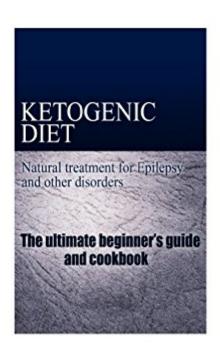
## The book was found

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





# Synopsis

Ketogenic Diet - Natural treatment for Epilepsy and other disordersThe Beginner's Guide and CookbookThe 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**

File Size: 543 KB

Print Length: 70 pages

Publication Date: March 12, 2014

Sold by: A Digital Services LLC

Language: English

ASIN: B00IZ4H7VS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #772,678 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #152 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Epilepsy #267 in Kindle Store > Kindle eBooks > Medical eBooks > Special Topics > Nutrition #1640 in Kindle Store > Kindle eBooks > Medical eBooks > Alternative & Holistic

#### 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 throught 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.

#### Download to continue reading...

Ketogenic Diet - Natural treatment for Epilepsy and other disorders: (The Ketongenic Diet Cookbook and beginner's guide - Ketogenic diet for beginners) Ketogenic Diet: 13 Common Ketogenic Diet Mistakes You Need to Avoid (ketogenic diet, ketogenic diet for beginners, ketogenic cookbook, ketogenic diet recipes, ketogenic diet mistakes,ketogenic plan) KETOGENIC DIET: KETOGENIC DIET FOR BEGINNERS: KETOGENIC COOKBOOK: 450 Best Ketogenic Diet Recipes (keto, keto clarity, ketosis, ketogenic desserts, ketogenic ... diet plan, ketogenic diet for weight loss) Epilepsy: Cure - What You Need to Know about Epilepsy: Therapy, Diagnosis, Treatment, Diet, Signs, Symptoms and Medication (Epilepsy Books - Epilepsy Therapy ... Treatment - Epilepsy in children Book 1) Ketogenic Diet: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: Setogenic Weight Loss Diet, for beginners, ... diet, paleo diet, anti inflammatory diet) Ketogenic Diet: Ketogenic Weight Loss Diet, for beginners, ... diet, paleo diet, anti inflammatory diet) Ketogenic Diet: Ketogenic Weight Loss Diet, for beginners, ... diet, paleo diet, anti inflammatory diet) Ketogenic Diet: Ketogenic Weight Loss Diet, for beginners, ... diet, paleo diet, anti inflammatory diet) Ketogenic Diet: Ketogenic Weight Loss Diet, for beginners, ... diet, paleo diet, anti inflammatory diet) Ketogenic Diet: Ketogenic Weight Loss Diet, for beginners, ... diet, paleo diet, anti inflammatory diet) Ketogenic Diet: Ketogenic Weight Loss Diet, for beginners, ... diet, paleo diet, anti inflammatory diet) Ketogenic Diet: Ketogenic Weight Loss Diet, for beginners, ... diet, paleo diet, anti inflammatory diet) Ketogenic Diet: Ketogenic Weight Loss Diet, for beginners, ...

Avoid Mistakes & Live Healthier (Ketogenic Diet, Ketogenic Weight Loss, Ketogenic Recipes, Ketogenic Diet Plan) Epilepsy And Seizures: Alternative Treatment For Epilepsy Without Drugs Or Surgery (& Safe For Children) (Epilepsy Kindle Books, Epilepsy Treatment Book 1) Ketosis: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) Ketogenic Diet: Ketogenic Salad Recipes: Top 35 Insanely Good Ketogenic Diet Recipes For Easy Weight Loss (Ketogenic Diet, Ketogenic Diet For Beginners) Ketogenic Diet Mistakes: You Wish You Knew (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: Ketogenic Diet Weight Loss Mistakes to Avoid: Step by Step Strategies to Lose Weight and Feel Amazing (Ketogenic Diet, Ketogenic Diet Beginners Guide, Low Carb diet, Paleo diet) Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps For beginners (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet, Beginners Guide) Ketogenic Diet: 21-Day Healthy Ketogenic Meal Plan To Get Lean And Lose Weight Fast As Hell- Tips For Low-Carb Ketogenic Diet (Beginners Weight Loss Food Cookbook, Parents Guide, Epilepsy Manual) Ketogenic Diet: The How To & Not To Guide for beginners: Ketogenic Diet For Beginners: Ketogenic Diet For Weight Loss: The How To & Not To Guide for beginners Ketogenic Diet: Ketogenic Diet For Beginners Guide, Fast weight Loss Tips, Ketogenic Recipes and Mistakes to Avoid ((FREE BONUS INSIDE),Low carb diet, ... muscle,epilepsy, healthy eating & living) Ketogenic Diet: Ketogenic Catastrophe: Avoid the Ketogenic Diet Mistakes (ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss) Ketogenic Diet: 120 Mouthwatering Ketogenic Diet Recipes: 30 Days of Breakfast, Lunch, Dinner & Dessert + FREE GIFT! (Ketogenic Cookbook, High Fat Low ... Keto Diet, Weight Loss, Epilepsy, Diabetes) Ketogenic Diet: 21 Days for Rapid Weight Loss, Increase your Energy And Live Healthy Lose Up To a Pound a Day (ketogenic diet, ketogenic diet for beginners, ... diet mistakes, diet plan, diet guide)

**Dmca**