



## Keto: The Complete Guide to Success on The Ketogenic Diet, including Simplified Science and No-cook Meal Plans

By Maria Emmerich

Victory Belt Publishing. Paperback. Condition: New. 304 pages. Are you eating enough fat Yes, fat. Despite what generations of health science has beaten into us during the last fifty or so years, humans thrive on high-fat, low-carb diets. Millions of people around the world have discovered that a ketogenic lifestyle is the key to weight loss, disease prevention and intervention, and a more vibrant life. Gone are the days when counting calories or points is the path to better health, a slimmer waistline, relief from disease, and looking good naked. Craig and Maria Emmerich have partnered to write a book that goes well beyond the typical ketogenic recipes to create a book that digs deep into the science of ketogenic dieting, explains how dozens of diseases can be cured or controlled through ketogenic dieting, and how ketogenic diets are fueling a new breed of athlete. The Keto Book is the definitive resource to the ketogenic lifestyle. Inside, you'll learn how cancer, obesity, metabolic syndrome, coronary artery disease, high cholesterol, Alzheimers, dementia, ADHD, anxiety, and depression can all be beaten into submission by making some simple, yet impactful, changes to your diet. How cholesterol and diabetes medications could very well be making you...



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