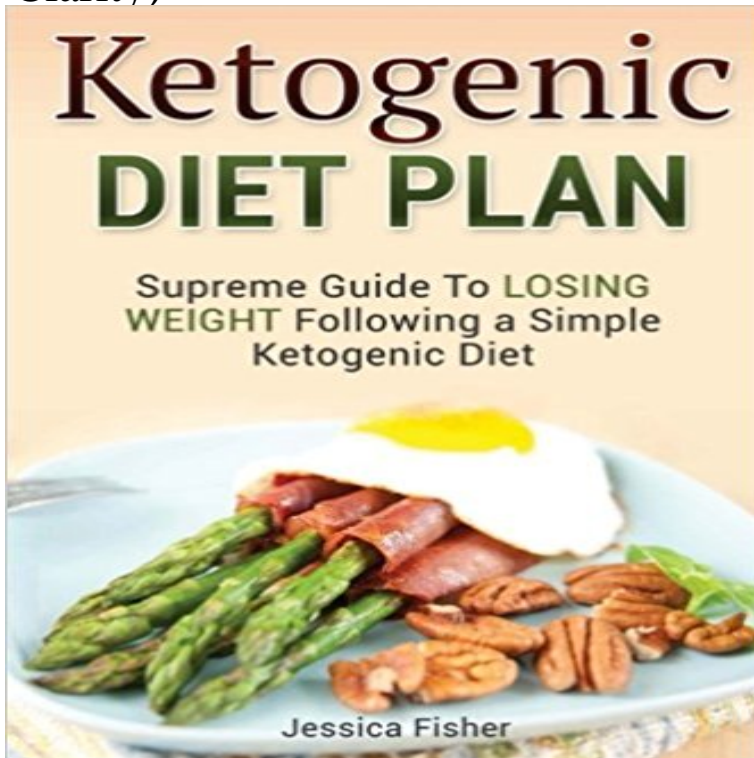


Ketogenic Diet PLAN: Supreme Guide To Losing Weight Following a Simple Ketogenic Diet (Ketogenic Diet Books, Keto Diet Book, Keto Clarity)



Ketogenic Diet Plan (FREE Bonus Included) Supreme Guide To Losing Weight Following a Simple Ketogenic Diet

Ketogenic Diet Plan: Supreme Guide To Losing Weight Following a Simple Ketogenic Diet is the ultimate go-to for anyone wanting to fight obesity. This manual is a step by step on how to eat in order to efficiently use the energy that you obtain from food. Low carb diets such as Atkins and the South Beach Diet have become celebrity stables for losing weight and maintaining a healthy diet. People who look to low carb, high protein diets may see them as the quickest and easiest way to lose weight. Although ketogenic diets do have fast results, following a diet plan should be done with accurate and detailed information. Some doctors may not agree with ketogenic dieting for patients who are not epileptic, and think that they contribute to other health dysfunctions. Because ketogenic dieting is stigmatized with contributing to heart disease and higher cholesterol (from the high fat content in diets) many doctors will sway patients to try other forms of weight loss. There are doctors who promote ketogenic dieting and there are many clinics and forums internationally to provide support if you find yourself feeling that you are without. Here is what you will learn after reading this book: What is a ketogenic diet? Is Ketogenic dieting right for me? What Should You Eat? How to know you have reached ketosis? At home tips and tricks. Getting Your FREE Bonus Read this book to the end and see BONUS: Your FREE Gift chapter after the introduction and conclusion.

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