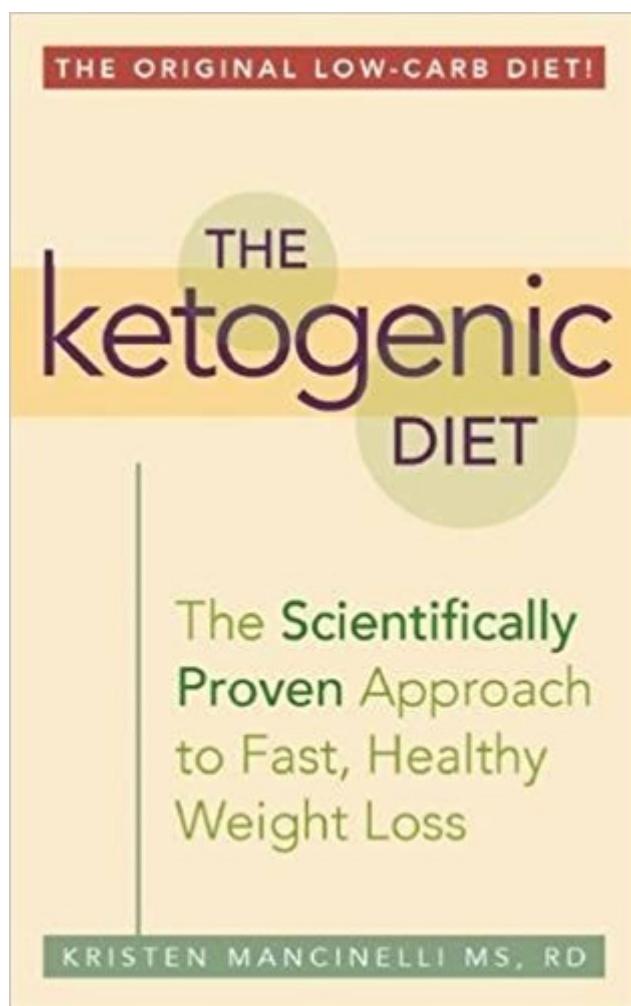


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# The Ketogenic Diet: A Scientifically Proven Approach To Fast, Healthy Weight Loss



## Synopsis

THE ORIGINAL, SCIENTIFICALLY DEVELOPED LOW-TO-NO-CARB DIETLow-carb is all the rage, but unlike the fad diets, the ketogenic diet is scientifically proven to change how the brain gets energy and the body dissolves fat. Studies have shown that the ketogenic dietâ€”â€œs programâ€”â€œs a high in fat, moderate in protein and very low in carbs approachâ€”â€œguarantees youâ€”â€œll lose weight by:â€”â€œPowerfully suppressing appetiteâ€”â€œEffectively stabilizing blood sugarâ€”â€œNaturally enhancing moodâ€”â€œDramatically reducing fat storageThe Ketogenic Diet includes a quick-start guide to rapid weight loss, a surefire plan to eliminate carbs and fat-burning advice that works. Using the recipes and tips in this book, you will learn to avoid trigger foods, gauge the difference between good and bad fats, and steer clear of nutrient-poor carbs.

## Book Information

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## Customer Reviews

Kristen Mancinelli, MS, RDN, is a nutrition scientist and educator based in Los Angeles. She counsels individuals in weight loss and prevention of chronic disease, and writes for popular media on the subject of nutrition and health. Learn more about Ms. Mancinelli at [kristenmancinelli.com](http://kristenmancinelli.com).

