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The Keto Beginning: Creating Lifelong Health And Lasting Weight Loss With Whole Food-Based Nutritional Ketosis



Synopsis

When what you're doing isn't working, *The Keto Beginning* is the rocket fuel for achieving flawless health and effortless weight loss through sound nutrition practices and vibrant food preparation in ways you've never seen before. With *The Keto Beginning*, you'll be shown how to use whole food-based nutritional ketosis to... Reach your perfect weight without feeling restricted or deprived Gain the power to end food obsession and strict eating schedules Maintain steady energy, without relying on constant feeding Boost self-worth, self-respect, self-trust, and self-love Achieve total body confidence, regulated metabolism, and liberated health without counting calories Seventeen chapters and over 70 high fat, low carb, moderate protein, dairy-, gluten-, sugar-, grain-, legume-free recipes, including a 30-day step-by-step meal plan. This is the lifestyle change that empowers your body and mind to achieve the state of health you've been searching for. **The Big Fat-Burning Science** All forms of carbohydrates - fruits, vegetables, grains, and starches - are broken down into glucose by your body, increasing your blood sugar. Your body considers raised blood sugar toxic, so it releases insulin (a storage hormone) to push the glucose into your cells. Once this occurs your blood sugar decreases, making you hungry again. This vicious cycle of blood sugar highs and lows is why you experience endless hunger and cravings. The release of insulin halts your body's ability to release fat and toxins. If you're eating carbohydrate-based foods every two to three hours, your body is never fully able to exercise its ability to rid itself of excess. And if more carbohydrates are consumed than what your body needs, they will be converted into triglycerides and stored in your blood, leading to weight gain and unbalanced cholesterol.

Book Information

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Customer Reviews

I read all of the rave reviews this book had before I purchased it but I felt like I wasted \$25. It is an ok book but other than getting the writers own experience with Keto I felt like this should have been a much less expensive book. I found a lot of what is in the book on Facebook/blogs/youtube.

The Keto Beginning is very informative and Leanne has a very friendly approachable writing style. If you know your keto and you've done your research, there's really nothing new here. If you're new to the keto way of life, this book does contain valuable information and the format is useful BUT.... You can find the same information, meal plans, menus, inspiration, etc. for free. Save yourself \$25 - sorry Leanne. Pinterest is a great tool to find bloggers (ibreathei'mhungry - amazeballs) that live this lifestyle and can offer great tips and tools all for the low cost of free. I beat myself up after purchasing and reading this because I learned nothing new other than a fool and their money part ways quickly. Desperation is the culprit here - when you're desperate for a solution, foolhardy decisions are made.

This book is great for anyone beginning their journey into keto. I have followed Leanne for nearly two years and when I saw her blog about keto and how it improved her life I knew I had to try it because I was a vegan as she was for a while and I knew she wouldn't have made the change if it didn't have benefits over other eating styles. The difference between this author and other authors is that she is a real life woman looking to achieve great health, she has an active online presence and she really cares about peoples well beings. Other keto books may be cheaper but Leanne is accessible and helpful to any one who has bought the book, she has a strong support system for her followers and is always trying to get us discounted products this is where I believe you get the extra value for your money. I have read countless health books on keto since October and this is the best for beginners, it's this most straight forward, has a shopping list and all and she explains the day to day of the withdrawal effects you'll have from sugar etc, if i had started keto on another program I'd have freaked out and stopped. Leanne also has a great youtube channel, I've learned a lot there too. It's great to see an author so passionate about women and their health ! you can't get that anywhere else and you'll see from her channel and blog she is a lovely inspiring person! My allergies having improved and so has my gut and energy since starting this diet. I wasn't trying to loose weight because I'm already thin but I've read many testimonials to people who have.

Love this diet. The book is super well written and easy to read (i usually hate reading). Im almost 3

months into dairy free keto and feel amazing. Im finding it much easier to gain muscle and i am so much more alert. I find myself enjoying my food and cooking even more than before, my skin has cleared up, my stomach is flatter, my sleep is more restful, and i am a much happier person. This book was a life changer for me!

After reading many keto books and playing around with different approaches, I found The Keto Beginning (quite by accident) and I knew immediately that her approach was the one for me! It just made the most sense. I've followed a Paleo lifestyle for years without getting the weight loss results everyone else seems to get. This was a paleo approach to low carb eating. Just what my body needed. No more sliced cheese stuffed with butter or splenda sweetened cheesecakes. Just good, delicious recipes high in fiber and good fats! Leanne Vogel is extremely approachable through emails and face book and is helping me fine tune my approach. Great read and fantastic recipes. I highly recommend!

I am on Day 15 and feeling great! Leanne's recipes are yummy, fun to make and beautifully balanced in colour so very appetizing to look at. But most important, they taste wonderful, I feel satiated and I am learning to expand my use of ingredients. I am finally inspired again to eat and cook. Leanne has put a lot of heart and thought into this book and really cares! I love having a strong, dedicated female to help me on my ketosis journey back to health!

I have food allergies that prevent me from trying her recipes so that section may add a lot of value that I can't assess. That said I agree with several other reviewers-- overpriced. I don't think she added anything I haven't found from other sources, and in some ways leaves out important details. For example, the need to watch potassium intake. Along the same theme, her discussion of kept-flu is limited and unfortunate. She warns you that it is not easy, but is scant on coping strategies or guidelines on when to back off keto for awhile. She ignores diarrhea completely and it seems to a pretty common symptom. Her statements are pretty general, when more precise statements even if they are only general rules that might not apply to you would at least give you an avenue to pursue. That said, I do think there is value in her website and will watch her hoping as gets more experienced she will be able to provide better value for money.

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