



Ketogenic and Fatty Liver Diet Box Set: Natural Way to Detox, Cleanse and Burn Fat with Delicious Recipes (Diet Plan Guide)

Marisa Lee, Rebecca Dwight

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Ketogenic and Fatty Liver Diet Box Set (2 in 1)

Book One: Burn Fat with the Ketogenic Diet: 50 Healthy, Low-Carb Recipes to Boost Metabolism and Lose Weight Fast

Want to alter your diet to help lose weight?

The Ketogenic diet has become popular in recent years. It is a simple-to-use, alternative approach to weight loss. Used correctly, it can allow anyone to get their weight to a manageable level. Of course, exercise is still needed but changing an approach to meals can certainly change the struggle to lose weight.

The body consumes only a small amount of protein while removing most of the starch and sugars from high-carbohydrate foods. You still eat meals but healthy meals as the body is loaded with natural fats it needs.

Inside You Will Learn:

- How The Ketogenic Diet Will Affect The Body
- How The Ketogenic Diet Works
- Why A Low-Carb Diet Is Important
- Why Natural Fats Are A Must
- Simple And Easy To Follow Recipes To Try
- Basic Errors To Avoid When Preparing Wheat Free Meals
- And Much More

Once you learn these simple things, you will be able to prepare tasty meals and hopefully set you on the right course for weight loss. You can use simple recipes and maybe, even change your approach to food itself. Download This Book Now.

Book Two: The Fatty Liver Diet: Natural Way to Detox, Cleanse and Prevent Fatty Liver with Delicious Recipes

If you are not familiar with a Fatty Liver Diet and its importance this is the book for you. Your liver is a very vital organ and if it is not functioning properly you will discover that it can lead to many other medical concerns.

Changing your eating habits and following a Fatty Liver Diet will enable you to keep your liver healthy and to repair some of the damage that may have been done already. After reading this book you are going to understand what the liver does to keep your body functioning and what you can do to keep it functioning.

Many people think that liver diseases are only for those that consume alcohol and that just isn't the case; there are people with liver disease that have never touched alcohol. With that in mind take a chance and learn how to keep your liver healthy.

In this book you will learn:

- The functions of the liver
- What Fatty Liver Disease is
- Signs of Fatty Liver Disease
- How to treat Fatty Liver Disease through diet
- Breakfast, lunch, and dinner recipes for a Fatty Liver Diet
- Much, much more!

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Jennifer Pittman:

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Latashia Bartlett:

The guide with title Ketogenic and Fatty Liver Diet Box Set: Natural Way to Detox, Cleanse and Burn Fat with Delicious Recipes (Diet Plan Guide) has a lot of information that you can find out it. You can get a lot of advantage after read this book. This book exist new expertise the information that exist in this book represented the condition of the world currently. That is important to yo7u to be aware of how the improvement of the world. This specific book will bring you in new era of the the positive effect. You can read the e-book on your own smart phone, so you can read the idea anywhere you want.

Beverly Turner:

What is your hobby? Have you heard which question when you got scholars? We believe that that question was given by teacher to the students. Many kinds of hobby, Everybody has different hobby. And you know that little person just like reading or as studying become their hobby. You must know that reading is very important and book as to be the matter. Book is important thing to incorporate you knowledge, except your own teacher or lecturer. You discover good news or update in relation to something by book. Amount types of books that can you choose to adopt be your object. One of them is Ketogenic and Fatty Liver Diet Box

Set: Natural Way to Detox, Cleanse and Burn Fat with Delicious Recipes (Diet Plan Guide).

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