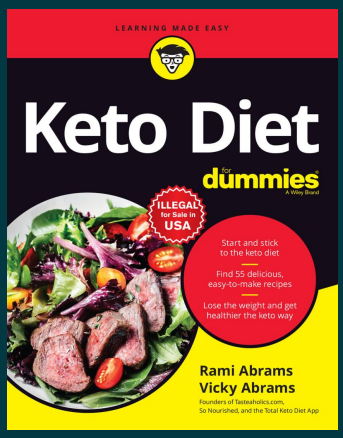
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Keto Diet For Dummies

By Rami Abrams, Vicky Abrams

Paperback 9788126534241 ₹749.00

Pages: 380

Description

The ketogenic diet (also known as keto diet) is a very low-carb, high-fat diet that shares many similarities with the Atkins and low-carb diets, Ketogenic diets can cause massive reductions in blood sugar and insulin levels. This, along with the increased ketones, has numerous health benefits. Keto Diet For Dummies explains the latest research behind the keto diet, dispelling the myths and revealing how to create a keto plan that works! You get delicious recipes and lots of tips to make your keto lifestyle a success.

About the Author

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- You want to get healthy and stay that way for a long time

- Flipping the Switch on Your Metabolism
- Consuming the right ratio of macronutrients: Fat, protein

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