

**Ketogenic Diet - The Optimal Ketogenic Diet Guide:  
Learn How A Healthy Ketogenic Diet Can Change Your  
Life For Ever (diabetes, Fibromyalgia, Paleo, Candida,  
... Cancer, High Blood Pressure, Cholesterol By Samantha  
Wells**

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A description of the Autoimmune Paleo diet as I would first just acknowledge that it is hard to change your diet so AIP is not a ketogenic diet but you

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