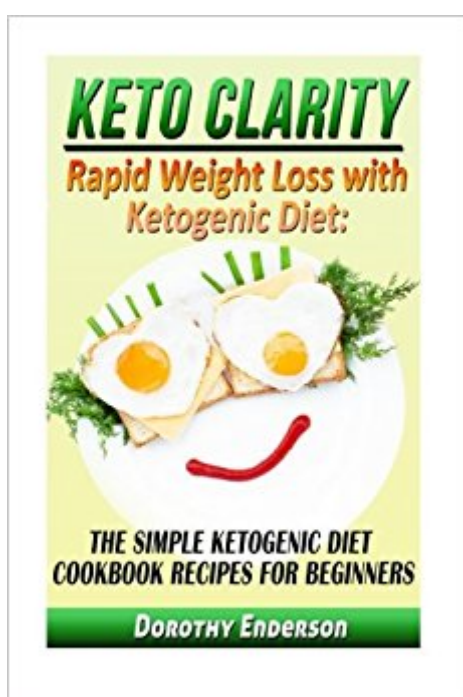


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# Keto Clarity: Rapid Weight Loss With Ketogenic Diet: The Simple Ketogenic Diet Cookbook Recipes For Beginners



## Synopsis

Maintaining the ketogenic diet is an ideal plan for you to lose weight and improve your health. Researchers and health experts accept that the ketogenic diet is one of the top diets in present time. Lots of people, including celebrities following this low carb diet plan to lose weight and improve health. Ketogenic diet is planned to promote foods that are low in carb and high in fat and protein. This diet will help you to lose weight naturally and assist you to lower the risk of heart disease, stroke and some cancers. The ketogenic diet is incredibly effective against type-2 diabetes. Most of us are following a diet plan that comprises a high amount of carbohydrates and sugar. This is the reason why a lot of people are suffering from chronic inflammation and developed insulin resistance in their body. The carbohydrates are lowering the liver function and their body has lost the ability to burn fat. Following the ketogenic diet will assist you to become insulin sensitive again in your life. Within a few days, this diet will train your body to become a successful fat burning machine. This diet will make you feel more satisfied and energetic.

## Book Information

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## Customer Reviews

Dorothy Enderson started her writing career back in school. She led a column in the school newspaper, choosing topics for articles, relying on her knowledge and interests of friends. The column enjoyed popularity among her peers, but after graduating the school Dorothy forgot her hobby for a good while. It reminded of itself again when Dorothy was helping her eldest daughter lose some weight for participation in a local beauty contest. This case has become an idea for her

first book. Since that time Dorothy has devoted herself to the study of comprehensive development of personality and now shares with you her secrets, that had been checked on personal experience. --This text refers to an alternate Paperback edition.

This book is not only clearly and well written, it also is packed with tons of delicious recipes that you will want if you are going to try the Keto diet. Dorothy lays out everything you need to get started. She first starts by giving the deep dive into what exactly the Ketogenic Diet is and why you should give it a try. Then, she covers the foods you should eat or avoid when practicing this diet. That makes it super easy to get a good idea of what this diet will mean for you when trying. Next the book hits yummy recipes that also include pictures that are easy to follow. She finishes up by discussing how to deal with eating out and also exercise. Wonderful resource for anyone looking to give this diet a try!

I love all of these books that simplify my understanding of this topic. New book. Small, simplified, and easy to read. This book arrived very quickly.

I learned that Ketogenic diet isn't just another option of losing weight. It is also beneficial in fighting diabetes. The author clearly explained how this works. It's also nice that easy-to-do recipes were included. I like that the book provided options as to what to eat when in different types of restaurants. It gives the beginners ideas to maintain the diet even outside their homes.

When I think of a diet, I think of foods that don't taste good and having to eat strange foods or one type of food constantly, however, with the Ketogenic Diet you don't have to do that. The recipes contained in this book sound yummy!! I'll be putting some of them into my family's menu to try. Definitely an excellent book to try if you want to lose weight and still eat yummy foods!

good book

Great aid as I start on ketogenic diet. Uploaded on my device and I have it ready anytime anywhere.

I guess I didn't read the product description carefully when purchasing this book. This is easily an hour read. I would invest in a better book with more recipes.

This book is like a pamphlet. Total Rip off.

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