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KETO DIET SIMPLIFIED: LOW CARB STEP BY STEP GUIDE (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Why Keto Diet Simplified? Whenever I explain the scientific process behind the Ketogenic diet to anybody, the answer is always the same: I don t believe you. How can you lose weight by eating more fats? And if you re skeptical, then read on, because this book is for you. It is counterintuitive. But it is effective. And after trying the Atkins...

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- Authored by Esther J Keller
- Released at 2017



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