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## Foreword

If you are tired of the excess weight and the feeling of depression will not let go.

If you feel insecure and shy about your body.

If you constantly limit yourself to food and painful training does not help.

If you do not know what to choose from a huge number of fashionable diets and complex methods of losing weight.

If you want fast results and stable and tasty food.

Then this book especially for you.

The Ketogenic diet is a modern low-carb diet with high fat intake. The fast result with good nutrition. By following the Keto Diet, you can lose up to 20 pounds a month. The result will be after only 1 week.

In this book you will find a practical guide to make your diet as comfortable and enjoyable as possible. By following the tips, you will avoid stress and tight eating restrictions. Instead, more than 125 recipes of dishes will give pleasure every day.

Simply Keto will help you become energetic and lose weight. Well-being and self-confidence will allow you to enjoy life every day.

I am very pleased that you have purchased my book. I am sure that in this book you will find everything that you are looking for and achieving your goals will become even easier and more enjoyable.

If you like this book feel free to leave your feedback or wish on the site. I will read it and try to do everything in my power.

# Chapter 1. The Keto

## What is Keto Diet?

Keto diet (Ketogenic diet) this is a low-carb diet with a high percentage of fat in the diet, in which the body produces ketones in the liver and uses them as energy.

Initially, the main most familiar and accessible source of energy for our body is glucose. When you eat something high in carbohydrates, our body processes them into glucose, which increases the blood sugar and for its stabilization and the distribution of glucose in the cells of the body, the pancreas produces insulin.

Glucose is the simplest molecule in our body that is converted and used as energy, so it will be chosen over any other source of energy.

Insulin is produced to process glucose in the blood by moving it throughout the body.

Since glucose is used as an energy source, your fats are not needed and therefore accumulate. Typically, in a normal, higher carbohydrate diet, the body will use glucose as the main form of energy. By reducing carbohydrate intake, the body is induced into a condition known as ketosis.

Ketosis is a natural condition of our body, which starts with a low content of glucose in the diet. With it, the body produces ketones, splitting fatty acids, to provide us with a sufficient level of energy, nutrition of brain cells and organs.

The main goal and ultimate goal of the keto diet is to switch us to the state of ketosis. It is important to understand that it does not start with a low-calorie intake, but with a low carbohydrate content in the diet.

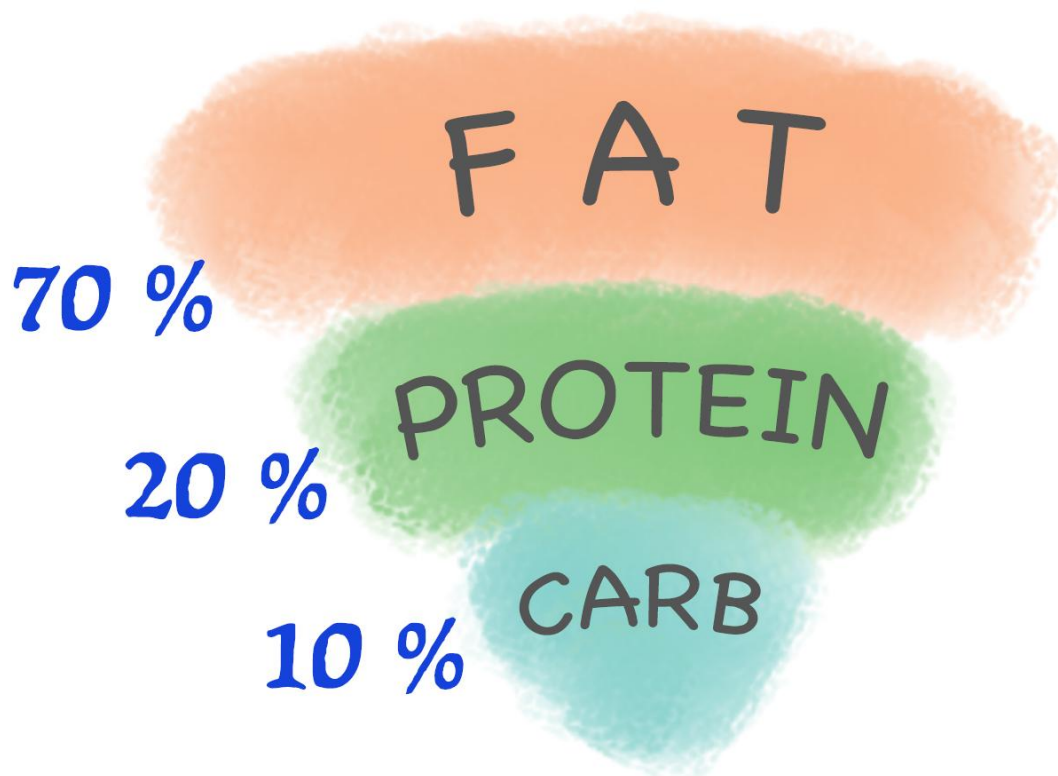
Our bodies are incredibly adaptive - as soon as they lack glucose, they easily switch to ketosis and begin to use fats as the main source of energy.



