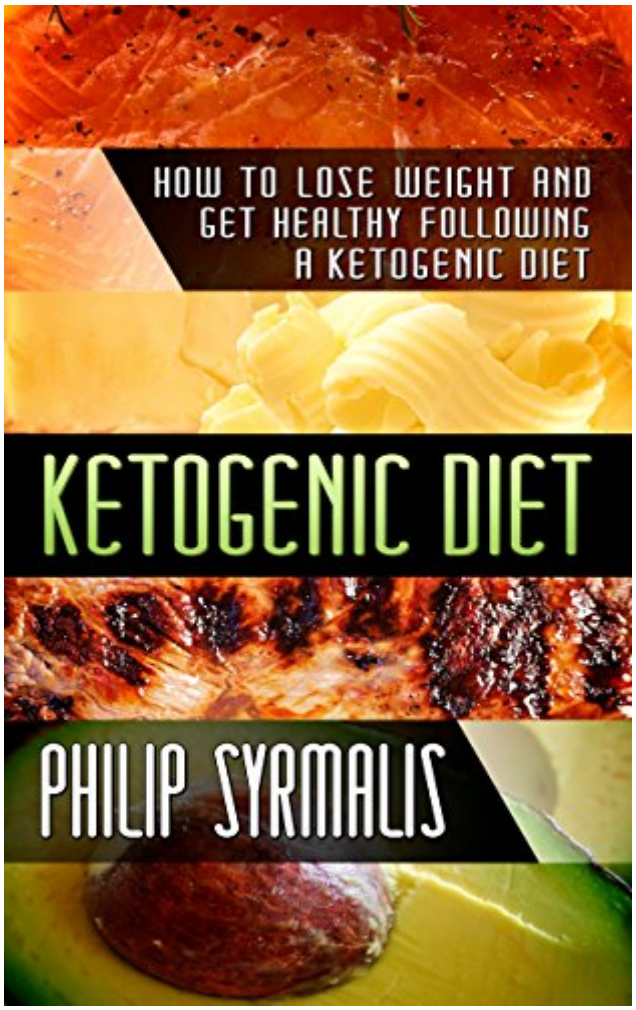
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# Ketogenic Diet: How To Lose Weight And Get Healthy Following A Ketogenic Diet




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## Synopsis

Do You want to Know the science behind getting leaner and Stronger !!!Do You Know How Protein and Fat can be useful to reduce the weightDo You know what is the Exact meaing of KetosisDo You want to learn and apply the Ketogenic diet.Through this Ketogenic Book You will learn about the indepth detail about ketogenic Diet and we add unique ketogenic recipes.

## Book Information

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## Customer Reviews

This book helped me understand what ketogenic diet is.Great book! The honesty is greatly appreciated. This is not your everyday quick-fix weight diet, but rather as explained in the book, it is a life style change, AMEN! From the explanation it becomes clear that it is not easy to adopt to this diet, but rather that the required effort and pain is well spent. So honest about what changes are required that will be difficult to make. Recipes for to help with these changes are included. Really and excellent book that I will recommend to anybody that wants to make a life style change and live healthier.

