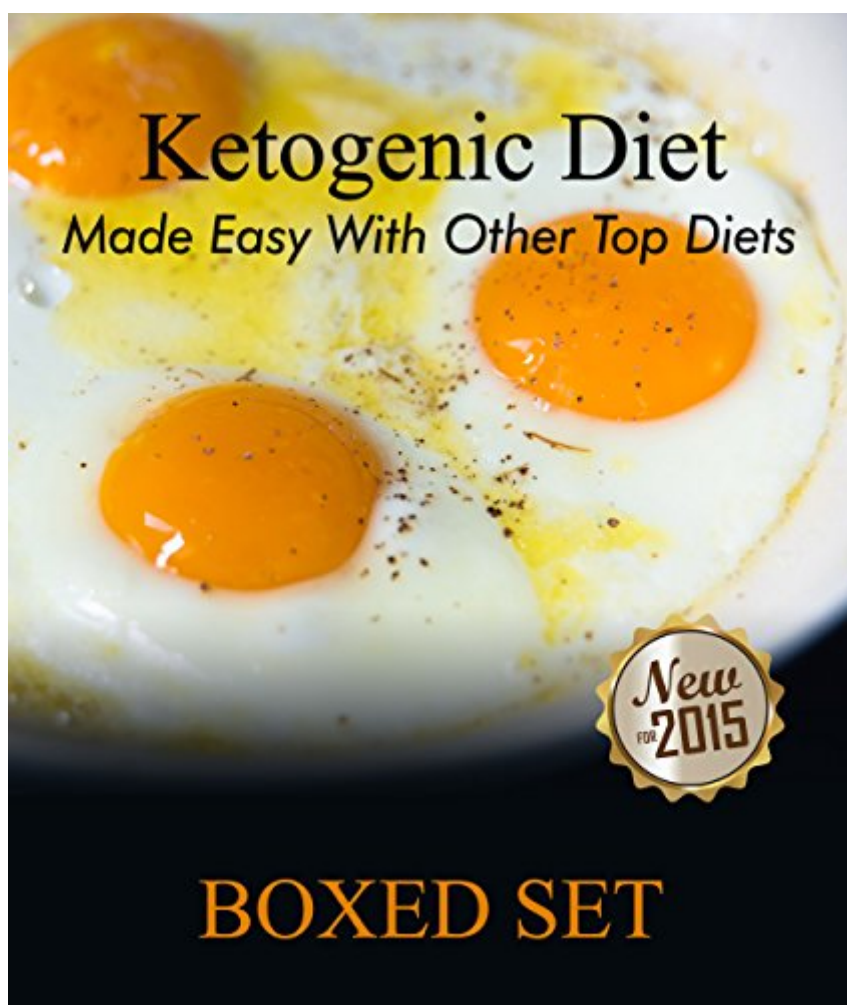


The book was found

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



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 Ketogenic 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

File Size: 2192 KB

Print Length: 232 pages

Publisher: Weight A Bit (July 23, 2014)

Publication Date: July 23, 2014

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B00MAXC3SW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #200,320 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #28

in Â Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine >

Homeopathy #59 in Â Â Kindle Store > Kindle eBooks > Medical eBooks > Alternative & Holistic >

Diet Therapy #93 in Â Â Books > Health, Fitness & Dieting > Alternative Medicine > Homeopathy

Customer Reviews

Ketosis /kĕtĕsĭs/ 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.

[Download to continue reading...](#)

Mediterranean Diet: 365 Days of Mediterranean Diet Recipes (Mediterranean Diet Cookbook, Mediterranean Diet For Beginners, Mediterranean Cookbook, Mediterranean Slow cooker Cookbook, Mediterranean) Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness (Ideal Protein Diet,High Protein Diet,Perfect Protein Diet,Lose Weight,Protein Diet Plan) Mediterranean Diet: 150 Recipes to Lose Weight, Get Healthy and Feel Great (Mediterranean Diet, Mediterranean Diet For Beginners, Mediterranean Diet Cookbook, Mediterranean Diet Recipes) Mediterranean Diet: Mediterranean Slow Cooker Cookbook - Over 100 Easy & Delicious Mediterranean Diet Recipes (Mediterranean Diet, Slow Cooker ... Diet For Beginners, Mediterranean Recipes) Mediterranean Diet: Mediterranean Slow Cooker Cookbook - Easy & Delicious Mediterranean Diet Recipes (Mediterranean Diet, Slow Cooker Cookbook, ... Diet For Beginners, Mediterranean Recipes) Ketogenic Diet: Ketogenic Diet Weight Loss Made Super

Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1)
Ketogenic Diet Made Easy With Other Top Diets: Protein, Mediterranean and Healthy Recipes
Mediterranean Diet Cookbook: 44 Delicious Mediterranean Diet Recipes For Beginners + FREE
WORKOUT & MEAL PLAN INSIDE !: Mediterranean Diet Cookbook, Mediterranean Diet For
Beginners, Mediterranean Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy
Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto,
Ketosis, Weight Loss, Ketogenic Diet) Mediterranean Diet Cookbook: The Healthy Living
Mediterranean Diet Guide for Smart People – With Kitchen Tested Recipes & Diet
Success Tips (Mediterranean Diet, Mediterranean Diet for Beginners) Ketogenic Diet: Ketogenic
Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for
Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Ketogenic Diet:
Ketogenic Diet Mistakes You Need To Know **BONUS** 30 Day Accelerated Fat Loss Meal Plan!
(ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) LOW CARB
DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET):
low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet,
ketogenic Ketosis: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic
cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) The 10 Day Ketogenic Cleanse:
The Metabolism Booster Your Body Needs To Burn Fats (keto diet, high fat diet, ketogenic diet for
weight loss, fat loss, ketogenic, ketogenic, ketogenic diet) DIY Protein Bars: 30 Delicious and
Healthy DIY Protein Bars (diy protein bars, protein bars, high protein snacks) Ketogenic: 6-in-1
Ketogenic Diet Box Set: Lose Weight Till Spring With 110 Ketogenic Recipes: (Ketogenic Diet,
Ketogenic Plan, Weight Loss, Weight Loss Diet, Beginners Guide) KETOGENIC DIET
VEGETARIAN: 120 BEST KETOGENIC VEGETARIAN RECIPES (weight loss, ketogenic
cookbook, vegetarian, keto, healthy living, healthy recipes, ketogenic diet, breakfast, lunch, dinner,
vegan) Ketogenic Diet: Beginners Guide For Rapid Fat Loss And Vitality (Ketogenic Diet For
Beginners, Ketogenic Diet Meal Plan, Ketogenic Diet Mistakes, Low Carb Diet) Ketogenic Diet For
Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto
Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss(

[Contact Us](#)

[DMCA](#)

[Privacy](#)

