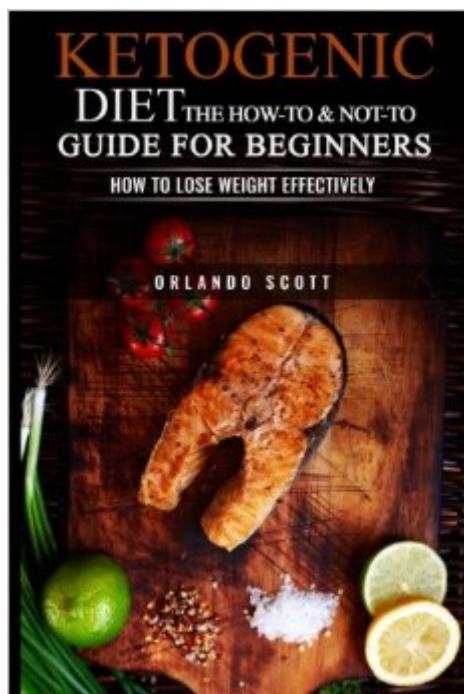


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# Ketogenic Diet: The How To & Not To Guide For Beginners: How To Lose Weight Effectively



## Synopsis

Edited 12/9/16 - Improved content, understandability and proof read Did you know that there are many proven benefits of The Ketogenic Diet ? They include... Drop in blood sugar and insulin levels Weight lossFreedom from food fixationReduction of appetiteLowering of blood pressure Wanting to start the Ketogenic Diet but don't know how to begin? This book contains proven steps and strategies on how to use the low-carb, high-fat Ketogenic Diet as a weight loss method. It is one of the most effective diets for weight loss available today. It's easy to follow and offers many health benefits, too. This ebook offers a guide on what to do and what not to do in a Ketogenic Diet, how to create diet plans and how to kick-start a workout routine Don't do it WRONG! Many people out there are not achieving the results they want simply because they just aren't doing things correctly. You can't just buy a Ketogenic Cookbook, cook and eat everything that is written in there and expect to lose weight. You MUST understand that there are strict guidelines to follow and in order to follow a diet plan properly, you have to understand the rationale behind doing certain things. At the start, get it right, only change it accordingly to your likings once you are familiar with it. Dining out while on a Keto Diet? No Problem Of course, we can't set a rule that all people following the Ketogenic Diet have to stay at home everyday and cook their own meals. Its obvious that we all have social commitments where we dine out with our family or friends. This is a common problem Ketogenic Diet practitioners face but certainly there is a way around it. Weight loss with no excercise explained It may sound a little too good to be true but this has been proven many times by Ketogenic Diet practitioners that weight loss without excercise is a REALITY. There are many scientific explanations to this which we will go into greater detail such as explaining the state of ketosis and appetite suppression. Of course, excercise obviously improves your rate of weight loss which we will also cover. What else you can expect to learn... Origins of the Ketogenic Diet dating back to the 1920sThe study about using Ketogenic Diet for weight loss & health What to do in a Ketogenic Diet for a complete beginnerAllowed and not allowed foods7-Day Easy-To-Follow Ketogenic Meal Plan with Breakfast, Lunch & Dinner ReccommendationsFrequently Asked Questions ANSWERED and Much, much more! Scroll up now and click the buy button to begin your Ketogenic Adventure ! Limited time discount 12/9/16 - 17/9/16

## Book Information

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## **Customer Reviews**

I am happy with my purchase of this "Ketogenic Diet: The How To & Not To Guide..." book. This is a good book to learn the basics about the Ketogenic Diet. I wanted to know more about the Ketogenic Diet before investing too much money into a diet that I wouldn't be interested in or able to follow for very long. I really liked the part where they explained how the Ketogenic Diet came about in the first place. That was very interesting and I had no idea that this diet had been around for so long. I also liked the detailed explanation about the various types of Ketogenic Diets. This diet has more variations to choose from than I knew existed. Therefore, you can choose the variation that fits your needs. This book has given me the information I needed to make an informed decision on the Ketogenic Diet. And now that I know the basics about the Ketogenic Diet, I don't mind investing more of my time and money into finding resources that will give me more detailed Ketogenic Diet plans and recipes.

This book is outstanding and very helpful. By the help of this book I have come to know about the Ketogenic diet perfectly and this book also guided me about how to lose weight effectively via this diet. This book is perfect for the beginners like me. A few weeks ago, my girlfriend suggested me about this book and this book really fulfilled my expectation. I am really glad to read this book. The author Scott has done an excellent job and he has described every side of this diet very clearly. By reading this book I have understood about some proven benefits of this diet plan like reduction of appetite, lowering blood pressure, drop blood sugar, etc. Inside of this book I have found some proven steps and strategies of how to use this low carbohydrate diet plan as a weight loss method. This book really helped me and guided me on how to follow this diet perfectly. I already started this diet from last week and within a week I got a huge improvement in my body and overall health. This

is my honest opinion about this book and I have tried to show you about the quality of this book. If you think this opinion is helpful then please don't forget to give a vote over this opinion. Don't wait to grab this book and follow all instruction included inside of this book.

Pretty basic introduction for beginners. Provides good information geared towards people who want to try out the Ketogenic diet for the first time and who just want to know what they should and shouldn't do. The author gives a clear list of products that can be eaten freely and completely avoid. It also includes the 1-week meal plan to help beginners start their diet. .

this book was able to help you to understand more about the benefits of the ketogenic Diet and its contribution to weight loss effort. In this book also indicated all the nutrients of every meat, fruits and vegetable that how many of them will serve in a day. This will help my proper diet awesome.

I purchased this book The Ketogenic Diet The How To and Not To Guide for Beginners By Orlando Scott because I am following a Keto group on facebook and although it is a great support group I like to read all I can on the diet for myself and advice on my FB posts. I have it on my kindle which I love to use and this book explains how to use low carbs, high fats, what to do, and what not to do with steps and strategies to get your weight loss on the right track. I am doing great on my weight loss, down 8 lbs my first week! I am very pleased with this book and would recommend it to anyone wanting to do the Ketogenic diet. This is my honest opinion and review of this book.

I do not like books of this genre, but this struck me simply! Friends, really, very, very well set out. The book is very well written and I didn't feel bored or confused. The writer clearly explained each subject. I found myself surprised when the writer included a free weeks meal plan! This book greatly encouraged me to want to give this diet a try as I suffer from PCOS and according to this book, this diet may help me with my symptoms. The information and tips provided are really necessary and helpful. Friends read, develop, and this book will help you. I advise! Thanks

Impressive! The book will act as a guide that will help you work through your diet when you begin. The book gives a good overview for a better understanding about ketogenic diet. I am positive that my weight loss would be greatly helped by the ideas I got here. And of course, the recipes are superb! Really worth purchasing!

Following ketogenic diet is not that very hard but most people failed to this diet including myself. I was on this diet 2 years ago and I didn't continue due to some health concern. I was afraid and just stop but I realized that it is just normal and decided to continue. This book shares very important details about what to and not to eat while you are in this diet. It is important to understand and follow what to do to avoid health problem. Seriously, performing well on a ketogenic diet (I know this from experience) requires a long adaptation period and still results in the loss of explosiveness.

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