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## Ketogenic Diet: 21-Day Healthy Ketogenic Meal Plan To Get Lean And Lose Weight Fast As Hell- Tips For Low-Carb Ketogenic Diet (Beginners Weight Loss Food Cookbook, Parents Guide, Epilepsy Manual)

By Karen Taylor

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 118 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Struggling to find the best diet? Want to shed pounds without skipping any meals or starving yourself? Are you looking for a safe and effective way to be healthy and lean? Are you a parent looking for a Ketogenic Diet guide for epilepsy? Then let me introduce to you a diet that has been changing the lives of millions of people worldwide: the Ketogenic Diet. Several studies show that Ketogenic diet is high-fat, low-carbs that can help control seizures in people with epilepsy and also a great diet overall. Also, being overweight or obese is considered a health problem, this can put you at a greater risk of developing serious and chronic conditions, such as hypertension, diabetes, stroke, and more. According to health experts, one major reason why there are billions of overweight and obese people is because most individuals today have diets that are made up of foods rich in sugar, salt, and calories. This also includes avoiding physical activities, skipping the gym, or living a sedentary lifestyle are more factors. In addition to cutting off the flabs...



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