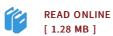




Keto: The Complete Guide to Success on The Ketogenic Dief, including Simplified Science and No-cook Meal Plans

By Maria Emmerich

Victory Belt Publishing. Paperback. Condition: New. 304 pages. Are you eating enough fat Yes, fat. Despite what generations of health science has beaten into us during the last fifty or so years, humans thrive on high-fat, low-carb diets. Millions of people around the world have discovered that a ketogenic lifestyle is the key to weight loss, disease prevention and intervention, and a more vibrant life. Gone are the days when counting caloriesor points!is the path to better health, a slimmer waistline, relief from disease, and looking good naked. Craig and Maria Emmerich have partnered to write a book that goes well beyond the typical ketogenic recipes to create a book that digs deep into the science of ketogenic dieting, explains how dozens of diseases can be cured or controlled through ketogenic dieting, and how ketogenic lifestyle. Inside, youll learn How cancer, obesity, metabolic syndrome, coronary artery disease, high cholesterol, Alzheimers, dementia, ADHD, anxiety, and depression can all be beaten into submission by making some simple, yet impactful, changes to your diet. How cholesterol and diabetes medications could very well be making you...



Reviews

This publication may be worth purchasing. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.

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