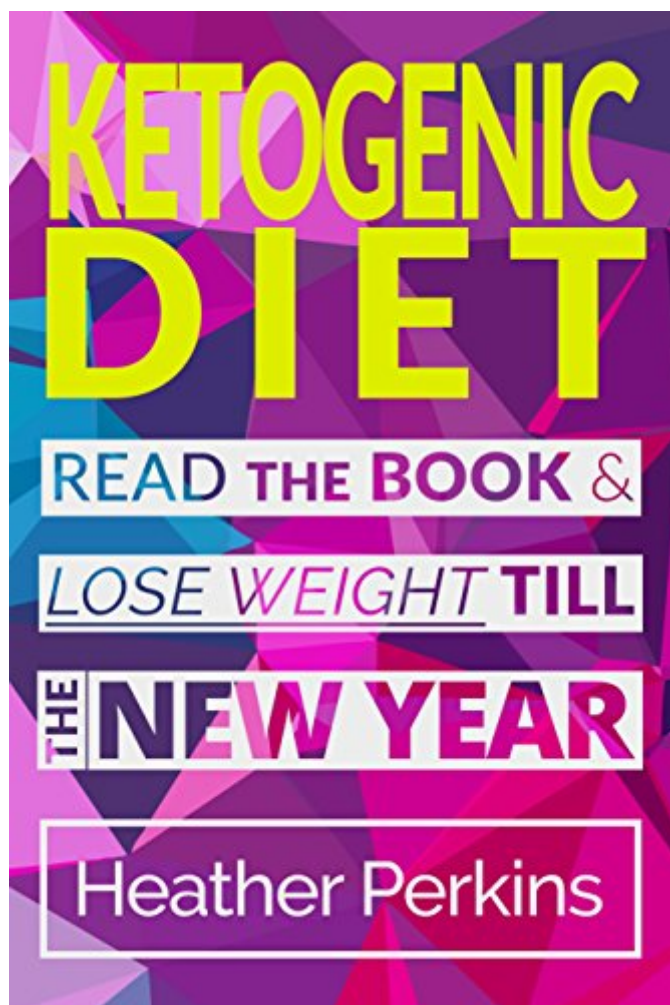


The book was found

Ketogenic Diet: Read The Book & Lose Weight Till The New Year



Synopsis

Burn Ketones to Burn Fat Now! Are you ready for a super weight loss burn? Ketogenic dieting has numerous benefits; including: Rapid Weight Loss, Healthier Brain, Body Cleansing, Healing from Cardiovascular Disease, Prevention and Reversal of Type II Diabetes, and more. If you are ready to start losing weight and receiving all kinds of tremendous health benefits, then this book is for you! Don't hesitate to hold yourself back from the clear, scientifically proven benefits of ketogenic dieting. As you improve your health, lose weight, and banish diseases and illness from your body, you will feel the joy of ketogenic dieting in your life. Learn the Two Phase Keto Plan and watch your body transform in ways you never thought were possible through dieting. Don't wait to lose weight and live your life. Start today!

Book Information

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Ketogenic

Customer Reviews

This book was poorly written. It has many grammar mistakes and the list of acceptable foods is not complete. The book mentions mixing MCT oil with yogurt, but yogurt was not on the list. The recipes in the books have food items not on the list for the diet either.

There are so many grammatical errors, that is why I gave it 3 stars. Please fix all of the grammatical mistakes so that we don't spend a majority of our time trying to guess what it's supposed to say.

I have mixed feelings about this book and give it 3.5 stars. While there is much to appreciate in it, this book is also full of typos, duplication, and grammar issues. When reading it, I highlighted a number of places that I want to refer back to. It includes a number of ideas I had not thought of before and for that it is probably worth what I paid. I just wish it had been edited.

I would buy again!

This was a good read. A lot of great information about starting and maintaining a Ketogenic lifestyle. I would definitely recommend.

This book explained the diet very well. The recipes are great. I've looked at several others and this is the best I've seen.

Can't wait to try this. I'm really excited about using this to change my health and fitness. Very informative and helpful

This is a very good book to read especially for someone like me a beginner. I highly recommend this book!

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