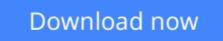


# Ketogenic Diet for Beginners: Guide Book to Using the Ketogenic Diet for Guaranteed Weight Loss. (Ketogenic Diet for Weight Loss, Ketogenic Diet for ... Ketogenic Diet Plan, Ketogenic Diet

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**Ketogenic Diet for Beginners** 

You're about to discover how to lose weight and stay healthy with the ketogenic diet!

The **ketogenic diet** is exactly what you need in order to lose all that extra weight and stay healthy at the same time. Use this book as your faithful guide and learn everything about the ketogenic diet.

A keto diet produces ketones in the liver to be used as energy. When you eat something high in carbs, your body will produce glucose and insulin. By lowering carb intake, the body is induced into ketosis, which forces your body into a metabolic state.

Here is what you will learn:

- The Principles of Ketosis
- Which supposedly 'Healthy Foods" you eat everyday are keeping you fat
- Why urine sticks are not the best way to measure ketones
- How the Ketogenic diet outperformed the most popular diet for Type 1 diabetes
- The EXACT foods to eat and the ones you need to avoid to reach ketosis
- Why 'diet foods' are the worst thing you can eat to reach ketosis
- Why saturated fats are actually GOOD for you
- What to Eat on a Ketogenic Diet
- How the Keto diet slows the aging process
- How to know when your body is burning fat for fuel at OPTIMUM levels
- Finding YOUR Motivation to Change
- What to eat on a Ketogenic Diet
- What to avoid in a Ketogenic Diet
- Advantages of a Ketogenic Diet

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