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International Bestseller Wellness Planner

Marco Cascella



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plate Dr Will Cole comes to the rescue with Ketotarian which has all the fat burning benefits without the antibiotics and hormones that are packed into most keto diets First developed for individuals suffering from seizures keto diets have been shown to reduce inflammation and lower the risk of many chronic health problems including Alzheimer s and some cancers Adding a plant based twist Ketotarian includes more than 75 recipes that are vegetarian vegan or pescatarian offering a range of delicious and healthy choices for achieving weight loss renewed health robust energy and better brain function Packed with expert tips tricks and advice for going and staying Ketotarian including managing macronutrients balancing electrolytes and finding your carb sweet spot this best of both worlds program is a game changer for anyone who wants to tame inflammation and achieve peak physical and mental performance Let the Ketotarian revolution begin **Writer's**

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1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to International Bestseller Wellness Planner
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 - Chapter 4: International Bestseller Wellness Planner in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of International Bestseller Wellness Planner. The first chapter will explore what International Bestseller Wellness Planner is, why International Bestseller Wellness Planner is vital, and how to effectively learn about International Bestseller Wellness Planner.
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