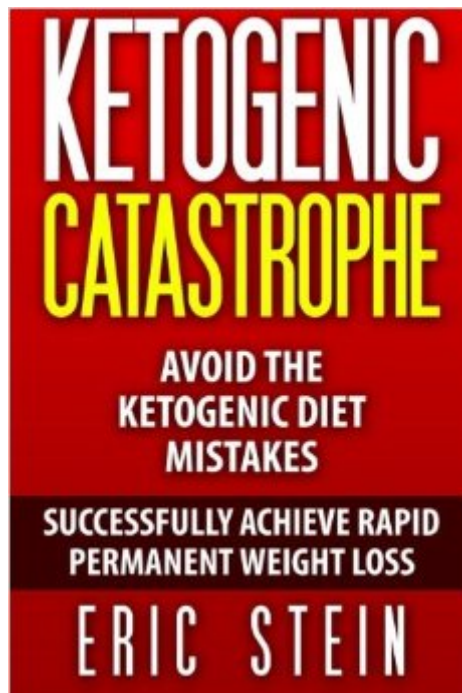


The book was found

Ketogenic Diet: Ketogenic Catastrophe: Avoid The Ketogenic Diet Mistakes (and STAY In Ketosis Safely!)



Synopsis

ARE YOU A SUGAR BURNER OR A FAT BURNER? The Ketogenic Diet has emerged on the weight-loss scene as a fat-shredding powerhouse. Stories of diabetes, autoimmune diseases, Alzheimer's, and even cancer disappearing are no longer uncommon. By far the most widely reported result achieved by its users is dramatic weight-loss. This occurs when the ketogenic diet is followed properly and the body switches its metabolism from "sugar-burning" to "fat-burning." Unfortunately, many would-be keto followers crash & burn early because they fall victim to the many mistakes people make when attempting nutritional ketosis. These roadblocks are where 90% of ketogenic diet attempts end. All the work, effort and commitment, gone without the results. What a shame... Ketogenic Catastrophe is here to help you reach full-blown ketosis by shining a warning light on the many roadblocks you may face. Carbs are only one part of ketosis, and to reap all the benefits, you must have a winning game plan. If you're thinking of trying the ketogenic diet (or you already have) this book is an absolute must read. In this book you will learn: What the keto-flu is and how to avoid it The proper role exercise plays in ketosis The TRUTH about calories and what they really mean Easy tips and recipe ideas to increase ketone production Practical tips for approaching social engagements with confidence Don't hesitate to pick up your copy today by clicking the BUY NOW button at the top of this page!

Book Information

Paperback: 150 pages

Publisher: Stein Publishing House (August 24, 2015)

Language: English

ISBN-10: 1515012239

ISBN-13: 978-1515012238

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 7 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (59 customer reviews)

Best Sellers Rank: #14,094 in Books (See Top 100 in Books) #16 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Ketogenic #20 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #70 in Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases

Customer Reviews

After reading a slew of ketogenic diet books and starting out on my own with the diet, I was left with

many questions about how to handle situations that came up or confusions created by all those books. After looking at the table of contents in the preview I saw that this book addressed many of these situations. After purchasing and reading it, all of my questions and issues were solved. If you are serious about keto success, this book is a must read!

Conversational yet thoughtful, this is an easily read first book for getting started with dietary ketosis. I appreciated his openness in communicating mistakes one makes in the pursuit of achieving ketosis. He recommends most start with 50g of carbs or less. Provides brief quotes from respected pros like Dr. Dominic D'Agostino and Ben Greenfield that flow well in the text and provide launching points for further research. Would have enjoyed coverage of ketone testing but I respect the decision to not jump into waters that might have felt scary to some new to this biohacking sphere. For a low price or free with Kindle Unlimited, a great first book one might follow with internet research and/or one of Volk and Phinney's books.

Great read for those of you into the paleo/LCHF/Keto lifestyle. I hadn't thought about monitoring ketones so closely but I'm considering it after reading this book. I recommend it. It's a short and easy read and give good insights into this nutritional eating style.

