



Ketogenic Diet: for Beginners: Everything You Need to Know about Ketogenic Diet and How to Get Started (Eat Your Way Lean and Healthy)

Katherine Wright

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Hi, I'm Katherine (Katy) Wright, Amazon Bestseller of the "Gut Healing Protocol."

Over the years I have tried everything under the sun in order to lose weight and stay fit. My enthusiasm for fitness and diet have led me to find out exactly what does and what doesn't work. I've previously written about the subjects of losing weight without picking up a weight or how the low carb lifestyle can seriously change your life. But in this guide I'm going to show you how to use the power of ketosis to not only turn your body into a fat burning machine but unlock all it's side benefits.

This book shows you a proven path to the world of Ketosis and how you can flip the proper switches in your metabolism and change your life.

Here's just a LITTLE of what you'll discover in this incredible guide. . .

Why eating within the ketotic realm can seriously reduce your body fat and all without eating bland and boring food

Don't wait, you'll want to put this information to use as soon as possible.

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