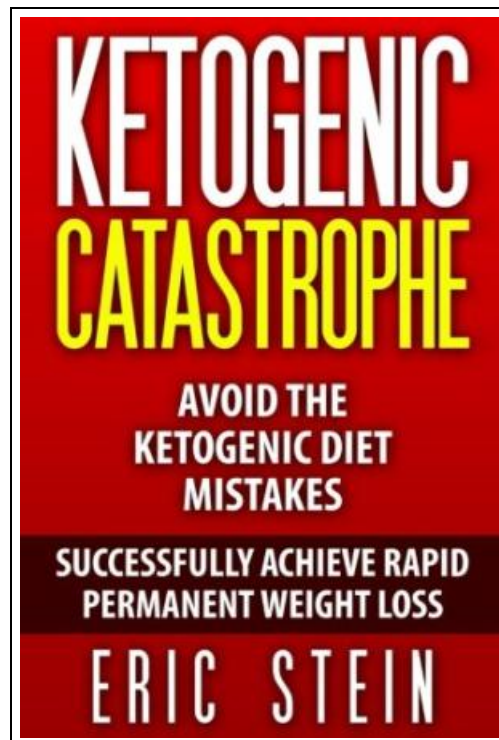


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Reviews

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Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Are you a Sugar-Burner or a Fat-Burner ? Did you know most people burn sugar and store fat, making it impossible to lose weight and feel good? To change this, you must flip your metabolism to fat-burning-mode by following the ketogenic diet. SOUND EASY? It s not! When trying to get into and maintain nutritional ketosis, there are many mistakes that must be avoided. Most people fail with keto simply because they don t know these roadblocks are coming! THE SOLUTION? Ketogenic Catastrophe clearly describes these common mistakes, helping you avoid them altogether and allowing your fat-burning genetics to activate! Whether you want to lose extra weight, eliminate brain fog, reverse diseases like Diabetes, Alzheimer s, and Epilepsy, or just feel better in general, the ketogenic diet is a powerful tool for personal change. And the best part? .IT WORKS. Science has shown a diet high in healthy fats like avocados, coconut oil, bacon, and other delicious food promotes weight-loss and can reverse chronic disease. If you ve tried a low carb diet before and failed, or if you want to try for the first time, Ketogenic Catastrophe will help you avoid the common pitfalls and become a Fat-Burning Machine. A Preview Of What You ll Learn: Avoid common traps like Keto-Flu and Disaster Pants Learn to be flexible when it matters Handle social settings with confidence What foods to eat and avoid The TRUTH about calories and their role in ketosis How much exercise you really need The proper role of intermittent fasting How to test for ketones And Much More. Tragically, 90 of people fail with the ketogenic diet. Don t be one of them! Imagine switching on your fat...



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