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## Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps for Beginners (Paperback)

By Rogan Jones

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Learn How To Make An Effective Ketogenic Plan To Help You Lose Weight! Benefits: Improving Your Health And Wellness, Weight Loss And Much More Updates 27. September 2016: NEW content added This book has an effective ketogenic diet plan to help you lose weight. The ketogenic diet was designed in 1928 by Dr. Russell Wilder, a physician from the renowned Mayo Clinic, with the primary intention of creating a food based cure for epilepsy. It was highly successful at first, but was later discarded with the inception of anti-seizure drugs in the 1940 s. Still, studies show that ketogenic diets are an effective way to combat seizures when medication is no longer an option. The principle behind this diet is to simply restrict carbohydrate intake, and control glucose concentration in your blood. Normally, our bodies use carbohydrates to cater for their energy needs. The carbohydrates are then converted into glucose, and then oxidized in the body s cells to provide energy for its functions. In the event that your body has low carbohydrate levels, it will be necessary to find...



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