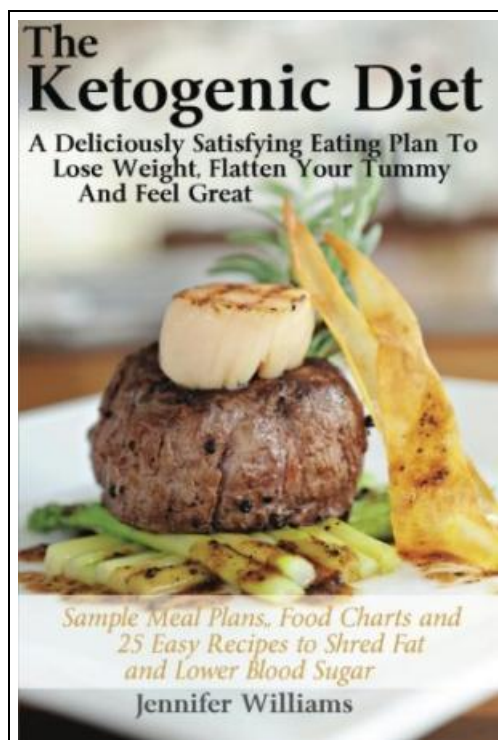


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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 90 pages. Dimensions: 8.7in. x 5.9in. x 0.5in. The Ketogenic Diet is The Food Lovers Answer to Lose Weight Fast Inside you will discover just how easy it is to lose weight with the low carb, Ketogenic Diet Plan. You will learn how your body reacts to carbohydrates, fats and proteins and how to make that work for you to lose excess body fat. If you've tried dieting and failed more times than you care to think about, then you owe it to yourself to give the Ketogenic Diet a try. You should have no reason after reading this book to not know why this low carb diet works, how eating less carbs will help you lose weight and how to quickly and easily lose those extra pounds while eating foods you love. Want to lose weight fast Need to lower your blood sugar Then learn how to crank up your body's metabolism and turn it into a fat burning machine. Learn how bad carbs are the reason you just can't seem to drop those pounds and tone your body. Find out why you are still hungry after eating. Learn what to eat to make you lose weight and feel satisfied after every meal. Includes Easy Delicious Recipes You Can Start Making Today While there are many versions of low carb diets including Atkins, Dukan, Paleo and South Beach to name just a few, they have their good points and bad points. Some of them are easy to follow and some take some learning and adjusting. The Ketogenic Diet is no different. This book will help you understand the core principles and give you an excellent range of tasty, nutrient-rich foods you can eat and foods...



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