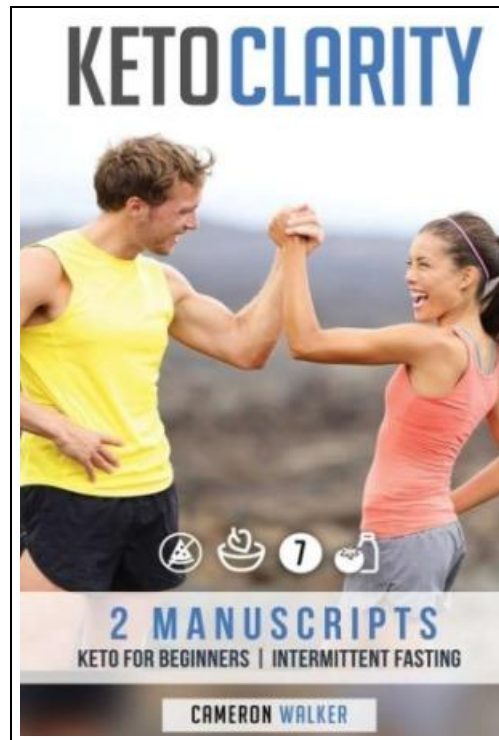


Keto Clarity: Keto for Beginners, Intermittent Fasting (Paperback)



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Reviews

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KETO CLARITY: KETO FOR BEGINNERS, INTERMITTENT FASTING (PAPERBACK)

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This bundle contains 2 manuscripts: - 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 -INTERMITTENT FASTING: The #1 complete guide to fasting long lasting weight loss (with 7-day kick off plan for beginners and personal fasting journal inside) You can also combine a ketogenic diet with intermittent fasting, to enjoy incredibly fast and long lasting weight loss results. 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 diet can give extraordinary results in making us regain our lost shape and cardiovascular health. Here s a preview of what you ll learn. -What is Ketosis and how does your body work -How do Keto diets achieve rapid weight loss -Which are the main differences between a Keto and other known diets -How to start and when to stop a ketogenic diet - Keto diets and sport and exercise -The effects of a Keto diet on pregnancy -How does...



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