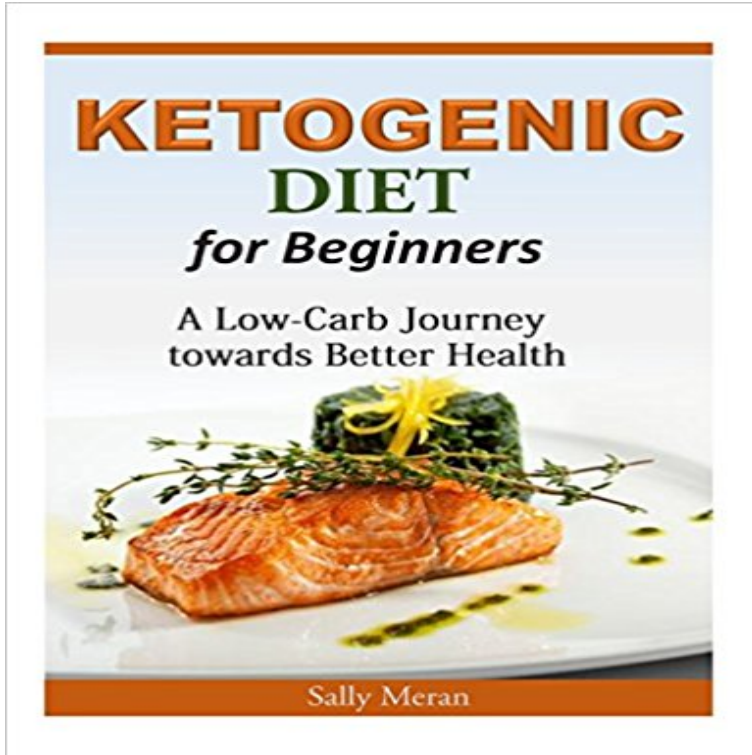


Ketogenic Diet For Beginners: A Low-Carb Journey towards Better Health



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Drop the bowl of breakfast cereal. Dump the cup of coffee with skim milk down the drain. Fry up some bacon and have your morning java with heavy cream instead! Wait, what? What kind of nutritional advice is that? The pretty good kind, if you ask me. As a society, we've been taught that fat is bad for us and that we have to eat plenty of whole grains and carbohydrates in order to stay healthy. Yet Americans are overweight and plagued with diseases such as heart disease and diabetes. And even with obesity on the rise, we still reach for the low-fat granola bars instead of choosing fresh, whole, natural food. Its time for us to stop fearing fat. We need to challenge the belief that eating foods like bacon, heavy cream and even butter will increase our risk of high cholesterol and heart attacks. By restricting carbohydrate intake to just 30 grams per day, the ketogenic diet places a heavy focus on eating a high amount of fat and an adequate amount of protein. It encourages you to eat plenty of vegetables, meat, and full-fat dairy if you can tolerate it. It forces you to ditch the pre-packaged food that is all over food stores these days. Most of all, it teaches you to make smart food choices that keep your body functioning properly. This book will take you through an overview of the ketogenic diet, including a variety of diseases and disorders that can benefit from a low-carb eating plan; an explanation behind why eating too many carbs is bad for us; and provide tips and tricks to help keep you motivated. So grab a cup of tea with a couple tablespoons of cream, sit back, and learn how eating more fat can help keep you slim, healthy, and happy!

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