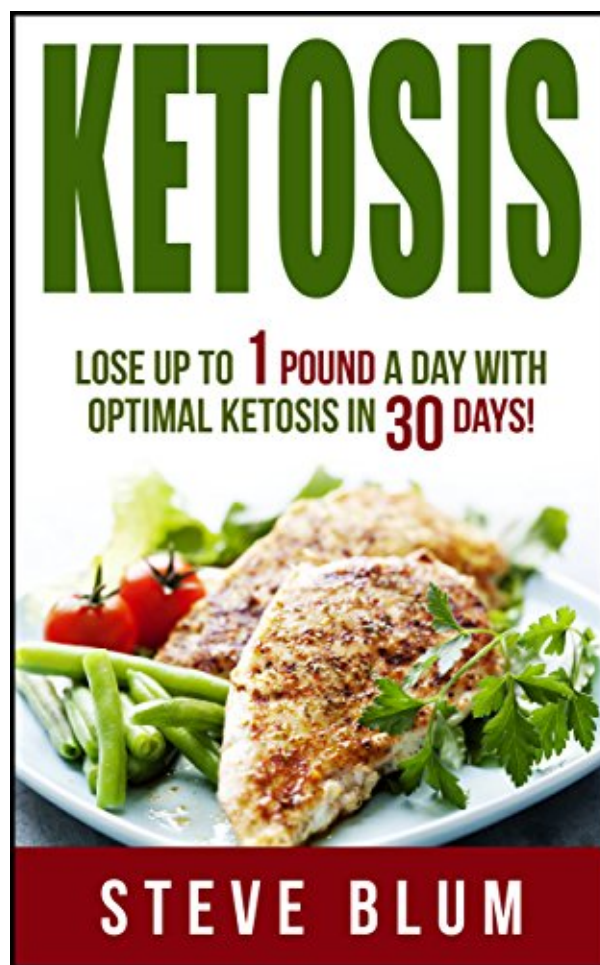


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Are carbs necessary for us?

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So, What's the Truth?

In the book Ketosis Diet: 30 Day Plan for Optimal, Super-Effective Fat Loss with Ketogenic Diet you will learn:

- What is Ketosis
- What to eat
- What not to eat
- How to unlock key hormones for fat loss
- And Much Much More!

Tommy's Success

Tommy was a morbidly obese diabetic. After going on a high-fat diet, he lost 200 pounds over a period of two years, while hardly even exercising. As he was losing weight using the ketogenic diet, his own diabetes nurse had been a disbelieving witness. Tommy's cholesterol levels, lipid levels, and blood sugar, just kept improving, while eating the exact opposite of the "official" dietary guides!

Ketosis Is Not ONLY for Weight Loss!

Other benefits from a ketogenic have been observed:

- Brain health
- Reduction of symptoms of Parkinson's disease
- Cancer
- Reduction of symptoms of Mitochondrial Disorders
- Improved Focus and Mental Clarity

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Feel phenomenal.

By Hossain

Ketosis is a condition where there are large amounts of ketones present in the body. From this book we get to realize What is Ketosis, What to eat, What not to eat, How to open key hormones for fat loss, And Much More. This book contains demonstrated strides and procedures on the best way to feel phenomenal, increment your vitality levels and look astonishing. The creator clarifies the basic nuts and bolts of the ketogenic abstain from food in an exceptionally steady tone and I was so propelled to begin.

0 of 0 people found the following review helpful.

Must try recipes for those who are in Ketogenic Diet.

By Katherine Westley

Ketogenic Diet is becoming very popular these days but not everyone has the right knowledge to achieve their goals. This eBook will teach you and help you understand what Ketogenic diet is all about and what you need to know for you to succeed in this diet. You will learn the different myths and the truth behind it. A detailed explanation about the benefits you can get from this diet and the common mistakes that you want to avoid are also included in this ebook. This also serves as a perfect guide on what we can eat and cannot eat. There are some food that we can eat in moderation. What I like the most is that it has a great selection of easy to follow Ketogenic diet recipes.

1 of 1 people found the following review helpful.

A book guide with the helpful 30 day plan.

By karin

I particularly like chapter 3 in this book where in it discuss the optimal foods, safe foods and bad foods for ketosis. This book consists of strategies on how to lose weight by entering the ketosis state. Also, it has a 30 day plan guidelines. The recipe listed is very delicious and watery in your mouth when reading. I can't wait to try it!

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