



# **Ketogenic Diet: What to Eat While Losing Weight (Ketogenic, Ketogenic Diet Free Kindle Books, Keto Diet Recipes, Ketogenic Cookbook)**

*LR Smith*

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## **Ketogenic Diet: What to Eat While Losing Weight (Ketogenic, Ketogenic Diet Free Kindle Books, Keto Diet Recipes, Ketogenic Cookbook) LR Smith**

If you want to experience the most effective way to burn fat, look no further than the Ketogenic diet.

Establishing the metabolic state of ketosis, even for a short period of time, has tremendous benefits many people are unaware of. I've written this book for anyone wishing to reap those benefits in their lives the same way I have.

“So what benefits then?” Glad you asked.

The Tremendous Benefits This Diet Will Provide You:

1. It increases the ability to use your body's fat as fuel. Instead of taking your energy from copious amounts of carbohydrates your body learns to use fat as its primary source of energy: SO IT BURNS IT... and fast... very fast.
2. Low levels of insulin in the body. The main block to get rid of stubborn fat is repeated insulin spikes that are caused by high amounts of carbohydrates and sugars mainly. When insulin is brought to low levels, beneficial hormones are released in the body, such as growth hormone and other powerful growth factors.
3. Lack of appetite. In a ketosis state, due to the main consume of healthy fats and proteins, appetite is easily suppressed and low throughout the day. The opposite happens when in a high carbohydrate diet.

This is the Way The Majority of People Eat and How It Affects Their Health:

They consume high amounts of carbohydrates. Their glucose levels rise. The pancreas releases insulin. Insulin shuttles glucose into cells (aka retain fat).

But What About the Ketogenic Diet?

Higher amounts of fat and protein with low levels of carbohydrates. Glucose levels fall. Lipase releases stored triglycerides. Fatty acids take the New York subway to your liver. Liver produces ketones from stored and consumed fat, which turns into your energy.

This is how your fat will burn.

It is definitely the ultimate resource for the growing number of people interested in eating a low-carb, moderate-protein, high-fat diet to lose weight, improve their health, and heal their bodies once and for all.

If you take your health seriously and want to experience the diet that will provide you the best source of energy and health, then the ketogenic diet may be for you.

All I've laid it all out step by step for you from my own personal experience.

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