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Sat, 10 Dec 2016 14:02:00 GMT - The ketogenic diet is a high-fat, adequate-protein, low-carbohydrate diet that in medicine is used primarily to treat difficult-to-control (refractory) epilepsy in children. The diet forces the body to burn fats rather than carbohydrates. Normally, the carbohydrates contained in food are converted into glucose, which is then transported around the body and is particularly important in fueling ...

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Tue, 09 Oct 2018 18:22:00 GMT - 30 Day Ketogenic Cleanse, ketogenic cookbook, cookbook contest, enter to win, ketogenic cleanse, healthy recipes, ketogenic recipes, low carb cookbook

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Thu, 11 Oct 2018 06:24:00 GMT - Fat for Fuel. Ketogenic Cookbook. Ready to try a ketogenic diet, but donâ€™t know where to begin? Fat for Fuel speaks to your head and provides the research and proof for nutritional ketosisâ€™ many potential benefits. And now, the Fat for Fuel Ketogenic Cookbook appeals directly to your taste buds and takes the mystery out of getting started.

### **Fat for Fuel Ketogenic Cookbook by Dr. Joseph Mercola -**

Thu, 11 Oct 2018 12:43:00 GMT - Whether you are trying to lose weight, to reduce inflammation, to be healthier or to increase your cognitive functions, the ketogenic diet (aka keto diet) is a diet you might want to look into.. In this article, youâ€™ll find out all you need to know about the ketogenic diet.

### **Ketogenic Diet: The Most Epic Guide on the Internet (With ... -**

Thu, 11 Oct 2018 14:59:00 GMT - What is the Keto Diet? The Ketogenic Diet was started back in the 1920's as a diet for children with epilepsy to prevent their seizures. However, now the ketogenic diet is used for a variety of reasons, with the top reason being weight loss.. The keto diet was designed to change the body's metabolic state from one that uses carbohydrates as the main source of energy to one that uses fats.

### **Complete Beginner's Guide to Ketogenic Diet | Keto Domain -**

Mon, 05 Oct 2015 07:54:00 GMT - Pin for later: Keto Beginner? Check out these great products, videos and recipes. Youâ€™ll also love this 5- ingredient Keto Cookbook or the complete Ketogenic Guide for Beginners. Read these 5 Keto Diet Health Benefits. Ketogenic food list. Donâ€™t forget to print up our Keto Food List PDF.. Hydration Tracker

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Fri, 12 Oct 2018 11:44:00 GMT - High fibre foods are often high in carbohydrates which can be problematic for people with diabetes or those trying to achieve ketosis. People aiming for a low carbohydrate diet often avoid all

carbohydrates, including fibre, however this may not be optimal for gut health or overall nutrition in the long term.

### **fibre on a ketogenic diet | Optimising Nutrition -**

Fri, 16 Mar 2018 13:23:00 GMT - The macronutrient ratios for the keto diet can range between 65-90% fat, 5-25% protein, 4-10% carbohydrates depending on the person. Those are actually pretty large ranges, so they deserve an explanation.

### **How much fat, protein and carbs do I eat on keto? | Macros ... -**

- Perfect cookbook for the ketosis lifestyle which includes over 200 recipes, perfected meal plans, grocery lists and so much more: Easy Dairy Free Ketogenic Recipes! Click [HERE](#) to find it on sale now!

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