

# KETO DIET



WITH  
**80+**  
RECIPES

Your 30-Day Plan to Lose Weight,  
Balance Hormones, Boost Brain Health,  
and Reverse Disease



**DR. JOSH AXE**

AUTHOR OF THE NATIONAL  
BESTSELLER *EAT DIRT*

Josh Axe

## Keto Diet: Your 30-Day Plan to Lose Weight, Balance Hormones, Boost Brain Health, and Reverse Disease



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From the author of the national bestseller *Eat Dirt*, a 30-day healthy program -- including a lot more than 80 delicious recipes -- to get rid of fat, combat inflammation, and reverse disease using the keto diet. Filled with purchasing lists, delicious quality recipes, complementary exercise routines, and available explanations of the science confirming the diet's effective effects, *Keto Diet plan* gives readers all the tools they need to say goodbye to stubborn extra fat and chronic disease once and for all. When practiced properly, it has been proven to get rid of fat, reduce inflammation, battle cancer, balance hormones and gut bacteria, improve neurological diseases, and even boost lifespan. Sadly, many people remain unaware of several key factors that are necessary to the diet's success, setting up them up for frustration, failure, and relapse. In *Keto Diet*, bestselling author Dr. Unlike various other books on the subject, *Keto Diet plan* identifies and information five different ketogenic protocols and explains why picking the correct one for your body and way of life is definitely fundamental to your achievement. Josh Axe units the record right, offering thorough, step-by-step guidance to achieving lifelong health. Today, the ketogenic diet plan may be the world's fastest developing diet, and with good reason.



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