



Keto diet for beginners: Keto for beginners, Keto Dessert recipes (Ketosis)

By Cameron Walker

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 262 pages. Dimensions: 8.0in. x 5.0in. x 0.6in. This bundle contains 2 BOOKS: - KETO FOR BEGINNERS: the 1 complete guide to Ketosis and Ketogenic Diet (with complete Keto meal plan included and examples of recipes with nutritional facts) and -KETO DESSERTS: a year of sweet treats for ketogenic and low carb diets (with nutritional facts, macros and net carb calculation) BOOK 1: KETO FOR BEGINNERS Is it possible to eat fat and loose weight In 1921, an endocrinologist called Dr. Henry Rawle Geyelin, attending the annual meeting of the American Medical Association to deliver a speech on therapeutic fasting in the treatment of seizures, focused his speech on the Ketogenic diet. Ninety years later, Geyelin would probably be surprised to discover that the same diet is used as the last magic weight loss program to lose weight at a pace that many other diets can just dream of. This diet should not be taken unconcernedly, it is a hyperprotectic diet, almost without sugars and with a high amount of fat. Fortunately, there are health professionals who manage very cautiously this food plan, so, if done correctly, this...



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