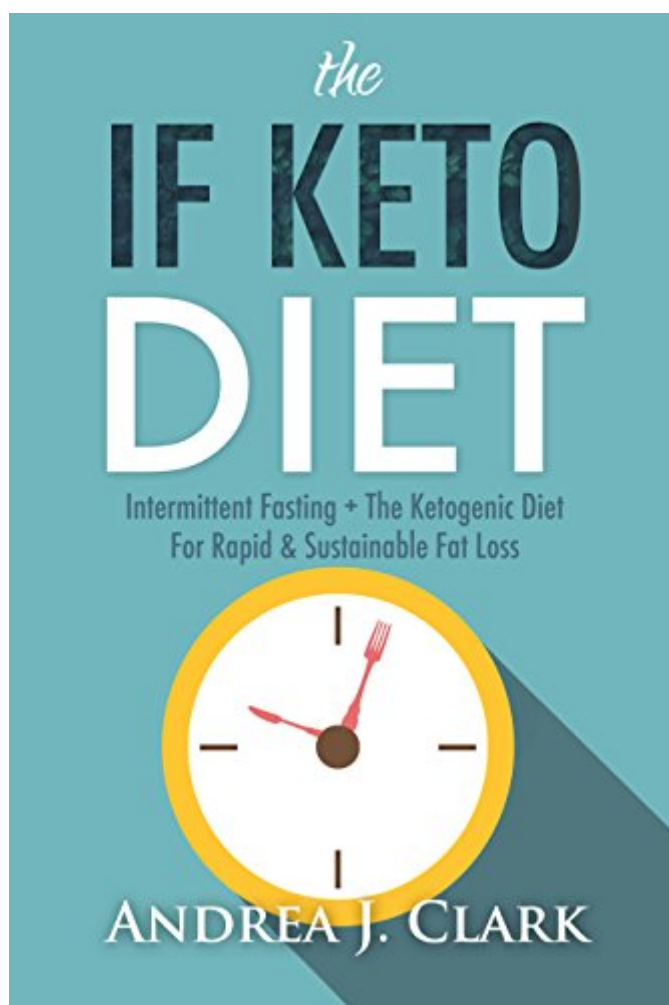




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# The IF KETO Diet: Intermittent Fasting + The Ketogenic Diet For Rapid & Sustainable Fat Loss



## Synopsis

Have you been trying different diets, only to regain the same weights over and over again? Weight loss; a challenge most of us face. The going gets even tougher when we have worked so hard to lose the weight and we end up gaining it right back. It ends up being a rollercoaster of emotions and we get to a point we just feel like giving up. I wish there was a way for me to keep off the weight once I have lost it. • These are some words we may have heard someone say if not said them ourselves. But does maintaining the weight off have to mean that we starve ourselves and feel horrible just to look good? No! There is actually a solution; Introducing the Magic of the IF Keto Diet. Intermittent Fasting and Ketosis are powerful tools that will help you lose weight, boost energy, and feel better in your own skin. Here are some of the benefits you will gain from this book: • How to combine Intermittent Fasting and the Ketogenic Diet for maximized fat-loss results • Fantastic Benefits of IF Keto such as: - Reduced Risk of Type-2 Diabetes - Saving You Money & Time - Heart Health Benefits - Inflammation Reduction - Cancer Prevention - Brain Boost - The Fight Against Alzheimer's • Your IF Keto 7 Day Meal Plan Imagine yourself in 6 months. What do you see? Do you see the same old you, overweight and unhappy? Sick and tired? Or do you want to see a more energetic and happier version of yourself? Grab yourself a copy of the IF KETO diet and start your path to better living!

## Book Information

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## Customer Reviews

Great book, easy to read, easy to understand. options that fit many! Leanne as a very easy personality that comes out in her writing, a caring attitude and a strong belief and command of her subject matter. This is a book to be read, and used as a resource. Especially he like the area where he told his own story about his losing weight, all inspiring and attractive.

Impressive and useful book! This little gem provides easy to understand nuggets of wisdom in a clean, straight forward way. By focusing on the positive health benefits of intermittent fasting, you understand how to set realistic expectations and challenge yourself in an incremental and affirming way. Worth recommending to all!

i purchased this book last two weeks, because ill try some plan written here that can perfectly have a good result to my body, but it is a great! this is the one of the awesome keto diet that ive read. really helful for me. because it tells me a lot to have plan for my meal to have a better result.

This is the first time I was Introduced to the Magic of the IF Keto Diet. Intermittent Fasting and Ketosis are powerful tools that will help us lose weight, boost energy, and feel better in your own skin and yes this is possible, like what I've read in this book, it is fast, easy and safe.

This book is awesome. Far exceeded my expectations. Synthesizes a lot of important stuff that has been coming out about health lately. I found this book to be very well written and informative. It's easy to read without weighing you down with a bunch of unnecessary scientific explanations. Very glad to own it.

Easy to understand and follow. Great guide for beginners, has lots a info, and well researched material to help you reach your goals. We have tried several recipes and they are great. nothing crazy to buy. Highly recommend!

I would recommend this book to anyone researching how to seriously lose weight. The author is to

the point of the subject and the book is a easy read

Awesome! I found this book to be very well written and informative. It's easy to read without weighing you down with a bunch of unnecessary scientific explanations. (Yes of course there's some things that need to be explained) I learned new approaches to handling keto flu. I like the concise 'this is what you need to know' manner of writing. Very good! I was extremely surprised to find out how young the author is in comparison to his knowledge! Worth recommending!

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