



Ketosis: Keto: Ketogenic Diet: 21 Day NO BS Step by Step Challenge to Lose 10 Pounds: Achieve Optimal Ketosis (Keto, Keto Diet, Keto Diet Recipes, Keto Diet Cookbook)

Shae Sparks

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Shed 10 Pounds by Achieving Optimal Ketosis in Just 21 Days

Ketosis is a state in which the body has a high-fat burning rate. Even your brain operates on fat when glucose is not available. These energy molecules in your blood, similar to blood sugar, become the fuel for your brain after it's converted from your fat cells by the liver. To encourage your body to produce ketones, the level of insulin in your blood has to be low.

This book contains proven steps and strategies on how to lose the extra weight you've been struggling to lose within the next twenty-one days.

For the first few weeks, losing weight seems relatively easy with any diet, but that's because you're losing lean muscle mass and water weight. When it comes to burning off those stubborn fat cells, well, it's not as easy. That's where ketosis plays a role.

ARE YOU READY TO DROP FAT BOMBS??

Ketosis is one of the fastest, optimal ways to lose weight. In this book, you're going to learn what's safe, moderately safe, and not safe to eat on this diet, as well as a twenty-one-day guide for what to consume for breakfast, lunch, and dinner.

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Dorothy Bernstein:

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Tammy Kovar:

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