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**Keto Diet: What is a Ketogenic Diet? - WebMD**

Maria Emmerich has made a name for herself as the author of go-to cookbooks for people on the ketogenic diet, a way

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of eating that focuses on foods high in fat and low in carbohydrates.. Emmerich, a mom of 2, started following a ketogenic, or keto, diet more than 20 years ago when she experienced health troubles. She taught herself how to cook so she could transform her favorite foods into low ...



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