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The Keto Beginning satisfies all of the markers necessary for lifelong health – the natural reduction in calories, increased saturated fats, blood sugar control, boosted cell health, ample mitochondria action, and more. Because the best kind of change is the long-lasting kind.

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Start your review of The Keto Beginning: Creating lifelong health and lasting weight loss with whole food-based nutritional ketosis. Write a review. Mar 09, 2015 Stefani rated it liked it. Shelves: 2015, health. It is nice to see a woman who is following keto (and dairy free to boot!) since most of the female paleo community speaks out against ...

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It's an evolution. Coupled with my dairy-free, whole foods-loving approach, The Keto Beginning satisfies all of the markers necessary for lifelong health - the natural reduction in calories, boosted saturated fats, blood sugar control, boosted cell health, ample mitochondria action, and more. I am not a scientist.

Complete Guide & 30-day Meal Plan - Healthful Pursuit

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Super easy-to-understand guide! I like that it covers all the basics and important tips, but doesn't delve too deep into overwhelming research and background. If you've been doing research and know you want to try a keto eating style, and just want a concrete guide, this is the book for you!

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