



# **Ketogenic Diet: Guide and Steps to Lose Weight, Be Healthier and Feel Better with the Ketogenic Diet (Ketogenic Diet, Weight Loss, Fat Loss, Healthier)**

*Robert H. Garcia*

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This book contains proven steps and strategies on how to become successful in using the ketogenic diet to lose weight. The ketogenic diet is one of the most effective diets for people who want to lose weight. It started out as a modified diet used to lessen the seizures of people with epilepsy. Later on, many practitioners of the diet discovered that it is also effective in keeping people lean and healthy.

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