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Weight Loss: Ultimate Guide How to Lose Weight Naturally and Quickly (Gluten Free, Diabetes Diet, Ketogenic Diet,)

Julia Jackson, Joanna Holland, Glenda Olsen, Katerin Donovan, Marie Francoise

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BOOK #1: Ketogenic Diet Plan: Losing Weight With 14 Delicious Recipes Based on Ketogenic Diet Plan

What is Ketosis? If I told you it is an amazing way to lose weight with many other benefits thrown in too. Yes, it's true by simply understanding the science behind a ketogenic diet plan you will see that losing weight has never been so easy, what's more there is no exercise required and if you do choose to add some exercise the results will be, even more weight loss!

BOOK #2: Liver Detox Cleanse: Strengthen Your Liver Function with 7 Day Detox Plan

The liver is an incredibly important organ in your body. While it has the ability to grow, and parts of one person's liver can be successfully transplanted into another person's body, this can only be done with a healthy liver. Maintaining liver health is therefore imperative, not just for the purposes of transplantation, but also for the overall functioning of your body. In fact, the successful working of almost every organ system in your body can be directly linked to your liver function, and unfortunately, when your liver packs up, chances of successfully transplanting even a small part of someone else's liver into you are slim.

BOOK #3: Ketogenic Diet Plan: Advanced Diet Program for Easy Weight Loss using the Keto Nutrition Plan

What if I told you that there was a diet out there that was scientifically proven to promote fat burning and weight loss, could significantly lower your blood sugar, and allowed you to consume massive amounts of high-fat foods like bacon, eggs, and pork? You'd probably laugh your head off, but the joke would be on you. Just ask the hundreds of thousands of people who have already discovered the "keto" diet! This low-carb, high-fat approach to dieting is turning the traditional ways that we think about food completely upside down!

BOOK #4: Diabetes: The Best Diabetic Cookbook - Over 30 Healthy and Delicious Recipes That Will Help You Start Controlling Your Diabetes

Just because you have diabetes doesn't mean you can't eat healthy, tasty dishes. A diet for diabetes is just a plan for healthy eating that will help in controlling blood sugar. Diabetes diets translate into eating various nutritious foods in amounts that are moderate, and by sticking to scheduled times for meals each day. Diabetes diets don't need to be restrictive, but just healthy plans that are naturally low in calories and fat and

rich in nutrients. A good diet emphasizes whole grains, fruits and vegetables. In fact, a diabetes-type diet can benefit anyone, even if you don’t have diabetes.

BOOK #5: Diabetes Diet: The Best Way to Naturally Reverse Diabetes...in 30 Days or Less

Have you recently gotten a diabetes diagnosis from your doctor? Diabetes can be a scary word for many of us. While it can pose a lot of negative possibilities for your health, it might not be too late to reverse your diabetes.

BOOK #6: The Gluten Free Guide: How to Lose Weight Naturally and Quickly

Do you often feel bloated, sick, or downright lousy after you eat foods with wheat in them? Are you struggling to lose weight despite dieting properly and consulting a doctor? Then you might suffer from a condition commonly termed wheat belly. Wheat belly is a sensitivity to gluten found in wheat and many other common foods in the American and European diet. This sensitivity can lead to a sick feeling that just won’t go away and weight gain or a stubborn weight problem that just won’t disappear no matter what you do. But there’s an alternative to suffering from this condition, and that’s cutting gluten out of your diet.

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Edward Roth:

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Joseph Mattie:

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Doris Stone:

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