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Mark Sisson is the New York Times bestselling author of The Keto Reset Diet, a former world-class endurance athlete, and one of the leading voices of the burgeoning Evolutionary Health Movement. His blog, MarksDailyApple.com, has paved the way for Primal enthusiasts to challenge conventional wisdom's diet and exercise principles and take personal responsibility for their health and well-being.

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Keto Diet: A Beginner's Guide To The Ketogenic Diet

I use my Los Angeles surroundings as a barometer for changes in the mainstream approach to health, and it holds up quite well. Silicon Valley can claim to be the cradle of technology, but L.A. is definitely the cradle of diet and fitness trends; and the latest is most definitely keto. At the local ...

The Definitive Guide to Keto | Mark's Daily Apple

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Keto Diet Plan Beer - Keto Diet For Weight Loss Blood

This is a comprehensive ketogenic diet meal plan and menu for one week. What it is, how to get started, what to eat and avoid plus a downloadable pdf.

The 7-Day Ketogenic Diet Meal Plan (+ A Beginner's Guide

I used this 30-day reset autoimmune diet plan to help manage my Hashimotos Thyroiditis and get my autoimmune disease into remission.

30-Day Reset Autoimmune Diet Plan | Wellness Mama

Ketosis Expert Dr. Berg shares how to lose weight quickly and naturally by following the KETO Diet plan, intermittent fasting, plus more health tips.

Fast Weight Loss | Healthy Weight Loss | Fast Fat Loss

Ketosis Expert Dr. Berg shares how to lose weight quickly and naturally by following the KETO Diet plan, intermittent fasting, plus more health tips.

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