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Ketogenic Diet: The Complete Guide to Ketosis with the Best Ketogenic Diet Recipes for Weight Loss! (Paperback)

By Maria Hopkins

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. KETOGENIC DIET BOX SET 2016/2017 Struggle to Find Time to Make Great Food? ***Feel Incredible and Look YOUR Best with the Ketogenic Diet!!! Eating fat to burn fat may sound crazy, but ketogenic diet has many researched benefits! If you are looking for a magical pill that will make you lose all your extra weight overnight with no effort from you at all, then this is not the book for you. If, on the other hand, you want to successfully lose weight, improve your health in general, and regain levels of energy you thought that you would never experience again, read on. The simple truth is that if you are serious about losing weight, you need to commit to it over a longer period of time. Sure, I could lie to you and say that a ketogenic diet is a painless way to lose weight, but I am not going to do that. What I will promise you is that, initially at least, this is going to be a serious adjustment to make. There is a very good chance that you...



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