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The Ketogenic Diet & Intermittent Fasting Ivan Markovic

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i have discovered that the only thing that kept me going all these years was the hunger to learn more each day i think that is also the reason why i now live in austria where i have been learning the most significant lessons in my life so far my name is ivan markovic i was born on january 17 1987 in krusevac serbia my athletic ability helped me get into the path of finding my higher self and it has proven to be one of my best features since i usually leverage it on a daily basis my soccer career and education at the university of salzburg for sports science and kinesiology pushed me even deeper into discovering all aspects of how i can improve myself in order to serve others after ten good years of self development i can now proudly say that i had a tremendous privilege of working with young athletes in different areas they have also helped me to collect the last pieces of a puzzle i needed to solve in my life i have decided to share some of the things that i have learned over the years from school and from working with others i strongly believe that this book will help transform your health positively since i have a first hand experience of the health benefits of the ketogenic diet and intermittent fasting i am convinced that you can enjoy the benefits too i look forward to staying in touch with you guys because i believe this is an excellent way to make the planet a better place follow me on my journey and feel free to ask me anything i will be honored to keep you informed get in touch with me on social media if you are willing to get deeper insights into my fitness training regimen

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