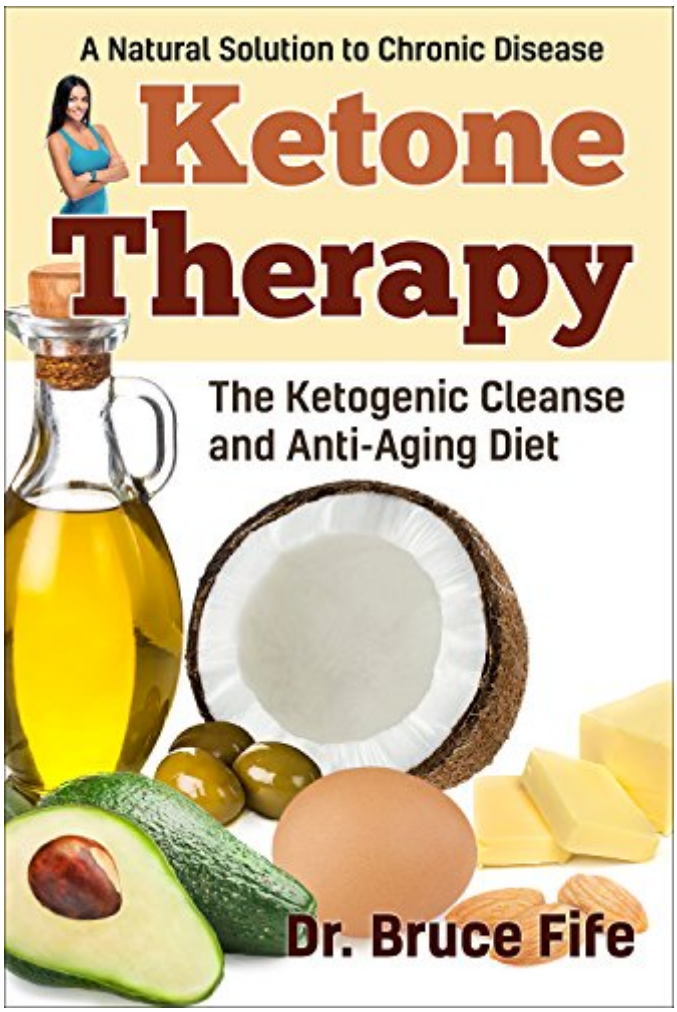
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Ketone Therapy: The Ketogenic Cleanse And Anti-Aging Diet



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Synopsis

The ketogenic diet is one that is very low in carbohydrate, high in fat, with moderate protein. This diet shifts the body into a natural, healthy metabolic state known as nutritional ketosis. In ketosis the body uses fat as its primary source of energy instead of glucose. Some of this fat is converted into an alternative form of fuel called ketones. Ketones are high-potency fuel that boost energy and cellular efficiency and activates special enzymes that regulate cell survival, repair, and growth. When a person is in nutritional ketosis, blood levels of ketones are elevated to therapeutic levels. In response, high blood pressure drops, cholesterol levels improve, inflammation is reduced, blood sugar levels normalize, and overall health improves.Low-fat diets have been heavily promoted for the past several decades as the answer to obesity and chronic disease. However, we are fatter and sicker now more than ever before. Obviously, the low-fat approach has not worked. Our bodies actually need fat for optimal health and function more efficiently using fat for fuel. In this book you will discover how people are successfully using the ketogenic diet to prevent and treat chronic and degenerative disease. Ketone therapy is backed by decades of medical and clinical research, and has proven to be both safe and effective for the treatment of variety of health issues, including the following:AlzheimerÃ¢â ¬â„¢s diseaseParkinsonÃ¢â ¬â„¢s diseasestrokeMultiple sclerosis heart diseasecancerdiabetes obesitymetabolic syndromeCrohnÃ¢â ¬â„¢s diseaseulcerative colitisirritable bowel syndromeglaucomamacular degeneration migraine headaches sleep disordersIt doesnÃ¢â ¬â„¢t stop there. Research is continually discovering conditions that are responding to the ketogenic diet. Many health problems that medical science has deemed incurable or untreatable are being reversed. Medications that were once relied on daily are no longer necessary and are being tossed away. People are discovering that a simple, but revolutionary diet based on wholesome, natural foods and the most health-promoting fats is dramatically changing their lives. It could be the key to changing yours as well.

Book Information

File Size: 3860 KB
Publisher: Piccadilly Books, Ltd. (August 31, 2017)
Publication Date: August 31, 2017
Sold by:Ã Â Digital Services LLC
Language: English
ASIN: B0751B9GXR
Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #24,130 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #20 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Ketogenic #24 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Alternative Therapies #36 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Ketogenic

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