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Keto Diet: Ketogenic Diet Low Carb Meal Plan with 70+ Recipes to Avoid Mistakes, Burn Body Fat and Lose Weight Fast! (Paperback)

By Simon Donovan

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...



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