



# Healthynewage ketogenic diet: rapid and sustainable weight loss revolution

*Adriaan Brits*

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## **Healthynewage ketogenic diet: rapid and sustainable weight loss revolution** Adriaan Brits

Since 1998 Healthynewage.com facilitated in dietary promotion and we have on record, varied results from a range of diets. However the latest findings in the development of the Ketogenic lifestyle has been so convincing that we now embrace this diet as being the Number One solution in the world. This is because scientific and social proof was overwhelming and several other health problems have been resolved simultaneously as an unintended consequence. In this lifestyle report, you will find information on how the Ketogenic diet works, how to implement it properly and ways to increase your energy and improve your health through better eating habits. We acknowledge that in today's world several ways exist to achieve a desired outcome. These methods may include over exercising, taking "magic pills" and trying to live with a calorie deficit. Fortunately research continued to explore better options and eventually led to the adoption of one of the world's most successful diet plans. The good news is that this lifestyle change will not require you to submit your body to a calorie deficit. Instead you will achieve your perfect weight with a reasonably high calorie count.

Instead of asking "How can I lose 10 pounds rapidly" - the questions should also be "How can I sustain a new healthy lifestyle"?

This weight loss and lifestyle report will help you answer all these questions and enable you to make a permanent switch to a better, more healthy lifestyle. As an added advantage, the Healthynewage.com website serves to keep readers of the book updated on the latest developments.

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