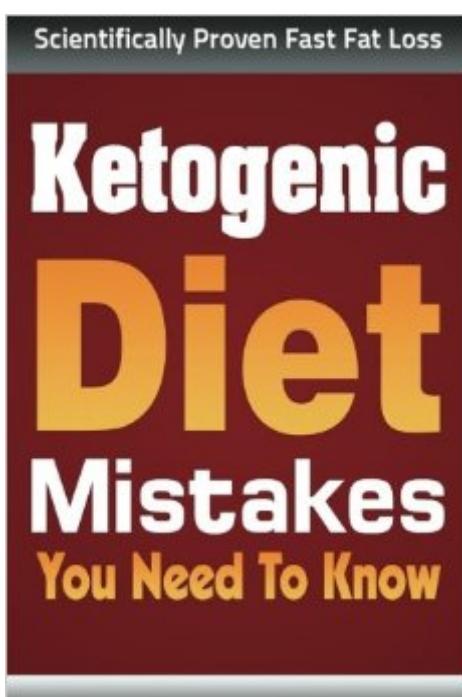


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# **Ketogenic Diet Mistakes: You Wish You Knew (ketogenic Diet, Ketogenic Diet For Weight Loss, Ketogenic Diet For Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet)**



## Synopsis

Ketogenic Diet Mistakes You Need To Know The ketogenic diet is a very effective weight loss tool shown to improve diseases such as Alzheimer's, Parkinson's, epilepsy, and even cancer. How does it work? Very simply said, when you eat a very low-carbohydrate diet, your body switches its energy sources from glucose and insulin to ketones. When trying to induce and maintain ketosis on the Ketogenic Diet, there are many stumbling blocks that people tend to run into, which can lead to adverse effects and suboptimal results. To reach full-blown ketosis and reap all the benefits of this amazing fat-loss diet, many people assume that merely cutting back on carbs is enough. It isn't. A low-carbohydrate diet is only one component of the Ketogenic Diet. There is actually some very complicated biochemistry your body goes through when your body begins using ketones as your main fuel source. Although reaching ketosis itself is not complicated, there are a lot of common mistakes and misconceptions that prevent people from reaping its full benefits. If you've fallen victim to any of these errors, it's time to change that. Don't turn away from ketogenic because it didn't work for you because it does WORK! Hundreds of thousands of people can attest to that. The key is knowing how to get it working for you. In Ketogenic Diet Mistakes You Wish You Knew, you'll discover all the pitfalls holding you back from becoming your leanest, healthiest self. Imagine being able to turn your body into a fat-burning furnace at will, while also reaping the rewards of overall health and disease treatment. If you're thinking about trying the ketogenic diet or you are already on it, this book is an absolute MUST. Here Is A Preview Of What You'll Learn... What role calories play in the overall Keto diet plan Why your breath is more accurate at determining ketosis than ketostix Why most people get 'low-carb flu' and how to combat it The number one reason you are not able to maintain ketosis This specific fat you need to consume on a ketogenic diet that most people overlook The TRUTH about how long you should follow the keto diet The most effective training exercises to do while in ketosis and which ones to avoid And much, much more!

## Book Information

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## **Customer Reviews**

I have been eating keogenic for the past 3 years. I have lost 55 pounds without being hungry. I read about everything I can about ketogenic diet. Just had my cholesterol check this week total 185, Trig 40, HDL 61 LDL 115. Not bad for eating bacon, eggs and heavy cream every day. PS: I'm never hungry. I'm a nurse practitioner and I recommend this diet to all my patients. Other than type 1 diabetics I think everyone can benefit from it.

I normally get upset when a book is short, but even though it took me only 30 or so minutes to read this short book, it was worth every minute. Yes, most of you who are familiar with the Nutritional Ketogenic Diet will know some of these common downfalls, but I dare say that this is a must-read for anyone who needs more information on this wonderful way of eating or just a reminder if things aren't working out as well as you thought. The author has sage advice on fifteen different errors or mistakes that people make when eating the keto way. Well worth the small fee for this book.

However, I don't think this is appropriate for people just starting down this path. It would be best for beginners to read a book on the Nutritional Ketogenic Diet first and become familiar with why and how to adopt this lifestyle, and then read this book as a motivator a few weeks or months into your process. I say process because it's hard for me to refer to this as a diet. Diets don't work and imply that that will be hungry. The keto way of eating makes you less hungry.

I read this book before opening even one page of any keto diet book, and it has answered many of the things that were niggling my mind, especially as I've tried a low carb diet before. So glad I read this first, I'm now all fired up and raring to go! Definitely recommend this book to the sceptics out there.

I tried this book because I've had success on Atkins, but I had hit a plateau. It was only \$2.99, so why not? The book is very short. I read it over lunch. I did find a couple of good suggestions. However, I see many reviewer calling this a "must read" for Keto dieters. Why? I don't see that at all. If you're looking for a must read, I would suggest, "The New Atkins for a New You," or Gary Taube's, "Why We Get Fat." The biggest issue I had with this book was how often Sara stresses the importance of calorie counting, and pushes the "calories in, calories out" mantra. That's the message of the low-fat industry. That's just not the message of a low-carb diet. A low-carb diet is about minimizing carbohydrates, and eating the right things, thus turning us into fat-burning machines. Once we've done that, our food addiction and our hunger goes away. Almost anyone who successfully gets into ketosis will find that they forget to eat from time to time. They end their dependence on and addiction to food. Over-eating is simply not an issue. You eat great food that fills you up quickly. You're satisfied, and you get about a 25% increase in energy to boot! It's about minimizing carbs, not about counting calories.

New research is hitting the market on exogenous ketones and achieving nutritional Ketosis in less than an hour. Many of the folks I successfully coach erroneously think they'll avoid the common mistakes others made beginning a Ketogenic diet. Sara Givens successfully sets the record straight in her book. While not discussing exogenous ketones supplementation the material in her book accurately applies no matter how one enters Ketosis. Ketosis is Ketosis is Ketosis. The body still has to keto-adapt and in doing so one can and will make mistakes. I have begun highly recommending this book to all my clients who reside all over North America. It is easy to read and can be done in less than 1 hour with more than enough information to readjust and get more efficient in burning ketones for fuel. Sincerely, @KetoRich

This book has some good information in it and most people will probably find something useful. However, the author contradicts herself almost constantly with confusing advice such as "pay no attention to scales" and "if you want those scales to budge..." In one glorious moment of absolute nonsense she state, "If you stay on 'maintenance' level calories, you'll lose fat with a ketogenic diet. To lose fat and weight, you need to keep a reasonable calorie deficit of 15-20% below your maintenance levels." So... I'm losing fat but not weight... then I'm gaining muscle? This little tidbit completely conflicts with her "don't pay attention to scales" advice, as well. I found tons of conflicting advice in this book, so watch out for that. You might have to look to other sources to alleviate any confusion you might feel after reading this. As I said before, though, it does have some good

information tucked in to areas like little Easter eggs.

I have been on a combination Paleo Ketogenic diet for the last 10 months with great results. However, after 4 months, I kind of stalled out and was going nowhere. The title of the book prompted me to buy it. It was what I was looking for. It is short, concise and made sense. It kick started me into the next phase and since I have lost another 10lbs and continue to get healthier everyday. Every once in a while I revisit it when I start to get complacent in my dietary needs. What was great was the extra gifts of recipe books (desserts and breakfast) that she offered for free just in time for the holidays.

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