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'LOSE A STONE IN 21 DAYS'

*"The most eagerly awaited health book of the year."* Daily Mail

# the fast 800 keto

Eat well, burn fat, manage  
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Author of the million-copy bestselling **Fast 800**

**DR MICHAEL MOSLEY**

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Download or Read Online Fast 800 Keto Dr. Michael Mosley Book Free (PDF ePub Mp3), **As seen on Channel 4's 'Lose a Stone in 21 Days', a new combined programme from the author of the international bestselling *Fast 800 Diet*.**

Recent studies have shown that a keto diet not only produces significant weight loss, fast, but also has myriad other benefits for long term health. It is an approach that naturally compliments Dr Michael Mosley's Fast 800 programme. But it must be done the right way.

In *The Fast 800 Keto*, Dr Mosley presents the latest science on the ketogenic diet - a diet high in fat and protein and very low in carbs -explaining how it works and why it is so good for you. The aim of a keto regime is to put yourself into ketosis, whereby your body goes from burning sugar to burning fat for fuel. This process of 'flipping the metabolic switch' has the added advantage of making you feel less hungry, which makes the diet.....

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