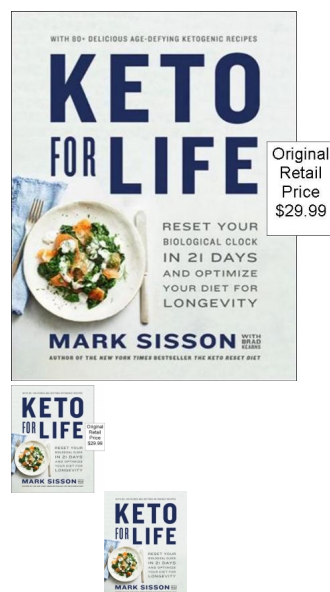


Keto for Life - Mark Sisson



Another Bargain-Priced quality Gift. Keto has become so popular lately... No More Low-Fat! On paper, burning fats by eating more of them is enticing, which is why the diet has become popular. The keto diet allows many people to eat the types of high-fat foods that they enjoy, such as red meats, fatty fish, nuts, cheese and butter, while still losing weight.

Rating: Not Rated Yet

Price:

Variant price modifier:

Base price with tax: \$6.95

\$6.95

GST Inc\$0.63

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Description

In *Keto for Life*, Mark shows readers how to reset their biological clock in 21 days through a unique program that combines intermittent eating with strategies to lower inflammation and achieve metabolic flexibility.

Readers will come to understand the Four Pillars of Longevity: Diet, Fitness, Mental Flexibility, and Rest and Restoration, learning best practices to slow the ageing process.

Then they will carry out a 21-day Biological Clock Reset, with action items complete each day from each of the four pillars (including dietary practices, journal exercises, movement and routines, and rejuvenation practices) and develop a morning routine that promotes healthy living.

Mark's meal plans detail what to eat for every decade of life, how to reduce carbs and increase protein intake as you age, and how to turbo charge your metabolism for increased energy, appetite, cognitive function, and stabilised mood. Specifically targeted for the nutrition and lifestyle needs at each stage of life, this book brings an entirely new facet to the ketogenic eating trend.

The book includes 80 recipes and a 16-page colour insert.

