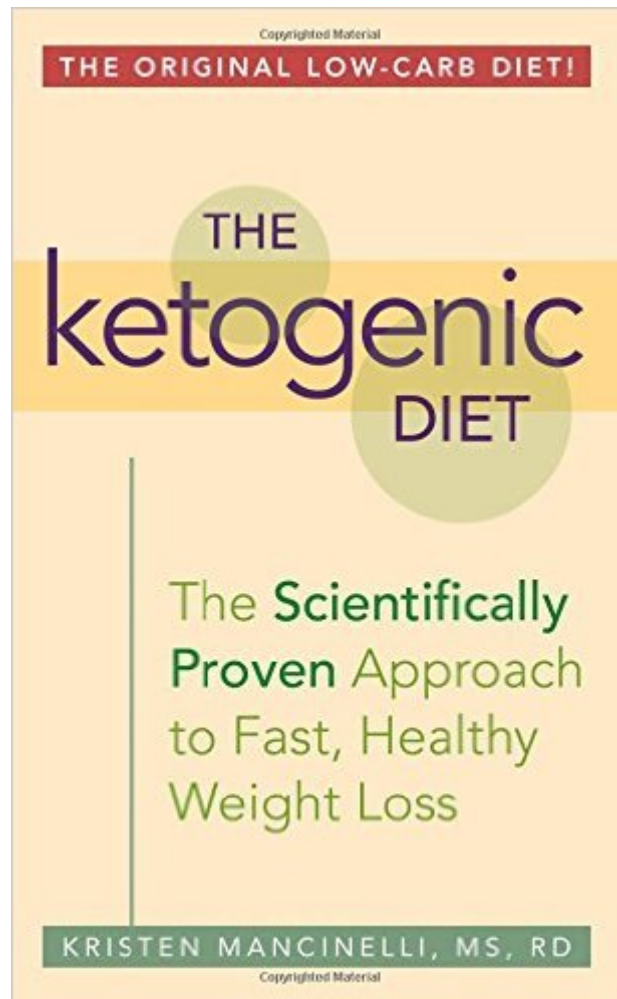


The book was found

The Ketogenic Diet: A Scientifically Proven Approach To Fast, Healthy Weight Loss



Synopsis

THE ORIGINAL, SCIENTIFICALLY DEVELOPED LOW-CARB DIET Low-carb is all the rage, but unlike the fad diets, the ketogenic diet is scientifically proven to change how the brain gets energy and the body dissolves fat. Studies have shown that the ketogenic dietâ€™s program is a high in fat, moderate in protein and very low in carbs approach that guarantees youâ€™ll lose weight by:

- Powerfully suppressing appetite
- Effectively stabilizing blood sugar
- Naturally enhancing mood
- Dramatically reducing fat storage

The Ketogenic Diet includes a quick-start guide to rapid weight loss, a surefire plan to eliminate carbs and fat-burning advice that works. Using the recipes and tips in this book, you will learn to avoid trigger foods, gauge the difference between good and bad fats, and steer clear of nutrient-poor carbs.

Book Information

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Average Customer Review: 4.5 out of 5 stars See all reviews (44 customer reviews)

Best Sellers Rank: #33,066 in Books (See Top 100 in Books)

- #32 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Ketogenic
- #74 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb
- #366 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

This diet will make you lose weight. The extremely low carb approach will kick your body into ketosis which burns your fat. Staying in the ketogenic 'zone' is showing promise as additional therapy for other ailments. After reaching your weight loss goal, the ketogenic diet is easy to switch back to for periods when you are creeping back up. Have you ever noticed that any diet book seems to start its diet with a strict food plan that seems meager. The reason is to not only change your eating habits, but also to move your body into the ketogenic 'zone'- called this because your body switches its metabolism and produces chemicals in a class called ketones. Kristen Mancinelli, the author of "The Ketogenic Diet" points to the scientific evidence that having your metabolism in this zone will make

you lose weight. A few years ago I lost 50 pounds by doing so. The diet is fairly simple. You consume less than 50g of carbs/sugars per day (equivalent of two apples). You eat protein in moderate amounts, increase the fats you ingest and pretty well avoid fruit. This is the major adjustment most people will need to make. We have been taught that eating fats is bad. You need to change that in this diet - you like fat. Unlike the paleo eating lifestyle, there is no restriction on what kind of protein or fats. Paleo diets are typically higher in carbs, don't allow dairy products, grains and legumes. The ketogenic is meant to be sustained for 3-4 weeks at a time. It is a true diet targeting weight loss as opposed to a paleo diet which is a lifestyle choice. It can be sustained for longer periods if you remain healthy.

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