



The Ketogenic Diet: A Century Old Diet That Works Effectively for Patients and Non-Patients Alike! (Paperback)

By Linda Johnson

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 280 x 212 mm. Language: English . Brand New Book ***** Print on Demand *****.What This EBook Tells You The Ketogenic diet, which initially started off as a diet for pediatric epilepsy care, has now become one of the most trusted and fails-proof diets for patients and dieters alike. The reason is its lack of medicinal use and effectiveness. The best part about the Ketogenic diet perhaps is that it can be followed by children and adults alike. It is also not only limited for epilepsy patients but can also be used by people suffering from various other diseases. This eBook will detail out all there is to know about the Ketogenic diet so that you can follow it in the best possible manner and acquire the results you seek. The Ketogenic Diet explains things like: 1. What the Ketogenic diet is, how it started, what are some common misconceptions about it and what are its benefits are. 2. How the Ketogenic diet is suitable not only for those with epilepsy, but also for diabetes, Alzheimer and cancer patients. 3. Whether there are any side effects of the Ketogenic diet and who should follow...



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