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I wrote this book for the reader who wants an objective, technical, unbiased look at all aspects of ketogenic/low-carbohydrate diets. Readers looking for a light read, or another diet book promising an easy, magical approach to weight loss will probably be disappointed with this book and may want to look elsewhere.

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FAQ The iDiet

The book is full of helpful materials and guidance, but most dieters find it challenging to apply the iDiet principles alone. A Certified Group Leader who is trained to provide step-by-step practical guidance leads our iDiet groups. The Group Leader offers personalized support and advice while you learn to apply key iDiet principles.

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