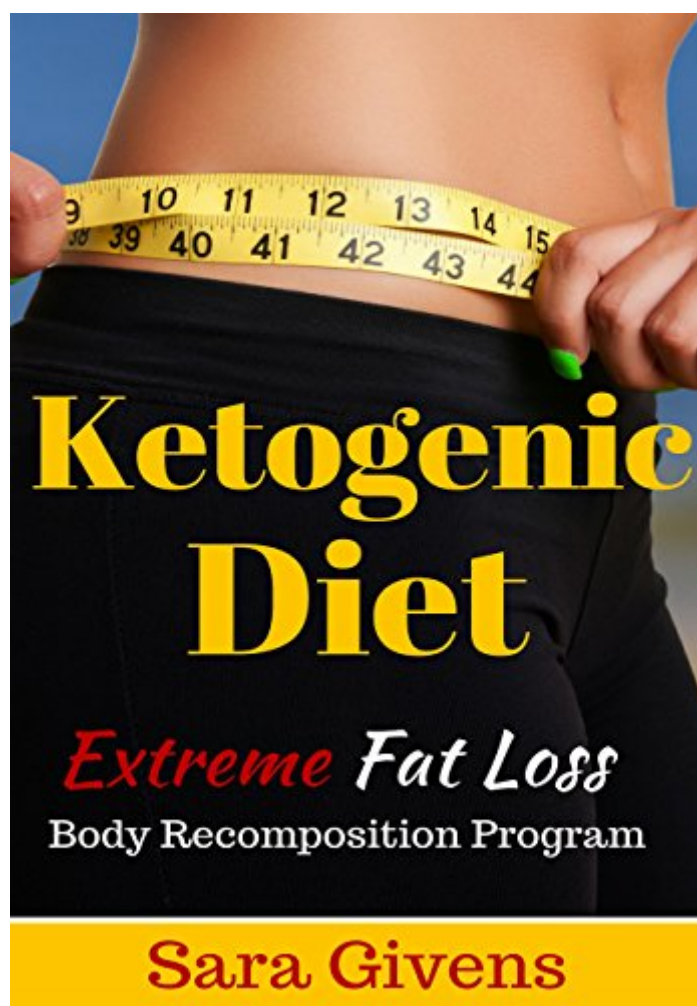


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# Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic Diet, Ketogenic Diet For Weight Loss, Ketogenic Diet For Beginners, ... Diet, Paleo Diet, Anti Inflammatory Diet)





## Synopsis

**Ketogenic Diet: Ketogenic Diet For Beginners -- Turn Your Body Into a Fat-Burning Powerhouse While Dropping Fat Fast! Plus BONUS Meal Plan! \*\*2ND EDITION EXPANDED\*\*** Today only, get this amazingly informative and very popular Ketogenic Diet Book for just \$2.99. Regularly priced at \$6.99. Read on your PC, Mac, smartphone, tablet or Kindle device. The majority of the population these days eat a diet that is typically heavy in sugar and carbs. Because of this, most people are insulin-resistant and have lost their ability to burn fat for energy, as well as suffer high levels of chronic inflammation. If this sounds like you, then it is likely carbohydrates have taken up permanent residence in your liver and your liver has forgotten how to produce ketones because it doesn't need to. In other words, your fat-burning engine has been officially switched off until further notice. When it comes to your ketogenic engine, you either "use it or lose it." So if you eat the typical American diet, more than likely you've lost your ability to burn body fat for energy, despite the fact that you carry around a great deal more "energy" around your waistline than you'd like to. The Ketogenic Diet is extremely effective at helping you become insulin-sensitive again by training your body to be a highly effective fat-burning machine! Unlike most diets where you feel constantly hungry and drained, you will feel satisfied and more energetic than you've ever felt before. This diet truly changes the way your metabolism works. It teaches your body to STOP burning the food you're eating for energy and START burning the fat you already have since it's the most efficient form of energy. Here Is A Preview Of What You'll Learn... Which supposedly "Healthy Foods" you eat everyday are keeping you fat Why urine sticks are NOT the best way to measure ketones How the Ketogenic diet outperformed the most popular diet for Type 1 diabetes. Why 'diet foods' are the worst thing you can eat to reach ketosis Why saturated fats are actually GOOD for you How the Keto diet slows the aging process Why the Ketogenic is diet NOT a high-protein diet and how your body turns proteins into glucose The EXACT foods to eat and the ones you need to avoid to reach ketosis How to know when your body is burning fat for fuel at OPTIMUM levels Much, much more! Download your copy today! Take action today and download this book for a limited time discount of only \$2.99! Tags: ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ketogenic recipes, low carb diet, ketogenic diet plan, ketogenic cookbook, ketosis, keto diet, ketostix, ketones, diabetes diet, paleo diet, paleo, paleo auto immune diet, anti inflammatory diet

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## Customer Reviews

I've been looking at various diets for losing weights. I think that journey can end here, with the Ketogenic Diet. The first few weeks were a bit of work since no exercise was allowed. But after that time, I've been feeling great. I've basically dropped all high carb foods from my diet, such as sugars and grains. The recipes are a great addition for the book to get a proper meal plan started. Recommended!

I have looked into ketosis before and tried short fasts which I thought produced good results, so I decided to read up about it to get some more information on the subject. The book went into a little more detail to give me a better understanding on how it actually worked. It is well laid out and easy to follow and I will be using the information more for the health and detox benefits than dieting but any drop in body fat percentage will be a welcome bonus. Recommended read.

Wow I was eating what I thought was food that was going to help me lose weight and Sara Givens has just blown my mind with this information. I have turned off my fat burning engine and didn't

know it. But this book taught me how to turn it back on using the ketogenic diet. Just the information on the foods to avoid is worth this price of this book for me.

After the author's book on Ketogenic Diet Mistakes, which was pretty good, this book was quite a disappointment. She begins by laying out a number of guidelines for a ketogenic diet, which seem decent enough, but then she presents recipes that violate those guidelines. The first few recipes had instructions which referred to ingredients that are not listed in the list of ingredients. One of them even describes laying a meat mixture on slices of bread, bread being a big no-no for ketogenic diets! The number of recipes is small, and there is no index. I'd steer clear of this one.

The ketogenic diet seems like a very interesting diet to try. The food allowed in this diet are very healthy so I am almost tempted to give this a try. I got this book to learn more about the ketogenic diet. This book has been very helpful to me. Aside from the information that one can learn from here about the diet, it also includes a 30-day diet plan for those who have decided to give it a try. Along with it, also comes some recipes for the main meals of the day. The instructions are not too difficult so giving this a try will be really interesting.

Ketogenic Diet is a quality guide that takes you through the Ketogenic diet concept from beginning till now! The author does a nice job overviewing the benefits and disadvantages of this eating strategy. The sourcing throughout adds nice credibility and this only makes the information in this guide more valid. If that makes sense! Lots for you to learn from this guide about the Ketogenic diet. My recommendation is to grab this book and let the author know what you think!

This book is very helpful, mostly for people who struggling losing weight. I found this book very helpful to me because i'm always struggling maintaining my diet foods - this will give you a step by step guide. I followed the steps given by this book and i dramatically see some good results, and it feels good in my body. highly recommended for everyone who struggling losing weight!

Whether you are interested in losing weight, improving insulin resistance or turning your body into a fat burning powerhouse, ketogenic diet is the right diet pattern you are searching for. It is similar to fasting. The object of Ketogenic diet to force your body into a glycogen deprived state and a mild state of ketosis (burning fats for energy). Author has also included some useful diet based recipes in this book.

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