## Ketogenic Lifestyle Guide: Maximize Health, Performance Satisfaction (Paperback)



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## Reviews

A must buy book if you need to adding benefit. It really is writter in straightforward words and not difficult to understand. I am just pleased to let you know that here is the best ebook i have got read through in my individual daily life and may be he best book for ever. (Prof. Charles Boehm)

## KETOGENIC LIFESTYLE GUIDE: MAXIMIZE HEALTH, PERFORMANCE SATISFACTION (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*. MORE INFO -> Intended Users: Everyone who wants to maximize health, performance and satisfaction. Beginners, experts, females, males, all ages, health enthusiasts, body builders, athletes, Navy SEALS, bikers, runners, swimmers, biohackers and longevity seekers. Also, those who have high blood pressure, obesity, diabetes, cancer, Alzheimer s, inflammatory diseases, degeneration and cardio vascular problems. Reduces chronic inflammation, gets you burning cleaner fuel and off the insulin spike and slump roller coaster. Increases clarity and endurance. How to Do It: Easy to follow instructions are given to start and maintain an enjoyable ketogenic lifestyle for the rest of your life. FEND RULE: Menus and recipes follow my FEND RULE: Fast, Easy, Nutritious Delicious. WARNING: Many think they are in nutritional ketosis when they are not. To get the health, performance and satisfaction benefits of the ketogenic lifestyle, you must always be in nutritional ketosis and you must follow the principles and monitor. Not doing these is harmful for your health. The Ketogenic lifestyle Guide explains how to do it. Just avoiding foods on a Bad Food list and eating foods on a Good Food list does not get you the ketogenic lifestyle benefits. Just eating low carb high fat (LCHF) or eating Atkins or eating Paleo, does not get you the ketogenic lifestyle benefits. Just eating low carb high fat (LCHF) or eating Atkins or eating Paleo, does not get you the ketogenic lifestyle benefits. Just eating low carb high fat (bud in online diet plans and books does not get you the ketogenic lifestyle benefits. Too low personal protein amount or too high personal protein amount keeps you from the ketogenic lifestyle benefits. Many have no macros or have wrong macros. Personal Diet Lifestyle: You must personalize your diet, determine your preferred weight from within an ideal range, stay...

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