

THE KETO DIET PDF

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Sun, 17 Jun 2018 01:03:00 GMT - Chapter 1: Introduction to the ketogenic diet Chapter 2: The history of the ketogenic diet Prior to discussing the details of the ketogenic diet, it is helpful to discuss some introductory information. This includes a general overview of the ketogenic diet as well as the history of its development, both for medical conditions as well as for fat loss.

The Ketogenic Diet - EMASCC -

Mon, 04 Jun 2018 16:35:00 GMT - What is a Ketogenic Diet? A keto diet is well-known for being a low carb diet, in which the body produces ketones in the liver to be used as energy. Itâ€™s referred to by many different names â€“ ketogenic diet, low carb diet, low carb high fat (LCHF), and so on. Though some of these other â€œnamesâ€