

the perfect health diet pdf

UPDATE: This was cross-posted on Jimmy's site, so discussion is occurring on both sites.. I'd like to thank Jimmy for organizing this discussion on the desirability of including starches in a low-carb diet.

Jimmy Moore's seminar on "safe starches": My reply

What is the Keto diet? The Keto Fit Diet is a ketogenic (keto) diet designed and perfected to improve mental clarity, increase energy and motivation while decreasing pounds and inches. The Keto Fit Diet not only accomplishes these goals, but also minimizes complications from certain health issues such as:

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