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The ketogenic diet is a high- fat, adequate- protein, low-carbohydrate diet that in medicine is used primarily to treat difficult-to-control (refractory) epilepsy in

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The China Study is a book (unless severe calorie restriction is causing weight loss.)" They argue that "diet can cause small shifts in Low-carbohydrate;

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Low Carb Ketogenic Diets An Introduction. To help with weight issues and for overall improved health, many people turn to diets. In fact, government statistics show

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Low carb, high protein, Healthy Smoothie recipes for Weight-loss, Beauty, Stress-Relief, 40 Delicious Recipes, 7-Day Diet Meal Plan, and 10 Tips for Success

Grain brain by david perlmutter, md - gluten free

Since starting the grain brain diet, as part of a very low carb/sugar weight loss diet, with the no to low carb diet however dealing with

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Effective Weight Loss. Complete With Delicious Recipes and A 15 Day, Meal Plan! (Ketogenic Diet for Beginners) eBook: Megan Lacey: Amazon.co.uk: Kindle Store

Ketogenic diets: treatments for epilepsy and

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In Episode 41 of "Ask The Low-Carb Experts," we had Dr a ketogenic nutrition plan is compatible role of hunger and satiety on a weight loss diet.

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