



# The Ketosis Diet: Ketogenic Diet Tips Made Simple

*Amy Zulpa*

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Are you an athlete seeking to improve performance and lose weight? An ordinary citizen wanting to improve Type 2 diabetes, obesity or cardiovascular conditions? "The Ketosis Diet - Ketogenic Diet Tips Made Simple" may provide the introduction you need. In simple, straight-forward language, author Amy Zulpa explains what it is, the various types of ketogenic diet, and who should benefit from it. She also includes a handy range of recipes for breakfast, lunch and dinner. Not many people are familiar with the Ketosis diet (Ketogenic diet) as it is promoted far less than the fad diets are. It's also a little different, as it focuses on the consumption of high fats and a reasonable amount of protein with less focus on the consumption of carbohydrates. This diet was primarily geared to treat epilepsy in children, but over the years it has been found to benefit a number of other conditions. The main aim is to get the body to burn fats and not carbohydrates. As more fats are consumed, the body breaks them down into ketones and fatty acids which are used as energy. This burning of fats helps to trigger the weight loss process. The author explains all of this and more in the text, providing adequate definitions where they are needed as well as some great recipes to get you started.

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