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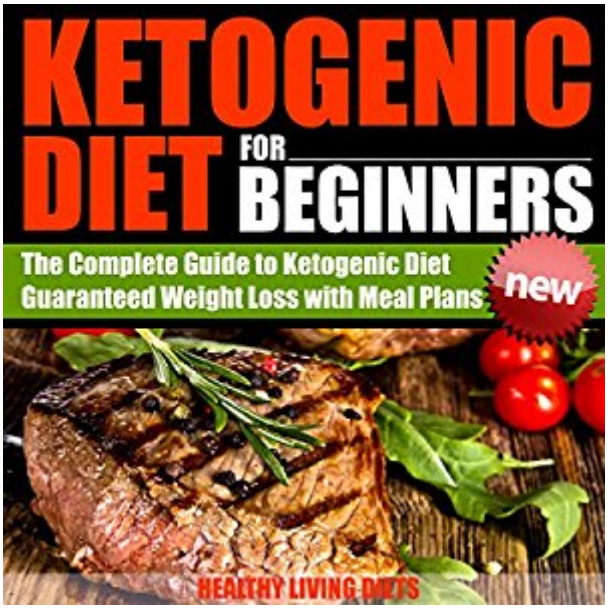
Ketogenic Diet For Beginners: Guide Book To Using The Ketogenic Diet For Guaranteed Weight Loss



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Synopsis

Are you struggling to lose weight? You’re about to discover how to lose weight and stay healthy with the ketogenic diet! The ketogenic diet is exactly what you need in order to lose all that extra weight and stay healthy at the same time. Use this audiobook as your faithful guide and learn everything about the ketogenic diet. A keto diet produces ketones in the liver to be used as energy. When you eat something high in carbs, your body will produce glucose and insulin. By lowering carb intake, the body is induced into ketosis, which forces your body into a metabolic state.

Book Information

Audible Audio Edition

Listening Length: 1 hour

Program Type: Audiobook

Version: Unabridged

Publisher: B. K. Kesler

Audible.com Release Date: December 14, 2015

Language: English

ASIN: B0195LJ456

Best Sellers Rank: #53 inÂ Books > Health, Fitness & Dieting > Nutrition > Macrobiotics #135 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Ketogenic #151 inÂ Books > Audible Audiobooks > Nonfiction > Lifestyle & Home > Cooking

Customer Reviews

Explaining ketogenic diet from a scientific viewpoint is how the author attempts to prove the validity of such diet. This book also explains the importance of fats and proteins in our bodies, specifically for body organs to function more effectively. I have been trying to lose weight and this book can greatly help me in creating a diet regimen based on ketogenic principles. As a beginner, the sample recipe found in this book can be a good basis in formulating a diet regimen.

This book is simply amazing. It taught me how I can finally find out when I am craving and when I am just plain hungry. You see, my diet is usually ruined by my bouts of cravings and even though I have tried to stay away from it, it’s as os a bungee cord is tied to me and its other end to the food I am craving for. Another thing I love about this book is the food list. It’s crazy how that list helps you simplify how you can avoid all those unhealthy cravings and opt for better and healthier food.

KETOGENIC BOOKThis book is very short and it tries to cram a lot of content into its pages.It is basically a beginners guide to ketogenic diet, but aimed more at the background and principles of keto than at the precise recipes and meal plans. It has a suggestion of meal plan, but that is far from detailed recipes.All the scientific stuff is easy to understand and the writing is good, it flows and it is not boring at all. I am sure that anyone interested in a ketogenic diet will get some value from this book, although it is a shame that it doesn't also provide some recipes. But, at the other time, it doesn't claim to be a cookbook so I will recommend it.

I really enjoyed this insight into the ketogenic diet. It was a good short read and the recipes were clearly laid out which was the best feature for me. As I am new to this diet I gave it five stars as I feel that I could start using this book today which is a good sign from a diet book.

Ketogenic Diet for Beginners is such a reader friendly book, it is indeed meant for beginners, like me. Losing weight is a battle for me. I've been searching high and lo for something that will help me. Here comes this book, a new shade of hope is showing for my case. This book is amazing because it has amazing contents that were discussed in a brilliant way. I also appreciate the recipes and the meal options presented. The info about this diet, like what to eat, what to avoid, as well the perks, have been very well too.

Ketogenic diet forces the body to abandon glucose as its main source of energy and switch to ketones. The relevant research shows that some organs of the body like the brain, the heart and the kidneys work better if their energy comes from ketones. It is a permanent lifestyle and diet form for you. So, get ready to maintain the new lifestyle on a permanent basis. Author suggests some menu suggestion based on ketogenic diet and fruits and vegetables valued in ketogenic diet.

This is an incredible aide on the ketogenic eating routine and how it can offer you some assistance with losing weight. I took in huge amounts of awesome informations from this book can offer me some assistance with maintaining a sound diet. You might also want to try the recipes in here even if youâ ™re not on this diet. Each recipes are easy and scrumptious!

Adapting to a new diet or lifestyle change is not easy, it is not easy to break away from old habits. Ketogenic diet seems to be a great change to make for more then one reason. One that got my attention the most was the fact that it helps with acne, it can be caused by insulin resistance so with

the ketogenic diet helps to regulate insulin levels that is directly link to glucose. The diet is a combination of proteins, carbohydrates and fats then the body rather use fat as a fuel. Fulled with great recipes and tips it is a great starter book for those how wants to pursue the ketogenic diet!

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