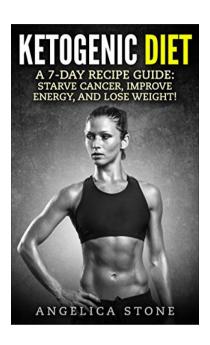
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Lose Fat by Eating More of It Seriously. Take action now and download this book for a limited time discount! Which Energy Source Are YOU Using? The body has two key sources for energy 1) glucose, 2) fat. It seems counterintuitive at first, but eating more fat programmes the body to use it as fuel. Therefore, when we reduce carbohydrates that turn into glucose (cutting out sugar) we become fat burning machines. Amazing Results: Starve Cancer and Sustain High Energy Levels! Your healthy cells can use Ketones as energy but cancer cells cannot. They only use glucose, often much more than healthy cells. This dependence on glucose was observed over 80 years ago. Only now is this research reaching the general public. ZERO Energy Crashes and Hunger Cravings! The ketogenic diet will improve your endurance. Ultramarathon runners often attest to the benefits of being able to shift into ketosis. This happens after carb reserves are used up. Whats more, anybody can use this method for sustainably high energy levels. But the benefits don't stop there. Burning fat as fuel also means feeling more satisfied throughout the day. Love your body! Take a chance on the Ketogenic Diet

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