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The Ultimate Ketogenic Diet and Weight Loss System: Lose Fat Forever with Our Simple System and Make the Change from Fat to Fabulous (Paperback)

By Maria Hopkins

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.ARE YOU READY TO LOSE WEIGHT FAST? ***Today only, get this Amazon Bestseller for only \$14.99! Regularly priced at \$18.99.*** You re about to discover what Ketogenic Diet is, its benefits, process, and much more! The weight loss industry is a multi-billion dollar one and it seems that everyone out there has the perfect diet to help you lose weight. I have some bad news for you - diets simply do not work. This has been amply proven by the fact that, despite the proliferation of low-fat diets and diet foods, we as a society are progressively getting more and more obese. The problem with your typical diet is that it is not sustainable - you are likely to lose weight as long as you stick to the diet. When you go back to eating the way you used to, you will put the weight on again even more. Dieting is not natural or healthy for you - the minute that your body starts feeling as though the incoming food is being restricted, it goes into survival mode and this...



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