



# **Ketogenic Diet: Learn The Secrets To Rapid Fat Loss By Eating A High Fat Diet! (Keto Diet, Fat Loss, Healthy Recipes, Lose Weight)**

*Daniel Ceviche*

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# **Ketogenic Diet: Learn The Secrets To Rapid Fat Loss By Eating A High Fat Diet! (Keto Diet, Fat Loss, Healthy Recipes, Lose Weight)**

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## **The Ketogenic Diet – Learn the Secrets to Rapid Fat Loss!**

**Read on your PC, Mac, smart phone, tablet or Kindle device.**

Have you heard of the Ketogenic diet and wondered what it is?  
Are you sick and tired of being overweight and unhealthy?  
Or are you just tired of yoyo dieting and fad diets slowing you down?

The typical American diet is heavy on carbs and sugar, and because we've been warned that "fat is bad", it is also typically very low in fat. Maybe it's time to take a good look at what we are eating, and how it affects our bodies, and change the way we eat, so that we can finally lose weight, keep it off and begin enjoying life the way we were meant to.

### **What is the Ketogenic Diet?**

The Ketogenic Diet is not about eating "specific" foods, but rather about understanding how your body converts the food you eat into energy. By learning how your foods interact systemically, you can begin to make choices about what you eat that will ultimately help you to feel better, increase your energy levels and begin to lose weight naturally...weight that will stay off for good.

### **The focus of this book is...**

This book is focused on helping you understand how the foods you eat react in your body, and how you can choose foods designed to...

- **Convert to ketones for energy.** Your body is used to using the glucose found in starchy foods and carbs for energy. The problem with this is that your cells can only handle so much glucose before they begin to fatigue. Once this happens, you are headed very quickly down a slippery slope, right into diabetes, heart disease and other serious health complications. When you follow a Ketogenic diet, you force your body to convert from glucose to ketones for fuel, reducing the strain on your system.
- **Protect against/ reverse chronic disease.** Insulin fatigue occurs when your cells cannot handle the amount

of glucose being poured into them, and can lead to other chronic conditions such as cardiovascular disease and Type II Diabetes. By changing the way you eat, you reduce your risk of developing these conditions.

- **Help to manage your weight.** Excess weight places a strain on your body and can lead to further health conditions that can seriously impact your quality of life.

#### **Other benefits found in this book include...**

- An explanation of how the Ketogenic diet works, and why it is different than “traditional” diets.
- Identifying health conditions that can be improved or even reversed by adopting a Ketogenic lifestyle.
- Recipes to help you get started as you begin to change the way you eat, and ultimately your lifestyle.

This book is not meant to tell you exactly what to eat, but rather to help you understand your food and make the choices that are ultimately best for you. While you can “follow” this book if you choose, we encourage you to use it as a tool to help you develop a diet that works for you and ultimately results in lifestyle changes that will help you to look and feel better and significantly improve your quality of life. By basing your diet on the foods that you enjoy, you increase your chances of success.

Tags: ketogenic, keto diet, beginners, recipes, cookbook, healthy living, active lifestyle, diet guide, real food, caveman diet, health, happiness, fitness, skinny, muscular, anti-inflammatory, fat loss, fat diet, rapid fat,

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### **From reader reviews:**

#### **Patsy Marshall:**

What do you think about book? It is just for students since they're still students or that for all people in the world, what the best subject for that? Just simply you can be answered for that question above. Every person has several personality and hobby for each and every other. Don't to be forced someone or something that they don't need do that. You must know how great along with important the book Ketogenic Diet: Learn The Secrets To Rapid Fat Loss By Eating A High Fat Diet! (Keto Diet, Fat Loss, Healthy Recipes, Lose Weight). All type of book would you see on many methods. You can look for the internet options or other social media.

#### **Henry Major:**

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#### **Melanie Fox:**

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