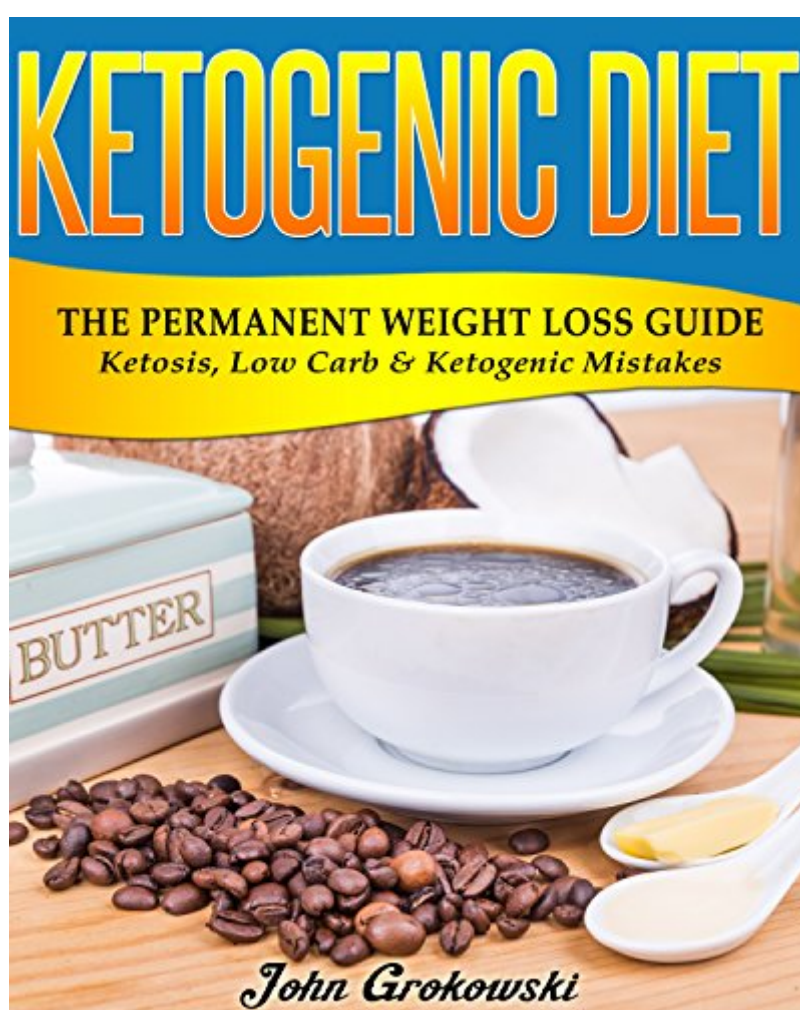


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Ketogenic Diet: The Permanent Weight Loss Guide - Ketosis, Low Carb & Ketogenic Mistakes (Ketogenic, Paleo, Low Carb, Weight Loss, Ketogenic Diet)



Synopsis

Lose weight and keep it off with the Ketogenic Diet!!!

Book Information

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Customer Reviews

The KetoDiet Cookbook will spice your keto life. I have been keto for a while and needed some fresh cooking. This book knows it out of the park and I love it. Very well made and thought out cookbook. If you like to display cookbooks in the kitchen this will be your book to have out. I would suggest anyone who is keto purchase this cookbook.

This book is intended for those who are overweight. Theory Keto diet based fat-burning - correct starvation, which forces to burn the reserves of fat. My mother has high blood sugar and is a problem for her. And a close friend of her serious diabetes and it suffers. But this all could have been avoided! As the problem is hereditary, then you should try to stick to a diet, especially when it comes to sweets. And this book is great in that helps. To make the use of sugar is minimal with this book so easy! Try it and you!

I appreciate this Ketogenic Diet: The Permanent Weight Loss Guide - Ketosis, Low Carb & Ketogenic Mistakes book because it made me understand more about this diet. I have heard a lot of different ways on how doing a diet as most people are being healthier and body conscious already. I like the truth in the author's way of explaining things and stuff, but at the same time encouraging people. This book also provided a 7 days whole day meal ideas and I found this very simple and for sure are healthy. All in all, this was a great one and I'm looking forward not just a good and effective diet but a healthier living.

If you're interested in improving all aspects of your health, and losing fat in the meantime, you need to read this book. One of the many wonderful things about this book is that it makes you want to dive right in and test what heâ€™s saying for yourself, instead of the standard â€œoh for Peteâ€™s sake what do they want me to do nowâ€• feeling. Overall, this is a great informative and practical addition to the library of any person who might benefit from ketosis or any physician working with those same people!

I feel very difficult in controlling my appetite. So, when I read the benefits of ketogenic diet that it helps in controlling appetite, I felt ketogenic diet is suitable for me. But, before starting a new diet, wanted to have in depth knowledge and got this book. I got some helpful tips from this book. Itâ€™s a good book to understand ketogenic diet. Though it has informative content, many places indentation of the contents were not uniform and it can be improved.

The ketogenic word comes from â€œketosisâ€• which is the catabolic phase that occurs when the liver works in order to transform ingested fats into fatty acids and ketone bodies. Basically ketosis is a metabolic condition in which the body obtains energy not glucose but molecules called ketone bodies. Permanent weight lose guide is what I am looking for so that I could not just followed a one week diet or the other way around.

Great reliever from the fat trouble. I was gaining weight day by day as I cannot control my appetite. My friend told me about Ketogenic diet & recommended this book. This book is really magical as I tried many of recipes given in it. Very easy and nutritious diets. I felt very light after having the dishes. I recommend this book to all who are facing weight gaining problems. Read & try the tips given in it.

This book provides a very comprehensive and straight forward discussion on Ketogenic Diet. It explains the process of ketosis with clarity so the readers could easily grasp. It guides every individual on the different steps a dieter must do to lose weight fast and to maintain a healthy lifestyle using the ketogenic diet. This eBook is really a good guide for everyone who is planning to try this type of diet.

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