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The Ketogenic Diet Plan isn't just the ultimate weight loss plan; it's also a powerful strategy to improve one's health. Let's start with the basics. Ketosis is a state in which the body is using ketones as its primary fuel.

Ketogenic Diet Plan Overview - drberg.com

The benefits of a ketogenic diet are similar to those of other low-carb diets, but it appears to be more powerful than liberal low-carb diets. Think of keto as a super-charged low-carb diet, maximizing the benefits.

A Ketogenic Diet for Beginners - The Ultimate Keto Guide

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People try different diet plans for diabetes. Among the most popular diet plans, Ketogenic diet is the most popular one for diabetic patients.

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A keto diet is well known for being a low carb diet, where the body produces ketones in the liver to be used as energy. It's referred to as many different names " ketogenic diet, low carb diet, low carb high fat (LCHF), etc.

The Ketogenic Diet - A Keto Guide for Beginners

This meal plan is the first week of our free 14-day keto diet plan. As a member you'll get it complete with a shopping list and the possibility of changing the number of servings. This meal plan will give you a great variety of keto dishes and helps you stay below 20 grams of carbs per day.

14-Day Ketogenic Diet Plan and Menu with Recipes

Although various studies have examined the short-term effects of a ketogenic diet in reducing weight in obese patients, its long-term effects on various physical and biochemical parameters are not known. In the present study, 83 obese patients (39 men and 44 women) with a body mass index greater

Long-term effects of a ketogenic diet in obese patients

The ketogenic diet (or keto diet, for short) is a low-carb, high-fat diet that offers many health benefits. In fact, over 20 studies show that this type of diet can help you lose weight and ...

The Ketogenic Diet: A Detailed Beginner's Guide to Keto

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A ketogenic diet may help endurance athletes -- runners and cyclists, for example -- when they train. Over time, it helps your muscle-to-fat ratio and raises the amount of oxygen your body is able ...

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