

DOWNLOAD THE VEGAN KETOGENIC DIET COOKBOOK GET STARTED WITH VEGAN KETOGENIC DIET TO LOSE WEIGHT INCREASE MENTAL FOCUS AND ENERGY WITHOUT CUTTING OUT DELICIOUS FOODS THAT YOU LOVE KETOGENIC VEGAN

the vegan ketogenic diet pdf

The ketogenic diet is a high-fat, adequate-protein, low-carbohydrate diet that in medicine is used primarily to treat difficult-to-control (refractory) epilepsy in children. The diet forces the body to burn fats rather than carbohydrates. Normally, the carbohydrates contained in food are converted into glucose, which is then transported around the body and is particularly important in fueling ...

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