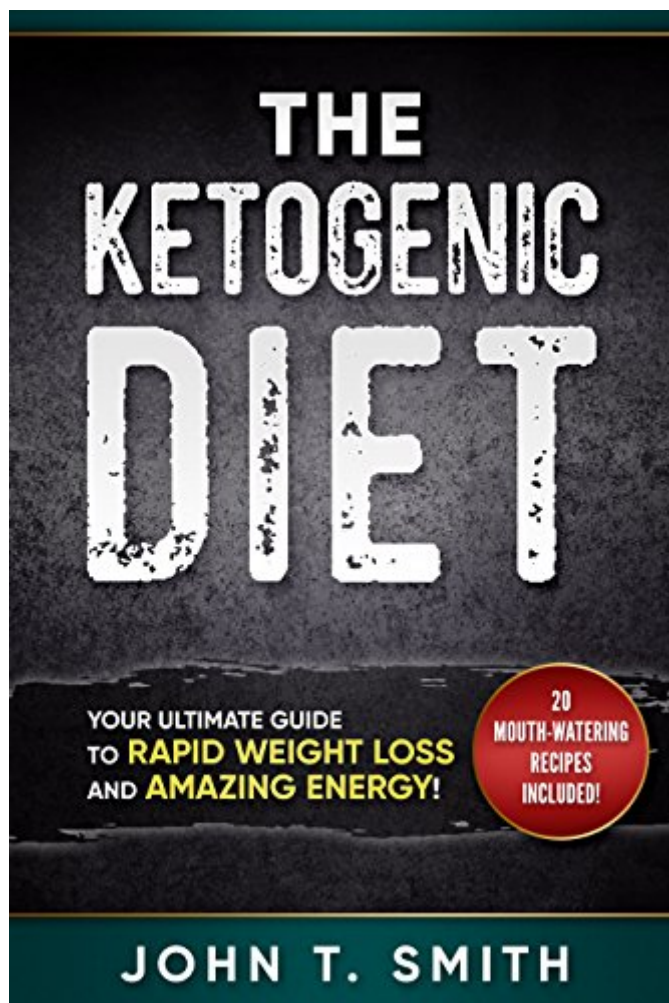


The book was found

Ketogenic Diet: The Ketogenic Diet For Weight Loss: Your Ultimate Guide To Rapid Weight Loss And Amazing Energy!: 20+ Mouth-Watering Recipes Included (ketogenic Diet, Atkins Diet Book 1)





Synopsis

Use the KETO power to get rid of the extra pounds and Have AMAZING ENERGY today! This book contains proven steps and strategies on how to embark on a dietary journey that is guaranteed to revolutionize your health. In here you will discover actionable and practical information on how to lose fat and improve energy levels. If you have been on other types of diets before and have struggled to shed those pounds or even boost your energy levels, the Ketogenic diet will help you immensely. So what is a Ketogenic diet? It is simply a diet where a person consumes foods that provide them with more fat, and very few carbs and proteins. In a Ketogenic diet, you get up to 90% of your calories in form of fats, with the rest being split between the other two macronutrients. The Ketogenic diet is aimed at causing a shift in the body's utilization away from glucose to fats. In other words, you are causing your body to burn fats rather than what it is normally used to burn sugars. During this process, your liver produces substances known as ketone bodies. If you have never heard of or tried the Ketogenic diet, then this book will unravel it all in a simple and clear manner. If you already know something about this diet, then this book will still benefit you by going deeper into some of the details that are often left out in other books. You will learn the brief history of the Ketogenic diet, discover what ketone bodies and ketosis really means, and how ketogenesis impacts your body. There are also some great mouth-watering recipes that you can sample in Chapter 4. Then we discuss the basic principles and practical tips for this lifestyle. Finally, we wrap up with some of the misconceptions and mistakes you need to avoid. I hope you enjoy the book!

A Preview Of What You'll Learn In This Book....!

