

iKeto Diet

What Is Ketogenic
Diet ?

Keto Diet Basics

Rapid Weight Loss
Secrets

See Inside
For

**Keto Diet
Guide**

And More

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What Is the Ketogenic Diet?



Recent studies have demonstrated that a higher protein, low carbohydrate diet promotes superior results for fat loss, improvements in blood lipid parameters and increased thermogenesis in individuals with obesity and insulin resistance and may help to resolve the metabolic blocks that can prevent fat loss.

The Ketogenic diet involves significantly reducing carbohydrate intake while increasing protein to the levels necessary to maintain muscle mass with the calorie ratios approximating 50% protein, 20% low glycemic index carbohydrates and 30% therapeutic fats.

The general dietary guidelines involve avoidance of high carbohydrate foods such as bread, pasta, potatoes, rice etc. as well as all simple carbohydrates such as sugar, honey and fruit juice.

Protein is included in every meal as this helps to reduce appetite, regulate blood glucose levels and preserve lean muscle mass. Examples of protein foods are fish, chicken, turkey, meat, eggs, cheese, tofu and tempeh. Protein drinks such as whey protein isolate or soy protein may be utilized. Soy protein is especially beneficial as it has been shown to stimulate thyroid hormone production, reduce fat levels and promote fat loss, due to the phytoestrogens and essential fatty acids it contains.

Adequate fat intake is also essential as this enhances fat burning by the body while reducing synthesis of fatty acids in the body which both promote fat loss. Optimal sources of fats are flaxseed oil, fish oil, avocado, olive oil, nuts and seeds.

To provide balanced nutrition, vitamins, minerals, and fiber and to promote detoxification it is also essential to consume 3-4 cups of low carbohydrate vegetables or salad daily with one optional serve of fresh fruit daily.

When beginning a Ketogenic diet program some discomfort may be experienced such as headaches, irritability, fatigue and hunger for the first 2-7 days, however thereafter it is very easy to adhere to the diet and it actually reduces appetite, carbohydrate cravings and increases energy levels.

A typical day on the Ketogenic diet may be as follows:

Breakfast:

Scrambled eggs or tofu with parsley, scallions, spinach and tomato OR

Protein powder blended with fresh or frozen berries

Lunch:

Salad with tuna/salmon/eggs/cottage cheese

Dinner:

Fish, chicken, turkey, tofu or meat with steamed or stir fried low carbohydrate vegetables

Snacks: (2-3 daily)

Protein drink OR

Hard boiled egg OR

Handful of nuts or seeds

The Ketogenic diet produces very good results when followed consistently. Long term success is more likely if a holistic attitude is adopted that addresses diet, exercise, nutritional supplements and psychological factors as well as any specific health challenges that are unique to the individual.

When the ideal body fat percentage is achieved the diet may be gradually adjusted to include more complex carbohydrates such as whole grains, starchy vegetables and fruit while as much as possible avoiding all other simple carbohydrates such as sugar, honey and refined flours. Simultaneously it is essential to ensure that protein is included in every meal.

This more relaxed type of dietary approach can be maintained indefinitely in conjunction with a regular exercise program to ensure that body weight and composition remains stable.

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To learn more about how to lose weight and create vibrant health with a raw food diet visit [The Raw Food Solution](#).

What You Should Know About Ketogenic Diet - Fatty Foods For Losing Weight



Have you heard of the Ketogenic Diet? What you should know about this Diet? This may not be as popular as other diets we have commonly heard of that is why there are indeed so many things we have to know about this kind of diet. First of all, what is Ketogenic Diet? This is derived from ketones and is not your ordinary diet that suits everybody.

