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dropping those extra pounds is life s mission we are always seeking ways to tone our bodies and get fit different diet plans and exercise regimes can help us do that among the recent trends the ketogenic diet has gained quite a popularity these days it is a low carb high fat diet"ketogenic diet for beginners a keto diet guidebook for

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consistently low carb moderate protein and high fat and the one that has been the most widely studied and shown to be beneficial for therapeutic uses such as diabetes cyclical also referred to as carb cycling this diet involves injecting short periods of high carb consumption called carb refeeds into "ketogenic diet

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