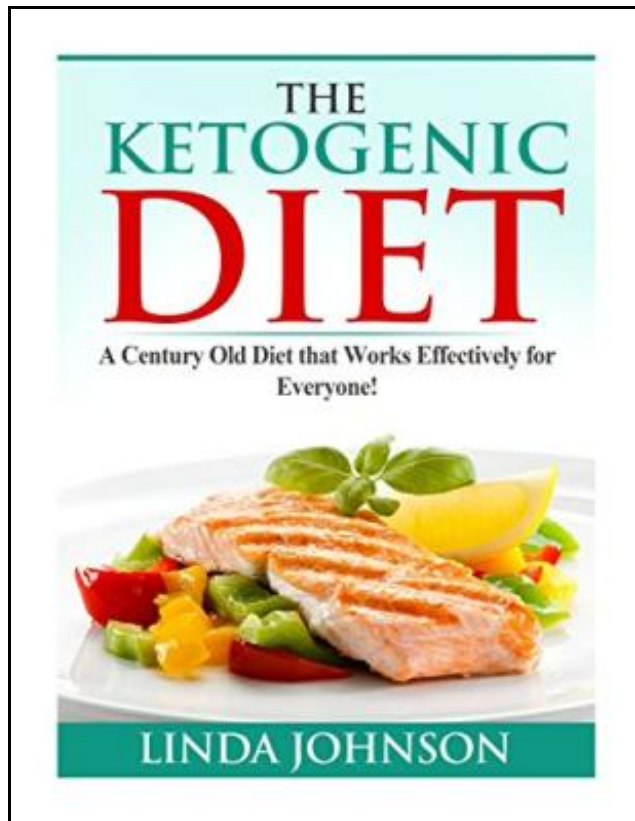


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 280 x 212 mm. Language: English . Brand New Book ***** Print on Demand *****.What This eBook Tells You The Ketogenic diet, which initially started off as a diet for pediatric epilepsy care, has now become one of the most trusted and fails-proof diets for patients and dieters alike. The reason is its lack of medicinal use and effectiveness. The best part about the Ketogenic diet perhaps is that it can be followed by children and adults alike. It is also not only limited for epilepsy patients but can also be used by people suffering from various other diseases. This eBook will detail out all there is to know about the Ketogenic diet so that you can follow it in the best possible manner and acquire the results you seek. The Ketogenic Diet explains things like: 1. What the Ketogenic diet is, how it started, what are some common misconceptions about it and what are its benefits are. 2. How the Ketogenic diet is suitable not only for those with epilepsy, but also for diabetes, Alzheimer and cancer patients. 3. Whether there are any side effects of the Ketogenic diet and who should follow it. Are you eligible for this diet? 4. Specific food items and exercises for this diet. 5. 30 recipes that range from breakfast to lunch, dinner to dessert and snacks too. Hence, this book is a complete guide about what you need to do when following the Ketogenic diet. By the time you complete this book a lot of ideas will become clear to you and you will know just the right method to follow the Ketogenic diet program. So let us dive into a world of Ketogenic information!.

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