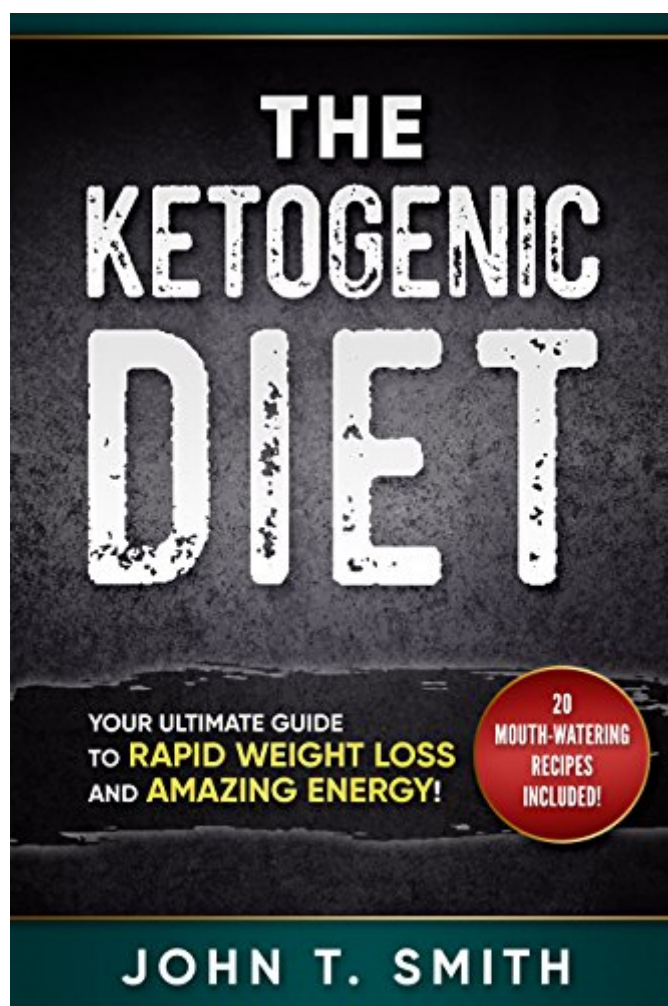


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Ketogenic Diet: The Ketogenic Diet For Weight Loss: Your Ultimate Guide To Rapid Weight Loss And Amazing Energy!: 20+ Mouth-Watering Recipes Included (ketogenic Diet, Atkins Diet Book 1)





Synopsis

Use the KETO power to get rid of the extra pounds and Have AMAZING ENERGY today! 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. 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 mouth-watering recipes that you can sample in Chapter 4. Then we discuss the basic principles and practical tips for this lifestyle. Finally, we wrap up with some of the misconceptions and mistakes you need to avoid. I hope you enjoy the book! A Preview Of What You'll Learn In This Book....! An Overview of the Ketogenic Diet History of the Ketogenic Diet Treatment of epileptic seizures Treatment of obesity Impacts and Terms of the Ketogenic Diet Bodyweight versus Body fat Benefits of the Ketogenic Diet Ketogenic Recipes Misconceptions and Mistakes to Avoid Basic Principles and Practical Tips Take Action now and Transform your life. Download the book now to lead a healthier lifestyle and be more successful and productive for only \$2.99!

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Customer Reviews

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.

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