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The Definitive Guide to Keto | Mark's Daily Apple -

Wed, 11 Jul 2018 14:25:00 GMT - Even having finished and printed The Keto Reset, the quest for deeper understanding continues. I keep researching, thinking, revisiting, and discussing the science and practice of ketosis. My writing partner, Brad Kearns, and I maintain a running dialogue on all things keto.

Why Am I Getting Low Ketone Readings on a Ketogenic Diet ... -

Sun, 08 Jul 2018 17:49:00 GMT - A frequent concern that comes up for some people when I talk about following a very low-carb Paleo diet is whether ketosis, ketones or a ketogenic diet are dangerous.

What is Ketosis and Is it Dangerous? - Holistic Help -

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Keto IF Fasting - Siim Land -

Fri, 29 Jun 2018 12:02:00 GMT - Health and fitness expert Mark Sisson is the bestselling author of The Primal Blueprint and several other Primal Blueprint-branded books, and one of the leading voices of the burgeoning Evolutionary Health Movement.

Amazon.com: Mark Sisson: Books, Biography, Blog ... -

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