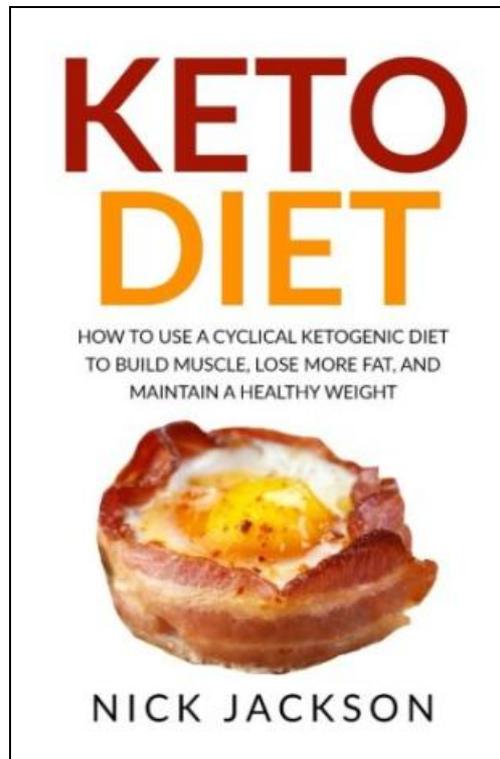


## Keto Diet: How to Use a Cyclical Ketogenic Diet to Build Muscle, Lose More Fat, and Maintain a Healthy Weight (Paperback)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Want a diet that won't leave you feeling deprived or hungry? Want a diet that will enable you to burn fat, build muscle, have more energy, and think better while lowering your blood pressure and cholesterol? Then Keto Diet: How to Use a Low Carb/Ketogenic Diet to Build Muscle, Lose More Fat, and Maintain a Healthy Diet is the book you have been seeking. Adapting to a ketogenic diet has been proven to have numerous benefits especially for many individuals that have medical illnesses. Inside, you will learn how cyclical ketogenic dieting helps to burn fat and build muscle efficiently and effectively. This can be incredibly beneficial to individuals who have medical illnesses where weight gain or obesity might be a major factor. Ketogenic diets have been shown to mitigate the symptoms associated with such issues as high blood pressure, high cholesterol, diabetes, and some neurological conditions. These benefits will be discussed in more detail inside. Ketogenic diets not only promote better health but will easily become a lifestyle in which weight loss and maintenance is easy. The diet described in this book is a variation of ketogenic diets and can easily be followed. And, unlike other diets, you will not be hungry or suffer from the constant hunger pangs. As well, you will never feel deprived as this book teaches you how to have your cake and eat it too literally. You will still be able to eat your favorite foods and get leaner and more muscular by doing so. If you choose to adopt this type of diet, you will discover after a period of time that it is no longer a diet. It will become a lifestyle...

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