



The New Paleo Pke Diet

By Beran Parry

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.The science of intelligent nutrition has now reached its peak with the introduction of the complete formula for effective weight-loss and improved health and well being. The Paleo-Keto-Epigenetic Diet System brings together all the key components to enhance the quality of our lives and encourage our bodies to burn fat naturally. PKE delivers an amazing array of health benefits Eliminate the harmful, inflammatory foods that promote disease and store fat Switch your metabolism from sugar-burning to fat burning and watch the weight drop off Discover the miracle of your body's natural ability to run perfectly on your excess fat deposits Feel the amazing increase in energy levels as your body fuels itself using ketones instead of sugars Notice the boost to your mental faculties as your brain switches to burning ketone fuel Reduce the risk of disease by removing the factors that encourage poor health Revolutionise your health by respecting the way your body has evolved Understand the dynamics of intelligent nutrition Enjoy some of the most delicious, nutritious and healthy food your body...



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