I tried a low-carb diet in the late 1990s when it seemed like everyone was doing it, but it just wasn't sustainable for me. Still, I've always been attracted to the idea behind low-carb eating and training your body to burn fat for energy instead of

carbs. This book does a great job of demystifying low-carb and acknowledging its potential pitfalls, which I really appreciate and explaining that not all low-carb diets are created equal, and not all are ketogenic. I was intimidated by the idea of how carefully you have to count carbs on this diet; the ketogenic range is just 20 to 25 grams per day, with a max of 200 calories from carbs! But the author includes a lot of really helpful lists explaining not only what you can eat on the diet but how many carbs are contained in a lot of common foods, from rice to milk to veggies. Because the author is a dietitian, it was easy to trust her recommendations throughout the book, and she makes a good effort at explaining the science behind how our bodies metabolize different kinds of foods. There are also lots of good tips for transitioning into the diet, eating out at different types of restaurants, and a handful of yummy-sounding recipes to get you started. I've only been trying to eat according to the plan in this book for a few days, and so far it's not nearly as hard as it was when I tried it fifteen years ago!

I bought this book for sister, who had been looking for a new diet to try. The book begins by saying this diet is for overweight adults who are in otherwise in good health and it's not recommended for anyone who has a diagnosed medical concern, taking medication, pregnant, etc. Just so you're aware! The book starts with a nice chapter on the author's experience with the diet and how she came to it, which is always interesting to hear. The book gives knowledge about fats, carbs, cholesterol and more. It's always good to review some of this information when beginning a new diet, and I appreciated these being included. There's a great chapter on what you can and cannot eat while on this diet- it's so nice to have everything clearly laid out like that! Now, my favorite part of any diet book is the recipes and this one has some great ones! When I gave this book to my sister, we made the choco-coconut popsicles and had a great time- they were delicious! Hopefully this book works for my sister. If you're curious in the ketogenic diet, give it a try!

If you are interested in taking on the Ketogenic diet then this book is for you! It is an all-in-one guide to this diet providing the reader with worksheets, food charts, and even recipes. It explains in great detail how switching from a high carbohydrate diet to a high fat diet will help burn fat and in turn lead to healthy weight loss. The chapter entitled "What can I eat?" is a detailed breakdown of specific foods, their serving sizes, and their net carb content. This makes it

easy for the reader to keep track of what they are eating making sure their choices are keto-friendly. recommended this book to me so I thought I would give it a shot. After reading it I personally would not take on this diet. I found the reading to be a little lengthy. However, I could see how helpful the depth of knowledge could be to someone attempting this diet. Overall, I have a better understanding of food and how it affects my body.

When I got this book, it reminded me of the Atkin Diet. My husband and I had tremendous success on it, so I think it's a possible diet for us. After reading this book I understand the low-carb diet and how, when limiting carbs, how your body goes into ketosis. Because you are limiting your carbs your body doesn't have enough glucose from them, but you will make ketones, converted from your fat to use as energy. This book does a good job of explaining why not to eat certain foods and why fats are good for you. It also goes into the different proteins, how many carbs each type of food has. It tells you what a starchy and non starchy fruit and vegetable are and how surprised I was to learn how many carbs that some of them have. I understand to be successful with this diet it's all about the carbs, and counting them. It is easy to understand and a fast read. It gives great tips on how to be successful on this diet. It's true that the best way to begin is to rid your shelves of all unwanted food first (or at least finish them but don't restock) a good way of leaning into a diet.

When I adopted a Bulletproof lifestyle and intermittent fasting, the next step was to understand ketogenics. This book answered all my questions so that I could continue the lifestyle without being constricted. I have lost over 30lbs in a year, and am off almost all my medications after suffering heart failure and triple bypass 5 years ago. When nothing else was working for me even before my heart episode this did and still does. I have lent this book out so many times, I finally lost it. Now I have it digitally and refer to it constantly when I explain to family and friends the reasons for my success.

Book goes into more detail about the science, and how your body produces and uses insulin. It's completely changed the way I approach food. My husband and I have followed this program for the past three months. We are both down 20+ lbs, which is saying something as we're both "north of 55". I am now recommending it for family, and purchased this most recent copy for my sister, who is down 18. No cravings. No hunger. If you can get through the first "hell" week as your body revolts to change and then adapts, you'll have tremendous energy and see food in a whole new light. Don't

feel deprived and we go out to dinner a few times a week. Very livable program that you can stay on indefinitely, and actually enjoy it. It's not a diet. It's a true lifestyle change.

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