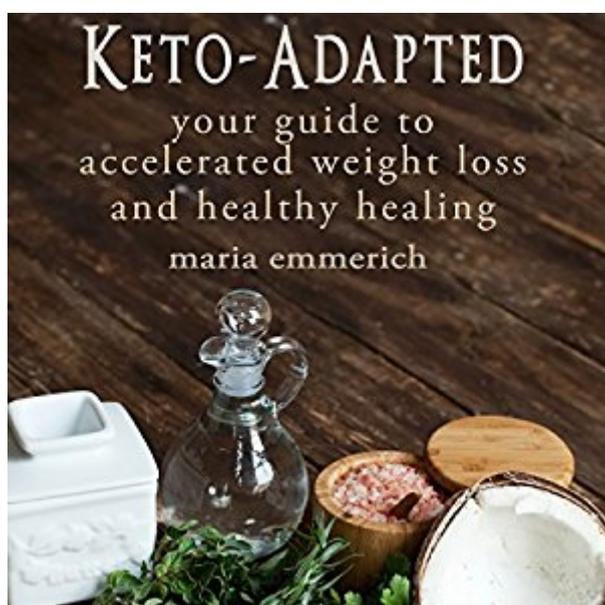


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# Keto-Adapted



## Synopsis

A ketogenic diet isn't something new that has been recently formulated; people have been on a ketogenic diet for virtually three million years in which our brains were nurtured and evolved. Now the human brain is not only shrinking, but brain atrophy is the norm as we age and get plagued with diseases such as dementia, Alzheimer's disease and Parkinson's disease. People mistakenly think that they need to eat less and exercise more to create a calorie deficit in order to lose weight. This is not how diet and exercise helps with weight loss. A well-formulated keto-adapted diet along with proper exercise builds muscle and muscle builds mitochondria. It is in the mitochondria where fat is oxidized so you can keep your cells and liver insulin sensitized. Weight loss and health is about healthy mitochondria and about controlling hormones and specifically insulin. This is not a diet, it is a lifestyle. By eating this way, you will begin to heal your cells and will keep evolving your body into the happy and healthy person you want to be. This book is filled with the most impeccable nutrition information to fuel your cells. Maria's passion goes beyond explaining the "why", she is a master in the kitchen and loves food. Her keto-adapted recipes at the end of the book tie all the nutrition together so you can become Keto-Adapted faster than ever.

## Book Information

Audible Audio Edition

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> Health, Fitness & Dieting > Nutrition

## Customer Reviews

Rip-off - the way the book is advertized "...keto-adapted recipes at the end of the book tie all the nutrition together so you can become keto-adapted faster than ever" is deceptive. Unlike comprehensive books by the Jaminets (Perfect Health Diet), Dr. William Davis (Wheat Belly), Ross

Wolf (Paleo Solution- Original Human Diet), Mark Sisson (Primal Blueprint) and Gary Taubes (Good Calories, Bad Calories and Why We Get Fat and What to do About It), I paid too much for this slim paperback lacking specifics such as lists of desired foods, sample menus and enough recipes to get started in this approach. Perfect Health Diet, Wheat Belly, Paleo Solution and Primal Blueprint all reference their websites as sources of additional information, but most of the information is without any additional cost, In contrast, this book ends by directing the reader to the website for 30-day detailed menus, recipes and instructional videos without informing the reader that none of this information is available without shelling out additional cash, from \$100 to \$400, depending on the package you choose. Because there is already extensive information on the web about keto-adapted diets, this book does not add anything, and was more costly than any of the books mentioned above, setting me back \$22.99!

I own all of Maria Emmerich's books and I read her website regularly. There is some duplication in this book of her website postings. I don't use facebook so I don't know about duplication from that. For me, the book is great because all the information is in one place and I can use it to loan to friends and to read again myself for motivation and to remind myself why I am doing this. I lost about 45 pound in the last 18 months using Maria's help and recipes. I was prediabetic and had all the symptoms of being a classic carb addict. Now I can fast easily, I don't need naps, my energy level is high and I am in the best shape of my life. If you only buy one book from Maria, make it this one and use the website to search for recipes. This book gives an explanation of all the whys and the science behind becoming keto-adapted. It could change your life if you let it....

Obviously this Maria has a lot of fans. I know that I always feel much better when on a keto diet and was excited to find Maria and her legion of fans. I sat down yesterday and read the whole book. I love the science and glad it's there but I kept skimming to get to the part where she lays out a "How-to" like exactly what to eat, how much (or is it not restricted?), a food list. There is no such part. I feel like this book is the fine-tuning after you've read another book, but which one tells you how to implement the keto-adapted diet, getting through the first days/weeks, all the basic how-tos? The description calls it the guide for weight loss but there is no guide. Unless my ketotic mind is not registering, lol! Yesterday while reading I ate lots of tahini, eggs, grass-fed beef, hollandaise sauce, coconut manna with stevia and raw cocoa (yum!). I never saw her mention seed butters and how to use, but they help me feel satisfied and HAPPY! I slept better last night than in years! Can someone point me in the direction of the basic book for a weightloss plan??

As other reviewers have said, not really much new here. I love Maria, follow her blog and have most of her other books, but I bought this because there is a chapter entitled "Meal Plans & Recipes". Unfortunately there are a few recipes followed by a paragraph directing the reader to purchase Maria's services for meal plans. Frankly, I feel ripped off.

I stumbled across Maria's website from Pinterest and found some useful information so thought I would buy the book. I have been reading a great deal about intermittent fasting and low-carb/high fat diets and thought this sounded like a good guidebook to get started. **WRONG!** The book is disorganized, overly repeats itself, and often conflicts with its own direction. Also, the case studies aren't really case studies in that the writers don't provide specifics, but rather just praise for Maria's program. A few examples: - Disorganized: There isn't one place that spells out what supplements are recommended. This applies to the general keto dieter or for specific needs. You would have to make extremely thorough notes to get any kind of helpful list of what you would need. There are better sites/books that do this. - Conflicting direction: -- In one section she states to remove any and all dairy including whey protein. She does state that this may not be long term. But then you'll notice that her recipes contain whey protein. -- Right before the recipe section she states that the **ONLY** vegetables that are allowed are red leaf lettuce, cabbage, and a few others. Okay. Then the recipe starts and there are scallions, tomatoes, and other vegetables that were not on the allowed list. What the heck gives here. She did not specify when those other vegetables could be added back. This book should in **NO WAY** be considered a guide as there are no steps, no defined phases, no macro-nutrient recommendations, and simply adds to the confusion. This book feels much more about touting her personal services with letters of glowing praise for those services. While I am sure that she is a sound advisor this book does not provide that level of advice.

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