



# **Ketogenic Diet: Understand Ketogenic Diets in Under an Hour, Bodybuilding, MMA Training, Fitness Training (Ketogenic Diets for Beginners, Keto Diet)**

*Christopher Smith*

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**Ketogenic Diet**

You're about to discover how to lose weight and stay healthy with the **ketogenic diet**!

The **ketogenic diet** is exactly what you need in order to lose all that extra weight and stay healthy at the same time. Use this book as your faithful guide and learn everything about the ketogenic diet.

A keto diet produces ketones in the liver to be used as energy. When you eat something high in carbs, your body will produce glucose and insulin. By lowering carb intake, the body is induced into ketosis, which forces your body into a metabolic state.

Here is what you will learn:

- The Principles of **Ketosis**
- Which supposedly '**Healthy Foods**' you eat everyday are keeping you fat
- Why urine sticks are not the best way to measure ketones
- How the **Ketogenic diet** outperformed the most popular diet for Type 1 diabetes
- The EXACT foods to eat and the ones you need to avoid to reach ketosis
- Why 'diet foods' are the worst thing you can eat to reach **ketosis**
- Why saturated fats are actually GOOD for you
- What to Eat on a **Ketogenic Diet**
- How the **Keto diet** slows the aging process
- How to know when your body is burning fat for fuel at OPTIMUM levels
- Finding **YOUR Motivation** to Change
- What to eat on a Ketogenic Diet
- What to avoid in a Ketogenic Diet
- Advantages of a Ketogenic Diet

**Much, Much More!**

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