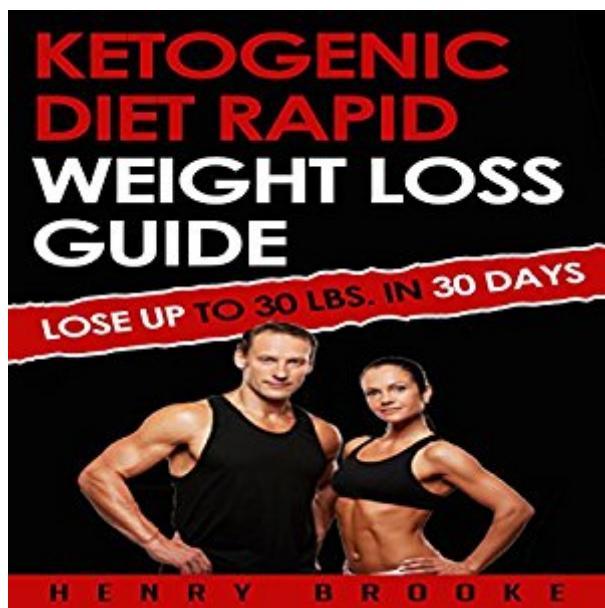


The book was found

Ketogenic Diet: Rapid Weight Loss Guide: Lose Up To 30 Lbs. In 30 Days



Synopsis

Everything you need to lose lots of weight fast! This book has proven meal and workout plans, all guaranteed to help you lose weight fast! We all know how busy life gets. Add trying to figure out what you need to eat and do exercise-wise in order to lose weight to the list of now-unnecessary things you no longer need to do. Did you know that a ketogenic diet, combined with the right exercises, is all you need to lose weight, build muscle, and get ripped? Weights, machines, and expensive gear are not needed; you can save money on a gym membership and get the results you want. What if I told you there is a faster way to lose weight? Have you ever wanted to kick-start fat loss for a special event or lose those extra 10 pounds? What if you could eat amazing food and still get the results you've been craving? What if you had a yummy meal plan and the top exercise tips at your disposal? This book explores a world where you can get the results you've always wanted; all you need is the right ketogenic diet and the right workout plan! My goal is to give you the tools to lose weight fast and obliterate fat by sharing the secrets to unlock weight loss through your own ketogenic diet in order to get the exact results you want! By listening to Ketogenic Diet: Rapid Weight Loss Guide: Lose Up to 30 Lbs. in 30 Days you will learn: The science behind the ketogenic diet What to eat and what to avoid on the ketogenic diet How to fast-forward weigh loss permanently using the ketogenic diet Simple meal plans to get you started on the ketogenic diet Exercise tips to maximize weight loss

Book Information

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Customer Reviews

Starting off it has a risk section, but unfortunately they don't go into detail, they just tell you to

discuss with you doctor. Kidneys Issues: One a Ketogenic diet is not a high protein diet so you aren't going to be injuring your kidneys, now if you are in kidney failure or stage 3 then you should worry, otherwise no. Future Osteoporosis- all it says is that some people excrete Calcium from their kidneys, who does this relate to, they didn't say what types of category these people fall in, is it generally or Ketogenic, they don't say. Even if that was the case, calcium is only one nutrient in the aspect of bone health and a Ketogenic diet doesn't leach calcium anymore than a standard diet. In fact without the grains hindering your gut you may absorb it better, especially with all the fat soluble vitamins you will get going Ketogenic. THEN the clincher-Elevated cholesterol- immediately they say that animal fats are bad and full fat dairy is bad, which is patently false and do not raise your cholesterol or heart disease risk- saturated fat has been vindicated time and time again in studies. You should be eating plenty of animal fats and saturated fats on a Ketogenic diet. I think maybe for safety sake they put that in there because that is what the status quo recommend. It seems rather foolish to put that in there and it is confusing to the rest of the book. Alright in the next they do manage to set the record straight about Diabetic Ketoacidosis, any good keto book should make you aware of the difference. Unfortunately they do not warn you about the withdrawal symptoms from grains and sugar, anywhere from 7 days to a month you may struggle to get into ketosis because you are a sugar burning machine instead of a fat one. You may feel tired, probably have a headache and sluggish till then, getting extra salt helps because with any diet the 1st initial loss will be water and without the fattening processed foods you will be peeing out sodium and other electrolytes. The what you should be eating section is an accurate portrayal of a good Ketogenic diet. Alas they suggest that you should be getting 60%-70% fat which you really should be shooting for more like 85 percent. Too much meat will kick you out or keep you out of ketosis. Although they have a section about exercise, it is not necessary to a Ketogenic diet, if you are sedentary you should wait until you get adapted to start exercise or you'll become ravenous beast for all sorts of bad things. If you are already active you don't have to worry about that so much, keep up what you are doing, except for excessive cardio which is unnecessarily draining. If you are seriously interested in Ketogenic Diet, get Keto Clarity by Jimmy Moore (it's only 9.99), if you are unsure this is a decent start for 3.99.

I have heard about the Ketogenic diet, but didn't have a lot of information to see if it was right for me. This book gave the pros and cons of the diet depending on individual factors, and it gave clear directions and health and well-being information with references. There are a variety of meal ideas to get you started and exercises to burn fat in order to make the goal of 30 pounds in 30 days. Now I

feel informed enough to determine if this diet is right for me and how I can get started.

this book is the best! I have seen results and love the rapid weight loss,too. After the first 3 days following this plan is a breeze, but if you slip or let your carbs get above 25 grams, which is easy to do, you have to start over and will have cravings for three days, perhaps, but for sure none after that. like the author says you need to be committed to your self and this keto diet plan. plan out your week's meals and exercise....even rewards, remind yourself daily that you are worth it and what your goal is, and watch how quick your life and wardrobe change! KETOGENIC DIET RAPID WEIGHT LOSS GUIDE also has great references such as bodybuilding.com that has great supplements and things usually priced better than other stores. I've been shopping there for 20 years and have always been satisfied with products and customer service. I am not getting any known compensation for this, b.t.w. I just believe in reping good products/service, and I believe in karma...if u need to drop fat from your body do this plan- it works!

this is a flyer don't waste your money

I think this book could be helpful to readers that are trying to lose weight and eat a relatively healthy. The ketogenic is a natural high fat, moderate protein, low carb diet. The author give a brief overview on the ketogenic diet, discusses some okay and not okay foods, a sample meal plan, exercise tips and then jumps into giving the reader different recipes that they could try. Overall, a good book that gives information about the ketogenic diet and also applicable steps for the reader to use.

nothing new, you can get this information without paying anything for basic information

Ketogenic diet is much lower on its consumption of carbohydrates for the purpose of weight loss. The book gives a a good overview for a better understanding about ketogenic diet. How can this be achieved was discussed thoroughly in transforming fat into fatty acids and ketone bodies. Simple meal plans were provided so you can start right away if you want to use this diet in shedding the extra weight.

Best Ketogenic book I've read so far! Honestly, I've read a few books on this subject, trying to find one that is written well, has an upbeat tone to it and brings the goods in terms of the background behind the entire Ketogenic weight loss plan and folks, this is it! It gives you the data behind the 7

benefits of the diet, it gives you a realistic food list that you can live off of without a problem, it supplies you with a wonderful meal plan and even supplies you with exercise tips, too. Henry Brooke, you've got yourself a fan!

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