



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 is a particular dieting method first developed to help improve epilepsy and reduce the frequency of seizures. However this diet also has a range of other benefits including weight loss!

This diet is used by a wide range of people from celebrities, to epilepsy sufferers, to bodybuilders!

Soon, you will discover exactly how this diet works and how you can implement it in your own life to reap some amazing benefits, no matter your goals.

This book will teach you how the ketogenic diet is structured, and allow you to simply implement it from home!

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
- Much, much more!

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