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The Keto Beginning: Creating Lifelong Health And Lasting Weight Loss With Whole Food-Based Nutritional Ketosis



Synopsis

When what you're doing isn't working, *The Keto Beginning* is the rocket fuel for achieving flawless health and effortless weight loss through sound nutrition practices and vibrant food preparation in ways you've never seen before. With *The Keto Beginning*, you'll be shown how to use whole food-based nutritional ketosis to... Reach your perfect weight without feeling restricted or deprived Gain the power to end food obsession and strict eating schedules Maintain steady energy, without relying on constant feeding Boost self-worth, self-respect, self-trust, and self-love Achieve total body confidence, regulated metabolism, and liberated health without counting calories Seventeen chapters and over 70 high fat, low carb, moderate protein, dairy-, gluten-, sugar-, grain-, legume-free recipes, including a 30-day step-by-step meal plan. This is the lifestyle change that empowers your body and mind to achieve the state of health you've been searching for. **The Big Fat-Burning Science** All forms of carbohydrates - fruits, vegetables, grains, and starches - are broken down into glucose by your body, increasing your blood sugar. Your body considers raised blood sugar toxic, so it releases insulin (a storage hormone) to push the glucose into your cells. Once this occurs your blood sugar decreases, making you hungry again. This vicious cycle of blood sugar highs and lows is why you experience endless hunger and cravings. The release of insulin halts your body's ability to release fat and toxins. If you're eating carbohydrate-based foods every two to three hours, your body is never fully able to exercise its ability to rid itself of excess. And if more carbohydrates are consumed than what your body needs, they will be converted into triglycerides and stored in your blood, leading to weight gain and unbalanced cholesterol.

Book Information

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Customer Reviews

I love Leanne Vogel and I love her book. Great for a new ketoer like me! I highly recommend it for both newbies and old timers.

I wish I had had this book last year. Maybe now I can accomplish my health goals. My thanks to the author.

This book is amazing and gives you a whole new way to look at keto. Very worth the money.

If you are considering trying keto, get this book as a simple essential guide! It's great to learn from Leanne experience!

Good explanation of the background to the Ketogenic lifestyle.

Great book

Good book!

The Keto Beginning is very informative and Leanne has a very friendly approachable writing style. If you know your keto and you've done your research, there's really nothing new here. If you're new to the keto way of life, this book does contain valuable information and the format is useful BUT.... You can find the same information, meal plans, menus, inspiration, etc. for free. Save yourself \$25 - sorry Leanne. Pinterest is a great tool to find bloggers (ibreathei'mhungry - amazeballs) that live this lifestyle and can offer great tips and tools all for the low cost of free. I beat myself up after purchasing and reading this because I learned nothing new other than a fool and their money part ways quickly. Desperation is the culprit here - when you're desperate for a solution, foolhardy decisions are made.

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Whole Foods Diet Whole Foods Cookbook Whole Foods Recipes (Whole Foods - Clean Eating) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH BLACK & WHITE PICTURES; Whole Foods Cookbook Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Keto for Beginners: the #1 complete guide to Ketosis and Ketogenic Diet (with complete Keto meal plan included and examples of recipes with nutritional facts) Keto Diet. Don't Harm Yourself: TOP 5 Ketogenic Diet Mistakes, The Beginners Guide on Keto Diet, Meal Plan for Weight Loss, Cookbook and Recipes, Body ... (Low-carb, Ketosis, High-Fat, Paleo Diet) Keto Diet Guide: The Clear Guide to your Keto Path (Keto, Keto diet, Lose Weight, Recipes on Ketogenic and Paleo Diet Book 1) 30 Day Whole Food Slow Cooker Challenge: Whole Food Recipes For Your Slow Cooker Quick And Easy Chef Approved Whole Food Recipes For Weight Loss (Slow Cooker Cookbook) Fat Fueled: Complete Program & Meal Plan: Uncover Your Best Self by Fueling; and Healing, with Fat and Whole Food-Based Nutritional Ketosis Paleo Diet: 365 Days of Paleo Keto Anti Inflammatory Diet Recipes: Paleo Cookbook, Keto For Beginners, Cooking, Cleanse, Healthy Meals, Weight Loss, Low Carb, Ketogenic Diet Plan, Kitchen, Whole Food ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss Whole Food: 60 Recipes of Complete Whole Food Diet to a Total 30 Day Transformation - The Whole Food 30 Diet Meal Plan Guide (30 Day Calendar Cookbook of Whole Foods) Ketogenic Diet For Beginners: The Step By Step Guide and 25 Recipes to Help You Get Healthy and Lose Weight Fast (Cookbook, Easy Recipes, Keto Diet, Ketosis, Weight Loss,) Vegan Ketogenic: The Complete Low-Carb Vegan Ketogenic Diet and

Recipe Guide (Recipe plans, protien, carb, keto, keto living, healthy living, fast weight loss, weight loss, burn and lose belly fat)

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