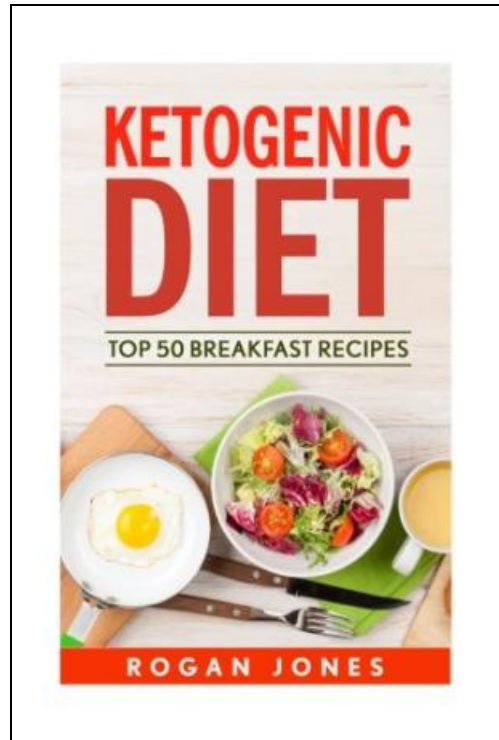


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Reviews

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Ketogenic Diet: Top 50 Breakfast Recipes You Must Try Look around you; everyone is tied up and busy with their lives. People are running behind careers and following their dreams, but most of them are disregarding something so much important than their dreams - their health. One look around and you will notice that almost everyone you know has taken their health for granted. Fast food, takeaways, too much coffee; this is what our generation survives on. By the time people realize the importance of health; it is sometimes too late. You don't want to be in that boat - take control of your life, before it gets too late. Good health starts with practicing the right eating habits, exercising and maintaining a healthy weight. For all those who want to lose weight and who find it difficult to cut down on the quantity of food you eat on a diet, the ketogenic diet offers a wonderful alternative! This is a diet regimen that allows you to controlled levels of fats and proteins, cutting down on your carbs - your body will burn the fats to help you lose pounds and instead of glucose, the ketones in your blood will give you the energy you need to keep going! While it was initially begun as a way of controlling refractory epilepsy in kids, today, the ketogenic diet is something that people all over the world make use of to lose weight and keep themselves in shape. You aren't eating any carbohydrates, which means that the fat is burnt to energize you; after all what is stored fat? You guessed it right; it is nothing but stored energy. Despite...



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