



The Ketogenic Diet: Intermittent Fasting and the Ketogenic Diet for Rapid Sustainable Fat Loss (Paperback)

By Natalie Kordon

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Discover proven steps and strategies on how to get to know more about the Ketogenic Diet and how it teaches the body to convert stubborn and stored fats into usable energy thereby speeding up the weight loss process! Making a commitment to any diet or style of eating is a big deal. It requires forethought, research and diligence. You are hoping to gain something from eating the ketogenic way, and you will - as long as you make ketogenic eating a part of your lifestyle. That said, it can be difficult to adopt something as a long term lifestyle change if you feel that something is missing, in this case dessert. Ketogenic diets, or any low carb eating plan for that matter, are notorious for the savory decadence that you are allowed, however little attention is really given to how you will satisfy your sweet tooth. If you have ever tried a diet in the past, then you know that sometimes the road to quitting is paved with cravings. A ketogenic diet may sound like rocket science, but is one of the...

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