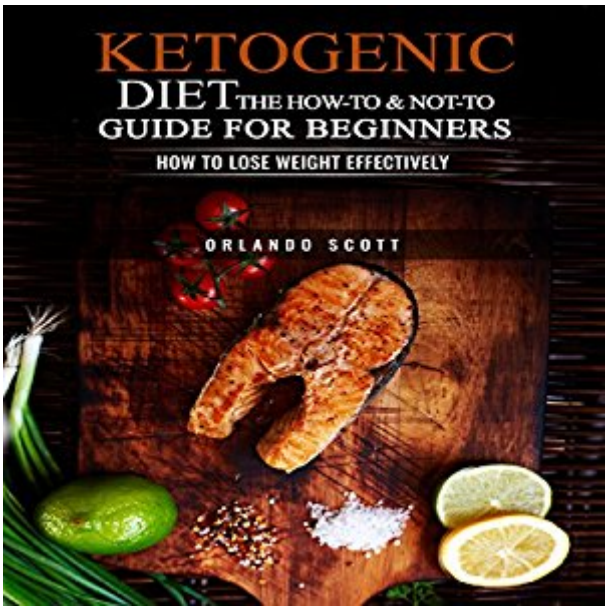
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Ketogenic Diet: The How To & Not To Guide For Beginners: How To Lose Weight Effectively



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Synopsis

Did you know that there are many proven benefits of the ketogenic diet? They include: Drop in blood sugar and insulin levels Weight loss Freedom from food fixation Reduction of appetite Lowering of blood pressure And much, much more! This book contains proven steps and strategies on how to use the low-carb, high-fat ketogenic diet as a weight loss method. It is one of the most effective diets for weight loss available today. It’s easy to follow and offers many health benefits, too. This audiobook offers a guide on what to do and what not to do when following a ketogenic diet. It also has guides on how to create diet plans and how to kick-start a workout routine. Here is a preview of what you’ll learn: Origins of the ketogenic diet dating back to the 1920s Using the ketogenic diet for weight loss and health What to do with a ketogenic diet for a complete beginner Allowed and not-allowed foods Seven-day easy-to-follow ketogenic meal plan And much, much more!

Book Information

Audible Audio Edition
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Customer Reviews

I am happy with my purchase of this "Ketogenic Diet: The How To & Not To Guide..." book. This is a good book to learn the basics about the Ketogenic Diet. I wanted to know more about the Ketogenic Diet before investing too much money into a diet that I wouldn’t be interested in or able to follow for very long.I really liked the part where they explained how the Ketogenic Diet came about in the first place. That was very interesting and I had no idea that this diet had been around for so long.I also liked the detailed explanation about the various types of Ketogenic Diets. This diet has more variations to choose from than I knew existed. Therefore, you can choose the variation that fits your needs.This book has given me the information I needed to make an informed decision on the

Ketogenic Diet. And now that I know the basics about the Ketogenic Diet, I don't mind investing more of my time and money into finding resources that will give me more detailed Ketogenic Diet plans and recipes.

I purchased this book The Ketogenic Diet The How To and Not To Guide for Beginners By Orlando Scott because I am following a Keto group on facebook and although it is a great support group I like to read all I can on the diet for myself and advice on my FB posts. I have it on my kindle which I love to use and this book explains how to use low carbs, high fats, what to do, and what not to do with steps and strategies to get your weight loss on the right track. I am doing great on my weight loss, down 8 lbs my first week! I am very pleased with this book and would recommend it to anyone wanting to do the Ketogenic diet. This is my honest opinion and review of this book.

A thoughtful Google search will reveal more than this book. It is large fonted, includes spelling and grammar errors and provides absolutely no knowledge that can't be found with about 5 minutes of internet time. Very disappointed. Why is this stuff allowed to be sold? On the positive side, it has inspired me to write a book...because apparently anyone can

Ketogenic diet is one of the most popular diets these days. If you want to start keto diet this is the book you should grab first. It is guided more towards beginners and explains everything you need to know before diving straight to recipes. It covers basics, all the benefits that you have no idea that exists, do's and don'ts. One thing that I missed was not that informative recipes in a meal plan section. Thats's my only complain. Liked FAQ section at the end though.

This is a printed form of an eBook. Everything in the book can be found via a google search for "Ketogenic Diet". At one point the author even referred the readers to the internet for more information. I should have saved my $12 and stuck to my internet research.

I need to shed a few pounds and a friend of mine has had success with the ketogenic diet. I started the course a few days ago and already feel better- i swear my jeans are more loose! The recipes are great and i don't feel like i'm on a diet. I also notice how much further information the author includes- for example he details the specific steps of how to stay on track and various tips which will help stop you from falling off the bandwagon!

I know ketogenic diet already but I just want to learn more about it. This book has given me insight the ketogenic diet. The biggest benefit of the keto diet is weight loss. The author has explained it very well. The keto recipes are really good. These recipes are rich in taste but easy to prepare. I have tried a few from these recipes and found them really yummy. I think I have got the best book and it will definitely assist me to lose extra fats.

As someone who is not very familiar with this diet I thought it was excellent at explaining what it is all about. There was good detail on what to eat and what not to eat. Not only does this diet help you lose weight, there are many health benefits as well and this book lists them all. There is also a great 7 day meal plan to get you started. I recommend!

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