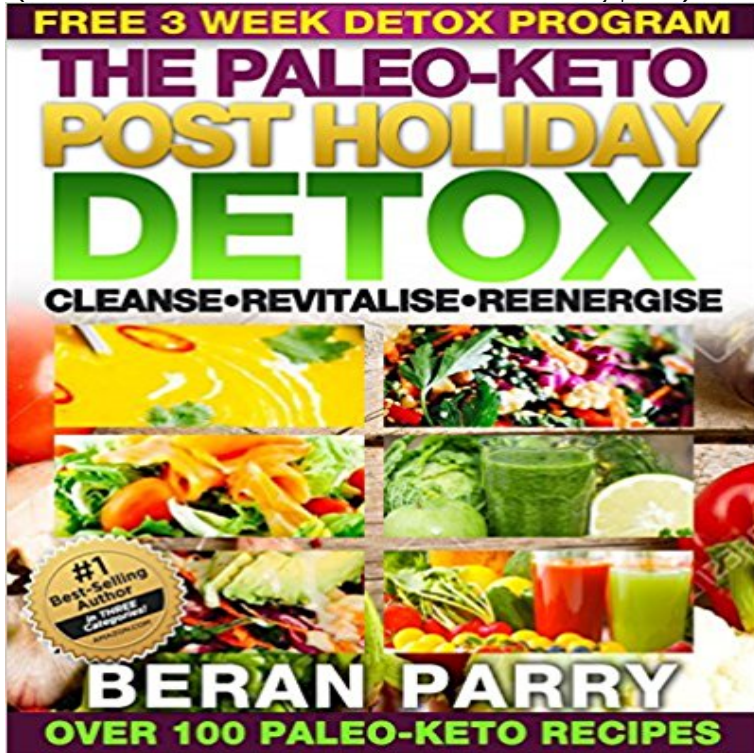


Paleo Detox: The Paleo-Keto Post Holiday Detox (Over 100 Paleo-Keto Detox Recipes) Banish the Holiday Blubber: Free 3 week Detox Program (Cleanse - Revitalise - Reenergise)



The holiday season is supposed to be a time for enjoyment and celebration. Parties, dinners, groaning tables laden with delicious food and rows of bottles to sluce it all down. But what if all those sneaky extra calories take their toll and add pounds and inches to your waistline? And why is it so difficult to drop the extra weight that we pick up during the holidays? Dont panic. The answer is right here and its the tastiest way to flush out the toxins and eliminate those unwanted rolls of fat. Its the Paleo Keto Post-Holiday Detox Diet (PKD Diet)and the science of smart nutrition is standing by to rescue you from the effects of overindulging around the dessert trolley! The Paleo-Keto Detox Diet understands exactly how the human body is supposed to function. Here is how it will help you! *** The PKD Diet recognises precisely how to cleanse and fuel every cell in the body. *** The Paleo Keto method respects your bodys need for high grade energy. *** Your personal detox programme will eliminate the accumulation of holiday garbage and get you back on track to a leaner, fitter, healthier body. ***

The PKD Detox Diet will speed up your metabolism and kick-start your fat-burning engines. *** Paleo-Keto is quite amazingly delicious so you can enjoy every meal and relish every mouthful. *** Paleo Keto works wonderfully before, during and after the holiday season so you can incorporate the methods into your daily eating routines. The system focuses on a three-week period for cleansing and detoxing the body and will trigger a natural period of fat burning and weight loss. It can feel so good and so easy to apply that many people adopt the smart nutritional approach as a super-healthy, all year around answer to all of their nutritional needs. Dont get trapped over the holidays by all those extra calories. Dont resign yourself to a wider waistline and an extra layer of blubber around the middle. The

Paleo Keto Post-Holiday Detox Diet will save the day, trim your tummy and boost your energy every day. Here are some additional benefits you will enjoy

Eliminate the harmful, inflammatory foods that promote disease and store fat Switch your metabolism from sugar-burning to fat burning and watch the weight drop off

Discover the miracle of your bodys natural ability to run perfectly on your excess fat deposits Feel the amazing increase in energy levels as your body fuels itself using ketones instead of sugars Notice the boost to your mental faculties as your brain switches to burning ketone fuel Reduce the risk of disease by removing the factors that encourage poor health Revolutionise your health by respecting the way your body has evolved Understand the dynamics of intelligent nutrition Enjoy some of the most delicious, nutritious and healthy food your body can thrive on Take advantage of the latest and most surprising discoveries about what constitutes great nutrition Celebrate the festive season with a revolution in your health, your waist size and your enjoyment. Because your health is the greatest gift you can give yourself.

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