

Health Talk Rev - Energize Your Life

Health

[Health Talk Rev](#) To get your body into a ketogenic state you need to eat a high fat diet and low protein with NO carbs or barely any. But then life happened, and being young and Italian, there was no way I was passing bread, pizza and pasta. The latter has been utilized into the ketogenic diet for around two years and ending a ketogenic diet may have extreme effects particularly when not done correctly.

<https://healthtalkrev.com/>

<https://medium.com/@healthtalkrevb1/health-talk-rev-get-the-body-you-deserve-1acccfb4dfe3>

<https://www.dailymotion.com/video/x7qdr9q>