



Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps For beginners (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet, Beginners Guide)

Rogan Jones

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Learn How To Make An Effective Ketogenic Plan To Help You Lose Weight! Benefits: Improving Your Health And Wellness, Weight Loss And Much More

This book has an effective ketogenic diet plan to help you lose weight.

The ketogenic diet was designed in 1928 by Dr. Russell Wilder, a physician from the renowned Mayo Clinic, with the primary intention of creating a food based cure for epilepsy. It was highly successful at first, but was later discarded with the inception of anti-seizure drugs in the 1940's. Still, studies show that ketogenic diets are an effective way to combat seizures when medication is no longer an option. The principle behind this diet is to simply restrict carbohydrate intake, and control glucose concentration in your blood.

Normally, our bodies use carbohydrates to cater for their energy needs. The carbohydrates are then converted into glucose, and then oxidized in the body's cells to provide energy for its functions. In the event that your body has low carbohydrate levels, it will be necessary to find other sources of energy, resulting in the burning of fat for energy in a process called 'ketosis'. During ketosis, fats are broken down in the liver into fatty acids and ketone bodies. The ketone bodies are then oxidized to provide energy, replacing carbohydrates as the main energy source.

The Ketogenic diet does not just address epilepsy; it is a very effective way of forcing the body to use stored fat to power its daily activities. This book will try to explain how the keto diet works, what happens to your body during ketosis, recipes for ketosis friendly foods, and a sample meal plan to get you started. If you are looking to lose weight, then this book has got you covered.

**Get this on Amazon for just \$2.99. Regularly priced at \$4.99.
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Preview Of What You'll Learn...

- Getting Into Ketosis

- What To Eat On A Ketogenic Diet
- What To Avoid
- Fats And Oils
- Cholesterol and Fats
- 5 Week Sample Meal Plan
- Sample Recipes
- Much, much more!

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