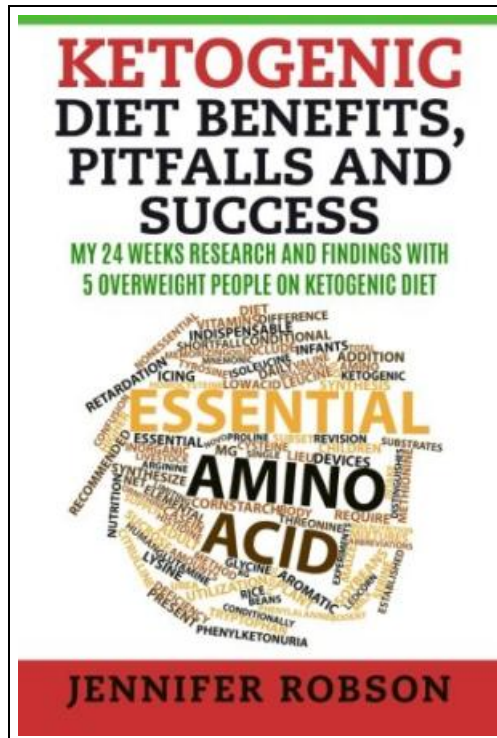


## Ketogenic Diet Benefits, Pitfalls and Success: My 6 Months Research and Findings with 5 Overweight People on Ketogenic Diet (Paperback)



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*(Agustina Treutel)*



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Ketogenic Diet Benefits, Pitfalls and Success My 6 Months Research and Findings with 5 Overweight People on Ketogenic Diet I am an independent professional researcher with a keen interest in diet regimens and health routines. I have a Master s degree in statistics, and I have worked as a freelancer for several for-profit and nonprofit organizations on various case studies and researches. This book is based on one of the researches I carried out for a company and is part of a three series book in which I will be covering my research on three popular diet regiments- the Ketogenic Diet, Mediterranean Diet, and Fast Metabolism Diet. When I carried out this research, I wasn t allowed to publish or share my findings, as per contract, for 12 months. Now that, that period has passed, I am excited at the prospect of finally being able to share my test research along with results. I feel that, too often, people are misled by fad diets, and when they don t experience any concrete results, they give up. Sometimes, they give up too soon, even before a diet can cause any positive changes to the body. I also observed that low carb diets are usually attacked by the media and foodies, trashing it and labeling it to be harmful for the human body. To unearth the truth, I set out to do my own research using my knowledge of research and statistical analysis, and what I found throughout this journey was amazing! I am all set to debunk the myths surrounding the ketogenic diet because I want to help those who are looking for a concrete method to lose weight. I...

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