



THE COMPLETE

KETO



DIET

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# FOREWORD

This book is dedicated to all those who want to change their habits and lifestyle. The Complete Keto Diet is like opening the door to a new world. Interesting, beautiful and bright. Every day will be full of new discoveries. Over time, you will notice how you begin to change. This is an incredible feeling. Which you want to feel again and again.

This book is not an almanac or direct guide to action. These are recommendations derived from personal experience. I am pleased to share this with you.

Just start and you will succeed, I'm sure.

Any journey begins with the first step.

Good luck!

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.

## **PART ONE**

**Foods such as meat, fish, eggs, butter, nuts, healthy fats, avocados and vegetables that are low in carbohydrates should make up the bulk of your diet**

# 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 him, the body produces ketones, splitting fatty acids, to provide us with a sufficient level of energy, nutrition of brain cells and organs.

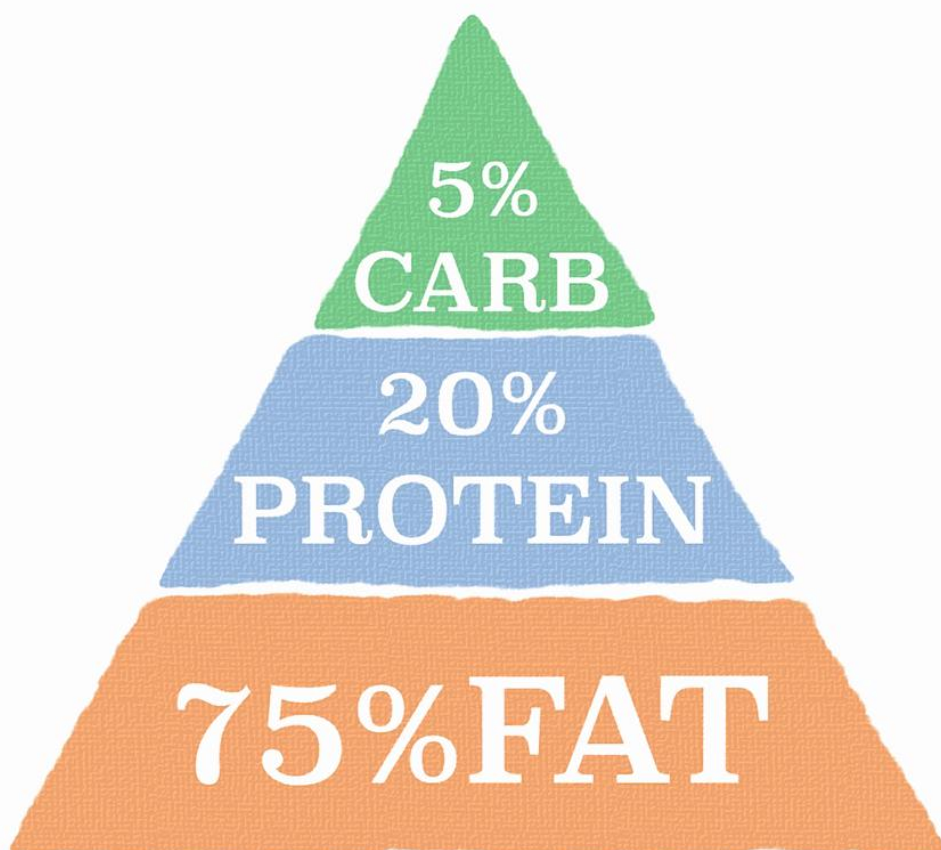
The main goal and ultimate goal of keto diets is to switch us to the state of ketosis. It is important to understand that it does not start with a low-calorie intake, but with a low carbohydrate content in the diet.

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, 25% protein and 5% 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 is 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.

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