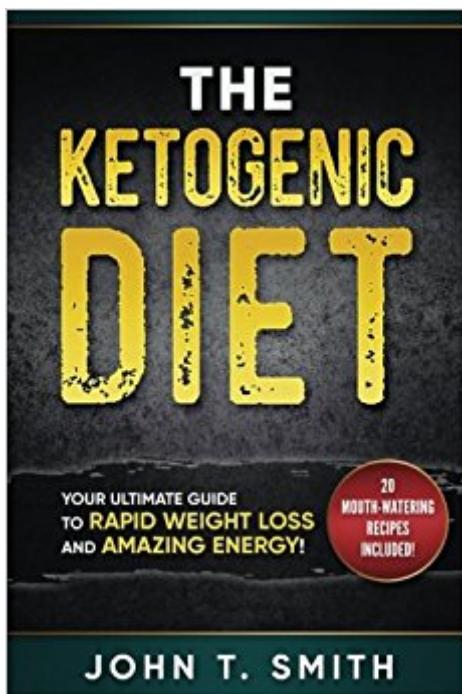


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# **Ketogenic Diet: The Ketogenic Diet For Weight Loss: Your Ultimate Guide For Rapid Weight Loss And Amazing Energy (Ketogenic Diet, Atkins Diet, ... Beginners, Intermittent Fasting) (Volume 1)**



## Synopsis

Use the KETO power to get rid of the extra pounds and Have AMAZING ENERGY today!Â This book contains proven steps and strategies on how to embark on a dietary journey that is guaranteed to revolutionize your health. In here you will discover actionable and practical information on how to lose fat and improve energy levels. If you have been on other types of diets before and have struggled to shed those pounds or even boost your energy levels, the Ketogenic diet will help you immensely. So what is a Ketogenic diet? It is simply a diet where a person consumes foods that provide them with more fat, and very few carbs and proteins. In a Ketogenic diet, you get up to 90% of your calories in form of fats, with the rest being split between the other two macronutrients. The Ketogenic diet is aimed at causing a shift in the body's utilization away from glucose to fats. In other words, you are causing your body to burn fats rather than what it is normally used to - sugars. During this process, your liver produces substances known as ketone bodies. A Ketogenic diet is very restrictive in terms of how many carbohydrates you are allowed to consume on a daily basis. This level is usually restricted to about 50 to 100 grams of carbs every day. Carbohydrates have been identified as the cause of most of our society's dietary health issues. This is especially true for processed carbohydrates, which can be addictive and unhealthy. The truth is that most people aren't even aware that all those processed carbs they are eating are making them fat. All the exercise in the world won't help you lose weight if you are still consuming large quantities of foods laden with processed carbs. That is why the Ketogenic diet is specifically focused on minimizing the carbohydrate intake. The quantity of fats and proteins you consume may vary somewhat, but what eventually makes a particular diet Ketogenic is the quantity of carbohydrates it contains. This may seem difficult for some people but it is precisely this measure that makes the Ketogenic diet so effective. Your body simply adapts to the new way of energy production with time. Many people have discovered that the Ketogenic diet is able to help them burn fat and increase their energy levels in ways that other diets had failed to achieve. If you have never heard of or tried the Ketogenic diet, then this book will unravel it all in a simple and clear manner. If you already know something about this diet, then this book will still benefit you by going deeper into some of the details that are often left out in other books. You will learn the brief history of the Ketogenic diet, discover what ketone bodies and ketosis really means, and how ketogenesis impacts your body. There are also some great recipes that you can sample in chapter 4. In chapter 5 we discuss about the basic principles of ketogenic diet and we share some important points about the daily routine and food shopping. Finally, we wrap up with some of the misconceptions and mistakes you need to avoid. I hope you enjoy the book!

## Book Information

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## Customer Reviews

The main purpose of writing this book was to provide accurate information without repeating the same thing again and again. One thing that I had in my mind while writing this book was to make it short and simple so that everyone can get value from it. The book also provides more than 25 Delicious recipes that are easy to cook. I have also included some practical tips and tricks that will help you in following this on a daily basis. Misconceptions and mistakes that you need to avoid are also included in the book. Overall, I think the book is a complete package and it will revolutionize your health and you will be able to achieve the body that you deserve!

This book contains proven steps and strategies on how to embark on a dietary journey that is guaranteed to revolutionize your health. In here you will discover actionable and practical information on how to lose fat and improve energy levels. If you have been on other types of diets before and have struggled to shed those pounds or even boost your energy levels, the Ketogenic diet will help you immensely. If you have never heard of or tried the Ketogenic diet, then this book will unravel it all in a simple and clear manner. If you already know something about this diet, then this book will still benefit you by going deeper into some of the details that are often left out in other books. You will learn the brief history of the Ketogenic diet, discover what ketone bodies and ketosis really means, and how ketogenesis impacts your body. There are also some great recipes that

you can sample in chapter 4. In chapter 5 we discuss the basic principles of ketogenic diet and we share some important points about the daily routine and food shopping. Finally, we wrap up with some of the misconceptions and mistakes you need to avoid.

This book is very informative. It explains the Ketogenic Diet in detail. I highly recommend this book to all those interested in embarking on this lifestyle.

Print off the internet, not worth it. It has a million typos it was copied from another book

Muchas gracias

Helpful book for the keto diet

The author explained Ketogenic diet in a simple but detailed way — the history, advantages, and impact on your body. The recipes are good too — tasty and healthy, easy to cook.

This book does a great job explaining the history of the keto diet and the health benefits. The addition of recipes is also a plus.

Sales book. No real info

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