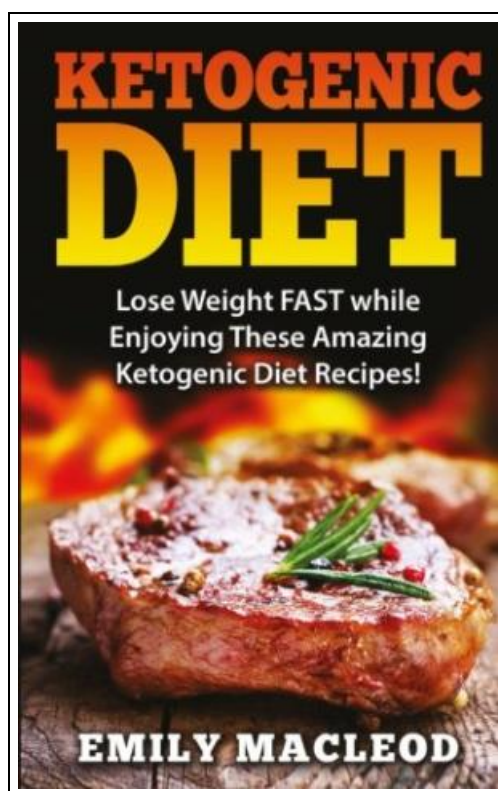


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A guide to the Ketogenic Diet! Rapid weight loss recipes included! Get skinny FAST! This diet plan is proven to work! A complete comprehensive guide, with delicious recipes included The Ketogenic Diet and weight loss. Know more about the Ketogenic Diet and everything you should know for rapid weight loss with the use of this book. More and more people who would love to lose weight must understand the right way to go about with their diet. The Ketogenic is no ordinary diet program since it guarantees a 15-pound weight loss at the end of the two weeks. To begin with, keep in mind that this diet is not a fad since it has been around for ages. People who usually go on plateau are the ones who will benefit from the Ketogenic Diet. The Ketogenic Diet has gained popularity since Dr. Russell Wilder invented the diet in 1924. In a nutshell, for the diet to succeed, Dr. Wilder said that you need to eat food with a moderate supply of protein (30), carbohydrates (50) and fat (50) in a day. This percentage of nutrients is based on the context of his studies that the reduction of the body's glucose levels urges you to eat anything you feast your eyes on. In short, you need to re-set your eating habits that cause the hormonal imbalance due to insulin deficiency. Your body needs glucose to fuel your body and add mass to your muscles. The proper way to eat your food is maintain the 30-50-50 food allocations. In this Ketogenic Diet book, you will find. Chapter 1 will show you the benefits you will gain upon starting...



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