The optimal level of ketones and low blood sugar levels give us a lot of advantages: from a general improvement in health and a decrease in the percentage of subcutaneous fat to an increase in mental concentration, energy level, and vitality.

A keto-diet implies a high-fat content, a moderate protein content and a very low carbohydrate content.

Nutrient intake should be about 70% fat, 20% - 25% protein, and 5% - 10% carbohydrates.



## Benefits of Keto Diet

There are a number of many benefits of keto diets: from losing weight and increasing energy levels to improving various medical health indicators. Below you will find a list of the main benefits you can get from the ketogenic diet.

### **Weight loss**

The ketogenic diet switches your body to use fat as the main source of energy, so with a calorie deficit, your body is more likely to pinch and burn your fat layer. First of all, this is due to the constant level of sugar in the blood and, as a result, the lack of insulin emissions.

Studies show that in the long-term keto diet is much more effective for losing weight than any counterparts.

### **Sugar control**

As written above, due to the almost complete absence of carbohydrates in the diet, you always maintain an even level of sugar in the blood and do not cause significant insulin emissions. This makes the keto diet a great solution for preventing and even treating diabetes.

### **Mental focus**

A high intake of fatty acids and the absence of sugar jumps in the blood is an excellent method to increase concentration for a long period of time and to improve the focus of attention. Many people notice significant improvements in mental activity after two to three weeks on a keto diet.

### **Increased energy and appetite control**

Fats are a good source of energy that helps us feel fresh and energetic throughout the day. In addition, high-fat foods are very satisfying, and if you

want to lose weight, it will be much easier to stick to the required level of calories and control your appetite.

### **Lower cholesterol and pressure**

A ketogenic diet is an effective method of reducing “bad” cholesterol, and by reducing weight, which usually occurs on a keto diet, blood pressure is normalized.

### **Insulin resistance**

Insulin resistance a violation of the metabolism of insulin in the blood. In particular, the pancreas begins to produce more insulin for the distribution of glucose into cells than is necessary for a healthy person. Elevated plasma levels of insulin can cause overweight and type 2 diabetes.

A typical reason for the occurrence of such a disease is a diet with a high content of carbohydrates and, as a result, constant jumps in blood sugar levels.

### **Acne treatment**

Those who have switched to a ketogenic diet almost always notice improvements in their skin condition. Studies suggest that acne is often caused by malfunctions in glucose metabolism and its increased dietary intake. Also, a decrease in the level of consumption of dairy products (in particular, lactose) in almost 100% of cases has a positive effect on the condition of the epidermis.

## The Keto Flu and how to avoid it.

Keto flu is not a virus that infects only those who decide to try a ketogenic diet.

This is the body's response to carbohydrate restriction.

The most common symptoms of keto-flu are craving for sugar, dizziness, irritability, fog in the head and poor concentration, stomach pain, nausea, cramps, muscle soreness, and insomnia.

To avoid this, follow these simple rules:

### **1. Drink more water (with a pinch of unrefined salt).**

Hydration is vital, especially when you are on a ketogenic diet. If during a keto diet you do not drink enough water, you can easily dehydrate and experience side effects.

### **2. Supplement your diet with sodium, potassium, and magnesium.**

To get enough potassium, add avocados and leafy greens such as spinach to your diet. Add a little crude salt to each meal and to water to replenish sodium levels.

Magnesium is another important mineral that can significantly ease your transition to ketosis. Although you do not lose magnesium, while limiting carbohydrates, it is important to help you prevent and eliminate cramps, improve sleep quality and increase insulin sensitivity. Simply add pumpkin seeds, almonds, and spinach to your diet.

