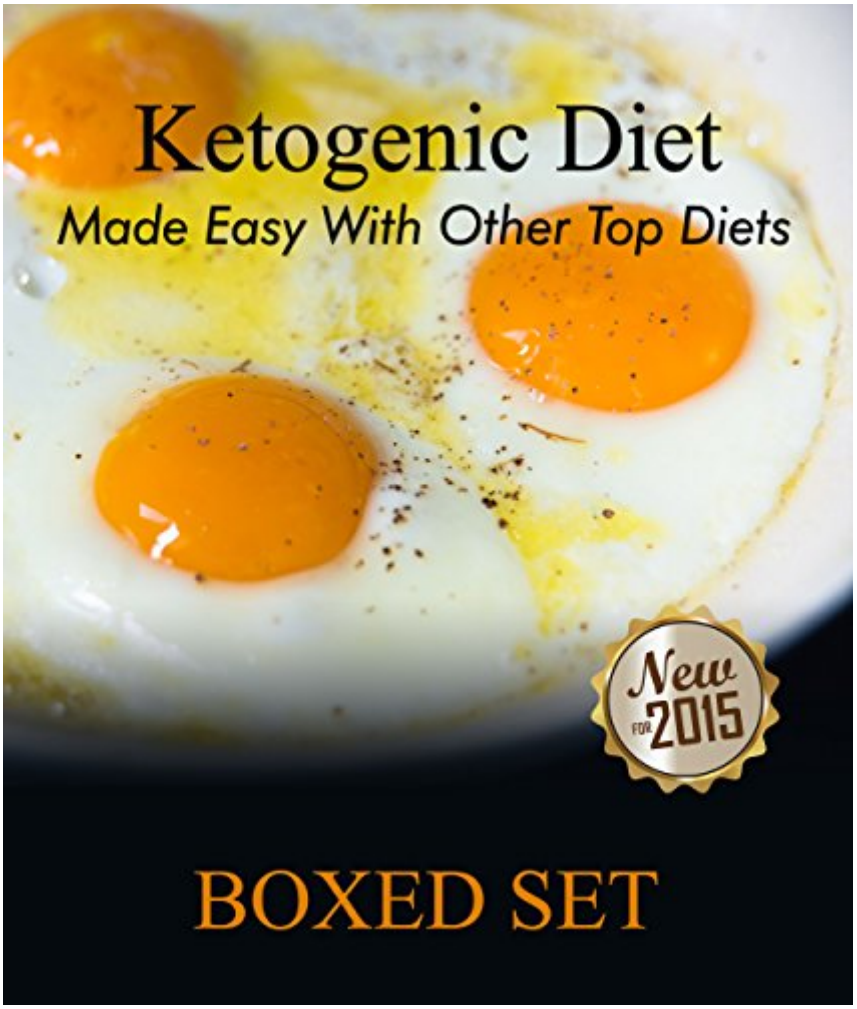
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# Ketogenic Diet Made Easy With Other Top Diets: Protein, Mediterranean And Healthy Recipes




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## Synopsis

The Ketogenic Diet has many health benefits that include weight loss. This diet will help to lower blood pressure, cholesterol and help maintain healthy insulin levels. Once you begin this diet you will begin to notice that you have more energy, sleeping better at night and have clearer thoughts. The weight loss that occurs on this diet is just one of the benefits of the Kerogenic Diet. This diet not only helps a person to lose weight but it helps to control the appetite and this helps in adhering to the diet because a person feels full and is not hungry all the time.

