

Vidya Balans Weight Loss Journey 30 Pounds Shed Without Exercise

[Click here to get "Keto Gummies" from the official website \(Special Discount Code Applied\)](#)

[Marijuana Gummies For Weight Loss. How to start Ketogenic Diet | what is Keto Diet? | Lose Weight Fast \[Urdu/Hindi\]](#)



Welcome to our YouTube channel Keto Diet Pakistan Thank you so much. In this video, Ali Hashmi talks about the how to start ketogenic diet. 1. Fasting Technique 2. Ketogenic Meal 3. Salts importance in ketogenic diet 4. Important Supplements 5. Fastest Weight Lose 6. Intermittent Fasting 7. Exercise HIIT 8. Fat is the Key 9. No Appetite The ketogenic diet is a low-carb, high-fat eating plan that aims to shift the body into a state of ketosis. It involves reducing carbohydrate intake and increasing fat consumption, forcing the body to rely on fat for fuel instead of glucose. This metabolic state promotes fat burning and can lead to weight loss. A typical ketogenic diet includes foods like meat, fish, eggs, nuts, seeds, low-carb vegetables, and healthy fats. It restricts high-carb foods like grains, sugars, and most fruits. The ketogenic diet has been associated with various benefits, including weight loss, improved insulin sensitivity, and increased mental clarity, but it may not be suitable for everyone. Consult with a healthcare professional before starting a ketogenic diet. About This Channel. This channel is made for information about health information, diet tips, weight loss, organic diet, lifestyle, cooking recipes and many more. Ali Hashmi Bio: Ali Hashmi, 38 years of age is a Certified Nutritionist & Weight Lose Consultant (Food, Health & Child Nutrition) Stanford University (USA) & PhD Scholar of Communication. He is the author of books, thesis & research papers published by HK Publishing. He also lose himself 70 kg weight with Ketogenic Diet & Intermittent Fasting in one year from 152 kg to 82 kg. He no longer practices, but focuses on health education through social media. LINKS Web 1: <https://www.alihashhmi.com> Web 2: <https://www.alihashmiofficial.com> Facebook: [Group-- https://web.facebook.com/groups/ketodietpk](https://web.facebook.com/groups/ketodietpk) Facebook: <https://www.facebook.com/alihashhmi> Twitter: <https://twitter.com/alihashhmi> Instagram: <https://instagram.com/alihashhmi> YouTube: <http://www.youtube.com/alihashhmi> For Consultation call /what's app +92-322-2322200 Disclaimer: Ali Hashmi is a Certified Nutritionist & Weight Lose Consultant (Food, Health & Child Nutrition) Stanford University (USA) & Ph.D Scholar of

Communication, but he no longer practices in anywhere this time and does not see patients so he can focus on educating people as a full time activity. This video is for general informational purposes only. It should not be used to self-diagnose and it is not a substitute for a medical exam, cure, treatment, diagnosis, and prescription or recommendation. It does not create a doctor-patient relationship between Ali Hashmi and you. You should not make any change in your health regimen or diet before first consulting a physician and obtaining a medical exam, diagnosis, and recommendation. Always seek the advice of a physician or other qualified health provider with any questions you may have regarding a medical condition. Ali Hashmi is not liable or responsible for any advice, course of treatment, diagnosis or any other information, services or product you obtain through this video or Facebook Page. #howtostartketodiet #ketodietpakistan #alhashmi #ketodietplan #howtoloseweight #applecidervinegar #whatisketodiet #lowcarb #ketogenicfood #ketodietplaninurdu #ketogenicdietinhindi #fatburningdiet #fatlosetips #ketofoods #ketodietchart #healthydietplan #weightlosstips #PCOS #howtoloseweight #ketonebodies #ketodietrecipes #ketodiet #lowcarbdiet #urduketodiet #hindiketodiet #ketodietplaninhindi #ketodietplaninurdu #ketodietrecipes #ketomealplan #ketogenicmealplan #ketogenicdiet #ketodietforweightloss #weightlossfast #weightlossplan #ketogenicdietpakistan #whatisketogenicdiet #ketosis #ketocalculator #ketomacros

How to start Ketogenic Diet | what is Keto Diet? | Lose Weight Fast [Urdu/Hindi]



Super Slim Keto Gummies Website: Exploring Their Claims and Customer Reviews, Radiant Keto ACV Gummies: Illuminating Your Keto Journey, Lets Keto Price Guide: How to Get the Most Value from Your Purchase