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# KETOCURE

A Low-Carb, High-Fat Dietary Solution to  
*Heal Your Body & Optimize Your Health*

**DIABETES  
THYROID  
CHOLESTEROL  
WEIGHT LOSS  
& MORE**



Adam S. Nally, DO

& International Bestselling Author Jimmy Moore  
with recipes by Maria Emmerich

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Cure: A Low Carb High Fat  
Dietary Solution to Heal  
Your Body and Optimize  
Your Health (pdf) Jimmy  
Moore**

## **Book details**

Author : Jimmy Moore Pages : 320 pages Publisher :  
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## **Synopsis book**

The ketogenic diet isn't just a great tool for helping people lose weight and feel their best; it's also an extremely effective method for treating the common diseases of civilization. The Keto Cure will give readers the prescription they need to heal their bodies by eating plenty of fat and moderating protein and carbs. Dr. Adam Nally has been advocating a low-carb, high-fat diet in his clinical practice for more than fifteen years, helping people address their health problems by making better food choices. Dr. Nally and bestselling low-carb author and podcaster Jimmy Moore have worked together to create a top-50 health podcast espousing the benefits of eating keto. Now, for the first time, Dr. Nally has teamed up with Moore to take his years of clinical experience, put everything down on paper, and create a how-to guide that details all the ways in which the ketogenic diet can help remedy common ailments. The Keto Cure details the science behind the keto diet's effectiveness at

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# KETOCURE

A Low-Carb, High-Fat Dietary Solution to  
*Heal Your Body & Optimize Your Health*

DIABETES  
THYROID  
CHOLESTEROL  
WEIGHT LOSS  
& MORE



Adam S. Nally, DO

& International Bestselling Author Jimmy Moore

with recipes by Maria Emmerich

The ketogenic diet isn't just a great tool for helping people lose weight and feel their best; it's also an extremely effective method for treating the common diseases of civilization. The Keto Cure will give readers the prescription they need to heal their bodies by eating plenty of fat and moderating protein and carbs. Dr. Adam Nally has been advocating a low-carb, high-fat diet in his clinical practice for more than fifteen years, helping people address their health problems by making better food choices. Dr. Nally and bestselling low-carb author and podcaster Jimmy Moore have worked together to create a top-50 health podcast espousing the benefits of eating keto. Now, for the first time, Dr. Nally has teamed up with Moore to take his years of clinical experience, put everything down on paper, and create a how-to guide that details all the ways in which the ketogenic diet can help remedy common ailments. The Keto Cure?details the science behind the keto diet's effectiveness at

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## **Description**

The ketogenic diet isn't just a great tool for helping people lose weight and feel their best; it's also an extremely effective method for treating the common diseases of civilization. The Keto Cure will give readers the prescription they need to heal their bodies by eating plenty of fat and moderating protein and carbs. Dr. Adam Nally has been advocating a low-carb, high-fat diet in his clinical practice for more than fifteen years, helping people address their health problems by making better food choices. Dr. Nally and bestselling low-carb author and podcaster Jimmy Moore have worked together to create a top-50 health podcast espousing the benefits of eating keto. Now, for the first time, Dr. Nally has teamed up with Moore to take his years of clinical experience, put everything down on paper, and create a how-to guide that details all the ways in which the ketogenic diet can help remedy common ailments. The Keto Cure?details the science behind the keto diet's effectiveness at

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