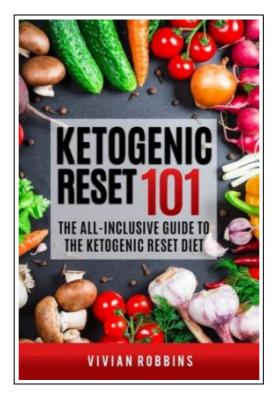
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Reviews

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(Dr. Travis Berge)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Buy the Paperback Version and get the Kindle Version for FREE! When it comes to effective ways to lose weight without restricting your calorie count or cutting out all of your favorite foods, the ketogenic diet can t be beat. By not feeding your body with any carbohydrates, you have no choice but to use the fat on your body as energy. Training your body this way means you are literally melting the fat off. While many people are satisfied with these results, you are still capable of resetting your metabolism to form the ultimate fat burning machine. If you are interested in learning more, then Ketogenic Reset 101: The All-Inclusive Guide to the Ketogenic Reset Diet is the book you have been waiting for. Inside you will find: Explanation of what keto is and how it works Ketogenic shopping list How to reset your metabolism 30-Day ketogenic meal plan 21 delicious keto recipes Images for each recipe Tips for weight loss success Frequently Asked Questions And much more. Inside you will learn not just about the many ways the keto diet can help you to look and feel better than you ever thought possible. You will also learn about the many ways you can build on what they ketogenic diet is doing to your body to completely retrain your metabolism to be a lean, mean, fatburning machine. In addition to the keto diet, you will add on a variety of high intensity cardio workouts, meditation, intermittent fasting and more until your body doesn t have any choice but to shift into high gear when it comes to burning fat and never look back. So, what are you waiting for? Decades...

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