- An Overview of the Ketogenic Diet
- History of the Ketogenic Diet
- Treatment of epileptic seizures
- Treatment of obesity
- Impacts and Terms of the Ketogenic Diet
- Bodyweight versus Body fat
- Benefits of the Ketogenic Diet
- Ketogenic Recipes
- Misconceptions and Mistakes to Avoid
- Basic Principles and Practical Tips

Take Action now and Transform your life. Download the book now to lead a healthier lifestyle and be more successful and productive for only \$2.99!

Book Information

File Size: 2829 KB

Print Length: 80 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 20, 2017

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B0731G52RF

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #131,927 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #28

in [Kindle Store > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet](#) #89 in [Kindle](#)

[Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Ketogenic](#) #137

in [Kindle Store > Health, Fitness & Dieting > Diets & Weight Loss > Ketogenic](#)

Customer Reviews

This book is very informative. It explains the Ketogenic Diet in detail. I highly recommend this book to all those interested in embarking on this lifestyle.

Print off the internet, not worth it. It has a million typos it was copied from another book

Muchas gracias

Helpful book for the keto diet

The author explained Ketogenic diet in a simple but detailed way. It covers the history, advantages, and impact on your body. The recipes are good too. They are tasty and healthy, easy to cook.

This book does a great job explaining the history of the keto diet and the health benefits. The addition of recipes is also a plus.

Sales book. No real info

Download to continue reading...

[Download to continue reading...](#)

Ketogenic Diet: The Ketogenic Diet for Weight Loss: Your Ultimate Guide to Rapid Weight Loss and Amazing Energy!: 20+ Mouth-Watering Recipes Included (ketogenic diet, atkins diet Book 1)

ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet)

Ketogenic Diet: The Ketogenic Diet for Weight Loss: Your Ultimate Guide for Rapid Weight Loss and Amazing Energy (Ketogenic Diet, Atkins Diet, ... Beginners, Intermittent Fasting) (Volume 1)

The Atkins Diet Head Start: The trusted guide to to healthy atkins foods and tasty aktins meal plans for your weight loss revolution (atkins diet, atkins ... diet book 2017, atkins for beginners) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet,diabetes,reverse type 2,atkins) Ketogenic Diet: The Ketogenic Diet Cookbook: 30 Ketogenic Diet Lunch Recipes For Rapid Weight Loss And Amazing Energy (Ketogenic Cookbook Series 2) Atkins Diet: 4 Weeks To Cracked Weight Loss, Strongest Energy And Better Your Life4 Weeks To Cracked Weight Loss, Strongest Energy And Better Your ... (Including 60 Very Best Atkins Diet Recipes) Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic Diet) ATKINS: The Ultimate ATKINS Diet Recipes!: Atkins Diet: Top Atkins Diet Recipes for Beginners Ketogenic: 6-in-1 Ketogenic Diet Box Set: Lose Weight Till Spring With 110 Ketogenic Recipes: (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet,Beginners Guide) Atkins Diet: Ultimate Atkins Diet - Recipe Cookbook (Atkins Diet, Ketogenic Diet, Weight Loss) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Keto Clarity: Rapid Weight Loss with Ketogenic Diet: The Simple Ketogenic Diet Cookbook Recipes for Beginners(ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb) Ketogenic Diet: The Ketogenic Diet Cookbook: 75+ Delicious and Healthy Recipes for Rapid Weight Loss and Amazing Energy (Ketogenic Cookbook, Free Bonus Book 1) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic,

Health, Fitness, Ketogenic Diet For Weight Loss(Ketogenic Diet With Intermittent Fasting For Rapid Weight Loss: Bundle: 3 Books in 1: 100+ Delicious Low-Carb Recipes For Amazing Energy (Intermittent Fasting Bundle, atkins diet) Ketogenic Diet: Aim for Low Carb Guide Rapid Weight Loss: 40 Keto Recipes w/ Images & Bonus Meal Plan(Ketogenic Diet, Paleo, Intermittent Fasting, Atkins ... Vegan Diet, Anti Inflammatory,Dash Diet)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)