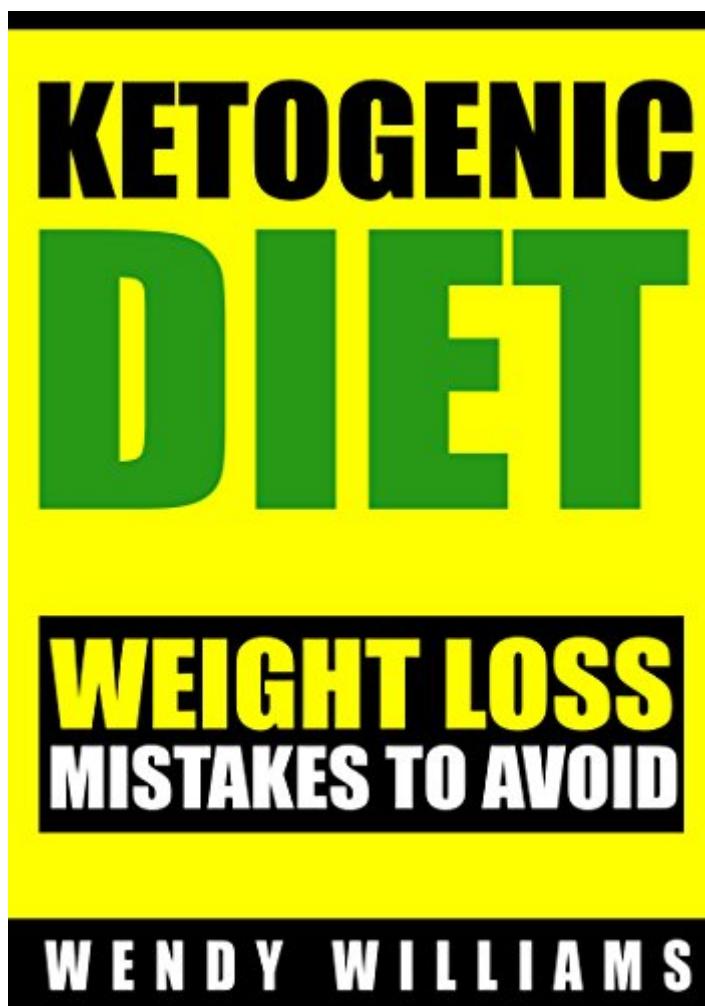


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# **Ketogenic Diet: Ketogenic Diet Weight Loss Mistakes To Avoid: Step By Step Strategies To Lose Weight And Feel Amazing (Ketogenic Diet, Ketogenic Diet Beginners Guide, Low Carb Diet, Paleo Diet)**





## Synopsis

90% of the Keto followers achieve Zero weight Loss. Don't be one of them!In one hour you will know more about Ketogenic Diet, Nutrition and Metabolism than 99% of the Keto followers. Have you been on Ketogenic Diet for a while but still struggling to lose weight?Or you know all the Keto benefits but can't get started because you get overwhelmed by all the details about what to eat and what to avoid. Maybe you started and even managed to lose weight on Ketogenic Diet but somehow stalled and fell off and now you don't know what to do |..If you have experienced any of these challenges, this book is a must read. Now you can Overcome Mistakes, Achieve Rapid Weight Loss and Live a Healthier Life! This guide will help you STAY on the right path and ACHIEVE your WEIGHT LOSS TARGETS. This book outlines the MINDSET and LIFESTYLE CHANGES you need to make. It is your guide to Rapid Weight Loss Without Starving.IMAGINEAchieving rapid weight loss that is also sustainable in the long term. Your waist line receding and all that flab on your tummy a thing of the past. Feeling amazing about yourself and having more energy throughout the day. Reinvigorated sex drive and hunger pangs a thing of the past. Having a reduced risk of Obesity, Heart Disease, Diabetes and Cancer.These Goals are 100% achievable only when you eliminate the CRITICAL MISTAKES.In this book you will discover the scientific principles behind weight gain and steps that are absolutely critical to convert your body from a Sugar Burner to a Fat Burning Machine. A low carb diet is only one component of the Ketogenic Diet. Your body goes through the extremely complicated process called Ketosis and starts using ketones as the main fuel source. This book will explain you exactly how the ketosis is triggered and how to keep your body in ketosis for as long as you want. Say goodbye to your body fat and welcome the new leaner, fitter and healthier you!I have been on Keto for 3+ years now and have poured everything that I know into this book and I have made it simpler than any book on the market. This guide will help you:Convert your body from a SUGAR BURNER to FAT BURNEROvercome the 12 CRITICAL Mistakes that are keeping you away from a healthy life Understand Why we get FAT and why LOW CARB KETOGENIC DIET is the most effective way to to LOSE WEIGHTWhat types of foods to eat and what to AVOID Learn the 8 LONG TERM health BENEFITS of Keto apart from accelerated weight loss Asses the most critical Ketogenic Diet WEIGHT LOSS MISTAKES and get right back on trackWhy the concept of Calorie IN Calorie OUT is WRONGHow EXERCISE can actually lead to WEIGHT GAINWhy stress and sleep deprivation is as dangerous as eating carbs Â Don't hesitate, pick up your copy NOW by clicking the BUY NOW button at the top of this page!

