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## The Ketogenic Diet for Beginners: The Basics of Ketosis and a Collection of Recipes (Paperback)

By Kelly Meral

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The ketogenic diet is more than just another low-carb diet - it is a type of diet designed to encourage your body to burn stored fats for fuel, thus helping to improve your overall health and, potentially, speed your weight loss. The ketogenic diet has also been linked to relief from or reversal of symptoms for a number of serious health conditions including Type 2 diabetes, epilepsy and even cancer. If you are curious about what the ketogenic diet is and what it can do for you, this book is the perfect place to start. Within the pages of this book you will find the following: -Information about the basics of the diet including how it works -Benefits of the ketogenic diet -Lists of high-glycemic foods to avoid on the ketogenic diet -Low-glycemic foods to enjoy on the ketogenic diet -Collection of delicious recipes to help you get started on the ketogenic diet By the time you finish reading this book you will have a basic understanding of what the ketogenic diet is and how you can incorporate it into...



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