

Download Ketogenic Diet The Ultimate Ketogenic Diet Guide

A keto diet is a very low-carb diet, where the body turns fat into ketones for use as energy. This increases fat burning, reduces hunger and more. Learn how to eat a keto diet based on real foods – what to eat, what to avoid and how to avoid side effects. Get awesome keto recipes and meal plans. Recently, many of my patients have been asking about a ketogenic diet. Is a ketogenic diet safe? Would you recommend it? Despite the recent hype, a ketogenic diet is not something new. If you are a sentient being living in the year 2019, you've heard about the keto diet. More than that, there's a 98 percent chance* that you know someone—your best friend, mother, former high school friend. The ketogenic diet is a high-fat, low-carbohydrate diet that tricks the body into burning fat instead of carbohydrates for energy. When you consume a low-carb diet, your body is so depleted of carbs that your liver turns stored fat into fuel that your body can use for energy.