

# 30 Day Low Carb Diet Ketosis Plan | Lose 20 Pounds Or More In Just 30 Days

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Top Low Carb Internet Guru Speaks Out "An Open Letter To Anyone Who Wants To Lose Up To 20 Pounds In 30 Days The 'Low Carb' Way" 30-Day Low Carb Diet 'Ketosis Plan' has already helped scores of people lose their excess pounds and inches faster and easier than they ever thought possible. Why not find out what 30-Day Low Carb Diet 'Ketosis Plan' can do for you by trying it out for yourself for a full 30 days at my risk! Meet Scot Standke, author of the 30-Day Low Carb Diet 'Ketosis Plan' and webmaster at several of the fastest growing low carb websites online. Scot Standke best known for his wildly successful internet sites, CarbTrackand LowCarbDietRecipe.com. An avid low carber himself for over 10 years, Scot has lost over 100 lbs and also has managed to maintain it for over 7 years now. His specialty is the easy induction style low carb diet, that he designed to blast away over 20 pounds in only 30 days. Scot Standke is the writer of one of the webs most successful low carb newsletters, claiming a subscription rate of over 10,000 strong and growing. Scot believes his 30-Day Low Carb Diet 'Ketosis Plan' is so effective that virtually anyone can now lose weight faster and easier than they ever imagined. Dear Friend, I ve developed something very powerful for the almost effortless removal of stubborn bulging fatty deposits. In fact it s so powerful that, depending on how much you re overweight, it allows you to lose up to 20 pounds of fat, flab and fluids in just 30 days, and amazing as it may seem, you can lose this awesome amount of weight, while you are still allowed three very filling meals a day! Real meals, mouth watering delicious meals, meals that give you that wonderful satisfying feeling that you ve really eaten when you get up from the table. But, best of all, it s based on science, factual science, not false claims nor empty promises, and I ll stake my reputation on it. ? NO calorie counting. ? NO side effects, natural, gentle, safe. ? NO caffeine, or harmful stimulants. ? NO nervousness or irritability. ? NO Unsafe Pills to take You see, being an astute student that specializes in weight loss and more notably the Atkins Version of the low carb diet for more than 10 years, I ve learned a great deal about how you can successfully destroy your stubborn fat, once and for all! How you can actually shed all your unwanted pounds and inches and reverse years of over eating without the pain and effort you may have thought it once took.

How you can definitely lose your embarrassing fat and flab, even if you've failed time and time again! And my number one fat burning secret, the secret that has helped so many overweight people just like you lose weight the easy way can be boiled down to simply this. No matter what you've been told trying to lose weight the hard way, the way that requires tons of effort, deprivation, and lots of will power, just doesn't work! It's not counting calories or even starving yourself that really makes the difference between a fat unhealthy-unattractive body, and a lean, healthy, beautifully attractive body. Why? Because your body will compensate for radically decreased caloric intake and actually slow down the burning of fat. And even worse, when you go off your starvation diet, your body will overcompensate and continue what's called the starvation response, which in plain words means you can actually gain back more weight than you may have temporarily lost! Weight Is Managed, Not Cured! Fortunately, there's now a way to lose weight that doesn't require counting calories or starving yourself, that doesn't require the deprivation and suffering associated with conventional dieting! It's what I call the easy way to lose weight, and it's my number one secret for having a beautiful, slim, stunning body, my number one secret for enjoying the rest of your life as a happy, healthy, permanently thin person. It's really quite extraordinary, even if I do say so myself! For your nutritional health and well being, I've formulated an entire 30 day low carb diet system that can literally trick your body into burning excess stored fat, while you happily eat 3 filling meals a day! It's a process known to medical doctors, most notably, Dr Robert Atkins as ketosis and I absolutely guarantee that it works. The process is literally so effective that it can cause your body to go into an almost non-stop fat burning frenzy while you continue to eat your 3 filling, delicious meals each day. A fat burning frenzy that virtually destroys stubborn fat from your entire body, even from hard to reach areas like neck and chin fat. A fat burning frenzy so powerful that I can only recommend that you use the ketosis activating 30 Day Low Carb Diet system for one 30 day cycle at a time! Then you may need to adjust your carb intake upward a bit. That's right! It's a fact! Once you try this powerful and effective method for non-stop fat destruction you may be tempted (because it's so incredibly easy) to use it longer than 30 days but I highly recommend that you either, increase your carbs or add a few low carbs snacks in each day, and most importantly, get prior authorization from a professional Medical Dr. After this you can go back on what I call the Fat Burning Cycle and lose additional pounds. And even if you have one hundred pounds or more to lose, you can repeat the Fat Burning Cycle as many times as necessary. I'm very proud to say, I've spent years researching and then carefully developing this diet system that tricks

