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Ketogenic Diet for Beginners: 14 Day Meal Planner/Recipes for Meals Included!: Simple Start To Lose 10 Lbs In Two Weeks! (low carbohydrate, high ... Ketogenic Diet to Overcome Belly Fat)

George Kinney

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If you are trying to find a diet that consists of low carbs then the ketogenic diet will be a good fit for what you are looking for in a suitable diet plan. If you are someone that is perhaps concerned about developing diabetes or perhaps already have diabetes I would suggest taking a look at the ketogenic diet. Especially if diabetes runs in your family then you should seriously consider making some serious health choices such as trying the ketogenic diet, it can help you to become healthy while reducing your chances of developing diabetes as well as other health conditions such as heart disease. Basically in this book you will learn how the ketogenic diet works and how you can use it to benefit your health condition.

What the ketogenic diet does is triggers your body to start using up your stored fats, the glucose is reduced in your diet. Your body goes through a transformation as it turns over to using stored fats as it's new source of energy. While you are in a fasting state your body will be burning fat thus you will lose weight. This process is giving your body a more reliable source of energy, it will result in you feeling more focused in your daily activities, and feeling more energized than you have in a long time. On the ketogenic diet your cholesterol and triglyceride levels will improve. It has been know to eliminate ailments such as type two diabetes. If you have concerns about your health then it would be well worth your while reading this book and learning more in depth about the ketogenic diet and what it can do to improve your quality of life.

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