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Keto Package. All the tools you need to lose weight and heal your body. Plus support and lifetime access to the videos and meal plans and any future additions to the package. 30 Day Keto Challenge. Since the last 30 Day Keto Cleanse Challenge was such a hit and I had MANY people message me that the challenge helped them stay on track, I was asked by a lovely woman on my Facebook group "The 30 Day Ketogenic Cleanse" to hold another 30 day Keto challenge to help her and others stay on track. Author: wowketodiet . Hello! This is Michael Thurman Diet Body Type By wowketodiet. We love to read books and my job is to analyze daily all the novelties in the world of ebooks. Mindfulness, the art of being fully present, allows practitioners to see clearly and respond effectively. It can strengthen our immune system, decrease stress, increase cognitive function, and allow us to feel more compassion.