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The Ketosis Diet: Ketogenic Diet Tips Made Simple

By Amy Zulpa

Speedy Publishing LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you an athlete seeking to improve performance and lose weight? An ordinary citizen wanting to improve Type 2 diabetes, obesity or cardiovascular conditions? The Ketosis Diet - Ketogenic Diet Tips Made Simple may provide the introduction you need. In simple, straight-forward language, author Amy Zulpa explains what it is, the various types of ketogenic diet, and who should benefit from it. She also includes a handy range of recipes for breakfast, lunch and dinner. Not many people are familiar with the Ketosis diet (Ketogenic diet) as it is promoted far less than the fad diets are. It s also a little different, as it focuses on the consumption of high fats and a reasonable amount of protein with less focus on the consumption of carbohydrates. This diet was primarily geared to treat epilepsy in children, but over the years it has been found to benefit a number of other conditions. The main aim is to get the body to burn fats and not carbohydrates. As more fats are consumed, the body breaks them down into...



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