



## Keto Mistakes That Fail You and How to Make It Right: Plus 7 Delicious Ketogenic Recipes You Will Crave (Goof Buster Series Book 1) (Paperback)

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By Sam Spotter

Createspace, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.There is a buzz going around regarding ketogenic diet as an effective diet regime for weight loss. Ketogenic diet is getting more and more popular because it has helped a lot of people lose weight, get more energy and become healthier. Not only has keto diet been proven to cause rapid weight loss, it has shown to improve diseases such as epilepsy, Parkinson s, Alzheimer s and even some types of cancers. Numerous other health benefits of keto diet include effective appetite suppressant, increased LDL (the good ) cholesterol, reduced blood sugar level, reduced insulin level, improved type 2 diabetes status, lower blood pressure, reduced risk of brain disorder, better neurotic health and so on. Are you on keto diet but not losing weight? Are you having difficulty achieving ketosis even after 4-5 weeks of stringent effort? If so, you are not alone! There are a lot of common misconceptions that are going around regarding ketosis, reaching ketosis and ketogenic diet. Many people believe in these delusions too easily. This prevents them from reaping the full benefits of...



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