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The ketogenic diet 101: a detailed beginner's guide - healthline

The ketogenic diet (keto) is a low-carb, high-fat diet that causes weight loss and provides numerous health benefits. This is a detailed

Theketogenicdiet.org: ketogenic diet plans and weight loss advice

There are many books that explain how to follow a ketogenic diet, and the benefits of doing so, but The Ketogenic Diet: A Complete Guide for the Dieter and

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