



Ketogenic Diet: Do's and Don'ts for Rapid Weight Loss (ketogenic diet, ketosis, weight loss, anti inflammatory diet, paleo diet, ketogenic diet for beginners)

Collin Dowling

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Everyone wants to lose weight quickly, but the real issue is how to do so safely. Completely removing specific food groups from daily meals, and severely limiting calorie intake may lead to dramatic weight loss, but it can seriously compromise the health of your internal organs, which could lead to multiple and serious health complications down the line. In worse case scenarios, this could lead to permanent kidney damage, liver failure, and even cardiac arrest.

This book contains information on how to follow the Ketogenic diet correctly and more importantly: gradually and safely. Make no mistake about it. This is a rigorous and exacting eating regimen that entails solid preparation beforehand. Aside from containing basic guidelines for the diet, tips on meal planning and list of specific food items to consume and avoid, this book also contains easy-to-follow recipes that novice cooks can make in their kitchen.

Right below is a synopsis of what you will learn:

- Why Ketogenic diet and the benefits of the Ketogenic diet vs. other diets
- How to get started in the Ketogenic diet/how long you should follow the diet
- What foods to eat/what not to eat on the Ketogenic Diet, as well as best places to go to get the foods
- Common mistakes made in the Ketogenic diet
- Sample 3 month routine for beginners to begin some serious weight loss
- Where to go for more information (websites, further reading, etc).

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