



**Ketogenic Diet: For Ultimate Weight Loss - Lose
Belly Fat Fast! [ketogenic diet plan, ketogenic
menu, ketogenic recipes, low carb diet, ketogenic
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Book 1)**

Steven Ballinger

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Ketogenic Diet

For Ultimate Weight Loss - Lose Belly Fat Fast!

A diet that is high in fats, sufficient in proteins and low in carbs is known as the ketogenic diet. This began as a way to treat children who have refractory epilepsy, but it has also emerged as a way for adults to lose weight. This diet makes the body consume fat instead of carbohydrates. In a normal diet, the body converts carbs from food into glucose and then sends it throughout the body, where it is very important for brain function. However, when a diet has almost no carbs, the liver turns fat into ketone bodies and fatty acids. The ketone bodies move into the brain and provide energy in the place of glucose.

Low carb diets tend to eliminate this visceral fat, leading to lower level of type 2 diabetes and cardiac disease. Finally, low carb diets tend to lower blood pressure, eliminating the problems that come from hypertension (elevated blood pressure). Such conditions as stroke, kidney failure, cardiac disease and other conditions are much more likely when your blood pressure is higher. In general terms, the ketogenic diet has shown major benefits, not just in terms of weight loss but also in other areas of people's health.

Before you start any major change in your diet or lifestyle, you need to talk to your physician to make sure that it is right for you, but the vast majority of people who have gone to a cyclical ketogenic diet report only positive outcomes. Combining this diet with an exercise regimen is the best way to see the results you want in terms of weight loss, improved health and overall wellness. The sooner you start making some of these changes to your lifestyle, the sooner you will reap the benefits!

Here is a preview of what you will learn...

- What is Ketogenic Diet?
- Ketogenic Diet for Weight Loss
- Using the Ketogenic Diet to Lose Belly Fat Fast
- Low Carb Recipes
- Understanding Ketosis
- Fruits and Vegetables with Low Carbs
- Ketogenic Diet Menu for Diabetics
- Ketogenic Diet for Aging
- Ketogenic Diet for Brain Health
- Ketogenic Diet Cooking Tips

>>>And much, much more

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