



## Ketogenic Diet: The Keto Diet Quick Start Cookbook: 30 Days to a Thinner You! (Paperback)

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By Maria Hopkins

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you tired of trying to lose weight and failing? Do you feel as though you can't get dieting right? What if I told you that it's not you who are getting things wrong, but diets in general? We have been raised on the idea that our diets should be low in fat if we want to lose weight. Scientific studies are now standing this norm on its head. Science is now showing that not only is fat not the demon that we have been led to believe, but that it is actually vital for our health and that the ketogenic diets, which for so many years have been vilified as dangerous for health are, in fact, a safe and effective way to lose weight and could even reverse Adult Onset Diabetes. Want to know more? In this book, I will give you a basic understanding of how a ketogenic diet works. We will go through how to transition to ketosis and how to deal with issues that may arise. I am also going to share with you Keto Recipes...



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