



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

By Vanessa Olsen

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Get PALEO DIET book for FREE when you purchase this 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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*The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Lyda Davis II**