This diet as some people claimed should not be called a diet in the first place but a medical intervention as this is usually being done by people with epilepsy especially children. Ketones are the substances formed when our

bodies get rid of fats. What you should know about this diet is that it utilizes fats instead of our body sugar or glucose and turn it into energy that our bodies can use. The basic concept of Ket gen diet is eating more fatty foods than carbohydrates so that we can turn these fats into energy. Fatty foods include those foods rich in margarine, butter, cheese, and other milk products while preventing the person to eat any carbohydrate foods like breads, pasta, rice, and even fruits and vegetables.

Who goes on a Ket gen Diet? As this is something that must be taken with great caution, as of today, only those with epilepsy has been found to use this Diet to stop their seizures and epileptic attacks. What you should know about this is that it should never be done alone but with a doctor, nutritionist, and even neurologist. Until this day, it still has not been established as to how come it can stop seizures of epileptic children especially those who do not respond to antiepileptic medicines. What should you know about Ketogenic Diet is its side effects. They said it is not so serious but still, there are guaranteed side effects for this type of diet which include, but not

limited to, behavior changes, high cholesterol levels, constipation, dehydration, and even kidney problems.

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Let's Understand The Basics of Ketosis Diet



Ketosis is more of a state rather than a thing in the body. This "state" is acquired when the level of ketones increases dramatically in the blood. These ketones are basically compounds which are formed when the liver starts using fat for energy sources. Now why would the liver starts using fat instead of glucose for bodily energy requirements? You might ask. The answer to this is pretty simple. When you start starving your body then the amount of glucose will reduce dramatically and will ultimately expire within the body. Now the liver would turn to proteins in the tissues for meeting the energy requirements but eventually these stored proteins will also expire and now there's nothing left

except for stored fats when it comes to providing energy to the body. Hence, the liver will start burning these fats for meeting the minimum energy requirements of the body.

It is at this stage that Ketones are formed. Basically they are a by-product of the lipid metabolic pathway after the fat is converted to energy. It is important to mention here that most specialist regard Ketosis or Ketone bodies as the crisis reaction of the body to a carbohydrate deficient diet. Hence it would suffice to say that ketosis diet is not recommended by a majority of specialists except for under extreme circumstances. However, this view is increasingly coming into dispute and many doctors claim that Ketosis diet can indeed work as far as weight reduction is concerned.

Hence ketosis diet or ketogenic diet, to be medically precise, is a low carbohydrate diet with emphasis on moderate protein and high fat nourishment. Conventionally, it has been used to treat refractory Epilepsy in children but in recent years several doctors have supported its claim of being helpful in weight loss.

The diet works in similar aspects to starvation with an important twist. In the latter, the body is deprived of all diet for several days while depending upon juices, beverages or water for getting by but when it comes to Ketosis diet, the body is forced to burn fat in place of carbohydrate for meeting its energy requirement.

In the absence of carbohydrate, the liver will burn fat and convert it into fatty acids and ketones or ketone bodies. Of course, to accomplish the ends of ketosis diet, all carbohydrate rich foods such as cereal grains, sugar, certain vegetables etc need to be eliminated from ones diet. In addition to it, naturally occurring foods such as meat, fish, eggs etc, which contain nominal or almost no carbohydrate, should be consumed in abundance during all meals.

Now listen carefully -

Do you want to know the surefire way to lose weight ?
Using a revolutionary new diet system and eating program that will make you lose weight WITHOUT

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You deserve to lose weight and i am about to reveal a diet that will lead you to the body, health, and happiness that you have be looking for. Listen - I spends a great deal of time and money dieting throughout my lives, but for what? MOST DIETS SIMPLY DO NOT WORK!

So if you are ready to get rid that fat once and for all, then click on this link to discover the ultimate Secrets that Weight Loss Companies Don't Want You to Know! - [<http://www.getridthatfat.com>].

Keto Dieting? Here Are 10 Foods You Must Have In Your Kitchen



The ketogenic diet is a very successful weight-loss program. It utilizes high fat and low carbohydrate ingredients in order to burn fat instead of glucose. Many people are familiar with the Atkins diet, but the keto plan restricts carbs even more.

