



Ketogenic Diet Crash Course: Seriously Simple 7 Day Guide to Beating Cravings Whilst Turning Stubborn Fat into Energy

Robert M Fleischer

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How to turn your body into a fat-burning machine

Do you like what you see in the mirror?

Are you avoiding social situations, dressing room mirrors or romantic advances because of how you feel about your body? Are you missing out on life? Not being able to enjoy simple activities with your loved ones? What if there really is an effective way to lose 5, 10, 30 or more pounds? If you're reading this then it's a sign that you're ready for a change. Everything happens for a reason and today is your day.

Being trim and healthy is very attractive, no matter how we look at it, and highly valued in our society. This we cannot change, but we can take complete control of our own body. Step into your new body. Imagine getting compliments from friends, co-workers and members of the opposite sex. How does that feel?

This guide cuts through the misconceptions about the low-carbohydrate diet, giving you the facts and figures, and taking all the guess-work out of losing weight. But this is not just a guide about losing weight – it's specifically crafted for optimally **losing fat**.

Robert M. Fleischer has distilled years of research and experience to make it not only possible for you to look your best, but to do it in an **easy and enjoyable way**.

In "*Ketogenic Diet Crash Course*" you'll discover

- the difference between the Ketogenic diet and the Atkins diet, and how to **avoid a mistake** many people make unknowingly
- the no.1 cause of belly fat, and how to get rid of it easily (this piece of information alone is almost priceless)
- how to use technology you already have at your fingertips to make your weight-loss journey a lot easier and more effective
- how to **boost your metabolism** and **burn more fat**
- how to train your body to use fat instead of carbs
- how to get results with a low-carb diet **without starving yourself**

People stick with low-carb diets simply because they work. Read this book, follow the guidelines, and you'll see results. Guaranteed.

SPECIAL BONUS: All You Wanted To Know About The Raw Food Diet

Now including exclusive **Ketogenic Diet Crash Course** purchasers' bonus offer, inside this guide, you'll learn:

- What is the Raw Food Diet Really Is!

- The Pros and Cons of the Raw Food Diet!
- Tools to Trade!
- 7 Simple and Easy Raw Food Diet Meal Plans

Don't put it off! **Get your copy TODAY!**

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