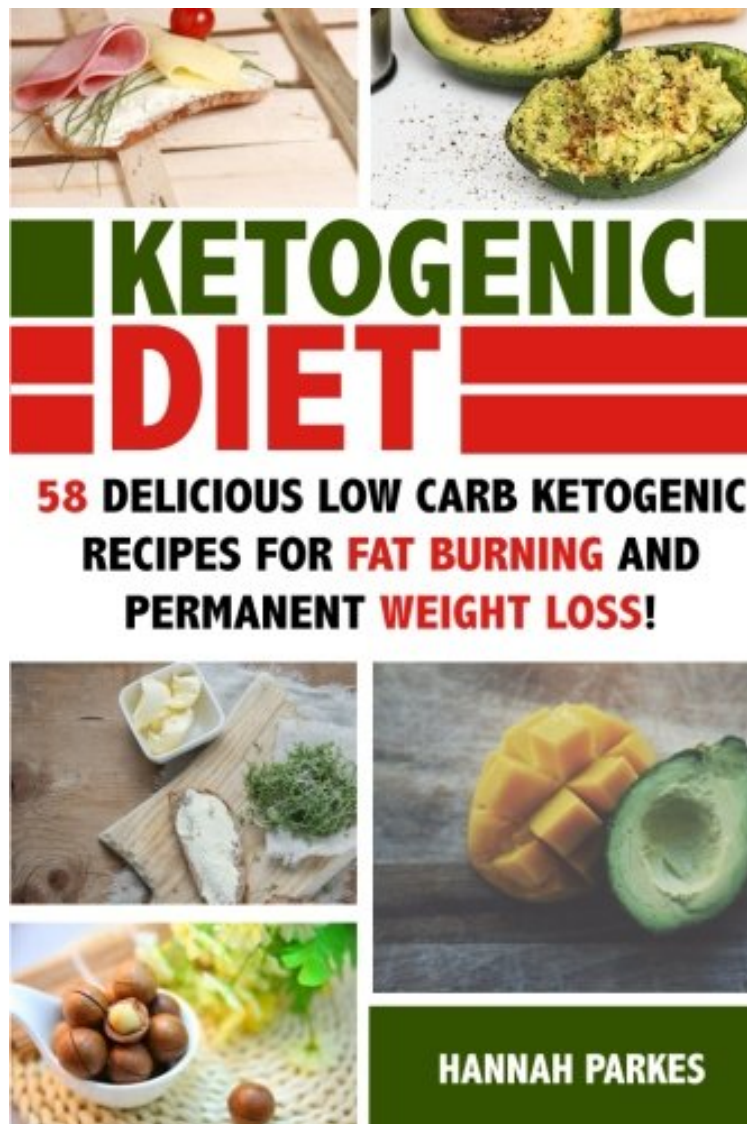


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Who says dieting is dull and boring? Thanks to this book -Ketogenic Diet: 58 Delicious Low Carb Ketogenic Recipes for Fat Burning and Permanent Weight Loss, the idea of losing weight has become delicious. This book is written to provide the readers a whole new perspective in dieting, fat burning, and permanent weight loss. These are all achievable without having to sacrifice what people are naturally fond of doing EAT! Yes, this book offers 58 mouth-watering easy recipes that you can instantly try at home. There is no need to be an excellent cook to recreate these dishes the ingredients are easy to find, the methods are simple, and most importantly, they are perfect for your goal of achieving permanent weight loss. So, what can you expect from this book? Easy-to-understand explanation of the principle behind Ketogenic Diet List of foods that will help you achieve Ketosis List of foods that you should permanently forget Know how Ketogenic diet can be beneficial to you and your loved ones Low-carb recipes you can try, share, and experiment on Life is just too short to waste on diet therapies that do not just work. This book offers is anchored to two fundamental aspects of dieting understanding the concept and applying it effectively. To make a diet therapy work, these two factors should be present. This book offers a powerful tool to those who are suffering from metabolic problems and to those who turn their lives around. When implemented correctly, the result of Ketogenic diet is astonishing. Why not start now and live the life you have always wanted? This book can make those goals of shedding fats and keeping off the excess weight for good happen. If you are ready to make this massive changes on your health, grab this book now.

About the AuthorLong before she became a renowned self-development, fitness, and health expert, Dr.Hanna Parkes used to be on the receiving end. She battled eating disorders in her teens and was cyber bullied due to her weight problem. Her negative experiences during her childhood years became her one of her sole motivation to address the problem and seek professional help. On her road to recovery, she dedicated a huge amount of her time and energy learning and educating herself on self-development and staying mentally and physically healthy to build up her self-esteem. At the young age 23 , she earned herself a degree in Nutrition Science and worked her way to achieving a Master Degree and Ph.D. in the same field a few years later. At age 36, Dr. Parks now lives with her husband, Dr. Gerard Parkes, a doctorate degree holder in Naturopathic Medicine. The couple has dedicated over a decade of their lives living from one continent to another educating and sharing their expertise with local communities around the world. Some of their campaigns include obesity awareness and improving self image. They have also trained a number of health enthusiasts and have established about a dozen clinics offering alternative medicine in three different continents. She is also actively writing a series of books in her vision to widen her reach and help educate more people across the globe. Dr. Hanna Parkes and her husband are currently back in her hometown of Chicago, where they vow to continue to help individuals who are struggling with eating disorders and weight problems. Starting this year, she intends to set up boot camps in the summer that will train young adolescents on how to take care of themselves better

and improve their self image.