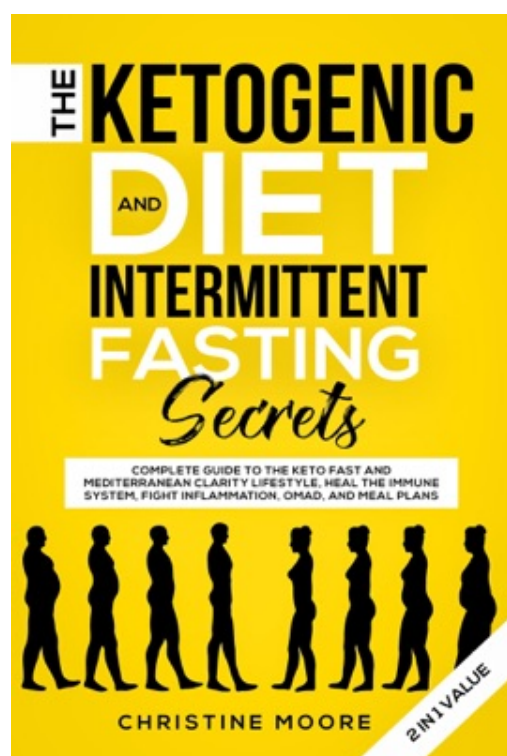


Télécharger Livres Gratuit The Ketogenic Diet and Intermittent Fasting Secrets: Complete Beginner's Guide to the Keto Fast and Low-Carb Clarity Lifestyle; Discover Personalized Meal Plan to Reset your Life Today (PDF | ePub | Mobi) Christine Moore download-free



Powerful Ketogenic Diet and Intermittent Fasting Secrets

I want you to get excited for this year because this is the year, you're going to CRUSH IT! This is the year you're going to achieve that dream body you've envisioned about for so long. I'm talking about high school skinny! I know this your year and all you have to do is listen to what I have to say and promise yourself NO excuses. Best of all, my solution is a LIFESTYLE change not a weight loss program where you gain all the weight back.

I'm going to teach you about two revolutionary weight loss programs that helped me lose over 150 pounds in two years. These are two SCIENCE backed regiments that allow us to tap into our fat cells or consumed fats for fuel.

The first is the ketogenic diet originally created to combat pediatric epilepsy has been discovered to reduce cancer, obesity, artery disease, high cholesterol, and a whole host of

other adverse issue. The revolutionary diet itself centers around consuming fats as the majority of the nutritional break down while restricting your carb intake.

The second is intermittent fasting. It's an eating pattern that restricts when you can eat and when you cannot. This is not about starving yourself, but an effective approach paired with a diet plan for accelerated and incredible weight loss results. The key to success is the method and approach to adjust to the new life style.

In this book, you'll find the exact steps to implement the ketogenic diet and intermittent fasting into your life. I will break down each step and make them easy, so it sticks. I'll provide you the SECRETS I've learned over the past two years so you can get over any hump along the way.

Powerful Anti Inflammatory Ketogenic Diet Secrets

Are you tired of weight loss diets that drain the life out of you? Better yet, how would you like snap out of your bed everyday with explosive energy yet continue to lose weight? Does that sound good to

you? Because I'm putting a new twist to the Keto Diet that will have you experiencing energy levels like back when you were in high school!

Anti-Inflammatory Keto. Unlike traditional Ketogenic diets focused on meat and dairy this diet focuses on plant based, nuts, fish and essential oils with the poultry and red meat eaten in moderation. NON-anti-inflammatory foods are known to cause inflammation in the gut impeding the nutrition absorption process.

In this book, I'll show you the long-term Anti-Inflammatory Keto solution packed with tips and tricks so you know exactly what to do. This is a life style change so powerful you'll no longer dread the weight loss process and be able enjoy what you eat. I'll share with you my secrets I've developed over the year so you can get over any hump along the way. Best of all, you'll no longer wide up where you started.

Title : The Ketogenic Diet and Intermittent Fasting Secrets: Complete Beginner's Guide to the Keto Fast and Low-Carb Clarity Lifestyle; Discover Personalized Meal Plan to Reset your Life Today

Author : Christine Moore

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