



The Ketogenic Diet: A Scientifically Proven Approach to Fast, Healthy Weight Loss

By Kristen Mancinelli

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THE ORIGINAL, SCIENTIFICALLY DEVELOPED LOW-TO-NO-CARB DIET

Low-carb is all the rage, but unlike the fad diets, the ketogenic diet is scientifically proven to change how the brain gets energy and the body dissolves fat. Studies have shown that the ketogenic diet's program—a high in fat, moderate in protein and very low in carbs approach—guarantees you'll lose weight by:

Powerfully suppressing appetite

Effectively stabilizing blood sugar

Naturally enhancing mood

Dramatically reducing fat storage

The Ketogenic Diet includes a quick-start guide to rapid weight loss, a surefire plan to eliminate carbs and fat-burning advice that works. Using the recipes and tips in this book, you will learn to avoid trigger foods, gauge the difference between good and bad fats, and steer clear of nutrient-poor carbs.

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Editorial Review

About the Author

Kristen Mancinelli, MS, RDN, is a nutrition scientist and educator based in Los Angeles. She counsels individuals in weight loss and prevention of chronic disease, and writes for popular media on the subject of nutrition and health. Learn more about Ms. Mancinelli at kristenmancinelli.com.

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