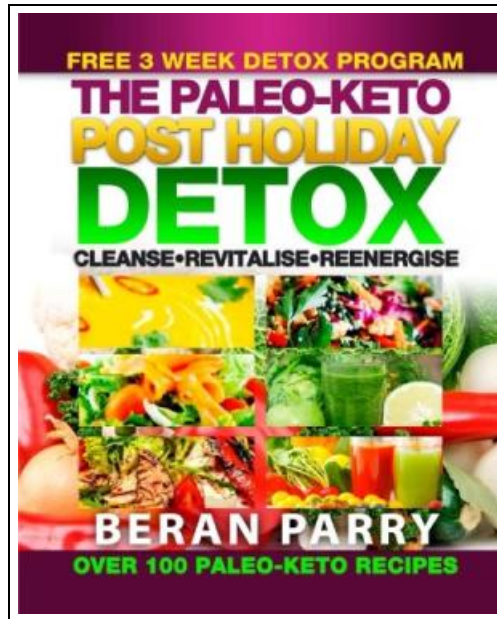


## The Paleo - Keto Post Holiday Detox (Paperback)



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### **Reviews**

*Merely no phrases to describe. It really is rally intriguing throug reading time. I am happy to tell you that this is basically the greatest book i have go through in my own lifestyle and might be he greatest book for ever.*

*(Kattie Wunsch)*

## THE PALEO - KETO POST HOLIDAY DETOX (PAPERBACK)



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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The holiday season is supposed to be a time for enjoyment and celebration. Parties, dinners, groaning tables laden with delicious food and rows of bottles to sluice it all down. But what if all those sneaky extra calories take their toll and add pounds and inches to your waistline? And why is it so difficult to drop the extra weight that we pick up during the holidays? Don't panic. The answer is right here and it's the tastiest way to flush out the toxins and eliminate those unwanted rolls of fat. It's the Paleo Keto Post-Holiday Detox Diet (PKD Diet) and the science of smart nutrition is standing by to rescue you from the effects of overindulging around the dessert trolley! The Paleo-Keto Detox Diet understands exactly how the human body is supposed to function. Here is how it will help you! \*\*\* The PKD Diet recognises precisely how to cleanse and fuel every cell in the body. \*\*\* The Paleo Keto method respects your body's need for high grade energy. \*\*\* Your personal detox programme will eliminate the accumulation of holiday garbage and get you back on track to a leaner, fitter, healthier body. \*\*\* The PKD Detox Diet will speed up your metabolism and kick-start your fat-burning engines. \*\*\* Paleo-Keto is quite amazingly delicious so you can enjoy every meal and relish every mouthful. \*\*\* Paleo Keto works wonderfully before, during and after the holiday season so you can incorporate the methods into your daily eating routines. The system focuses on a three-week period for cleansing and detoxing the body and will trigger a natural period of fat burning and weight loss. It can feel...



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