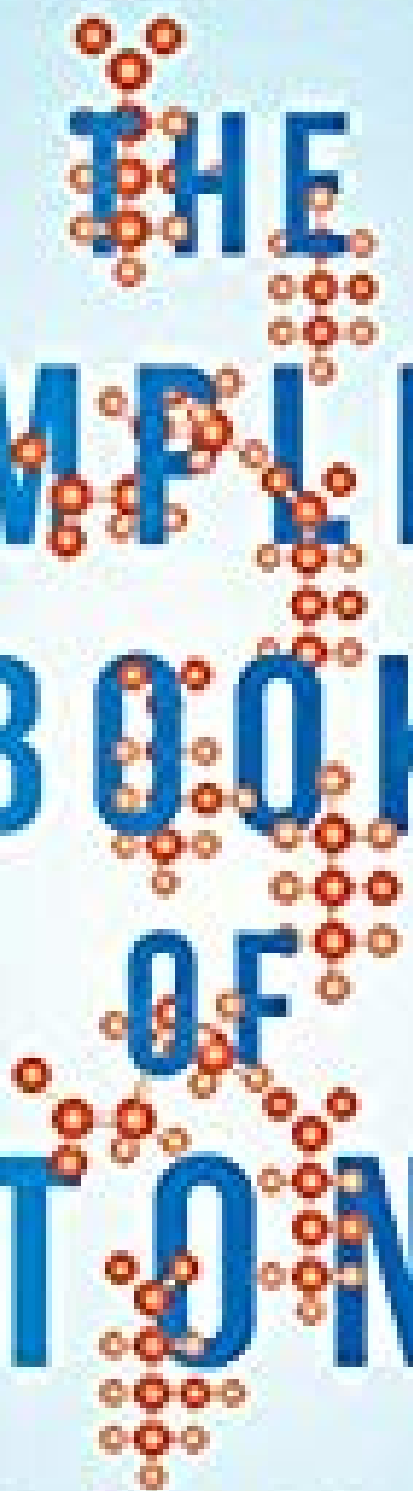


forward by Theodore VanItallie, M.D.

MARY T. NEWPORT, M.D.



THE COMPLETE BOOK OF KETONES

A Practical Guide to Ketogenic Diets
and Ketone Supplements

Dr. Mary Newport

The Complete Book of Ketones: A Practical Guide to Ketogenic Diets and Ketone Supplements



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This publication also provides approaches for increasing ketone levels, a synopsis of the different types of ketogenic diets and their benefits, a listing of ketone supplements, keto-friendly quality recipes and ingredients, resources for selecting specialty foods, and much more. Whether you are simply interested in the keto craze or prepared to completely embrace the keto life style, The Complete Reserve of Ketones: A Practical Guide to Ketogenic Diet plans and Ketone Health supplements is for you. THE ENTIRE Publication of Ketones is a lot more than dishes and diet tips. The Complete Book of Ketones is certainly your comprehensive guide to all or any things Keto, and can help you answer fully the question, why proceed keto? This book offers a breakdown of the science behind ketogenics and includes personal testimonies from individuals who have experienced the advantages of practicing a keto life-style first hand.why move keto?



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