Because we are surrounded by fast food restaurants and processed meals, it can be a challenge to avoid carb-rich foods, but proper planning can help.

Plan menus and snacks at least a week ahead of time, so you aren't caught with only high carb meal choices.

Research keto recipes online; there are quite a few good ones to choose from. Immerse yourself in the keto lifestyle, find your favorite recipes, and stick with them.

There are a few items that are staples of a keto diet. Be sure to have these items on hand:

Eggs - Used in omelets, quiches (yes, heavy cream is legal on keto!), hard boiled as a snack, low carb pizza crust, and more; if you like eggs, you have a great chance of success on this diet

Bacon - Do I need a reason? breakfast, salad garnish, burger topper, BLT's (no bread of course; try a BLT in a bowl, tossed in mayo)

Cream cheese - Dozens of recipes, pizza crusts, main dishes, desserts

Shredded cheese - Sprinkle over taco meat in a bowl, made into tortilla chips in the microwave, salad toppers, low-carb pizza and enchiladas

Lots of romaine and spinach - Fill up on the green veggies; have plenty on hand for a quick salad when hunger pangs hit

EZ-Sweetz liquid sweetener - Use a couple of drops in place of sugar; this artificial sweetener is the most natural and easiest to use that I've found

Cauliflower - Fresh or frozen bags you can eat this low-carb veggie by itself, tossed in olive oil and baked, mashed in fake potatoes, chopped/shredded and used in place of rice under main dishes, in low-carb and keto pizza crusts, and much more

Frozen chicken tenders - Have a large bag on hand; thaw quickly and grill, saute, mix with veggies and top with garlic sauce in a low carb flatbread, use in Chicken piccata, chicken alfredo, tacos, enchiladas, Indian Butter chicken, and more

Ground beef - Make a big burger and top with all sorts of things from cheese, to sauteed mushrooms, to grilled onions... or crumble and cook with taco seasoning and use in provolone cheese taco shells; throw in a dish with lettuce, avocado, cheese, sour cream for a tortilla-less taco salad

Almonds (plain or flavored) - these are a tasty and healthy snack; however, be sure to count them as you eat, because the carbs DO add up. Flavors include habanero, coconut, salt and vinegar and more.

The keto plan is a versatile and interesting way to lose weight, with lots of delicious food choices. Keep these 10 items stocked in your fridge, freezer, and larder, and you'll be ready to throw together some delicious keto meals and snacks at a moment's notice.

The ketogenic diet is a healthy option for anyone who wants to lose weight. Visit the Healthy Keto website, a valuable resource where keto dieters can access meal ideas and keto diet facts.

For plenty of delicious keto and low-carb recipes, keto snack ideas, resources, and advice, visit the [healthyketo.com](https://www.healthyketo.com) website.

Ketogenic Diets And Their Rapid Weight Loss Effects



Virtually all weight loss diets to varying degrees focus on either calorie reduction or the manipulation of the intake of one of the three essential macronutrients (proteins, fats, or carbohydrates) to achieve their weight loss effects.

Ketogenic diets are a group of "high-fat, moderate protein" or "high-protein moderate fat" but very low-carbohydrate diets. The term ketogenic basically refers to the increased production of ketone bodies occasioned by the elevated rate of lipolysis (fat break down). Ketones are the acidic by-products formed

during the intermediate break down of "fat" into "fatty acids" by the liver.

The first sets of ketogenic diets were actually developed as far back as the early 1920s by the Johns Hopkins Pediatric Epilepsy Center and also by Dr. R.M. Wilder of the Mayo Clinic to treat children with hard to control seizures. The diets were designed to mimic the biochemical changes that occurred during periods of fasting, namely ketosis, acidosis, and dehydration. The diets involved the consumption of about 10-15 grams of carbohydrates per day, 1 gram of protein per kilogram bodyweight of the patient and the remaining calories derived from fats.

