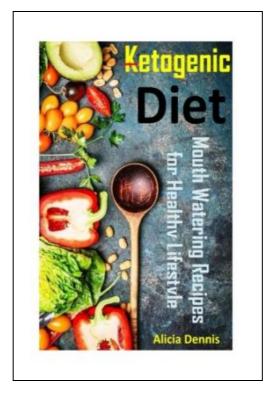
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Reviews

Very useful to all of class of people. It is really simplified but unexpected situations within the 50 % in the ebook. I am delighted to let you know that this is actually the best book i have read in my personal daily life and can be he finest ebook for at any time.

(Gwen Schultz)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand ******.What is Ketogenic Diet A ketogenic diet (keto) is a very low-carb diet, which turns the body into a fat-burning machine. It has many potential benefits for weight loss, health and performance, but also some potential initial side effects. A ketogenic diet is similar to other strict low-carb diets, like the Atkins diet or LCHF (low carb, high fat). These diets often end up being ketogenic more or less by accident. The main difference between strict LCHF and keto is that protein is restricted in the latter. A keto diet is designed specifically to result in ketosis. It s possible to measure and adapt to reach optimal ketone levels for health, weight loss, or for physical and mental performance. Below you can learn how to use keto to achieve your personal goals. What is Ketosis? KetosisThe keto in a ketogenic diet comes from the fact that it makes the body produce small fuel molecules called ketones. 1 This is an alternative fuel for the body, used when blood sugar (glucose) is in short supply. Ketones are produced if you eat very few carbs (that are quickly broken down into blood sugar) and only moderate amounts of protein (excess protein can also be converted to blood sugar). Ketones are produced in the liver, from fat. They are then used as fuel throughout the body, including the brain. The brain is a hungry organ that consumes lots of energy every day,2 and it can t run on fat directly. It can only run on glucose. or ketones. On a ketogenic diet your entire body switches its fuel supply to run almost entirely on fat. Insulin levels become very low and fat burning increases dramatically....

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