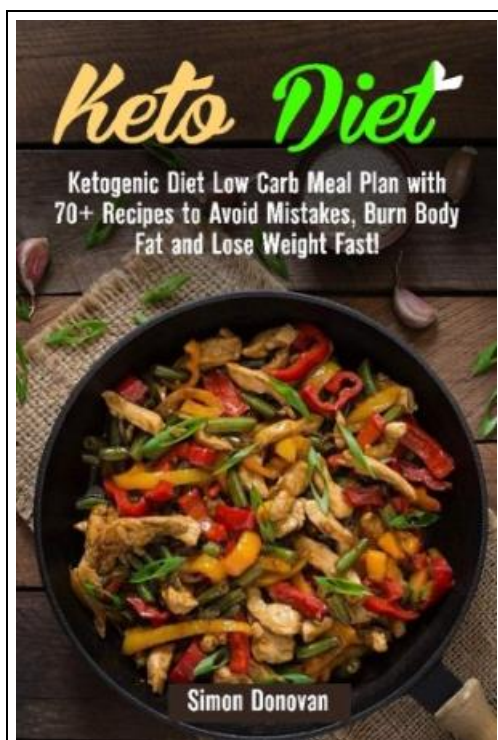


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Use These Guidelines Of Super Healthy Food Consumption And Start Treating Your Body How It Deserves Today! The Paleo Diet. The Atkins Diet. The South Beach Diet.What do all these diets have in common? If you re like most people who tried diets in the past, you re probably well-aware of these diets. Did you know that they have a common thread running through them? That s right, they all use ketosis to produce results. Ketosis may sound scary. It may sound like it refers to some sort of wasting disease or some sort of nasty open sores, but the reality is actually quite positive. Ketosis is the process where your body burns your fat stores for energy. This is quite different from how your body normally gets energy. Normally, your body gets its energy in the form of sugar in your blood stream. You see, the Ketogenic Diet brings the body into the state of Ketosis, or when the body is able to turn fat-taken from food-into glucose, which is then turned into energy that the body uses as fuel to live, and do what it s supposed to do. The Ketogenic Diet is one of those diet programs that have recently come up, and is one that a lot of people actually like because it doesn t restrict them from eating many of the good stuff, and is able to help them enjoy what they re eating, while getting the chance to get a great state of health. With the help of this book, you will get an awesome daily meal plan that you can use to help yourself practice the Ketogenic Diet-without having a hard time. Surely, after...



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