### **3. Eat more fat.**

To help your body adapt, eat more fat. Fat provides Acetyl-CoA liver cells, which they can use to make ketones.

### **4. In the morning, do exercises with low intensity.**

When you wake up, fill the bottle with water and a pinch of salt, and go for a walk. The walk should be at a pace where you can easily talk without gasping. It is desirable to walk for about an hour.

As you continue walking, you should feel better and better and more and more awake. This is a form of low-intensity exercise that will help increase fat burning, and you will not have to suffer from keto flu.

### **5. Relieve stress through meditation.**

When you start a ketogenic diet, you may be tenser and more irritable than usual. This is due to the fact that your cortisol levels are slightly higher than usual.

To help reduce cortisol levels and improve overall well-being, it is best to do daily meditation.

Every day, for 15 minutes, just sit silently, inhaling and exhaling slowly and deeply.

The purpose of meditation is not to be thoughtless, so as not to be distracted by the thought, but to concentrate on breathing. This is how you train your mind so that life is less stressful.

### **6. Good sleep is the key to success.**

Another way to reduce stress levels is to ensure good sleep. Good sleep is especially important for ketogenic diets. Without this, cortisol levels will increase, which complicates keto-flu and keto-adaptation. Sleep at least 7-9 hours every night, and if you feel tired in the middle of the day, lie down for 30 minutes or meditate.

To fall asleep faster at night, turn off all lights (including the phone) at least 30 minutes before you go to bed. This will help you translate your mind from work mode to sleep mode.

## How to know when you are in Ketosis?

There are some key signs of ketosis by which you can determine that your body is in this state. These signs allow you to assess the level of ketones and reduce the risk of ketoacidosis.

The following symptoms are indicative of ketosis:

- Dry mouth
- Bad or "fruity" breath, metallic taste in the mouth
- Strong urine odor
- Poor appetite.
- Euphoric feeling, excess energy
- Increased thirst

## Getting into Ketosis. Easy steps

Entering the state of ketosis is quite simple, but at first glance, it may seem complicated and confusing. Here is what you need to do in order of importance:

### **1. Limit your carbohydrates.**

Most people tend to focus only on pure carbohydrates. If you need great results, limit them. Try to stay below 20 grams of pure carbohydrates and below 35 grams of carbohydrates per day.

### **2. Limit protein intake.**

Too much protein can lead to lower levels of ketosis. Ideal for weight loss - between 0.6 g and 0.8 g protein per pound of lean body mass.

### **3. Stop worrying about fat.**

During the ketogenic diet, fat is the main source of energy - so make sure you feed your body enough. Being on a keto diet, you do not lose weight because of hunger.

### **4. Drink water.**

Try to drink about 1 gallon (3.8 liters) of water per day. It helps not only to regulate many vital body functions but also to control hunger levels.

### **5. Stop snacking.**

Weight loss tends to improve when you have fewer insulin splashes during the day. Unnecessary snacks can stop or slow down weight loss.

### **6. Start fasting.**

This can be a great tool for raising ketones throughout the day.

## **7. Add exercise.**

It is known that exercise is improving. If you want to make the most of your ketogenic diet, consider adding 20-30 minutes of exercise per day. Even a short walk can help regulate weight loss and blood sugar levels.

**Note:** Always be vigilant and make sure that you check the composition of the product on the labels. You will often find hidden carbohydrates in foods that seem useful during keto.



## How to save on the Keto diet?

Many keto products may be a bit more expensive than cereal products, but at the same time, the keto diet is much cheaper than most people might think.

Look for great deals. You can always find a good sale or coupons for food suitable for the Keto Diet. Usually, you can save a significant amount of money if you check the store offers in the neighborhood.

Buy in bulk and cook in advance. If you belong to the type of people who do not like to spend time cooking, this is the best for you. Buying products in bulk (from manufacturers, distributors or wholesalers) will help to significantly reduce your costs. In addition, you can prepare food in advance. So, you will save both time and money.

Cook yourself! Despite the fact that it is very convenient to buy and cook from semi-finished products, it always increases the cost of products. Buy uncut vegetables, intact meat, mayonnaise, and gas station. Just try making it yourself at home.

This simple tip will help reduce your food costs.

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