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This leads to rapid weight loss. The Ketogenic Diet for Weight Loss: It is surprising, but the Ketogenic diet requires the person to consume more fat!

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A ketogenic diet is a style of weight loss plan where the body is forced to enter a state called ketosis. Cancer and Keto? The Ketogenic Diet by Lyle McDonald;

Examiner.com - official site

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Ketogenic diets: high-fat or high-protein - q&a

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Mark macdonald, author of body confidence, on tour

Mar 14, 2011 Body Confidence creator Mark Macdonald knows that weight loss Despite the lack of activity, Mark continued to eat the food he was used to: fast food, pizza, and ice cream. He thought he found the answer in the ketogenic diet, a high fat, high Wednesday, March 30th: Hollie's Weight Loss Blog.

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