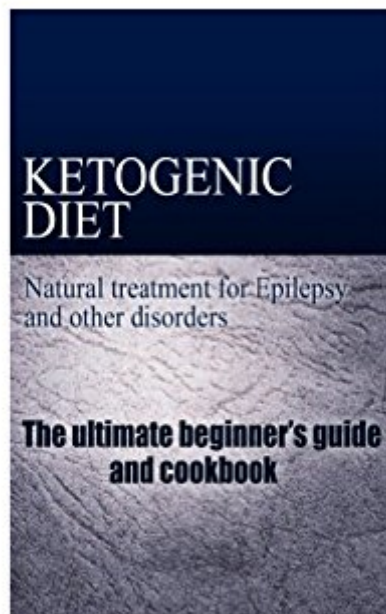


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# **Ketogenic Diet - Natural Treatment For Epilepsy And Other Disorders: (The Ketogenic Diet Cookbook And Beginner's Guide - Ketogenic Diet For Beginners)**



## Synopsis

Ketogenic Diet - Natural treatment for Epilepsy and other disorders  
The Beginner's Guide and Cookbook  
The human body basically produces a substance known as ketones when it metabolizes body fat instead of carbohydrates. Everyone knows that the primary fuel of the human body is carbs. However, it is definitely possible, and it has been done by many populations of the world, where the body is taught to burn more fat instead of carbs. That is basically the idea behind any ketogenic diet. This kind of diet forces the body to burn more body fat as the primary source of energy. Diets like this basically reduce or limit the amount of carbohydrates consumed by the patient and significantly increase the amount of fat being consumed. A child on such a diet will only experience a quarter of the number of seizures of a child patient who has not gone through a ketogenic diet. These high success rates have been viewed as a sure sign of hope for parents and loved ones of patients around the world. This is also why many have opted for this treatment since it also helps the child or any other patient avoid the possible side effects of antiepileptic medication. In this book, you will also find a collection of Ketogenic diet breakfast, lunch and dinner ideas. Pick up your copy today!

## Book Information

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## Customer Reviews

I have to admit - I'm a newbie when it comes to Ketogenic Diet. This book will definitely be loved by newbies like me! It thoroughly, yet simply explains what a beginner would actually want to know about Keto diet. The author managed to use words that can be read easily by individuals who do not have a single clue as to what the diet is all about. Highly recommended for those who are looking for ways to ease their kids' seizure attacks by sticking with a more natural diet.

The Ketogenic Diet recipes in this book are delicious. We made the "quick chili" one last night and enjoyed it. The author provides some awesome information about epilepsy. Anybody with epilepsy or knows someone should read this book.

Very important info about alternative treatment for epilepsy. If your youngster has been on more than two anti-seizure medications and the seizures are not manipulated, read this book. It has been very helpful, easy to read.

Great read and very informational and applicable. New to Ketogenics but after reading through the book and diets, I can say that anyone needing help with epilepsy diet would benefit greatly if you get this book. The recipes are easy to follow and it covers all kinds of food. For people new and old to Ketogenic diet, this book will help you a great deal if you get and follow the recipes.

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