



Ketogenic Diet QA: Answers to Frequently Asked Questions on the Ketogenic Diet, Effective and Fast Weight Loss with a Low Carbohydrate Meal Plan (Paperback)

By Jimmy Banks

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. FREE GIFTS INSIDE Inside you will find: 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 excerpt at the end of the book. Learn What Is Ketogenic Diet And Lose Weight Fast! This book contains the answers to all of the most common questions people have on the ketogenic diet. Nowadays, the ketogenic diet is among the popular fat loss choices. People interested in low carb dieting definitely need to explore ketosis state. It is not only popular amid people who fight obesity, but also for those who are trying to maintain proper blood sugar levels. This book provides clear information on the ketogenic diet through a simple questions and answers format, which will help you in determining if this diet is the best for you and how to go about it. Here Is A Preview Of What You ll Learn: 1. How can people get into Ketosis?2. What are the advantages of Ketosis?3. What are the disadvantages of Ketosis?4. How could you drop...



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