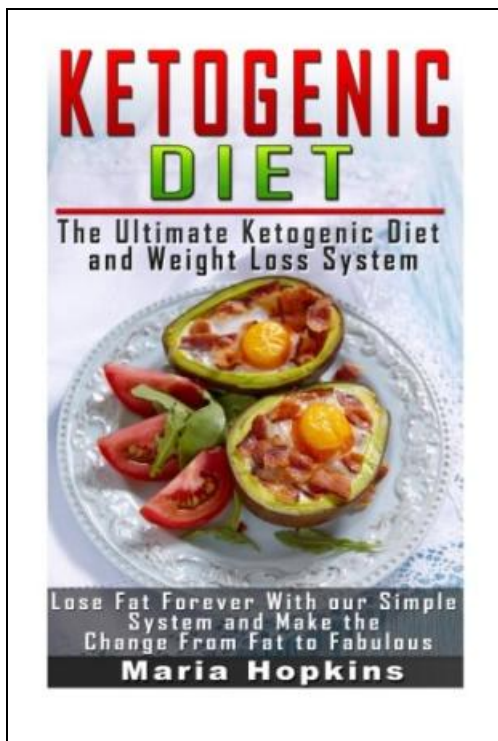


The Ultimate Ketogenic Diet and Weight Loss System: Lose Fat Forever with Our Simple System and Make the Change from Fat to Fabulous (Paperback)



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(Ariane Rau)

THE ULTIMATE KETOGENIC DIET AND WEIGHT LOSS SYSTEM: LOSE FAT FOREVER WITH OUR SIMPLE SYSTEM AND MAKE THE CHANGE FROM FAT TO FABULOUS (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.ARE YOU READY TO LOSE WEIGHT FAST? ***Today only, get this Amazon Bestseller for only \$14.99! Regularly priced at \$18.99.*** You are about to discover what Ketogenic Diet is, its benefits, process, and much more! The weight loss industry is a multi-billion dollar one and it seems that everyone out there has the perfect diet to help you lose weight. I have some bad news for you - diets simply do not work. This has been amply proven by the fact that, despite the proliferation of low-fat diets and diet foods, we as a society are progressively getting more and more obese. The problem with your typical diet is that it is not sustainable - you are likely to lose weight as long as you stick to the diet. When you go back to eating the way you used to, you will put the weight on again even more. Dieting is not natural or healthy for you - the minute that your body starts feeling as though the incoming food is being restricted, it goes into survival mode and this means that it tries to hold onto as much fat as possible. You not only feel hungry all the time, but the rate at which you lose weight slows down and you end up having cravings that cannot be ignored. That, you might say, is a typical side-effect of being on a diet and you'd be right. What if I were to tell you that there was a much better way - one that helps turn your body into a fat-burning machine, allows you to eat delicious food, and never needing to chew down on a carrot stick again? That...



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