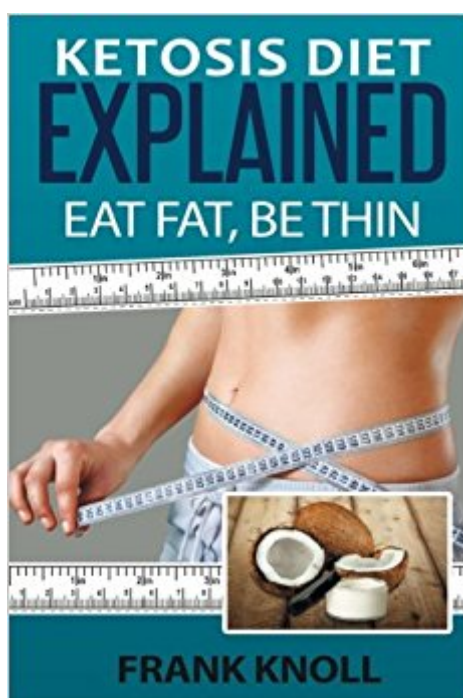


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# Ketosis Diet: Eat Fat, Be Thin: 7 Steps To A Low-Carb Ketosis Diet - - Transform Your Body Fast



## Synopsis

**Ketosis Diet Explain: Eat Fat, Be Thin** This book offers 7-steps to understanding and using the ketosis diet so you can lose weight fast and effortlessly. **Eat Fat, Be Thin** With this process you will understand how to change your diet so you can effortlessly lose weight and achieve ketosis. You will see rapid result after you understand what ketosis is and how to make small changes in your daily have to reach new results. **7-Step Process** Learning something new is like achieving a goal and with a step process within this book you will not only understand how to achieve the goal of weight loss, but you will be able to educate yourself on how to keep you weight off. **WHAT IS KETOSIS?** Firstly, the word ketosis refers to the state of the human body when it lacks carbohydrates and starts depending upon proteins, fat and muscle for its energy. That is how this diet got its name. In other words, a ketosis diet is a diet with low amount of carbs or no carbs at all. This process has been around for along time, but we are caged into thinking that the old food pyramid is a healthy way of eating. **Ketogenic Diet Plan** For the best diet to rapidly burn fat using the body's natural metabolism, consider the ketogenic diet plan. Nutrition has the strongest effect on the body's production of important hormones, which regulate metabolism and allow the body to burn fat for energy and retain muscle mass, with little need for excessive exercise. Change happens fast, buy this book now and be sure to be the positive change you want to see in this world! Please check out other books by Frank Knoll and TWK - Publishing.

## Book Information

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## Customer Reviews

I found this book simple to read. Eating healthy food and the right kind of calories will set your metabolism in fat-burning mode. Ketogenic diets are proven to be extremely effective for getting lean because you reset the body's enzymatic machinery to use fat as its primary fuel source in the absence of carbs. I found this fantastic little guidebook to provide just about everything you'll need to know to get started.

Explained simply, extremely helpful.

Great information

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