I bought this based upon the number of high reviews. I should have read the reviews more thoroughly because they don't seem like genuine reviews to me. This "book" has about as much "content" as a pamphlet. A pamphlet with large font, and double spaced lines. I've purchased numerous books from and sometimes you just end up not caring for the book much and you just chalk it up to "oh well, I spent \$10 but hopefully other people liked it." However, this was the first time ever that I requested a refund from after paging through this book for 10 minutes. Seriously, even if you read this book from cover to cover, it would take you only 30 minutes. If you saw this in a bookstore, you would never buy this book.

I have very recently decided that adopting a ketogenic diet is in my best interest, and unlike all my previous attempts at self betterment I want this to succeed so I definitely wanted information about what not to do. This book provided much needed information about where the problems occur, how to avoid them and what to do if they happen. I did take off one star though because there were some very easy to catch typos that suggested the book needed some more editing.

It was good information. Some of it was common sense, but it never hurts to read and reread when you don't follow the rules as you should. I wanted more information, but that's ok. There were a couple of grammatical errors, but that's nit-picking.

Thank you so much for this book. I love the keto life but have been stalled for months and could not figure out what was wrong. You explained all the things I could be doing wrong and I actually understood it. And yes I found what I was doing wrong and such easy fixes. Thank you so much for such an awesome book I think will help so many people!

Wasn't really sure what Ketogenic dieting was until I found this great book!! The author really does a great job on informing us on the subject of Ketogenic and how to approach this method!! Highly recommend this book!!! 2 thumbs up!!

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

Ketogenic Diet: Ketogenic Catastrophe: Avoid The Ketogenic Diet Mistakes (and STAY in Ketosis safely!) Ketogenic Diet: 13 Common Ketogenic Diet Mistakes You Need to Avoid (ketogenic diet, ketogenic diet for beginners, ketogenic cookbook, ketogenic diet recipes, ketogenic diet mistakes, ketogenic plan) Ketogenic Diet: Ketogenic Catastrophe: Avoid the Ketogenic Diet Mistakes (ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss) KETOGENIC DIET: KETOGENIC DIET FOR BEGINNERS: KETOGENIC COOKBOOK: 450 Best Ketogenic Diet Recipes (keto, keto clarity, ketosis, ketogenic desserts, ketogenic ... diet plan, ketogenic diet for weight loss) Ketogenic Diet: Ketogenic Weight Loss Diet, Avoid Mistakes & Live Healthier (Ketogenic Diet, Ketogenic Weight Loss, Ketogenic Recipes, Ketogenic Diet Plan) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) 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) Ketogenic Diet: The Permanent Weight Loss Guide - Ketosis, Low Carb & Ketogenic Mistakes (Ketogenic, Paleo, Low Carb, Weight Loss, Ketogenic Diet) Ketosis: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) Ketogenic Diet Mistakes: You Wish You Knew (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti

inflammatory diet) Ketosis: Keto: Ketogenic Diet: 21 Day NO BS Step by Step Challenge to Lose 10 Pounds: Achieve Optimal Ketosis (diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss) Paleo Ketogenic Vegan Smart Moves: Avoid Dieting Mistakes (Paleo Ketogenic Vegan Diet, Paleo Ketogenic Vegan for Beginners, Diabetes Diet, Anti-inflammatory ... - Diet and Nutrition - PALEO Book 7) Ketogenic Diet: Ketogenic Diet For Beginners Guide, Fast weight Loss Tips, Ketogenic Recipes and Mistakes to Avoid ((FREE BONUS INSIDE), Low carb diet, ... muscle, epilepsy, healthy eating & living) Ketogenic Diet: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) Ketogenic Diet: 21 Days for Rapid Weight Loss, Increase your Energy And Live Healthy Lose Up To a Pound a Day (ketogenic diet, ketogenic diet for beginners, ... diet mistakes, diet plan, diet guide) Ketosis: Keto: Ketogenic Diet: Ketogenic Bootcamp: Lose 22 Pounds in 30 Days with Easy & Quick Ketogenic Recipes (diabetes, diabetes diet, paleo, paleo ... carb, low carb diet, weight loss Book 1) Ketogenic Diet: Ketogenic Salad Recipes: Top 35 Insanely Good Ketogenic Diet Recipes For Easy Weight Loss (Ketogenic Diet, Ketogenic Diet For Beginners) Ketosis: Keto: Ketogenic Diet: Ketogenic Ice Creams: Lose Fat Quickly with Top 50 Keto Ice Cream Recipes (diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss Book 1) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet)

[Dmca](#)