



Ketogenic Diet: A Quick Low Carb Guide for Busy People to Rapid Weight Loss Healthy Eating Mastery (Paperback)

By Lilly Fitt

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.THE BRAND NEW, QUICK + SIMPLE KETOGENIC COOKBOOK GUIDE FOR EVERYONE! Ketogenic is a diet that more and more nutritionists suggest, as it does not only help with weight loss, but also offers great benefits against cancer, diabetes, Alzheimer s disease and epilepsy. In other words, this diet is a proven method for successful weight loss, but it does not only fight obesity - which is becoming one of the major reasons for a number of health issues - but is also associated with a number of other diseases. More than 20 studies prove that Ketogenic Diet has amazing and long lasting results in weight loss and overall health improvement. This diet is also termed as Keto. It focuses on increasing high-fat content together with reducing the carb intake. For this reason, it is also sometimes confused with low-carb and Atkins diets. Ketogenic diet, basically, involves reducing the consumption of carbohydrates drastically and replacing that with fat. The sudden change in your eating pattern will put your body into a metabolic state known as ketosis. In This Book You Will Learn...



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