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[Ketogenic diet - Wikipedia -](#)

Sun, 08 Jul 2018 01:07:00 GMT - GLUT1 Deficiency Syndrome and the Ketogenic Diet ; What to Do When Your Child Grows Up and Still Needs the Diet? Continuing to Combat the Fear of High Cholesterol

[Epilepsy Foundation -](#)

Tue, 10 Jul 2018 13:22:00 GMT - Learn how a ketogenic diet greatly improves not only weight issues, but many other health conditions, including diabetes and cancer. We've got the diet plan, recipes and more information here!

[Ketogenic Diet Resource -](#)

Mon, 09 Jul 2018 04:12:00 GMT - Before trying a ketogenic diet, if you take these medications or have one of these medical or psychiatric conditions, consult with a clinician first.

[Is the Ketogenic Diet Safe for Everyone? - Diagnosis:Diet -](#)

Tue, 10 Jul 2018 13:43:00 GMT - I've put together a very low-carbohydrate Ketogenic Mediterranean Diet for loss of excess weight. Why ketogenic? Your body gets its energy from either fats, or carbohydrates like glucose and glycogen.

[Ketogenic Mediterranean Diet | Diabetic Mediterranean Diet -](#)

Wed, 11 Jul 2018 14:53:00 GMT - Learn how to follow the ketogenic diet and what the side effects can be, as they aren't suitable for everyone with this Complete guide. The advantage of following a ketogenic diet is that it is a relatively painless way to lose weight.

[Ketogenic Diet 101: Your Ultimate Keto Starter Guide -](#)

Sun, 08 Jul 2018 15:26:00 GMT - Looking to start out on a ketogenic diet? Here in a nutshell is everything you need to know. Check out our ketogenic diet foods checklist infographic here or scroll down to read it on this page or to get your own pdf checklist...

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Wed, 14 Oct 2015 23:56:00 GMT - A common misconception is that because ketogenic diets are high in fat, they must increase cholesterol in your body and clog your arteries. However, much of the recent research shines light on how low-carb diets can optimize your cholesterol levels and in fact improve your heart health.

[The Ketogenic Diet and Cholesterol | Ruled Me -](#)

Sun, 08 Jul 2018 15:54:00 GMT - 10 Critical Ketogenic Diet Tips A ketogenic diet is a very low carbohydrate, moderate protein and high fat based nutrition plan. A ketogenic diet trains the individual's metabolism to run off of fatty acids or ketone bodies.

10 Critical Ketogenic Diet Tips For Best Results ... -

- Is ketogenic diet good for diabetes type 1 or diabetes type 2? This is a highly controversial topic, but we will break down everything here for you.

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