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## Ketogenic Diet: Complete Guide to Improve Your Health: Top 33 Simple Recipes for Fast Weight Loss (Paperback)

By MR Bruce Warner

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Get The Perfect Guide To The Ketogenic Diet World! Do you have a problem with your weight and health? Now it s not a problem!!! Your solution is the Ketogenic Diet! What is the Ketogenic Diet? In this book, we will briefly explain what exactly the ketogenic diet is, how and why it is used and why it is so effective for weight loss. Types of ketogenic diet: The standard ketogenic diet (SKD) The cyclical ketogenic diet (CKD) The high-protein diet Targeted ketogenic diet (TKD) Positive effects from the ketogenic diet: --- Alzheimer s disease - this diet can reduce the symptoms of the Alzheimer s disease and slow the - progression of the same. --- Fights against cancer - the ketogenic diet is currently used to treat several types of cancer and to slow the growth of tumors. Research has shown that the diet (as the ketogenic diet) with a high amount of fat and low intake of carbohydrates starves the cancer cells, thus preventing their growth and further progress. --- Parkinson s disease - in some studies, it...

### Reviews

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