The ruggedly healthy appearing Philip Syrmalis is of Greek origin married to a Moroccan woman and together their diet is very much of the Mediterranean bent. Philip is a health and nutrition proponent, a diet coach who discovered the ketogenic diet a year ago ÃƒÂ¢Ã â ¬Ã â œ and that discovery lead to this book. ÃƒÂ¢Ã â ¬Ã ËœA year ago, I stumbled upon the ketogenic diet accidentally by way of a work colleague who was having success with the diet. At first I thought that eating fat and depriving the body of its main fuel source (i.e., glucose derived from broken down carbohydrates) was a ludicrous idea. I began to conduct intense research and realized that there is substantive scientific reasoning behind this "low carb, high fat" approach to eating, and soon enough my laboratory was back in business. I recruited a few of my previous volunteers (plus a couple of newcomers) to experiment with the ketogenic diet and the results were astonishingly positive. They all lost weight and felt better than they had ever felt, however some of them went back to their old habits of eating high carbs. These individuals claimed that "life is too short to not enjoy beer and fries." I could not be upset with them, I had attained what I wanted (to witness conclusive results of the diet semi-first hand) and their opting to eat less healthy was their choice as adults. To each their own, and live and let live are the mottos I live by.ÃƒÂ¢Ã â ¬Ã â„¢With that ÃƒÂ¢Ã â ¬Ã ËœflavorÃƒÂ¢Ã â ¬Ã â„¢ of background Philip proceeds to define and describe the ketogenic diet in a manner that is easily accessible for every reader. His comments about the current level of body fat so readily seen in all places we visit are a fine start! He then explains the facts about the Ketogenic Diet ÃƒÂ¢Ã â ¬Ã â œ ÃƒÂ¢Ã â ¬Ã ËœThe ketogenic diet (sometimes called the keto-diet) is really simple to implement because it is all about eating non-processed foods and limiting carbohydrates dramatically, almost to the point of eliminating them all together. Of course, the body needs all three food groups to function properly (protein, fat and carbohydrates), however the amount and type of carbohydrates consumed is what makes the keto-diet unique. In a nutshell, anyone on a ketogenic diet must never consume more than 30-50 grams of carbohydrates a day, and of this quantity the carbohydrates themselves must be what are known as "complex" carbohydrates (i.e. the healthy kind, such as vegetables, versus starchy white bread). Another factor is the amount of sugar contained in the carbohydrate. For instance, while fruits are healthy, people on a ketogenic diet must avoid many fresh fruit due to the high sugar content. The ketogenic diet does not revolve around measuring the number of calories and fatty foods consumed but instead focuses on eliminating the consumption of "harmful" foods.ÃƒÂ¢Ã â ¬Ã â„¢Philip breaks down his discussion and coaching in the following chapters - The Truth about High-fat Low-carb Diets, Health and Risks, Getting the Right Amount of Nutrients, Implementing the Ketogenic Diet, Foods to Avoid, Best Practices, Tracking your Progress, Is Exercise Required to Lose Weight?,

Water, Sleep and Minerals, Adopting the right mind-set, and Detoxing.To top off his coaching session he provides a 30-Day Ketoegenic Meal Plan and finishes the book with terrific ketogenic recipes, courtesy of his wife. This is a wise coach who writes well and seems to relate to the many questions we all have about current dietary and health trends. It is an excellent manual for a healthier life. Grady Harp, November 16

An extremely well written book on a very important topic. The keto diet sounds difficult to implement but the author has presented it in a clear and concise manner. I love the recipes in the end of the book, they look delicious, you wouldn’t feel you’re depriving yourself of flavour, just might be hard to quit almost all carbs at onceÃƒÂ¢Ã â ¬Ã Â| Depends what’s important to you. I learned a lot from this book and even if I don’t follow the diet I will for sure prepare many of the recipes! As I follow soccer big time I have a few "big belly" friends and I have already send them a link to this book....they need it :)

Recently i have been bitten by the bug of Ketogenic diet, its recipes as it has helped me reduce almost 5 pounds in a month...with a very realistic approach and expectations I started with this new concept for loosing weight. This book has actually made me understand the real concept of FAT, PROTEIN and CARBS and how should we go about when consuming these to maintain or loose weight. A good informative book with some really tasty recipes penned down at the end of the book out of which i have tried a few. I always thought that eating fruits is the best way to loose weight as we consume lots of fibers with fruits but got to know that fruits has high sugar so what fruits and in how much quantity I should consume it.Would recommend it to anyone who actually wants to the scientific way and the correct way to loose weight in a realistic manner with keto diet.

Obesity has become major problem now a days. Young people are loosing their confidence if they are over-weight. Obesity is making old age worse. Obesity is found common in kids too. Everyone id trying new things to come out of it. In such situation, ketogenic diet is a boon to people facing obesity. People want to loose weight but don’t want to give up on their favorite food. They need to understand that eating low fat food doesn’t solve the problem. Healthy eating is "low carb, high fat" diet. This books explains it all. It not only explains the ketogenic diet for loosing weight but it also focus on healthy eating habits and nutritional values. I recommend this book to those who want to loose weight as well as to those who want to live a healthy life without starving.

One of the most informative diet books I have ever read! As a natural skeptic, I admit to going into reading this book with a negative bias. After seeing how well researched and thought out the author's information was, my skepticism has waned and I am committed to taking up the diet! Phil Syrmalis is informative and knowledgeable while being entertaining and drawing you in to his own life experiences. Well done Mr. Syrmalis!

A hands-on practical book, with the appropriate cautions of the benefits and risks of the ketogenic diet. Well written, well researched and most importantly well practised, especially these days where everybody seems to be a "hands-off" expert in everything, from stock picking to house building.A useful and practical book, full of great advice from an author that honours his Spartan background by respecting the reader.

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