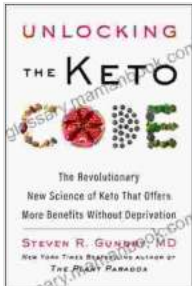


The Revolutionary New Science of Keto That Offers More Benefits Without the Restrictions



Unlocking the Keto Code: The Revolutionary New Science of Keto That Offers More Benefits Without Deprivation (The Plant Paradox Book 7) by Dr. Steven R Gundry

★★★★☆ 4.5 out of 5

Language : English
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
X-Ray : Enabled
File size : 1998 KB
Screen Reader : Supported
Print length : 272 pages



The ketogenic diet has been gaining popularity in recent years as a way to lose weight and improve health. However, the traditional keto diet is very restrictive, and many people find it difficult to stick to. The new science of keto offers a more flexible approach that still provides the same benefits.

What is the ketogenic diet?

The ketogenic diet is a high-fat, low-carb diet that forces the body to burn fat for fuel instead of glucose. This process, called ketosis, can lead to weight loss, improved blood sugar control, and reduced inflammation.

The traditional keto diet is very restrictive, limiting carbs to 20-50 grams per day. This can be difficult for many people to follow, especially those who are used to eating a lot of carbs.

The new science of keto

The new science of keto offers a more flexible approach to the ketogenic diet. This approach, called the targeted ketogenic diet (TKD), allows for more carbs on certain days of the week, such as around workouts or social events.

TKD has been shown to be just as effective as the traditional keto diet for weight loss and improving health. In fact, some studies have shown that TKD may be even more effective than the traditional keto diet for certain people.

Benefits of the new science of keto

The new science of keto offers a number of benefits over the traditional keto diet, including:

- **More flexible:** TKD allows for more carbs on certain days of the week, making it easier to stick to the diet.
- **Just as effective:** TKD has been shown to be just as effective as the traditional keto diet for weight loss and improving health.
- **May be more effective for certain people:** Some studies have shown that TKD may be even more effective than the traditional keto diet for certain people, such as those who are very active or have a hard time sticking to a strict keto diet.

Who is the new science of keto right for?

The new science of keto is a good option for people who want to lose weight and improve their health but find the traditional keto diet too

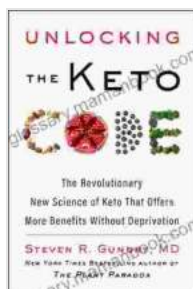
restrictive. It is also a good option for people who are very active or have a hard time sticking to a strict keto diet.

How to get started with the new science of keto

To get started with the new science of keto, you will need to follow a few simple steps:

1. **Reduce your carb intake:** Start by reducing your carb intake to 20-50 grams per day. This will help your body enter ketosis.
2. **Increase your fat intake:** Increase your fat intake to 70-80% of your daily calories. This will help your body burn fat for fuel.
3. **Add protein to your meals:** Protein is essential for maintaining muscle mass. Aim for 1-1.5 grams of protein per kilogram of body weight per day.
4. **Stay hydrated:** Drink plenty of water throughout the day to stay hydrated.

The new science of keto offers a more flexible and effective approach to the ketogenic diet. This approach can help you lose weight, improve your health, and feel your best.



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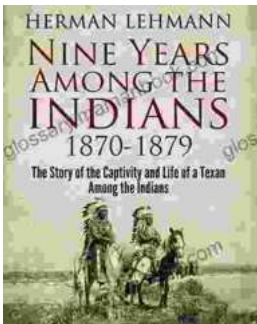
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