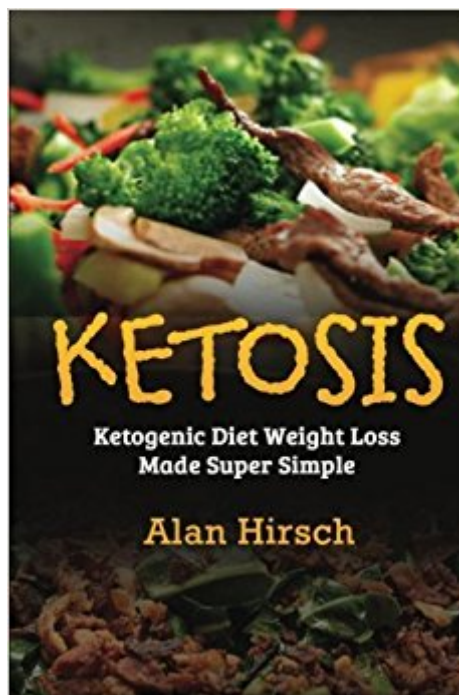




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Ketosis: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic Cookbook, Ketogenic Food, Ketogenic Diet Cookbook) (Volume 1)



Synopsis

Losing weight is definitely not a walk in the park for many people around the world. Think about it; some of us have moved from one weight loss regime to the next hoping that they would finally find the magic formula for losing weight. Unfortunately though, many of the weight loss strategies out there don't work. In fact, at best you may lose a few pounds very quickly and then gain it all back just as fast. This can be very frustrating. Then you might ask yourself: so what's the secret to losing weight and keeping it off for good? Well, the secret is in knowing how the process works, then using this information to your benefit. This is where the Ketogenic Diet comes in, especially because understanding the process referred to as Ketosis will allow you to use that information to put your body in that state so that you can maximize weight loss and keep it off. This book will teach you everything there is to know about the Ketogenic diet and Ketosis. Purchase your copy today!

Book Information

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Customer Reviews

Alan Hirsch is founder of Forge Mission Training Network, Future Travelers, and 100Movements. He has authored numerous award-winning books, including "The Shaping of Things to Come

This pamphlet is not worth the money spent. Be aware that it is a 28 page pamphlet--not a book by any sense. The information is nothing more complicated than information that can be cut and pasted

from the internet. There are no references for the sources quoted, no recipes, no specific information about numbers of carbohydrates for planning. I'll be returning this.

Interesting information but no real help for a beginner. You have to know more about net carbs and protein grams to really use this book

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