

Switching Gears: The Ketogenic Diet for Athletes

By Megan Roberts, Zach Moore, and Tommy Wood, pp 24-30

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The Ketogenic Diet for Women

by Leanne Vogel, pp 46-52

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3 Ways to Regulate Insulin that Have Nothing to Do with Food

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Keto for Longevity

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4 Tips for Maximizing the Cognitive Benefits of Keto

By Dr. Josh Axe, pp 76-78

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How Time-Restricted Eating Helps Ketogenic Detox

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Before You Go Keto: What You Must Know

By Sarah Ballantyne, pp 112-119

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