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The Nutritional Ketogenic Diet



Synopsis

A look into all the Secret benefits for high fat low carb living. This book dissects all the major players in the Keto Community with ground breaking studies and emotional appeal! If you were ever curious about getting your body into fat burning mode . . . this is the How To Do It and Why?

Book Information

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Customer Reviews

The Nutritional Ketogenic Diet book is a must read if you are interested in A Nutritional Ketogenic Diet and getting into Ketosis. The book covers how to get into and stay into Ketosis, the health benefits, as well as what to eat. The book also contains numerous links to diet plans and other health related information. This book is fantastic, and is an extremely good value for the price. Very informative and a quick read. Get yours today!

Just opened this one up, So far I like it, The writer seems very knowledgable, Also the writer makes it fun and easy to read. I will try to update my review when I get more involved,

Great Material and a very easy read

This is a thorough, well researched book that I found easy to read. It included lots of helpful tips, charts and references to facilitate understanding. Dr Grego not only explains the how's of the NKD but he explains the why's. His knowledge and passion for health and for this high fat, low carb diet (NKD) shine through in his writing. Dr Grego includes physiology for clinicians, physicians and scientists making this book a valuable resource for both patients and medical clinicians. I am looking forward to getting the products and getting started. I highly recommend this book it is a must read!

Five star Reading for Everyone from 18 to 80 . Dr . Mike Grego's explanation of the Nutritional ketogenic Diet was broken down and simplified. The Book takes a look at how your body works while in ketosis and the benefits of eating a Nutritional ketogenic diet. The book takes a complex process and explains it in such a way that anyone can understand it . The book makes it so easy to follow that you can start a ketogenic diet and feel safe about it !! Highly recommended Reading for anyone who is interested in a ketogenic diet.

I found this book to be very inspirational and full of great research and information. I highly recommend this to everyone, not just those who wish to loose weight. If you are interested in a better and healthier way of life, this is a must read.

Easy to understand, Dr Grego does a great job not getting to technical but still providing the information on how and why the ketogenic diet works and its benefits.

Finally, an intelligent book on the proper way to control weight and increase energy thus adding to the ability to more fully enjoy life (and a longer life).

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