



Adapt Program: A Low Carbohydrate, Ketogenic Diet Manual

By Dr Eric C Westman MD Mhs

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This manual describes the practical details of how to follow a low carbohydrate ketogenic diet as used by trained professionals in the Adapt Your Life (and HEAL Diabetes Medical Weight Loss programs (For best results, use in combination with the Adapt Your Life or HEAL program.



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