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**Ketogenic Diet: 13 Common
Ketogenic Diet Mistakes You Need
To Avoid (ketogenic Diet, Ketogenic
Diet For Beginners, Ketogenic
Cookbook, Ketogenic Diet Recipes,
Ketogenic Diet Mistakes, ketogenic
Plan)**

**13 COMMON
KETOGENIC DIET
MISTAKES YOU
NEED TO AVOID**

Lose Weight
Fast and
Improve Your
Health

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Synopsis

The Ketogenic diet is a very effective way of losing weight fast and achieving good health. It is a diet in which one gets 80 - 90% of calories from fat, with the rest being derived from carbs and proteins. However, most people experience difficulty maintaining a state of ketosis and therefore give up on it. Why is this so? The major reason is that most people start on a Ketogenic diet without really understanding what ketosis is all about. This lack of correct information leads many to make mistakes that cause them unnecessary grief and misery. They give up on it without really experiencing its amazing benefits on the body. Once you understand how ketosis works, it will be that much easier to avoid the mistakes that most people make with Ketogenic diets. The mistakes described in this book are very common, and a few of them may seem a bit obvious, but small mistakes make the difference between frustration and optimum health. In this book you will learn:

- What is the Ketogenic Diet
- Understanding the Ketogenic Diet
- How Ketosis works in your body
- The Benefits of Ketosis
- What is the Ketone Bodies
- Symptoms of Ketosis
- Ketosis Versus Ketoacidosis
- Ketogenic Misconceptions
- The 13 Most Common Mistakes You Need to Avoid

And much more!

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Tags: ketogenic diet, ketogenic diet for beginners, ketogenic cookbook, ketogenic diet recipes, ketogenic diet mistakes, ketogenic diet plan, ketogenic diet guide

Book Information

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Customer Reviews

The author has sage advice on thirteen different errors or mistakes that people make when eating the keto way. 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. 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 tried katogenic diet some time ago but it wasn't for me. Now I'm doing paleo diet and it's ok but this book helped me a lot with understanding my mistakes and I think I will try katogenic diet one more time.

this is a great find !! started a keto diet recently, and didnt know why its not working as well as I thought it would. Then I have found this ebook, and I figured out exactly what I was doing wrong. highly recommended !!!

Very well written book and very helpful in highlighting some mistakes people are making within this diet program. I think the author did a great job presenting where problems may arise and also provided some great ideas about how to get around them and correct the mistakes. Like any diet, its important to be persistent and keep with it - this book will help the reader and dieter to keep on track and accountable through the dieting process.

This book was great for learning the common mistakes you need to know before starting on this diet and ultimately lifestyle.

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