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# **Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know \*\*BONUS\*\* 30 Day Accelerated Fat Loss Meal Plan! (ketogenic Diet, Ketogenic Diet For Weight Loss, ... Diet, Paleo Diet, Anti Inflammatory Diet)**



## Synopsis

**Ketogenic Diet Mistakes You Need To Know** The ketogenic diet is a very effective weight loss tool shown to improve diseases such as Alzheimer's, Parkinson's, epilepsy and even cancer. How does it work? Very simply said, when you eat a very low carbohydrate diet, your body switches its energy sources from glucose and insulin to ketones. When trying to induce and maintain ketosis on the Ketogenic Diet, there are many stumbling blocks that people tend to run into, which can lead to adverse effects and suboptimal results. To reach full-blown ketosis and reap all the benefits of this amazing fat loss diet, many people assume that merely cutting back on the carbs is enough. It isn't. A low carbohydrate diet is only one component of the Ketogenic Diet. There is actually some very complicated biochemistry your body goes through when your body begins using ketones as your main fuel source. Although reaching ketosis itself is not complicated, there are a lot of common mistakes and misconceptions that prevent people from reaping its full benefits. If you've fallen victim to any of these errors, it's time to change that. Don't turn away from ketogenic because it didn't work for you. It works because it does WORK! Hundreds of thousands of people can attest to that. The key is knowing how to get it working for you. In **Ketogenic Diet Mistakes You Wish You Knew**, you'll discover all the pitfalls holding you back from becoming your leanest, healthiest self. Imagine being able to turn your body into a fat burning furnace at will, while also reaping the rewards of overall health and disease treatment. If you're thinking about trying the ketogenic diet or you are already on it, this book is an absolute MUST. Here is a preview of what you'll learn...

What role calories play in the overall Keto diet plan. Why your breath is more accurate at determining ketosis than ketostix. Why most people get 'low carb flu' and how to combat it. The number one reason you are not able to maintain ketosis. This specific fat you need to consume on a ketogenic diet that most people overlook. The TRUTH about how long you should follow the keto diet. The most effective training exercises to do on while in ketosis and which ones to avoid. And Much, much more! Download your copy of 'Ketogenic Diet Mistakes You Need To Know' Today!

## Book Information

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& Weight Loss > Diets > Ketogenic

## Customer Reviews

I have been eating keogenic for the past 3 years. I have lost 55 pounds without being hungry. I read about everything I can about ketogenic diet. Just had my cholesterol check this week total 185, Trig 40, HDL 61 LDL 115. Not bad for eating bacon, eggs and heavy cream every day. PS: I'm never hungry. I'm a nurse practitioner and I recommend this diet to all my patients. Other than type 1 diabetics I think everyone can benefit from it.

The book, Ketogenic Diet Mistakes, crystallized the benefits and challenges in maintaining your diet in the Ketogenic range. I thought that it was simple and lean in prose so that it described the what's and the how's of being on the diet. It also gave you the indicators which in some instances are subtle, are the signs of ketosis.

I normally get upset when a book is short, but even though it took me only 30 or so minutes to read this short book, it was worth every minute. Yes, most of you who are familiar with the Nutritional Ketogenic Diet will know some of these common downfalls, but I dare say that this is a must-read for anyone who needs more information on this wonderful way of eating or just a reminder if things aren't working out as well as you thought. The author has sage advice on fifteen different errors or mistakes that people make when eating the keto way. Well worth the small fee for this book. However, I don't think this is appropriate for people just starting down this path. It would be best for beginners to read a book on the Nutritional Ketogenic Diet first and become familiar with why and

how to adopt this lifestyle, and then read this book as a motivator a few weeks or months into your process. I say process because it's hard for me to refer to this as a diet. Diets don't work and imply that that will be hungry. The keto way of eating makes you less hungry.

This book has only 62 pages and is a very easy read. I don't read very fast and I still finished it in just a few hours. The book is broken up into an introduction followed by fifteen sections about mistakes you might make if you are new to a ketogenic diet. I have been on this diet for about seven weeks now and I wish I had read this book about seven weeks ago. This is very good information and very helpful if you want to be successful in obtaining and maintaining ketosis. My advice would be if you read any other books about a ketogenic diet before starting a program, read this one along with it. I have rated the book four stars, rather than five, because I believe it would be better suited as a section of a bigger book. Before I started this, I read two books about ketosis and a low carbohydrate, high fat diet. Both were about 160 pages. This book could have been included in either of those and made a much more complete book.

Very thorough. This diet is seriously the business!!! Lost 10lbs in a week.

In the midst of progress it's always good to know and beware of what you may be doing wrong. New, short and simple to read, and arrived immediately!

there was not much in this book that I had not already read and was light on research.

Good Source of Info, it's just about Ketogenics... not very exciting.. bought to help understand a way to cut sugar out of my life and stick with my mostly protein diet. I was informed this year in May I had Diabetes according to my H1C, by October I have it under the Threshold and am considered "Normal". This lifestyle isn't for everyone but I have lost 50 pounds since May.

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Weight Loss, Paleo Diet For Beginners) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat)

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