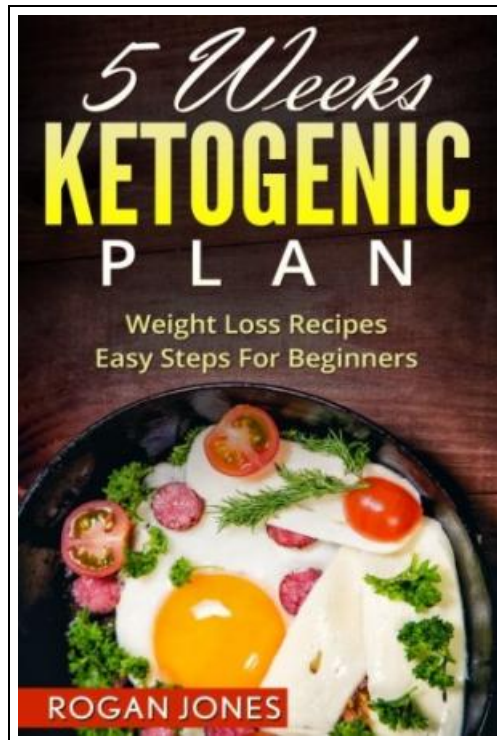


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Learn How To Make An Effective Ketogenic Plan To Help You Lose Weight! Benefits: Improving Your Health And Wellness, Weight Loss And Much More Updates 27. September 2016: NEW content added This book has an effective ketogenic diet plan to help you lose weight. The ketogenic diet was designed in 1928 by Dr. Russell Wilder, a physician from the renowned Mayo Clinic, with the primary intention of creating a food based cure for epilepsy. It was highly successful at first, but was later discarded with the inception of anti-seizure drugs in the 1940 s. Still, studies show that ketogenic diets are an effective way to combat seizures when medication is no longer an option. The principle behind this diet is to simply restrict carbohydrate intake, and control glucose concentration in your blood. Normally, our bodies use carbohydrates to cater for their energy needs. The carbohydrates are then converted into glucose, and then oxidized in the body s cells to provide energy for its functions. In the event that your body has low carbohydrate levels, it will be necessary to find other sources of energy, resulting in the burning of fat for energy in a process called ketosis . During ketosis, fats are broken down in the liver into fatty acids and ketone bodies. The ketone bodies are then oxidized to provide energy, replacing carbohydrates as the main energy source. The Ketogenic diet does not just address epilepsy; it is a very effective way of forcing the body to use stored fat to power its daily activities. This book will try to explain how the keto diet works, what happens to your body during ketosis, recipes for ketosis friendly foods, and...



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