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## Ketogenic Recipes: Nutritious, Delicious and Simple Recipes to Spike Your Metabolism and Burn Stubborn Fat (Paperback)

By Kennedy Ross

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Whether your goal is to lose weight or start eating healthy this cookbook is ideal for you. One study proved that low carb diets shed twice as much fat than low fat diets. Ketogenic diet causes your body to burn fat as its primary fuel. On the contrary, when the body uses carbs as its primary fuel it produces far more free radicals as a byproduct, causing inflammation and cell damage. Inflammation is the root causes of thyroid disease, celiac disease, allergies, Crohn s disease, Fibromyalgia, stroke and many more harmful diseases. Cancer cells require sugar to multiply and spread. On a ketogenic diet cancer cells starve, tremendously lowering your risk of developing cancer. Want to get rid of diabetes? Yup the ketogenic diet will do that too ALL Carbs are converted into sugars, even starchy vegetables. This leads to a spike in insulin levels. Over time, you may develop insulin resistance, which can progress to type 2 diabetes. By altering your diet to a ketogenic approach, you can reduce your risk of developing type 2 diabetes. What separates this ketogenic cookbook...



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