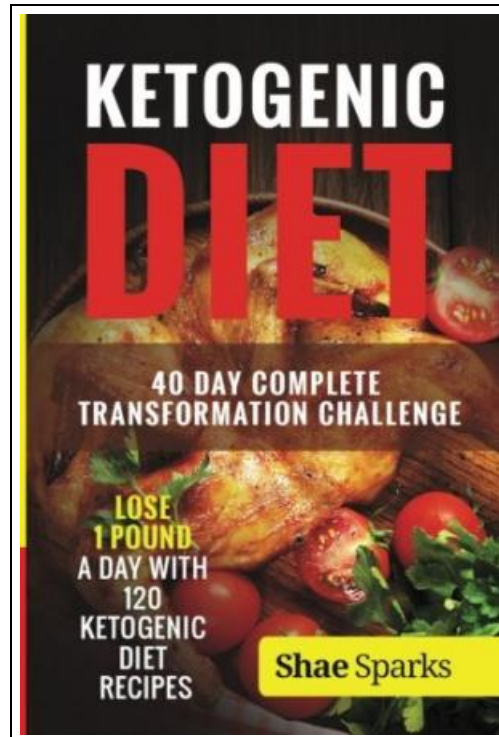


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Reviews



*Very helpful to all class of folks. Better then never, though i am quite late in start reading this one. You can expect to like just how the blogger create this pdf.
(Mandy Larson)*

KETOGENIC DIET: 40 DAY COMPLETE TRANSFORMATION CHALLENGE: LOSE 1 POUND A DAY WITH 120 KETOGENIC DIET RECIPES (DIABETES, DIABETES DIET, PALEO, PALEO . CARB, LOW CARB DIET, WEIGHT LOSS) (VOLUME 1)



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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 150 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. **WHAT FUEL ARE YOU RUNNING ON** Likely, your answer is carbs, like starches, fruit, and other sugars. When you walk, talk, or simply move through your daily routine, you are burning energy, and typically most people get most of their energy from Dietary Carbohydrates Much of the time, especially with the modern-day heavy-carb diet, your energy comes from carbohydrates. These are sugars and starches, which are broken down into glucose, which is then used by the body for energy. Unfortunately, excess glucose that is not fully used as energy converts to glycogen which is then stored as fat. **CARB OVERLOAD IS BELIEVED BY MANY EXPERTS TO BE THE 1 CAUSE OF OVERWEIGHT AND OBESITY TODAY** As you probably know, people living in modern countries are fatter than ever before, and in the US, 13 of all people are obese. This can lead to the following debilitating, and in some cases deadly, conditions and diseases: Heart attack and stroke Various cancers Diabetes and high blood sugar Mental conditions like Alzheimers and Parkinsons High blood pressure Inflammation throughout the body A lower quality of life Self-esteem issues A reduced sex drive and performance An increased risk of premature death Other chronic health conditions **FORTUNATELY, YOU CAN AVOID THESE ISSUES, AND ALL YOU HAVE TO DO IS START USING THE RIGHT FUEL FOR ENERGY** The only exception to the body not needing glucose from dietary carbs for fuel is ketones Ketones do not usually enter the body fuel equation until you start eating carb smart and enter a state of ketosis, where your body begins to burn stored body fat for energy **HOW DO YOU ENTER KETOSIS, OR A KETOGENIC STATE** Easy! You...

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