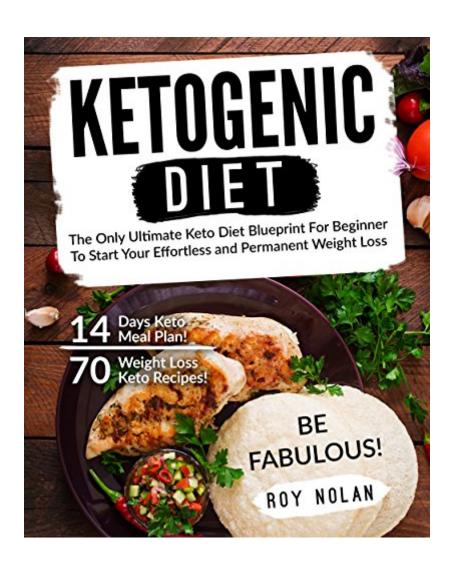


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## **Synopsis**

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#### Customer Reviews

Our body starts burning the stored fats which ultimately results in rapid weight loss and we start seeing the results of the Ketogenic diet but these results to achieve we have to work hard and make some sacrifices as this book mentions. Ketosis is a state our body enters when it is not receiving enough carbs which it normally burns from external sources. Learn the important things about keto diet that what is going to benefit you and what not and start fit and healthy lifestyle.

I think the book is a great resource for Ketogenic dieters, but by the time I was committed to the the diet - the lifestyle actually, I already had learned most of what's in it. What I really need is a book with new and creative ketogenic recipes. There are several good ones that I've discovered.

Can't wait to try some of the recipes!! These recipes include a lot of things I already eat! I think I'm going to like this!

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