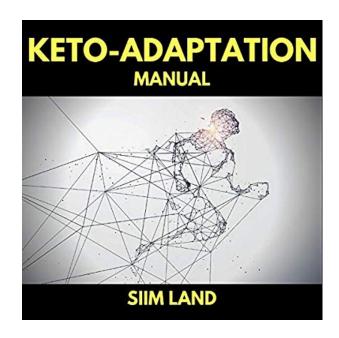
## Keto Adaptation Manual: Get Into Ketosis with Metabolic Flexibility and the Ketogenic Diet Amazon Book Downland



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