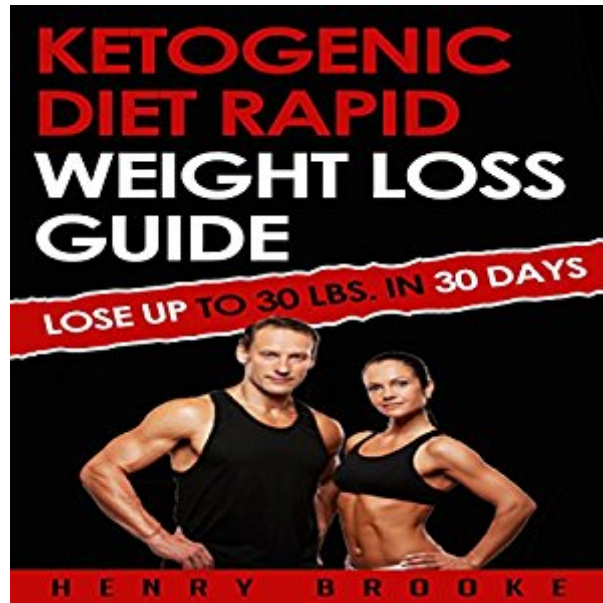


The book was found

# 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 weigh 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

Audible Audio Edition

Listening Length: 46 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Henry Brooke Publishing

Audible.com Release Date: August 6, 2015

Language: English

ASIN: B013N51V60

Best Sellers Rank: #7 in Books > Health, Fitness & Dieting > Nutrition > Macrobiotics #20 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home > Cooking #30 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Ketogenic

## 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.

[Download to continue reading...](#)

Ketogenic Diet: Rapid Weight Loss Guide: Lose Up to 30 Lbs. in 30 Days Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) Ketogenic Diet for Beginners: Guide Book to Using the Ketogenic Diet for Guaranteed Weight Loss Weight Watchers: 23 Healthy Snacks To Lose Weight Fast: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start Recipes) (Weight ... Simple Diet Plan With No Calorie Counting) Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet for Weight Loss) (Volume 7) Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1) DASH Diet for Beginners: Top DASH Diet Recipes for Weight Loss, Fat Loss and Healthy Living: Dash Diet Recipes, Book 1 Natural Rapid Weight Loss, Lose Weight Faster with Hypnosis, Meditation, and Affirmations: The Sleep Learning System Eat Fat Get Thin: Your Ketogenic Diet Guide To Rapid Weight Loss (with Over 350+ of The Very BEST Fat Burning Recipes & One Full Month Meal Plan, Upgraded Living) Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your

Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, ... Belly, Tea Cleanse Diet, Weight Loss, Detox) Weight Watchers Smoothies: 77 Weight Watchers Low Calorie Smoothie Recipes: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start ... Simple Diet Plan With No Calorie Counting) Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes Two Best Sellers Book Bundle: Weight Loss, Addiction and Detox Series! (Enhanced Edition): 'Weight Loss by Quitting Sugar and Carb!' 'Dash Diet: Heart Health, High Blood Pressure, Cholesterol' Weight Loss by Quitting Sugar and Carb - Learn How to Overcome Sugar Addiction - A Sugar Buster Super Detox Diet (Weight Loss, Addiction and Detox) 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook - Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Juicing Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Juice Cleanse, Juice Diet, ... Juicing Books, Juicing Recipes) (Volume 1) Wheat Belly: Top Slow Cooker Recipes: 230+ Grain & Gluten-Free Slow Cooker Recipes for Rapid Weight Loss with The Revolutionary Wheat Belly Diet (The Wheat-Free Cookbook) The Belly Fat Cure#153;; Discover the New Carb Swap System#153;; and Lose 4 to 9 lbs. Every Week Juicing To Lose Weight: Fat Burning Juices & Weight Loss Blender Recipes Juice: Juicing Vegetables, Juicing Fruits, Juicing Alkaline, Juicing Raw & Juicing Paleo Weight Loss Motivation Hacks: 7 Psychological Tricks That Keep You Motivated To Lose Weight

[Dmca](#)