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Master The Day Eat Move

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Master The Day: Eat, Move and Live Better With The Power of Daily Habits Kindle Edition by Alexander Heyne (Author) Format: Kindle Edition 4.7 out of 5 stars 165 ratings

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If you eat too many carbohydrates (even a really small amount) from fruit, vegetables, starches, grains, legumes and/or dairy, then you can quickly jump out of ketosis," explains

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Amanda A. Kostro Miller, RD, LDN, who serves on the advisory board for Fitter Living. "Jumping out of ketosis signals the body to go back to burning carbohydrates for energy," which means you will no longer be reaping ...

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