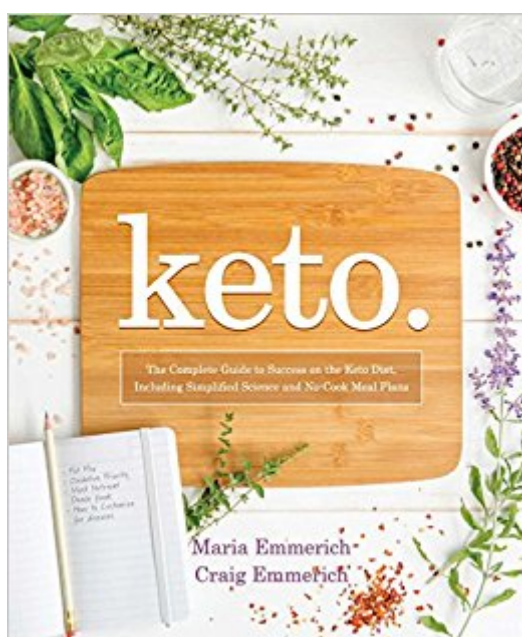


The book was found

Keto: The Complete Guide To Success On The Ketogenic Diet, Including Simplified Science And No-cook Meal Plans



Synopsis

Are you eating enough fat? Yes, fat. Despite what generations of health science has beaten into us during the last fifty or so years, humans thrive on high-fat, low-carb diets. Millions of people around the world have discovered that a ketogenic lifestyle is the key to weight loss, disease prevention and intervention, and a more vibrant life. Gone are the days when counting calories or points is the path to better health, a slimmer waistline, relief from disease, and looking good naked. Craig and Maria Emmerich have partnered to write a book that goes well beyond the typical ketogenic recipes to create a book that digs deep into the science of ketogenic dieting, explains how dozens of diseases can be cured or controlled through ketogenic dieting, and how ketogenic diets are fueling a new breed of athlete. The Keto Book is the definitive resource to the ketogenic lifestyle. Inside, you'll learn how cancer, obesity, metabolic syndrome, coronary artery disease, high cholesterol, Alzheimer's, dementia, ADHD, anxiety, and depression can all be beaten into submission by making some simple, yet impactful, changes to your diet. How cholesterol and diabetes medications could very well be making you sicker rather than better. How generations of bad advice—advice designed to sell sugar not health—has killed millions who blindly trusted the medical community and worse still, the government, to tell them the truth. How overconsumption of carbohydrates is both bad for your health and could be at the root of what ails you. How changing your inputs—the foods you eat—can change your outputs, meaning the quality of life that you live. How reductions in fat consumption have led to a tripling of diabetes patients, sharp increases in the number of cancer patients, increases in ADHD, and a meteoric rise in heart disease rates. If we are to assume that eliminating fat from our diets is the key to good health, why then are more and more people who've followed this advice dying from food-related diseases? How inflammation is at the root of many diseases, and how modern diets that are rife with sugar, carbs, and omega-6 oils are sending us to early graves. How hormones control mood swings, sex drive, blood sugar levels, muscle tone, fat-burning ability, metabolism, the immune system, and much more—and how adopting a ketogenic lifestyle will change your waistline and your life! How to stock your pantry with the right foods and make meal plans that are delicious, easy to follow, and most importantly, are the pathway to a longer, healthier life. How you can build muscle and perform your best on a low-carb, high-fat diet. No, we're not making that up! So, enjoy that slab of bacon. Gnaw on that rib bone. And say a resounding no to that plate of so-called heart-healthy pasta. New York Times bestselling author, Maria Emmerich and husband, Craig, are going to take you on a journey to a new life—one that helps you lose weight, build muscle, and live the life nature intended you to live!

Book Information

Paperback: 304 pages

Publisher: Victory Belt Publishing (December 5, 2017)

Language: English

ISBN-10: 1628602821

ISBN-13: 978-1628602821

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #36,727 in Books (See Top 100 in Books) #43 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Ketogenic #61 in Books > Cookbooks, Food & Wine > Special Diet > Ketogenic #105 in Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate

Customer Reviews

Maria Emmerich is a wellness expert in nutrition and exercise physiology and the founder of keto-adapted.com. Maria's success stems from her passion for helping others reach and sustain optimal health through programs and education that works on a personalized level. After struggling with her weight throughout her childhood, she decided to study health and wellness so she could help others who are discouraged by their appearance and do not feel their best mentally. Maria understands the connection between food and how it makes us all feel on the inside and out. Her specialty is brain chemical neurotransmitters and how they are affected by the foods we eat. She is the author of several cookbooks and three nutritional guidebooks, including: Global Bestseller > Other books include: >, with foreword by Dr. William Davis, > bestselling author of > which includes a foreword by Dr. Davis and excerpts from Dr. David Perlmutter, author of the > bestseller >. Maria's blog, mariamindbodyhealth.com, includes a unique combination of innovative recipes using alternative ingredients to less-healthy options and easy-to-understand explanations of why these options are better for our health.

[Download to continue reading...](#)

Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic Diet) VEGAN KETO: The 120 most delicious vegan ketogenic recipes for weight loss and healthy living (ketogenic diet, vegan, keto, keto diet, ketogenic, ketosis, keto cookbook, ketogenic cooking) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **BONUS** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) Keto: The Complete Guide to Success on The Ketogenic Diet, including

Simplified Science and No-cook Meal Plans Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) The 10 Day Ketogenic Cleanse: The Metabolism Booster Your Body Needs To Burn Fats (keto diet, high fat diet, ketogenic diet for weight loss, fat loss, ketogenic, ketogenic, ketogenic diet) Ketogenic Diet: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss(Ketogenic Diet: Beginners Guide For Rapid Fat Loss And Vitality (Ketogenic Diet For Beginners, Ketogenic Diet Meal Plan, Ketogenic Diet Mistakes, Low Carb Diet) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) KETO DIET: The comprehensive keto diet guide: 1000 most delicious ketogenic recipes, 14-day meal plan, ketogenic diet food list, tips for success plus so much more! Keto Diet Guide: The Clear Guide to your Keto Path (Keto, Keto diet, Lose Weight, Recipes on Ketogenic and Paleo Diet Book 1) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Keto Clarity: Rapid Weight Loss with Ketogenic Diet: The Simple Ketogenic Diet Cookbook Recipes for Beginners(ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb) Ketogenic Diet: Over 100 Pressure Cooker Recipes - The Essential Quick And Easy Ketogenic Pressure Cooker Cookbook: Ketogenic Cookbooks, Ketogenic Diet Books, Keto Diet Book (2nd) 365 Days of Ketogenic Diet Recipes: (Ketogenic, Ketogenic Diet, Ketogenic Cookbook, Keto, For Beginners, Kitchen, Cooking, Diet Plan, Cleanse, Healthy, Low Carb, Paleo, Meals, Whole Food, Weight Loss) Ketogenic Diet: 365 Days of Ketogenic Diet Recipes (Ketogenic, Ketogenic Cookbook, Keto, For Beginners, Kitchen, Cooking, Diet Plan, Cleanse, Healthy, Low Carb, Paleo, Meals, Whole Food, Weight Loss) Keto Diet. Donâ™t Harm Yourself: TOP 5 Ketogenic Diet Mistakes, The Beginners Guide on Keto Diet, Meal Plan for Weight Loss, Cookbook and Recipes, Body ... (Low-carb, Ketosis, High-Fat, Paleo Diet) Ketogenic: 6-in-1 Ketogenic Diet Box Set: Lose Weight Till Spring With 110 Ketogenic Recipes: (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet,Beginners Guide) Ketosis: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)