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## UNDERSTANDING KETO: HOW YOU CAN GET STARTED ON THE KETOGENIC DIET SO THAT YOU CAN LOSE FAT, INCREASE MENTAL CLARITY AND ELIMINATE HUNGER AND CRAVINGS. (PAPERBACK)

## **UNDERSTANDING KETO**

How You Can Get Started On The Ketogenic Diet So You Can Lose Fat, Increase Mental Clarity and Eliminate Hunger and Cravings...



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- Authored by Naturopath Jen, Jennifer Matthews
- Released at 2015



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