



The Ketogenic Diet Book: What ketogenic diets are and how you can use them to burn fat and improve epilepsy

David Remington

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The Ketogenic Diet Book

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Here Is A Preview Of What You'll Learn...

- What is a Ketogenic Diet
- How Does the Ketogenic Diet Work?
- Ketogenic Diet Effect On Epilepsy
- Ketogenic Diet Effect On Weight Loss
- How to Use the Diet Successfully
- Health Precautions of Ketogenic Diets
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