



Ketogenic Diet for Beginners: The complete quick start guide for weight loss and live healthier (Ketogenic diet plan, Ketogenic diet book, low carb diet book)

Maria Watson

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Two of the leading health problems that the world faces today are being overweight and obese. Our fast-paced lives where we can't seem to find time to exercise as well as the limited choices of available healthy foods are some causes of these medical conditions. Good thing that people are now being more conscious of their health by seeking ways on how to remain fit. Because of this, a lot of diets or food regimens have become popular due to its weight loss effects; one of which is the Ketogenic Diet. Although it has been around for decades, Ketogenic Diet has again gained the spotlight because of the many health benefits one can reap from this diet. This includes weight loss, detox, and therapeutic effects to particular chronic diseases.

If you're curious about Ketogenic Diet and would want to know more about it, then "Ketogenic Diet for Beginners" is just for you. This e-book contains all the important information you need to know about this low-carb diet. Great tips and strategies on how you can start and successfully achieve your fitness and weight loss goals.

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