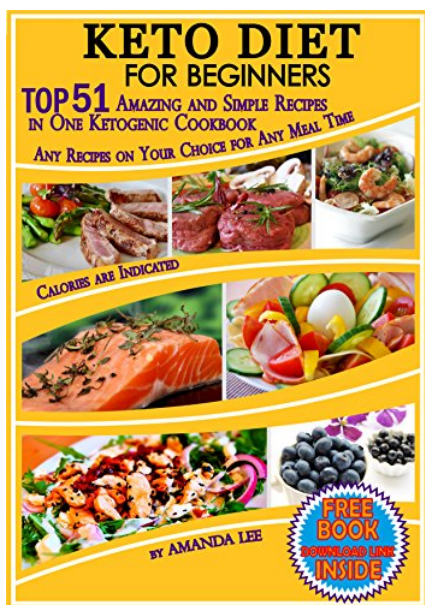


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Thank you for your interest to my book. Before you start reading, I'd like to tell you a little about what awaits you on the pages of the book. Do you suffer from obesity? The rising incidence of obesity is taking its toll on the health of a large population segment. While we do believe that people of all sizes are beautiful, you must pay heed to a growing waistline because being overweight is never healthy. There are countless methods to lose weight, but traditional crash diets and starving yourself are definitely the wrong routes to pursue. This is why we want to introduce you to the ketogenic diet. It's a healthy way of shedding extra pounds because it doesn't deplete muscle, but simply works on the extra unwanted layers of fat and discards them.

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