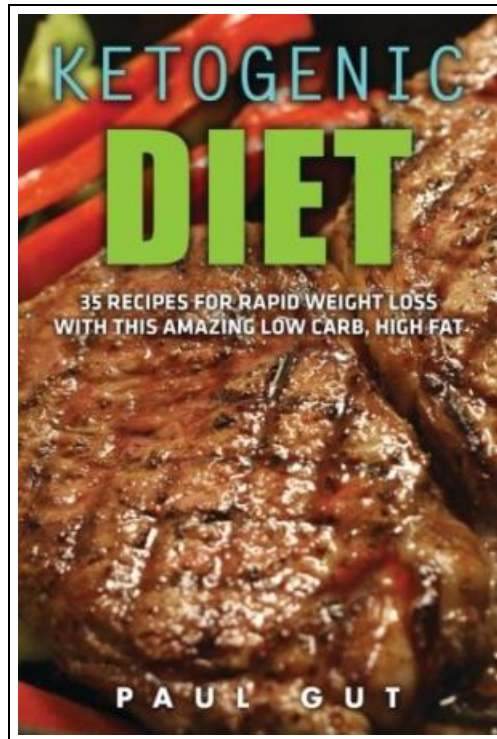


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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 28 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Dietetics have been trying to convince us for decades that diet with little fat and a lot of starch (the food pyramid) will help us lose all fatty tissue from our body, but over 60 of the population in the United States still suffers from obesity. On the other side, there are growing evidence that reducing carbohydrate intake is the right way if you want to lose weight quickly and efficiently, without any negative consequences, and what is most important, with preserving the muscle mass. Therefore, Ketogenic diet definitely falls to ones of the most popular weight loss methods, which are now widely applied across the planet. The term Ketogenic diet includes meals that minimize carbohydrate intake during the day. This carb restriction leads our organism into a state of so-called ketosis, and then fatty tissue rapidly starts to disappear from your belly. In following chapters I will explain everything you need to know about this diet and the easiest way how to successfully adhere to this diet regime. This diet is nowadays, most commonly used by bodybuilders (when they need to remove all excess fat in a hurry), so if you, for example, have some important social event in just two weeks by keeping this diet you will literally be halved. So, lets start. This item ships from La Vergne, TN. Paperback.



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