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A gram of fat contains nine calories more than double the calories in a gram of protein or carbohydrate. When combined with too many high-glycemic, processed carbohydrates, our bodies store fat calories at an accelerated rate.

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Dr. Berg s Companion Guide (54 pages), It s Get Healthy to Lose Weight, Not Lose Weight to Get Healthy Booklet. This booklet is easy to read with lots of colored images of what to eat and a summary of the most key strategies using Intermittent Fasting & Healthy Ketosis. Learn the basics of insulin, insulin resistance in easy terms. See example pictures of meals factoring in the correct percentage of carbs, proteins and fats.

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Losing Weight Getting Started Healthy Weight CDC

Joining a weight loss group or visiting a health care professional such as a registered dietitian, can help. Step 5: Continually check in with yourself to monitor your progress. Revisit the goals you set for yourself (in Step 3) and evaluate your progress regularly.

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