



# **Ketogenic Diet: Introductory Beginner's Guide: KETO CLARITY: Definitive Guide to the Benefits of a High Fat, Low Carb Diet - That Helps You Lose Weight**

*Cathy Wilson*

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## **THE POWERS OF THE KETOGENIC DIET PLAN**

...One that combines a customized carbohydrate in minimum, moderate protein intake, and real food-based fats--which is gaining ground in the scientific journals as a means for eliminating a wide range of diseases, from cancer to diabetes and more. Just eating a diet low in carbohydrates isn't enough!

**Download this book to learn why!**

*Ketosis in diet essentially alters the chemical process in which your body uses energy. When understood this powerful eating style boosts metabolism and blasts fast quickly and effectively under the proper guidance.*

There's solid evidence for nutritional ketosis in improving many of the chronic health problems we face today, including: epilepsy (ketosis eating was designed originally to treat this disease in children), diabetes, obesity, heart disease, metabolic syndrome, gut and bowel conditions, acid reflux, and fatty liver disease (non-alcoholic). Scientific research also shows promise ketogenic eating aids in various mental disorders.

## **Ketogenic Diet: Introductory Beginners Guide**

...is your definitive guide to the benefits of a balanced high fat, low carb diet.

**Buy your copy today!**

~ *Ketogenic diet, Ketogenic living, Ketogenic Free Books, keto clarity, your definitive guide to the benefits of a high fat low carb diet, keto, keto clarity, ketogenic, keto diet, keto clarity, keto and paleo diet, ketogenic breakfast, keto eating~*

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