

Download Ketogenic Diet Book Includes 100 Low Carb Ketogenic Recipes For Free

The ketogenic diet is a high-fat, adequate-protein, low-carbohydrate diet that in medicine is used primarily to treat difficult-to-control (refractory) epilepsy in children. The diet forces the body to burn fats rather than carbohydrates. Normally, the carbohydrates contained in food are converted into glucose, which is then transported around the body and is particularly important in fueling ...A keto diet is a very low-carb diet, where the body turns fat into ketones for use as energy. This increases fat burning, reduces hunger and more. Learn how to eat a keto diet based on real foods – what to eat, what to avoid and how to avoid side effects. Get awesome keto recipes and meal plans. Keto Clarity: Your Definitive Guide to the Benefits of a Low-Carb, High-Fat Diet [Jimmy Moore, Eric Westman MD] on Amazon.com. *FREE* shipping on qualifying offers. Leading health blogger Jimmy Moore and researcher and internist Dr. Eric C. Westman join forces again to explain the powerful therapeutic effects of a ketogenic diet—one that combines a customized carbohydrate restriction How Many Carbs per Day to Stay in Ketosis? As described in my post How Does the Ketogenic Diet Work? Weight Loss and 3 Main Effects of Ketosis, weight loss on a ketogenic diet is achieved by limiting the daily intake of net carbs and getting your body in a metabolic state known as ketosis.. While in ketosis, your body effectively uses fat for fuel.