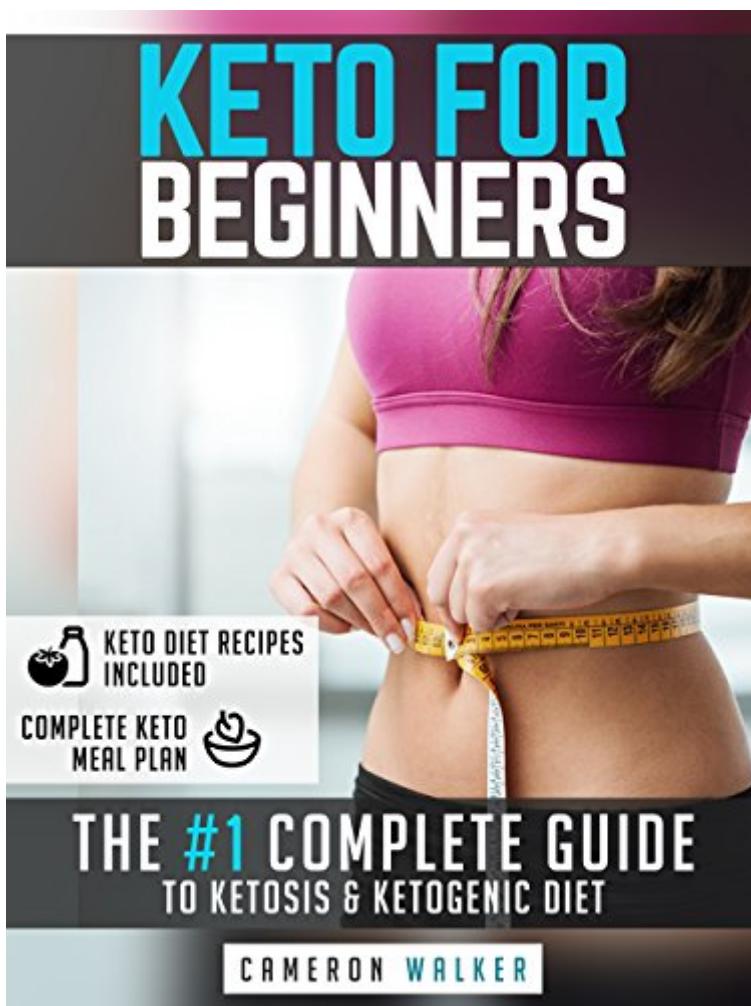


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Keto For Beginners: The #1 Complete Guide To Ketosis And Ketogenic Diet (with Complete Keto Meal Plan Included And Examples Of Recipes With Nutritional Facts)





Synopsis

Is it possible to eat fat and loose weight? In 1921, an endocrinologist called Dr. Henry Rawle Geyelin, attending the annual meeting of the American Medical Association to deliver a speech on therapeutic fasting in the treatment of seizures, focused his speech on the Ketogenic diet. Ninety years later, Geyelin would probably be surprised to discover that the same diet is used as the last magic weight loss program to lose weight at a pace that many other diets can just dream of. This diet should not be taken unconcernedly, it is a hyperprotectic diet, almost without sugars and with a high amount of fat. Fortunately, there are health professionals who manage very cautiously this food plan, so, if done correctly, this diet can give extraordinary results in making us regain our lost shape and cardiovascular health. Here's a preview of what you'll learn: What is Ketosis and how does your body work? How do Keto diets achieve rapid weight loss? Which are the main differences between a Keto and other known diets? How to start and when to stop a ketogenic diet? Keto diets and sport and exercise? The effects of a Keto diet on pregnancy? How does a Keto diet help you squash migraines? A perfect Keto complete meal plan? The Keto meal Formula: how to create a keto meal plan? Keto recipes: breakfast, lunch and dinner with nutritional facts, and much much more! Take action right now and get amazing results! Download it now!

Book Information

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Customer Reviews

Nutritious info inside! There is a lot of really great information in this book! It provides a nice background to Ketogenic states and maintaining ketosis. The book also offers a whole slew of recipes to help you maintain your ketosis. I recommend this book looking to change their diet and look more towards a low carb, high fat and protein diet.

This book is both a good overview of the ketogenic lifestyle, and a keto cookbook. Great book for reference when starting the KETO way of eating. Liked all information included in this informative book. Really helped me get into the why and how of keto diet. I found a wealth of information in this book.

This book is well written and is such a great resource book! I found this book is a complete book for all beginners and a useful one for the persons who already in Quito diet. This is really worth recommending!

Good book, you can find such info as which are the main differences between a Keto and other known diets and how to start and when to stop a ketogenic diet and more over!

Fulsome book. Famished by the recipes presented to this book. The metrics also are good mentioned as to make your dietary schedules and intakes will be watch out.

It was really a great book for a beginner like me who doesn't know much about how the ketogenic diet works

Ketogenic diet is one of the most favorite diets to lose weight and stay healthy. It is a complete guide to keep your body fit and healthy. This book helps me to get a clear understanding of ketogenic diet and their rapid weight loss effects and also answered my all type question to keep my body fit. Most unique part of this book is this book describes if there is any situation when you have to stop this diet, to avoid further disabilities relating to your body. All the nutrition charts and diagrams provided in this book will help you to track your health condition and to develop your healthy issue easily.

The diet book is one of the many that will help many folks to know how to make a good body and good living by implementing and following some of guidelines included here. With the meal plan included and examples of recipes, all in one book, this make the baseline for a good ketogenic feeding.

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