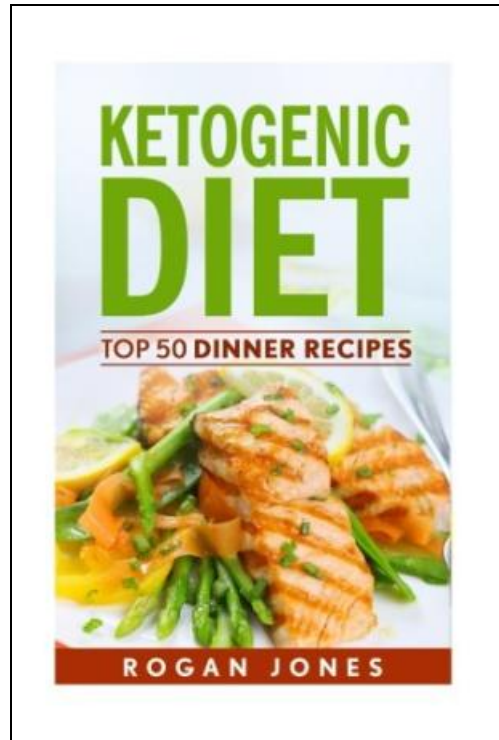


Ketogenic Diet: Top 50 Dinner Recipes (Paperback)



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Reviews

An extremely wonderful pdf with lucid and perfect explanations. I could possibly comprehend every little thing out of this created e pdf. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Janie Wilkinson)

KETOGENIC DIET: TOP 50 DINNER RECIPES (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Ketogenic Diet: Top 50 Dinner Recipes You Must Try The ketogenic diet is a type of diet regimen that focuses on giving your body a high amount of proteins and fats, with low levels of carbohydrate. This is a diet that is used mainly to help in controlling refractory epilepsy in children. The idea behind the diet is simple - it forces your body to burn the fats rather than the carbohydrates to give you the energy you need to get through your day. When your body converts carbohydrates into glucose, the blood transports it to all organs - what happens in a ketogenic diet is slightly different; with the low levels of carbs, the liver will then take fat and turn those into fatty acids and ketone bodies, which replace glucose as an energy source to keep you going! This means that there are more ketones in your blood, which is a status of being called ketosis. Ketosis brings about a reduction in how often a person gets epileptic seizures. Now while the actual Ketogenic Diet was initially created to help people with epilepsy and help them get their affliction under control, over the years, the Diet has also become popular as a weight loss or weight management program. Given the fact that you aren't taking any carbs, your fat content is burnt to give you energy - stored fat is stored energy, after all! The diet is rich in proteins as well, though clinical trials in the past few decades have shown that there are still some side effects the diet can have. Still, those can be worked around easily, so long as you have the...



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