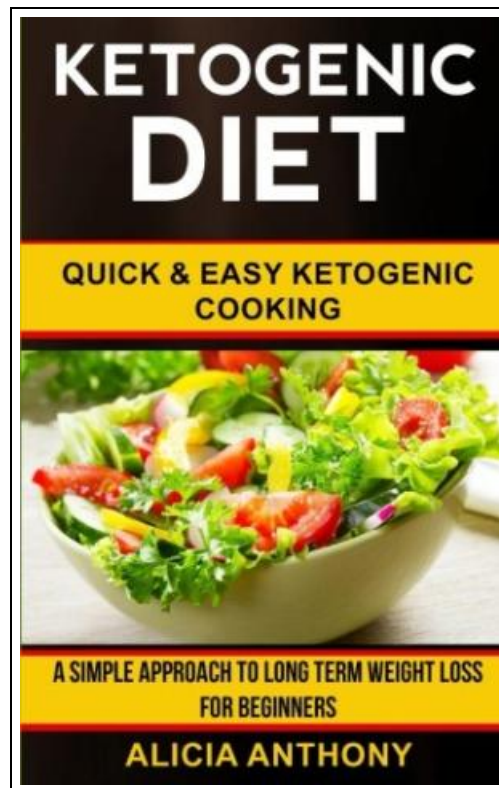


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you want to make a change in your life? Do you want to become a healthier person who can enjoy a new and improved life? Then, my friend you are definitely in the right place! You are about to discover a wonderful and very healthy diet that has changed millions of lives. We are talking about the Ketogenic diet, a lifestyle that will mesmerize you and that will make you a new person in no time. Ketogenic diet is a special diet that allows you to eat a high amount of fat alongside sufficient protein, while reducing carbs in your daily diet. The main goal of the diet is to enhance overall health by using fats as the main source of energy which will in turn reduce the risk of developing various health conditions which are attributed to diets with too much carbohydrate content. The ketogenic diet forces the body to enter a state known as ketosis, which allows to body to use fat as its main energy source. Benefits Of Ketogenic Diet? - Active Fat Loss - Improves insulin resistance - Energy level increase - Younger looking skin - Reduction in cholesterol, blood sugar, and blood pressure - Leaner, thinner and stronger - Better sleep Inside we collected only best of the best Ketogenic recipes for: - Breakfast - Main dishes - Side dishes - Desserts - Snacks and appetizers Download your copy right away!.



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