Today, the promoters of ketogenic diets are strongly of the view that carbohydrates especially the high glycemic index ones are the major reasons why people gain weight. Carbohydrate foods are generally metabolized to produce glucose, a form of simple sugar that is generally regarded as the preferred energy source for the body as it is a faster burning energy. Although the body can break down muscle

glycogen (a mixture of glucose and water) and fat to produce energy, it however prefers to get it from high glycemic index carbohydrates from diets.

Of the macronutrients, carbohydrates are therefore argued to be the major cause of weight gain. This is more so because the increased intake of high glycemic index carbohydrate foods generally causes fluctuating blood sugar levels due to their fast absorption into the bloodstream and which more often than not leads to the overproduction of insulin. This is where the problem actually starts.

Insulin is a hormone that regulates blood glucose levels and therefore maintenance of the energy in/energy out equation of the body which rules body weight. Excess amounts of glucose in the bloodstream causes the excessive secretion of insulin which leads to the storage of the excess glucose in the body as either glycogen in liver and muscle cells or fat in fat cells.

One aim of ketogenic diets is therefore to reduce insulin production to its barest minimum by drastically reducing carbohydrate consumption while using fats and proteins to supplement the body's energy requirement.

Despite the ability of ketogenic diets to reduce insulin production, their main objective is ultimately aimed at inducing the state of ketosis. Ketosis can be regarded as a condition or state in which the rate of formation of ketones produced by the break down of "fat" into "fatty acids" by the liver is greater than the ability of tissues to oxidize them. Ketosis is actually a secondary state of the process of lipolysis (fat break down) and is a general side effect of low-carbohydrate diets. Ketogenic diets are therefore favorably disposed to the encouragement and promotion of ketosis.

Prolonged periods of starvation can easily induce ketosis but it can also be deliberately induced by making use of a low-calorie or low-carbohydrate diet through the ingestion of large amounts of either fats or proteins and drastically reduced carbohydrates.

Therefore, high-fat and high-protein diets are the weight loss diets used to deliberately induce ketosis.

Essentially, ketosis is a very efficient form of energy production which does not involve the production of insulin as the body rather burns its fat deposits for energy. Consequently, the idea of reducing carbohydrate consumption does not only reduce insulin production but also practically forces the body to burn its fat deposit for energy, thereby making the use of ketogenic diets a very powerful way to achieve rapid weight loss.

Ketogenic diets are designed in such a way that they initially force the body to exhaust its glucose supply and then finally switch to burning its fat deposits for energy. Subsequent food intakes after inducing the state of ketosis are meant to keep the ketosis process running by appropriately adjusting further carbohydrate consumption to provide just the basic amount of calories needed by the body.

For example, the Atkins Diet which is obviously the most popular ketogenic diet aims to help dieters achieve what the diet calls the individual's Critical Carbohydrate Level for Maintenance (CCLM) - a carbohydrate consumption level where the dieter neither gains nor loses weight anymore.

In 2003, the Johns Hopkins treatment center came up with a modified version of the Atkins Diet protocol to treat a group of 20 children with epilepsy. After the treatment, it was observed that two-thirds experienced a significant reduction in their seizures while 9 were able to reduce their medication dosages and none developed kidney stones.

Furthermore, there are ongoing scientific studies by the National Institute of Health (NIH) concerning the effectiveness of the classic ketogenic diet and the modified versions of the Atkins Diet in helping people to lose weight and also in the treatment of epilepsy. It is equally interesting to note that the National Institute of Neurological Disorders and Stroke (NINDS) is carrying out studies on the effect of ketogenic diets

and also formulating medications that will be able to produce the same effect on weight reduction.

The best way to truly lose weight is by making use of a dependable product or program like the Diet Solution Program [<http://www.best-weight-loss-tips.net/the-diet-solution-program-review/>] which gives good results. Visit us right now for further useful best weight loss tips [<http://www.best-weight-loss-tips.net/category/tips-general-info/>] that can help you speed up your slimming endeavors.