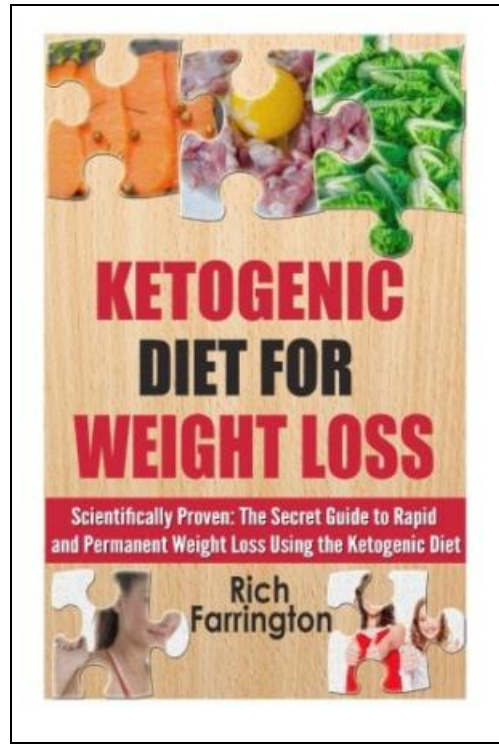


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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 26 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Ketogenic Diet for Weight Loss Scientifically Proven: The Secret Guide to Permanent Weight Loss Using the Ketogenic Diet About the Book: Ketogenic Diet for Weight Loss The ketogenic diet has been out there for almost one century now and it never ceases to fascinate us and to make us take yet another look at it. The reason it has survived in a world full of crash diets, fad diets and celebrity diets is simple: it works. It works not only for weight loss, but it works in helping people grow healthier in their bodies, it helps in making people grow more self-confident and it helps in making people feeling better. It helps parents with children who suffer from epilepsy. It helps your heart, your stomach and your mind. It simply helps. Since it has been out there for a long time, the ketogenic diet has also been debated on numerous occasions. There are many things that have been said about it: some good, others not so good. But, in the end, people realized that not all that has been said was true and, even more, that there was so much more to this diet than helping epileptics. Here are some of the things you will learn from this book: 1. What the ketogenic diet actually is. 2. What are the origins of the ketogenic diet 3. How the ketogenic diet can help you lose weight more effectively than other diets (including than other low-carb diets out there). 4. Which are the main benefits of this diet 5. Which may be the side effects of the keto diet 6. Which are the additional health changes your body will go through once...

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