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Ketogenic Diet-2 in 1 Box Set-A Complete Guide to the Ketogenic Diet-115 Amazing Recipes for Weight Loss and Improved Health (Paperback)

By Vanessa Olsen

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box set. GET AND STAY ON TRACK WITH THE KETOGENIC DIET

WITH THE HELP OF THIS 2-IN-1 BOX SET This set includes two

books of Vanessa Olsen -- KETOGENIC DIET and KETOGENIC

DIET COOKBOOK. KETOGENIC DIET - ACHIEVE RAPID WEIGHT

LOSS AND GAIN INCREDIBLE HEALTH AND ENERGY

KETOGENICS - The Best Kept Secret in Staying Fit for Life!

Learn how to create a life of happiness, health, and overall

well-being while eating foods that are rich, savory, and

delicious - exercise unnecessary! Those who follow the

guidelines presented in Ketogenic Diet - Achieve Rapid Weight

Loss and Gain Incredible Health and Energy will experience:

Rapid weight loss Decreased appetite Lower blood pressure,

blood sugar, insulin, and cholesterol levels Intense increase in

energy levels Reversed-aging effects No-more sugar cravings

No-more hunger (as common in traditional diets No-more joint

pain Deeper sleeping patterns Ability to think more clearly

Ability to handle emotions more effectively Heartburn relief

Faster metabolism Whiter, healthier teeth and bones The diet

has also...



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Reviews

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