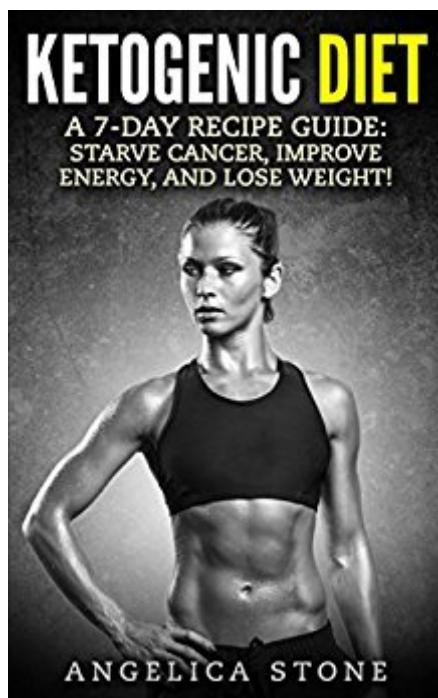


The book was found

Ketogenic Diet: 7-Day Recipe Guide: Starve Cancer, Improve Energy, And Lose Weight! (Delicious Recipes, Cookbook For Beginners, Nutrition And Science 1)



Synopsis

Lose Fat by Eating More of It â “ Seriously. Take action now and download this book for a limited time discount! Which Energy Source Are YOU Using? The body has two key sources for energy 1) glucose, 2) fat. It seems counterintuitive at first, but eating more fat programmes the body to use it as fuel. Therefore, when we reduce carbohydrates that turn into glucose (cutting out sugar) â “ we become fat burning machines.Â Amazing Results: Starve Cancer and Sustain High Energy Levels! Your healthy cells can use Ketones as energy â ” but cancer cells cannot. They only use glucose, often much more than healthy cells. This dependence on glucose was observed over 80 years ago. Only now is this research reaching the general public.Â ZERO Energy Crashes and Hunger Cravings! The ketogenic diet will improve your endurance. Ultra-marathon runners often attest to the benefits of being able to shift into ketosis. This happens after carb reserves are used up. Whatâ ™s more, anybody can use this method for sustainably high energy levels. But the benefits don't stop there. Burning fat as fuel also means feeling more satisfied throughout the day. Love your body! Take a chance on the Ketogenic Diet today! Exactly What You Will Learnâ | The Ketogenic Diet (Explained) The Ketogenic Diet for Weight Loss What to Eat! How to Begin the Ketogenic Diet Considerations and Common Questions The Science of Ketosis and Disease Get Started: 7-Day Eating Plan with RecipesÂ One-Click for Better Health and More Energy! Full 30-Day 100% Money Back Guarantee. (That's How Confident We Are!)

Book Information

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Customer Reviews

To be honest after hearing about "ketogenic dieting" through a friend of mine, I was like "oh boy, another weight loss formula for the desperate ones" but then after reading this book, I've realized how much I was ignorant when it comes to nutrition. The part where the book explains that eating healthy fats can help you fight cancer and boost up your energy levels, truly opened up my eyes...so, now I can eat freely without worries as long as I limit my glucose intake...

A wonderful book which provides in depth information on Ketosis and how it affects the body and brain in a positive way. The book also goes into supplementation and how it can be applied to the diet. From the foods to eat... to the foods to avoid, this book has all the components to get started on the ketogenic diet.

We loved this book with my wife. Last night we cooked roasted vegetable salad with steak and feta. I wish we took picture of it! But anyway, it's been a fantastic experience. And we loved how easy-to-understand and easy-to-cook this recipe is. We also spotted a few other keto recipes we would like to try cooking soon. To my mind, this author did great with this cookbook.

This book explains the goal behind adopting a keto diet. It teaches you how to force your body into a state that produces ketones. The recipe in this book will simply limit your body of getting carbs with these meal plans and switching them with dietary fats and proteins. The recipes in the book look really good and tasty.

Wow, this was a thoroughly researched book, includes great recipes that you will definitely want to look at. This book also talks about the impact of ketogenic diet on patients with Alzheimer's and a few other diseases.

I have been on the ketogenic diet for 10 weeks, using exogenous ketones. I have done a fair

amount of research and this is the book I would recommend to anyone interested in this process. It is well researched, yet easy to comprehend. The seven day menus and detailed recipes are helpful because it gives a clear picture of the ratio of the food groups that is effective. Thank you so much for this much needed book!

Straight and to the point. All info was backed with research and gave a clear picture as to how a ketogenic diet works with the body.

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