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UNDERSTANDING KETO

How You Can Get Started On The Ketogenic Diet So You Can Lose Fat, Increase Mental Clarity and Eliminate Hunger and Cravings...



Create space, United States, 2015. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. Whether you are new to the Ketogenic Lifestyle or an Avid supporter of Low Carb/Keto, this book may just be for you. In Understanding Keto, I will cover the following: 1) Keto Basics - What Keto is, The Difference between Low Carb and Keto, Benefits of a Keto Diet, Keto Flu PLUS Testing. 2) Keto Myths Dispelled - Here I cover the 11...

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- Authored by Naturopath Jen, Jennifer Matthews
- Released at 2015



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