



The If Keto Diet: Intermittent Fasting + the Ketogenic Diet for Rapid Sustainable Fat Loss (Paperback)

By Andrea J Clark

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Weight loss; a challenge most of us face. The going gets even tougher when we have worked so hard to lose the weight and we end up gaining it right back. It ends up being a rollercoaster of emotions and we get to a point we just feel like giving up. I wish there was a way for me to keep off the weight once I have lost it. These are some words we may have heard someone say if not said them ourselves. But does maintaining the weight off have to mean that we starve ourselves and feel horrible just to look good? No! There is actually a solution; Introducing the Magic of the IF Keto Diet. Intermittent Fasting and Ketosis are powerful tools that will help you lose weight, boost energy, and feel better in your own skin. Here are some of the benefits you will gain from this book: - How to combine Intermittent Fasting and the Ketogenic Diet for maximized fat-loss results - Fantastic Benefits of IF Keto such as: - Reduced Risk of Type-2 Diabetes - Saving...



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