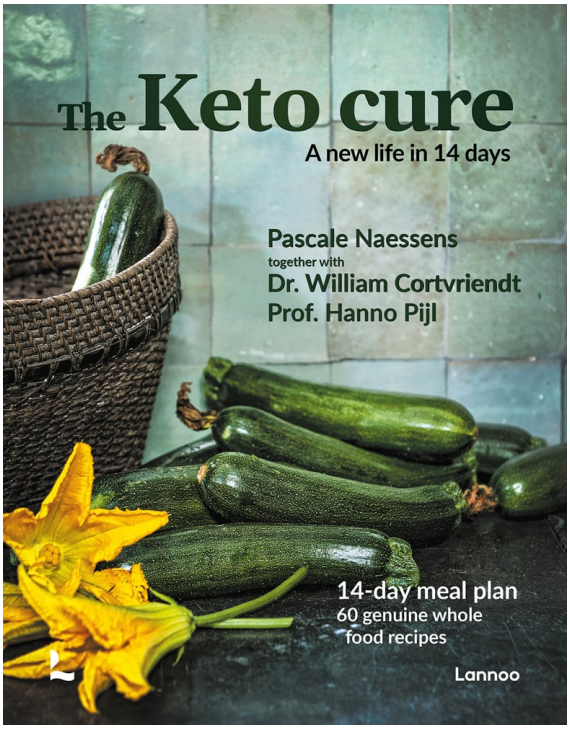
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The Keto Cure

A New Life in 14 Days

Pascale Naessens

William Cortvriendt

Hanno Pijl

ISBN	9789401474191
Publisher	Lannoo Publishers
Binding	Hardback
Territory	USA & Canada
Size	7.09 in x 9.45 in
Pages	224 Pages
Illustrations	75 color, 10 b&w
Price	$35.00

- More than 60 delicious keto-friendly recipes for breakfast, lunch, and dinner created by the well-known culinary and lifestyle personality Pascale Naessens
- A two to three week program for fast results
- Includes contributions by two doctors specializing in the relationship of food to disease

From Pascale Naessens' keto-friendly kitchen, she shares her vision of the ketogenic diet cure and explains what it is and for whom it works best. There are contributions from two healthcare experts: Dr. Hanno Pijl examines the pros and cons of the keto diet for diabetics, and Dr. William Cortvriendt writes about the positive effects of the keto diet during cancer treatment. For this new book, Pascale Naessens has created low-carb recipes (breakfast, lunch and dinner) for a two week keto cure, which can be extended to a third week.

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