

Keto Clarity Your Definitive Guide To The Benefits Of A Low Carb High Fat Diet Jimmy Moore

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Keto Clarity is your definitive guide to the benefits of a low-carb, high-fat diet. Full details on Jimmy Moore's yearlong n=1 scientific experiment of nutritional ketosis, in which he used sophisticated blood testing technology to track and monitor his production of ketones and blood sugar to achieve rather remarkable effects on his weight and health, is also presented as well as food shopping lists, 25+ low-carb, high-fat recipes, and a 21-day meal plan to get you going on your ketogenic ...

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Keto Clarity: Your Definitive Guide to the Benefits of a Low-Carb, High-Fat Diet. Leading health blogger Jimmy Moore and researcher and internist Dr. Eric C. Westman join forces again to explain the powerful therapeutic effects of a ketogenic diet—one that combines a customized carbohydrate restriction, moderation of protein intake, and real food-based fats—which is emerging in the scientific literature as a means for improving a wide range of diseases, from Type 2 diabetes to Alzheimer ...

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You will find a step-by-step guide to help you produce more ketones and track your progress, real life success stories, and more. The solid evidence for nutritional ketosis in dealing with many of the chronic health problems of our day is presented, including but not limited to: epilepsy, Type 2 diabetes, obesity, cardiovascular disease, metabolic syndrome, polycystic ovarian syndrome, irritable bowel syndrome.

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Plus, you'll get the details on the emerging science that is showing great promise in treating cancer, autism, migraines, chronic pain, brain injury, stroke, kidney disease and so much more. Keto Clarity is your definitive guide to the benefits of a low-carb, high-fat diet.

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