



## Ketogenic Diet: Easy Keto Diet Guide for Healthy Life and Fast Weight Loss, Heal Yourself and Get More Energy with Low Carb Diet, Delicious Recipes for Beginners Included (Paperback)

By Sandra Williams

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.FREE GIFTS INSIDE Inside you will find FREE reports: 1. 101 Tips That Burn Belly Fat Daily! (\$17 Value) 2. The 7 (Quick Easy) Cooking Tricks To Banish Your Boring Diet. (\$7 Value) 3. Bonus at the end of the book. Learn What Is Ketogenic Diet, Lose Weight, Feel Better And Gain A Lot Of Energy Instantly! Did you know that we currently have the highest number of obese and overweight adults and children in the United States? You could say that this is attributed to our lack of physical activity and our need to eat too much when we do too little. This is a result of our intake of too much carbohydrates such that the body only uses what it needs and the rest is spilled over and stored as fats. Not saying that taking too much protein or fats is good either. However, realistically speaking it is quite hard to take too much protein and fat because of the filling nature of proteins and fat. Carbohydrates on the other hand are a different kind of ball game altogether, especially...

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