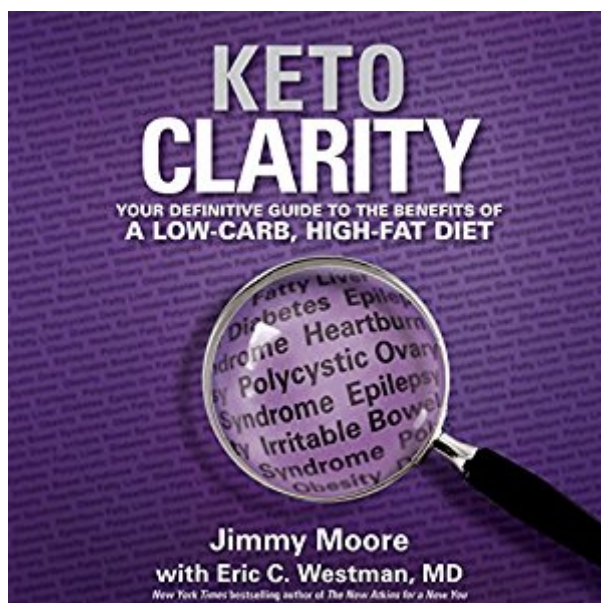


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Keto Clarity: Your Definitive Guide To The Benefits Of A Low-Carb, High-Fat Diet



Synopsis

Leading health blogger Jimmy Moore and researcher and internist Dr. Eric C. Westman join forces again to explain the powerful therapeutic effects of a ketogenic diet—one that combines a customized carbohydrate restriction, moderation of protein intake, and real food-based fats—which is emerging in the scientific literature as a means for improving a wide range of diseases, from Type 2 diabetes to Alzheimer’s and more. Simply eating a low-carb diet alone isn’t enough, and Moore and Westman tell you why. Have you looked at a low-carb diet simply as a means to lose weight? What if you learned that combining a low-carb nutritional approach with a high fat intake produces a powerful therapeutic effect on a wide variety of health conditions that most people think requires medication to control? That’s what Keto Clarity is all about. Jimmy Moore, a leading low-carb diet blogger and podcaster, has reunited with his Cholesterol Clarity co-author Dr. Eric C. Westman, a practicing internist and low-carb diet researcher, to bring you the crystal-clear information you need to understand what a ketogenic diet is and why it may be the missing element in your pursuit of optimal health. This book includes exclusive interviews from twenty of the world’s foremost authorities from various fields bringing their depth of expertise and experience using this nutritional approach. Moore and Westman explain why ketosis is normal and how this nutritional approach is being used therapeutically by many medical professionals. You will find a step-by-step guide to help you produce more ketones and track your progress, real life success stories, and more. The solid evidence for nutritional ketosis in dealing with many of the chronic health problems of our day is presented, including but not limited to: epilepsy, Type 2 diabetes, obesity, cardiovascular disease, metabolic syndrome, polycystic ovarian syndrome, irritable bowel syndrome.

Book Information

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Customer Reviews

Why did Jimmy Moore and Eric Westman feel the need to produce Keto Clarity? Do we REALLY need another book about ketogenic diets? Maybe they know that there are many people out there who think that the best a ketogenic diet can do is to cause bad breath, and at worst-- raise your cholesterol and risk of heart disease, and lead to fatal ketoacidosis. Others have heard that a ketogenic diet is only useful for treating seizures in young children, and that it doesn't work at all for obesity or diabetes in adults. The common belief is that we ALL need to follow a low fat or vegetarian diet in order to stay healthy. Not so! As a cardiologist I find a role for the low carbohydrate diet to reduce inflammation, shift small dense LDL to a less atherogenic pattern, and to reduce risk factors of obesity, high blood glucose, diabetes, and elevated blood pressure. It is the ketone that plays a role in the nutrigenomic "turn on" as well as the metabolic efficiency. When I wear my "exercise physiologist" hat I have discovered the benefits of the ketoadaptive state for endurance training and competition. And then as a nutritionist I have found the effectiveness of a low carbohydrate ketogenic diet for treating many disorders from Autism to Alzheimer's. The properly formulated ketogenic diet can reduce seizures in children and increase fertility for hopeful parents-to-be. And for certain pregnant patients with gestational diabetes, or outright clinical type 1 or type 2 diabetes, there is also potential benefit to the mother and fetus. Now the ketogenic diet is being looked at as another therapeutic modality to prevent, retard, and maybe even cure some forms of cancer.

There's a book called "The man who mistook his wife for a hat" and you just think - what on earth is that about? You don't have this worry with a Jimmy Moore/Eric Westman collaboration - the book is exactly what it says on the cover: the definitive guide to the benefits of a low-carb, high-fat diet. Keto Clarity follows the super reader friendly format of Cholesterol Clarity. Jimmy does what he does best - interview experts (22 this time) and then share their insights, as he and Eric navigate you through everything you could ever want to know about ketosis...What is ketosis? Why would you want to be in ketosis? How do you know when you're in ketosis? What's the difference between ketosis and ketoacidosis? How can you find your carb tolerance level? What's the right protein level for you? What about Intermittent Fasting? What are the five mistakes that low carb enthusiasts most often make? What are the top 10 things to check if you're not staying in ketosis? The book format is just so readable and memorable. There are doctors notes throughout and 'box outs' to clarify points.

The chapter summaries are so useful as a reminder of what has just been covered and they provide great check-backs for future reference. There's a handy KETO acronym to keep you on track: Keep carbs low; Eat more fat; Test Ketones often; Overdoing protein is bad. There is also a frequently asked questions section, so that you can see others have the same questions and there's a success stories chapter, so that you can see the experience of other people. With Dr William Davis and Dr David Perlmutter on the panel, you know you've got carbohydrate covered from a body and brain perspective.

Often when you read a book for nutritional information, it leaves you with as many new questions as answers. Not so with Keto Clarity. This book answers any questions you may have as to why you should follow a more ketogenic diet, then tells you exactly, step by step, how to do it. The presentation of the information is not only extremely well researched, it is presented in an easily understandable and often humorous fashion. Each quote from one of the twenty two nutritional experts is followed by an explanation by Jimmy Moore that puts it into a plain talk based on his own experience. Although his data is thorough and ironclad, Jimmy is not a pie-in-the-sky researcher looking down over his lab coat with fistfuls of studies but no compassion. Starting his journey at over 400 pounds himself, he is someone who has actually been there and has the t-shirt with all the frustrations of being unwell and overweight while doing all the right things that are taught in conventional dietary advice. I think anyone that is struggling with their own health challenges will feel the empathy in his writing. One of the many wonderful things about this book is that it makes you want to dive right in and test what he's saying for yourself, instead of the standard oh for Pete's sake what do they want me to do now feeling. Even though I've been following a low carb, moderate protein, high fat Paleo diet for many years (and recommending it to my clients) I not only learned new things, I also made some immediate tweaks to my diet that have already proved their worth. Although a ketogenic diet is beneficial for many health concerns and for optimizing for athletics, it is especially important in healthy weight loss.

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(low carbohydrate, high protein, low ... Ketogenic Diet to Overcome Belly Fat)
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