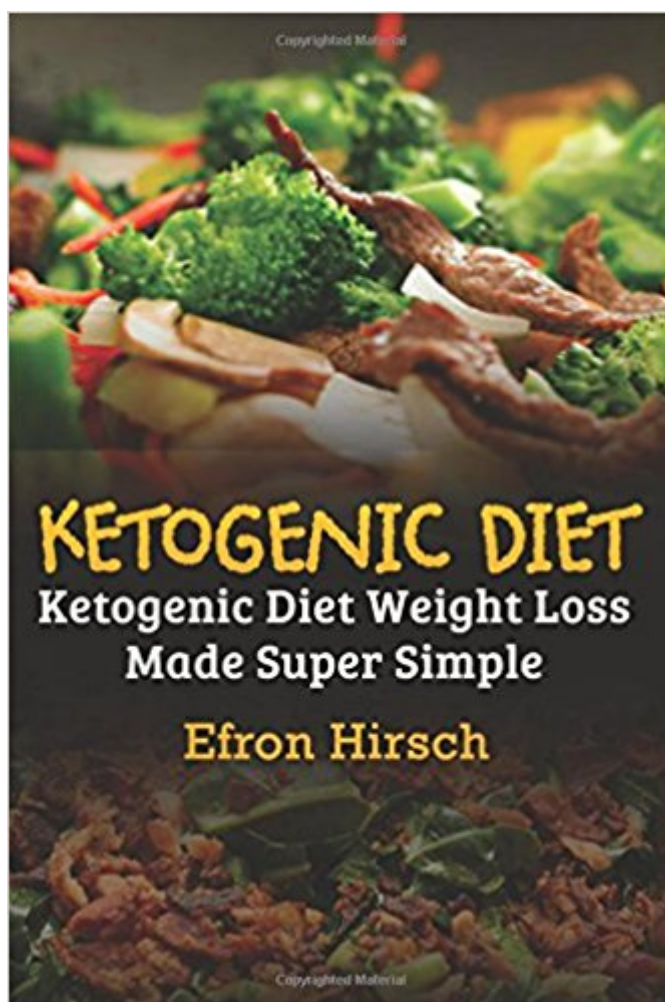


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# **Ketogenic Diet: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic Cookbook, Ketogenic Food, Ketogenic Diet Cookbook) (Volume 1)**





## Synopsis

Lose Weight Fast With This Book Losing weight is definitely not a walk in the park for many people around the world. Think about it; some of us have moved from one weight loss regime to the next hoping that they would finally find the magic formula for losing weight. Unfortunately though, many of the weight loss strategies out there don't work. In fact, at best you may lose a few pounds very quickly and then gain it all back just as fast. This can be very frustrating. Then you might ask yourself: so what's the secret to losing weight and keeping it off for good? Well, the secret is in knowing how the process works, then using this information to your benefit. This is where the Ketogenic Diet comes in, especially because understanding the process referred to as Ketosis will allow you to use that information to put your body in that state so that you can maximize weight loss and keep it off. This book will teach you everything there is to know about the Ketogenic diet and Ketosis. Purchase your copy today!

## Book Information

Series: Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook

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## Customer Reviews

I'm an avid reader of health blogs and dieting. I guess you could say I'm a bit of a health nut! This was a good introduction to the Ketogenic Diet, as I had heard about it but never tried it. Efron Hirsch does a thorough job explaining the ins and outs of the diet, how it works to fool the body into thinking it's fasting, the weight-loss aspects, and even risks associated with this strict and controversial diet. The recipes are also a great touch. However, I

found the diet itself unsustainable. It's too restricting for my taste, and I was not able to overcome the initial stages of chemical imbalance when adapting to a new nutritional plan. Anyway, very good information regardless. I'm sure there are a few others out there who can't seem to get rid of that pesky belly fat that can benefit from this diet!

you can read this on a google chrome app. I have been wanting to start the Ketogenic diet after hearing that my mother's friend used it to lose well over one hundred pounds and is now a healthy normal weight. I have read this and am starting my diet soon. This does not seem difficult, it seems reasonable for a lifestyle change that will actually work. I don't think I will feel hungry or tired on this diet. The book itself is written well and easy to understand. It gives you a list of foods to eat and not to eat which is very nice. It also tells you a little about why you should not eat each category of food it lists not to eat. It gives you the risks and how to handle them so your not in the dark about risks. I think if you have tried dieting and not found something that works for you this book might be the answer, I know it was for my mom's friend and I think it will be for me.

Great basic information to introduce people to ketosis and ketogenic diet. Ketogenic diet is getting more popular these days and if you are interested in it, this is the book you should pick up first. It contains all information you need to know: what it is? how it works? what should and shouldn't you eat? and more...After this book you can pick up keto meal plan or recipe books.

I think this book discussed many important Keto diet tips that will help you have an effective Keto diet plan. There are certain food that you need to avoid and there are food that is good for you and help you lose weight. Once you are in this diet, you are also prone to having constipation and many other problems so this guide helps you prepare for those problems and risks. The guide discusses why certain food are good for you and bad for you which help you understand the right type of food that you need.

This is a great go-to guide for beginners, it explains in simple terms the concept of ketosis, how it works, how people "invented" it and how to apply it. I really liked that it clearly explains what you should eat and what you should avoid.

I'm not sure if the process is really simple, but the title surely got my attention. Surely, anyone would like to find a simple yet effective diet. The author explained the ketogenic diet

pretty well, with a good amount of introduction. From what to eat to what to avoid, the list is comprehensive. The recipes are quite few, but it's a good starting menu if I were to try this out.

Not much more information than what you can find through a quick Google search. Really basic overview of what ketosis is.

I had no idea what to expect from this book considering I had no idea what a ketogenic diet truly is. However, I was satisfied with what I received because the author does a great job of explaining what a ketogenic diet is and how to implement it properly in your daily lifestyle. With a proper exercise regiment and using this diet, you are sure to see results eventually.

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