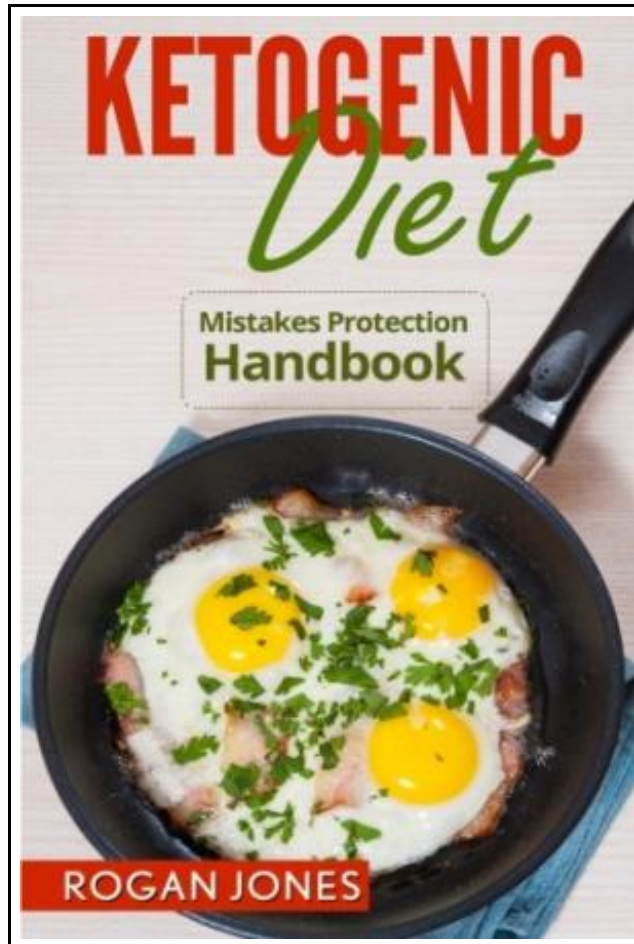


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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 30 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Learn How To Avoid Mistakes When You Starts With Ketogenic Diet To Help You Lose Weight! This book contains proven steps and strategies on how to avoid some common mistakes while on the ketogenic diet. If you have been trying to lose weight for some time, you have definitely come across the ketogenic diet. This may have led you to get started on the diet but somehow you were unable to achieve the success you had hoped for. You then make conclude that the Ketogenic diet does not work. However, are you sure that the ketogenic diet does not work or you made some mistakes that affected your success while on the diet To ensure that you are successful with the ketogenic diet and achieve the goals you have set out to achieve, we will look at common mistakes that many dieters make and how to avoid these mistakes in order to get the success that you desire. Every diet or eating lifestyle has its pro and cons alongside challenges that make first timers find it harder to adopt. Before we get to see what mistakes or pitfalls come with Ketogenic diet, lets first understand what the diet entails. In a nutshell, the ketogenic diet emphasizes on increasing your intake of fat and protein while reducing your intake of carbohydrates. The ketogenic diet is meant to restrict carbohydrate intake in order to control your blood sugar levels. Since our bodys main source of energy is glucose, if your body is low in glucose, the body is forced to find other sources of energy to sustain the bodys metabolism processes. Once under the starvation mode, your body is said to undergo...

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