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### **Epilepsy Foundation -**

Mon, 18 Jun 2018 22:02:00 GMT - The 3-Week Ketogenic Diet is a simple, science-based diet that is 100% guaranteed to melt 7-19 pounds of stubborn body fat.

### **(3) The 3-Week Ketogenic Diet | Official Website | Lose ... -**

Mon, 18 Jun 2018 09:23:00 GMT - Description. About the Book. Very low-carbohydrate (aka ketogenic) diets such as The Atkins Diet, Protein Power and The South Beach Diet have come and gone repeatedly over the years and there is currently great research and real-world interest in their effects.

### **The Ketogenic Diet â€œ Body Recomposition Store-**

Sat, 16 Jun 2018 07:24:00 GMT - Learn how a ketogenic diet greatly improves not only weight issues, but many other health conditions, including diabetes and cancer. We've got the diet plan, recipes and more information here!

### **Ketogenic Diet Resource -**

Sat, 16 Jun 2018 20:09:00 GMT - A cyclic ketogenic diet (or carb-cycling) is a low-carbohydrate diet with intermittent periods of high or moderate carbohydrate consumption. This is a form of the general ketogenic diet that is used as a way to maximize fat loss while maintaining the ability to perform high-intensity exercise.

### **Cyclic ketogenic diet - Wikipedia -**

Wed, 14 Oct 2015 23:56:00 GMT - Navigate the Ketogenic Diet for Optimal Health: The ketogenic diet is an advanced nutritional approach that improves fat burning, preserves lean body tissue and improves brain function.

### **NAVIGATING THE KETOGENIC DIET - Ketogenic | Dr. Jockers -**

Fri, 15 Jun 2018 05:30:00 GMT - 10 Critical Ketogenic Diet Tips A ketogenic diet is a very low carbohydrate, moderate protein and high fat based nutrition plan. A ketogenic diet trains the individualâ€™s metabolism to run off of fatty acids or ketone bodies.

### **10 Critical Ketogenic Diet Tips For Best Results ... -**

Sat, 16 Jun 2018 12:53:00 GMT - I've put together a very low-carbohydrate Ketogenic Mediterranean Diet for loss

of excess weight. Why ketogenic? Your body gets its energy from either fats, or carbohydrates like glucose and glycogen.

### **Ketogenic Mediterranean Diet | Diabetic Mediterranean Diet -**

Mon, 31 Dec 2012 23:53:00 GMT - Once you have a good understanding about the diet and are ready to start, download my Basic Ketogenic Diet Plan (the plan is in PDF format, so you need Adobe reader to open it).

### **Ketogenic Diet Plan: Get Started Here! -**

- A ketogenic diet is one in which carbohydrates, and to a lesser extent, protein are restricted in the diet and replaced with fat.

### **An Introduction: A Ketogenic Diet for Cancer - Caveman Doctor -**

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