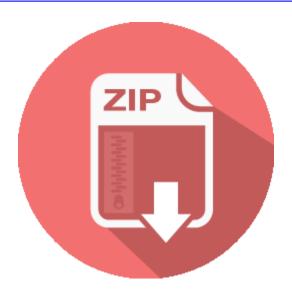
WHAT IS THE BEST DIET FOR LOSING WEIGHT



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Cons: Like the Dukin diet, initial side effects can include bad breath, a dry mouth, tiredness, dizziness, insomnia, nausea and constipation from cutting out carbs, and potential for lower fibre intake.

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The Ketogenic Diet is Not a Weight Loss Diet The ketogenic diet induces ketosis, a measurable state of metabolism that can be a great approach to losing weight through fat burning. Because it involves your metabolism, your results will be unique to you, whether or not it s a faster or slower weight loss.

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How to Lose Weight The Top 18 Simple Tips Diet Doctor

We ve now arrived at tip number 16. If you re still having trouble losing weight, despite following the 15 pieces of advice listed above, it might be a good idea to bring out the heavy artillery: optimal ketosis. Many people stalling at weight plateaus while on a low-carb diet have found optimal ketosis helpful.

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