## Book Information

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## **Customer Reviews**

I just counted I have nine key told diet books that I have read. One of them was recommended at the health food store. This book is the number one book I recommend to people now! It's the only one that wasn't filled with recipes nor were recipes used to bulk the book up. Straight information and numerous ideas that I thought were not allowed. I thought on aikido diet you could not drink alcohol; it showed me what limitations alcohol drinking have and which drinks have no carbs are very low carbs! Just as the information on drinking was something that was not any other book; numerous other tidbits explained a low-carb diet in ways no other resource has been able. I downloaded less than a week ago and I've already referred this book to three or four friends. Now I also recommended "Ketogenic Diet- weight loss mistakes to avoid", by Wendy Williams, to you!

Great book to give you a lot of insight about one of the most popular diet these days. You can find a ton of same ketogenic recipe books, but it's very rare to find all the theory about keto diet. And I'm a big believer that you should know what you are doing before you do it. Before you start your ketogenic diet ask yourself: do you know your macro proportions? electrolyte imbalance? So before

you grab any recipe book you should read this one first to understand why you eat what you eat and avoid mistakes a lot of dieters are making.

This book contains a high-quality information on Ketogenic diet. If you really want to know how to lose or maintain your weight and at the same time be healthy then you will get the right information from this book. The author gives detail information on what is ketogenic diet and what to eat and what to avoid in order to follow the ketogenic diet. Also, there is the information about the mistakes most people do while trying to weight loss and solutions to avoid it. Overall, quite a good book on the subject. Highly recommended for those who are looking for the healthy way to lose weight.

With this book I was able to discover the mistakes that I was doing on my diet period of time, I have now a clear understanding about how the Keto diet works and for me itâ™s more easy to follow than other diets that I tried in the past, also on this content you will learn thy does really we te fat since I considere this aspect veery clear start eliminating the bad habits an focus and balance your diet by using the property balance of carbs and proteins.

Trying something new, got me worried about my health. I never even heard of Metabolic Syndrome until i read this book. I actually learned a lot from this book. I purchased a free version of a ketogenic book a while back and half of this stuff were not in there. Good book to read for beginners and those who think they are making mistakes in they're dieting plans. TRY THIS OUT!

This book includes a quick-start guide to rapid weight loss, a surefire plan to eliminate carbs and fat-burning advice that works. Using the recipes and tips in this book, you will learn to avoid trigger foods, gauge the difference between good and bad fats, and steer clear of nutrient-poor carbs. Interesting book!

Sometimes, we need to know if weâ™re really properly practicing a certain diet. And if youâ™re someone who is interested or currently practices the ketogenic diet, then you might want to read this book. In here, you will learn about the mistakes which you should definitely avoid when starting this type of diet.

A very good book for fast weight loss in a healthy way. Ketogenic diets are so effective in weight loss but the problem is that most people do not know how to do it correctly. This is why I think this

book is great. It tells you step by step what to do and what not to do. It explains the common pitfalls and how to avoid them so that you can have an easy and smooth weight loss journey. I really enjoyed this book.

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