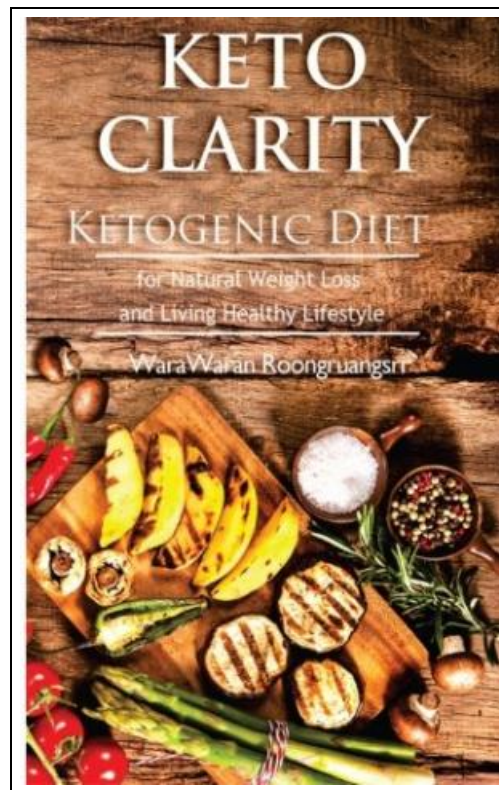


## Keto Clarity: Ketogenic Diet for Natural Weight Loss and Living Healthy Lifestyle (Paperback)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English. Brand new Book. Keto ClarityKetogenic Diet for Natural Weight Loss and Living Healthy LifestyleThis book includes the following chapters: Keto Clarity: Ketogenic Dieting Made EasyKetogenic Diets and Their Rapid Weight Loss EffectsKetosis - The Cyclical Ketogenic Diet Fat BurnThe Benefits of Ketogenic Diet in Weight Loss SystemKetogenic Diet Plan - The Best Fat Burning DietWhy Did I Choose a Ketogenic Lifestyle? ReviewMuch, much more!A diet with low carbohydrate and high fat is called the Ketogenic diet. It is the kind of diet which is becoming widely popular these days. There are many benefits of following a ketogenic diet ranging from weight loss to treatment for certain health conditions like neurotic diseases and epilepsy. Developing a diet that includes low carbohydrate food has been followed by many people to reduce their weight. The ketogenic diet is very helpful for weight loss as it burns the fat in the body and not carbohydrates. This book includes valuable information on ketogenic diet and the benefits which will follow. It acts as a guide on stepping into a ketogenic lifestyle with weekly plan and recipes. Moreover, you can put your own ideas on making food that constitutes low carbohydrate ingredients. Ketogenic diet would be a good choice for you if you have tried and tested many other dietary programs. The reason for many of dietary failures is that we bother about minimizing the quantity of food and does not think about the content of food. Ketogenic diet helps you to follow a diet program which will include meals of high fat, medium protein, and low carbohydrate. This book includes valuable information on ketogenic diets, the different benefits you get from it, the ways to switch into a ketogenic diet program, pros and...



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