



# **Ketosis: The short and simple aproach to weight loss**

*Garrett Roland*

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Garrett Roland, a new author from Florida, explains the art of Ketosis in a short and simple form. Roland sums up his personal experience of a ketogenic diet in a form that makes it easy for anyone to follow. Young, old, rich and poor. Roland goes into simple detail concerning supplements, diet and what to eat on a budget.

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