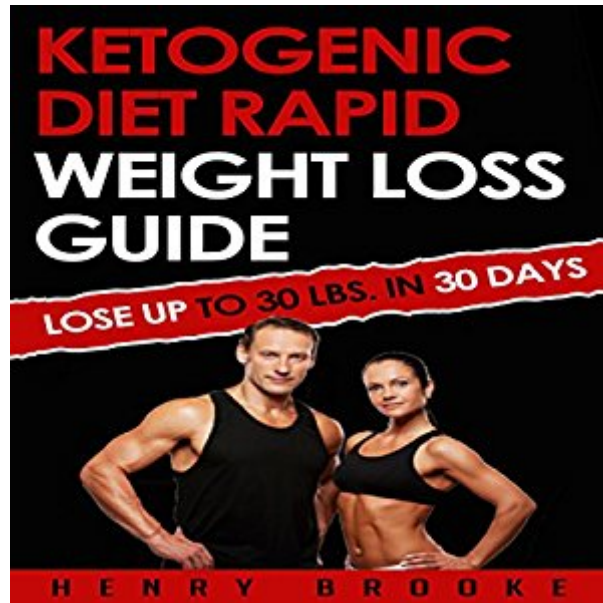


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# Ketogenic Diet: Rapid Weight Loss Guide: Lose Up To 30 Lbs. In 30 Days



## Synopsis

Everything you need to lose lots of weight fast! This book has proven meal and workout plans, all guaranteed to help you lose weight fast! We all know how busy life gets. Add trying to figure out what you need to eat and do exercise-wise in order to lose weight to the list of now-unnecessary things you no longer need to do. Did you know that a ketogenic diet, combined with the right exercises, is all you need to lose weight, build muscle, and get ripped? Weights, machines, and expensive gear are not needed; you can save money on a gym membership and get the results you want. What if I told you there is a faster way to lose weight? Have you ever wanted to kick-start fat loss for a special event or lose those extra 10 pounds? What if you could eat amazing food and still get the results you've been craving? What if you had a yummy meal plan and the top exercise tips at your disposal? This book explores a world where you can get the results you've always wanted; all you need is the right ketogenic diet and the right workout plan! My goal is to give you the tools to lose weight fast and obliterate fat by sharing the secrets to unlock weight loss through your own ketogenic diet in order to get the exact results you want! By listening to *Ketogenic Diet: Rapid Weight Loss Guide: Lose Up to 30 Lbs. in 30 Days* you will learn: The science behind the ketogenic diet What to eat and what to avoid on the ketogenic diet How to fast-forward weight loss permanently using the ketogenic diet Simple meal plans to get you started on the ketogenic diet Exercise tips to maximize weight loss

## Book Information

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## Customer Reviews

Starting off it has a risk section, but unfortunately they don't go into detail, they just tell you to

discuss with your doctor. Kidneys Issues: One a Ketogenic diet is not a high protein diet so you aren't going to be injuring your kidneys, now if you are in kidney failure or stage 3 then you should worry, otherwise no. Future Osteoporosis- all it says is that some people excrete Calcium from their kidneys, who does this relate to, they didn't say what types of category these people fall in, is it generally or Ketogenic, they don't say. Even if that was the case, calcium is only one nutrient in the aspect of bone health and a Ketogenic diet doesn't leach calcium anymore than a standard diet. In fact without the grains hindering your gut you may absorb it better, especially with all the fat soluble vitamins you will get going Ketogenic. THEN the clincher-Elevated cholesterol- immediately they say that animal fats are bad and full fat dairy is bad, which is patently false and do not raise your cholesterol or heart disease risk- saturated fat has been vindicated time and time again in studies. You should be eating plenty of animal fats and saturated fats on a Ketogenic diet. I think maybe for safety sake they put that in there because that is what the status quo recommend. It seems rather foolish to put that in there and it is confusing to the rest of the book. Alright in the next they do manage to set the record straight about Diabetic Ketoacidosis, any good keto book should make you aware of the difference. Unfortunately they do not warn you about the withdrawal symptoms from grains and sugar, anywhere from 7 days to a month you may struggle to get into ketosis because you are a sugar burning machine instead of a fat one.

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