## Book Information

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## Customer Reviews

Ketosis /kÃƒÂ¡Ã Â Ã Â»Ãƒâ Ã Ë†toÃƒÅ Ã Å sÃƒÂ¡Ã Â Ã Â»s/ is a metabolic state where most of the body’s energy supply comes from ketone bodies in the blood, in contrast to a state of glycolysis where blood glucose provides most of the energy. (Wikipedia) . So for dieting it makes common sense -- when you eat carbs, those are burned for energy and the fat deposits in your body are not used -- but if you starve yourself (cut down on the total you are eating especially of carbs) , then the body mechanisms will switch to releasing fat into the blood stream to be burned as energy -- the basic idea on ketonic diets is to cut down on carbs but avoid starvation cramps by

substituting protein for the carbs you might have eaten. This Ketonic Diet boxed set (mine was Kindle version) is 3 separate books - Costar touched on the Atkins, South Beach and other diets, and then wrote extensively about the Dukan Diet, a modified Ketonic 4-stage diet popular especially in France; Michaels wrote on the more traditional ketonic diet, initially designed at the Mayo clinic in the 1920's to help epileptic children, and Calderon wrote on the Mediterranean diet (it's not just fresh foods, fish, and olive oil found near the Mediterranean but active exercise lifestyle too), and the low-Thyroid diet ( avoid cruciferous foods like broccoli but otherwise varied high nutritional). It's loaded with delicious recipes, both to use as-is and as a starting point for your own creations. In some, allowed foods include alcohol, artificial sweeteners and some natural sweets - others are more restricted. The point is made, and it's very clear when you read, that this is not a casual game -- check with your doctor before and during especially the more rigorous diets -- the farther you are from well-balanced variety, the more risk for damaging your metabolism or organs. I received this product in exchange for an honest review --If my review helped you answer any questions, or allowed you to figure out if you should purchase or not, please indicate that my review was helpful :)

The book said at the beginning that there are 3 books inside it, and I found only two full books inside. One had Mediterranean diet recipes, and the other one had Keto diet recipes. We in our household love both of these diets, and the recipes in the book look good at the first glance - of course, I will have to try them out to be sure, but I liked that all the dishes seemed to use the right ingredients associated with these diets, and all of the familiar dishes, with no overly sweet desserts - I think the recipes are good, and I will be looking forward to trying them!Sample was provided free of charge for reading and a review.

I was looking for a book that would explain certain diets to me w/alot of interest leaning towards the the Keto diet.When friends would try to explain this diet to me, I didn't quite understand it. The authors break down eating plans and give you a lil history to go with.This book is great, because not only does it cover the Keto diet w/recipes...it explains how some of the most popular diets work w/simple meal plans. I plan on trying the "meatloaf" this Sunday (Keto style). This one will remain on my kindle, one stop shopping.I am so glad that I received this book for free, in exchange for an honest review. These views are my honest opinion.

This is a very detailed book that explains exactly what a ketogenic Diet is and what is needed to successfully follow it. I was wanting to use it for cancer because sugar feeds cancer and I felt this

diet could help me at the very least slow down my cancer. This diet is also used for people that have seizures. You put your body in a state of acidosis where the body gets it's energy from protein and fats, not sugar and carbohydrates, which turn into sugar. You get a clearer mind and a more healthy diet for the cardiac system. It is good at showing examples and helping you to understand what things you need to eat to follow the diet. You are allowed to eat some things that are fruits, and I wish it would have been a bit more clear about that..but I'm sure the sugary fruits are not allowed. It gave an example of eating avocados, which I had no idea was a fruit. They are not sweet, so I understand what types of foods that are needed. You want your body to use the fats for fuel, not sugar. I do wish there was a list of all foods you should eat, and which ones you should avoid. The good thing is I can find those lists on a search engine. This basically went over the explanation of the Ketogenic Diet. It was easy to read, and I found it enjoyable. I did learn some things which is important to me because I usually research things out, and I felt a lot of effort was put into this book. Highly recommended to help you transition into using the Ketogenic Diet rather easily. It does have some nice recipes. Totally worth the read!!I received this product for free in exchange for my honest review.

This book is fantastic! Such a wealth of information! Easy to understand. It taught me a lot! I have been rolling a ketogenic diet for a while and I guess there was a lot I didn't know. Now i do! The recipes included are easy to follow and use easy to find ingredients. That's important for me as we live in the boondocks! I found the nutritional information very helpful in allowing me to count my carbs, etcI received this book at a discount in exchange for my honest and unbiased opinion.

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