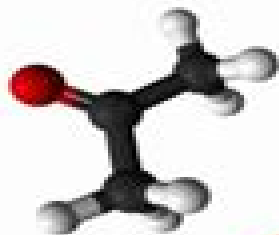
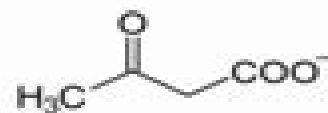


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Ketone Power



**Superfuel for Optimal Mental Health and
Ultimate Physical Performance**

Ketone Power Superfuel For Optimal Mental Health And Ultimate Physical Performance

Xiaolong Qi



Ketone Power Superfuel For Optimal Mental Health And Ultimate Physical Performance:

Ketone Power Cristian Vlad Zot, 2014-07 In Ketone Power Cristi Vlad self experimenter and avid researcher outlines a common denominator in terms of nutrition health and physical performance After all human DNA is 99% exactly the same So there should be a prescription Rx that should work for the majority of us Cristi himself fed up with not being able to lose the last few pounds of his belly fat has started studying and experimenting with ketogenic nutrition and ketosis Ketosis is the metabolic state where your body uses fat and ketone bodies by products of fat as a main source of fuel and it is achieved by drastically eliminating sugar from the diet Long term constant ketosis leads to keto adaptation Keto adaptation brought various improvements in Cristi Vlad s existence such as fat loss elimination of hunger elimination of cravings for high carbohydrate food improved mental performance ultra high energy levels less sleep required per night better sleep enhanced aerobic performance and strength training performance and probably the most important ability to eat chocolate every day In Ketone Power Cristi Vlad inspired by his mentors and armed with extensive research and personal experience talks about 1 How he lost 10 pounds of fat in 2 months eating 70% of his calories from fat and consuming 2 000 3 000 kcals per day His exercising routine was reduced from 5 6 times week to 1 2 times week Before after photos are included 2 How the human body works differently when being on a fat metabolism compared to a carbohydrate metabolism that which most of the people are in 3 How his 2 month experiment became his new lifestyle due to the extensive benefits of keto adaptation 4 How ketogenic nutrition is a powerful therapeutic approach to diabetes obesity neurodegenerative diseases cancer and other health issues 5 Protocols for strength training and endurance training 6 His shopping list and the foods he consumes daily to support keto adaptation Fat bombs included 7 His virtual academy consisting of mentors websites courses MOOC sites and Youtube channels all of which helped him achieve knowledge with respect to ketogenic nutrition and human biochemistry All of what Cristi Vlad did and keeps doing does not include fancy and expensive gadgets neither pockets full of cash It only requires willingness to improve one s existence and enjoy life every second that passes You can do this for yourself as well This book is the prescription

Ketone Power Cristian Vlad Zot, 2014-05-13 In Ketone Power Cristi Vlad self experimenter and avid researcher outlines a common denominator in terms of nutrition health and physical performance After all human DNA is 99% exactly the same So there should be a prescription Rx that should work for the majority of us Cristi himself fed up with not being able to lose the last few pounds of his belly fat has started studying and experimenting with ketogenic nutrition and ketosis Ketosis is the metabolic state where your body uses fat and ketone bodies by products of fat as a main source of fuel and it is achieved by drastically eliminating sugar from the diet Long term constant ketosis leads to keto adaptation Keto adaptation brought various improvements in Cristi Vlad s existence such as fat loss elimination of hunger elimination of cravings for high carbohydrate food improved mental performance ultra high energy levels less sleep required per night better sleep enhanced aerobic performance and strength training performance and probably the most important

ability to eat chocolate every day In Ketone Power Cristi Vlad inspired by his mentors and armed with extensive research and personal experience talks about 1 How he lost 10 pounds of fat in 2 months eating 70% of his calories from fat and consuming 2 000 3 000 kcals per day His exercising routine was reduced from 5 6 times week to 1 2 times week Before after photos are included 2 How the human body works differently when being on a fat metabolism compared to a carbohydrate metabolism that which most of the people are in 3 How his 2 month experiment became his new lifestyle due to the extensive benefits of keto adaptation 4 How ketogenic nutrition is a powerful therapeutic approach to diabetes obesity neurodegenerative diseases cancer and other health issues 5 Protocols for strength training and endurance training 6 His shopping list and the foods he consumes daily to support keto adaptation Fat bombs included 7 His virtual academy consisting of mentors websites courses MOOC sites and Youtube channels all of which helped him achieve knowledge with respect to ketogenic nutrition and human biochemistry All of what Cristi Vlad did and keeps doing does not include fancy and expensive gadgets neither pockets full of cash It only requires willingness to improve one s existence and enjoy life every second that passes You can do this for yourself as well This book is the prescription Keto: den kompletta boken om ketogen kost Martina Johansson, 2019-08-27 Den kompletta ketobibeln illustrerad matfakta samt kokbok Att f lja en ketogen kost ger dig m jlighet att vara ditt friskaste jag Kroppen anv nder fett som sin prim ra energik lla och du slipper hunger sockersug och ett svajigt blodsocker Keto p r tt s tt med bra r varor r antiinflammatorisk och hj lper till att skapa en optimal hormonell milj i kroppen Men hur man lyckas med keto kan vara sv rt att f rst och m nga missar de avg rande komponenterna I Keto den kompletta boken om ketogen kost f rklarar Martina Johansson p ett tydligt och l ttf rst eligt s tt vad du ska ta och hur du lyssnar p din kropp Med hj lp av fallstudier beskrivs hur olika kroppar kan reagera och hur sv righeter vevinns I boken f r du information om hur du f r i dig r tt m ngd fett r tt proteiner och alla andra n rings mnen du beh ver L r dig hur du skruvar p fettf rh llandena i st llet f r att r kna kalorier och hur du ska t nka g llande gr nsaker fett och olika slags protein Med hj lp av en ketogen kost kan du prestera b ttre g ner i vikt och helt enkelt m b ttre Ketoguiden: med 100 recept och måltidsplan för 30 dagar Martina Johansson, 2018-09-19 Den h r boken handlar om att m bra och bli sitt friskaste jag p ketogen kost Att ta ketogent r att g tillbaka till naturliga produkter och m nniskans ursprungliga f da k tt fisk f gel och ovanjordsgr nsaker Kosten balanserar blodsockret och g r att kroppen br nner fett dygnet runt Ketogen kost r antiinflammatorisk och har visat sig effektiv i behandling av bland annat demenssjukdomar och diabetes Ketoguiden r en hormonsmart bok som presenterar vetenskapliga fakta tillsammans med l ttagade recept Om du har plockat upp den h r boken f r att du vill ha en smart viktminskningsdiet s har du f rvisso hittat helt r tt men att ta ketogent handlar om mycket mer n s Det handlar om att l ra k nna sin kropp och b rja lyssna p dess signaler Martina Johansson har levt ketogent i sju r och ven coachat och hj lpt andra med tr ning och ketogen kost Hon har dubbel masterexamen fr n Chalmers tekniska h gskola en i medicinsk bioteknik och en i biofysik biological engineering Det r viktigt att f rst att keto inte handlar om

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this state we produce ketones which are produced from the breakdown of fats in the liver The end goal of a properly maintained keto diet is to force your body into this metabolic state We don't do this through starvation of calories but starvation of carbohydrates Our bodies are incredibly adaptive to what you put into it when you overload it with fats and take away carbohydrates it will begin to burn ketones as the primary energy source Optimal ketone levels offer 8Ketogenic Diet Recipes many health weight loss physical and mental performance benefits Buy it NOW and let your customers get addicted to this amazing Cookbook

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