your body into relentlessly burning body fat, while you continue to eat your full three mouth-watering, real food meals each day. And you should know that the longer you follow the 30-Day Low Carb Diet 'Ketosis Plan' the closer you will be in your desire to achieve the beautiful, attractive and healthy body of your dreams! I highly recommend a strong vitamin ritual during your entire diet, with emphasis on the following vitamin and nutrients: CHROMIUM PICOLINATE (Considered a highly effective natural metabolic stimulator.) BEE POLLEN/BEE PROPOLIS (Super high nutrition value promotes lasting energy.) B-1 THIAMIN (Essential for carbohydrate metabolism.) RADIX GINSENG (Recognized as natural energy booster for the last 5000 yrs!) GAMMA ORYZINOL (May contribute to increased stamina.) LECITHIN (Powerful nutritional factor vital to both mind and body.) SARASAPARILLA (Absolutely wonderful herbal extract for increased health and well being.) INOSINE (A naturally occurring metabolic product which may help reduce fatigue and improve metabolic functioning.) But, believe it or not, this special mix of vitamins, minerals and herbs are NOT the reason why my 30-Day Low Carb Diet 'Ketosis Plan' will work so well for you. They re NOT the reason why you can drop pounds and inches in record time. And they re NOT the reason why you may see dramatic results from almost the very first week you begin! The real reason why you can actually lose up to twenty pounds in 30 days the easy way is due to the powerful ketosis activating in my diet system. And with the ketosis activating diet system you get to do the one thing everybody else has told you not to do! You get to eat without counting calories! And I mean EAT! 3 fully satisfying meals a day! Eat so much that one of my friends almost fainted in disbelief when she stepped on the scale after just two weeks and witnessed the incredible amount of pounds and inches that seemingly vanished! Just imagine being able to eat regular meals for an entire month, enjoying yourself like never before, and then fitting into clothes you once thought impossible to wear. Imagine, thirty short wonderful days and you can kiss up to twenty pounds of fat, flab and excess fluids goodbye. Thirty short days to a leaner, more seductive body. It s truly the easy way to lose weight! Here is what some of my best clients are saying about their success. Of course, weight loss varies for every person and it depends on how well you follow the instructions, but nevertheless you ll have to agree that these are some pretty impressive results: Scot you ve saved my life. I ve been on so many diets and failed that I didn t think I could ever try one again. Thanks to your easy way to lose weight I ve finally lost the 35 pounds I ve been trying to lose for more than twenty years! Thanks again! --Susie G. Normand, OK Since I lost 27 pounds the easy way, I m bubbling over with self confidence. I ve got a new boyfriend and can finally wear the

clothes I dreamed of wearing! --Sally F. Ripon, CA Scot, you have developed what I consider to be one of the most effective weight loss programs available today. And quite unique! Count me in as an ardent supporter! --John J. Baltimore, MD When it comes to losing weight I really am lazy. You must have had me in mind when you developed the 30-Day Low Carb Diet 'Ketosis Plan'. Thank God you did, because it worked! I've lost 31 pounds and still going down. --Kimberly P. Plano, TX Scot you deserve a medal. Your 30-Day Low Carb Diet 'Ketosis Plan' worked like a charm. I lost 45 pounds and never once was hungry! --Jim H. River Falls, WI Can you blame me for believing so strongly in the power of 30-Day Low Carb Diet 'Ketosis Plan' that I've put my entire reputation on the line to prove it! How many diets, pills, plans or systems have you tried that were actually developed by someone that actually lives the diet daily and is living proof that it works? Probably very few, if any. Why, because most people or companies have nothing to lose if their so called weight loss programs don't work. They just don't care if your hopes and dreams are shattered. Here today, gone tomorrow, along with the hard earned cash! Here are just a few of the benefits you will find in using my 30-Day Low Carb Diet 'Ketosis Plan' Enjoy 90 different recipes, (3 per day), all within the allowed Atkins 'Ketosis' range of 20 grams of carbs per day. Discover an almost instant weight loss, as the powerful 'ketosis' effect will boost your weight burning metabolism within the first three days. Suffer from no more nagging hunger pangs, my 30-Day Low Carb Diet 'Ketosis Plan' is specially designed to almost immediately eliminate all hunger within the first two days. Notice an almost instantaneous looser fit in all your clothing. Discover an added amount of energy you may not have felt in years, all within the very first days of the program. Well, I've spent too many years struggling with my weight, trying this diet, trying that pill, before I discovered and refined my 30-Day Low Carb Diet 'Ketosis Plan', and I would not risk my reputation just to risk all this on a Fat Burning program that doesn't do absolutely everything I say it can do. No, absolutely not! I repeat, I will stake my hard-earned lived it, tried it, tested it and refined it reputation on my easy way to lose weight. And I want to prove its power and effectiveness to you right now!Searches:can you really gain back several pounds by going off low carb diet just one day

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