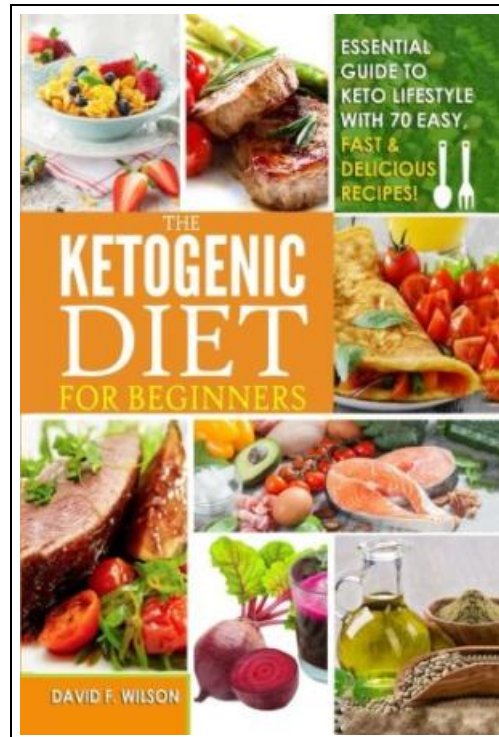


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Automatically Reduce Hunger, Burn Excess Body Fat, Make Heart Healthier, and Naturally Lower Your Blood Sugar. FREE BONUS INCLUDED- LIMITED-TIME OFFER- Get Free Instant Access to 35 Tips To GO LOW CARB When Eating Out (\$19 Value) - Link Inside As you probably know, people living in modern countries are fatter than ever before, in the US, more than 1/3 of all people are obese. This can lead to the following debilitating, and in some cases deadly, conditions, and diseases: Heart attack and strokeVarious cancersDiabetes and high blood sugarMental conditions like Alzheimer s and Parkinson sHigh blood pressureInflammation throughout the bodyA lower quality of lifeSelf-esteem issuesA reduced sex drive and performanceAn increased risk of premature deathOther chronic health conditions FORTUNATELY, THESE ISSUE CAN BE AVOIDED. All YOU have to do is LIMIT your CARB INTAKE. Just eat the right carbs in the right amounts and your body will begin to burn your stored fat. This book will teach you on Ketogenic Diet which will help you eating the right carbs in the right amounts and you will see the amazing results happening in your body. THE BEST PART IS THAT KETOGENIC IS NOT A DIET, BUT A LIFESTYLE THAT TAKES THE WEIGHT OFF AND KEEPS IT OFF! The Only Healthy Cookbook you will ever need on Ketogenic Diet.This book delivers on the following: Ketogenic Diet- An OverviewWhy You Need The Ketogenic LifestyleMore Amazing Facts About The Ketogenic DietHow Why It WorksPrecautions Side EffectsKeto Recipes To Start The Day-30 Recipes for Breakfast and LunchDelicious And Easy To Prepare Keto Dinners-31 Recipes for Keto DinnersKeto Snacks Bonus Section-9 Bonus Recipes for Keto Snacks With70 well researched, easy-to-prepare Ketogenic Diet Recipes, you can stop...



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