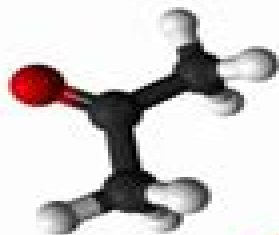
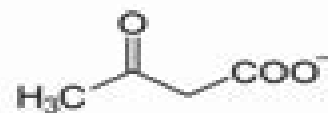


CRISTIAN VLAD ZOT



# Ketone Power



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

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

**Martina Johansson**



## **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

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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

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This book delves into Ketone Power Superfuel For Optimal Mental Health And Ultimate Physical Performance. Ketone Power Superfuel For Optimal Mental Health And Ultimate Physical Performance is a crucial topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Ketone Power Superfuel For Optimal Mental Health And Ultimate Physical Performance, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
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    - Chapter 2: Essential Elements of Ketone Power Superfuel For Optimal Mental Health And Ultimate Physical Performance
    - Chapter 3: Ketone Power Superfuel For Optimal Mental Health And Ultimate Physical Performance in Everyday Life
    - Chapter 4: Ketone Power Superfuel For Optimal Mental Health And Ultimate Physical Performance in Specific Contexts
    - Chapter 5: Conclusion
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  6. In chapter 5, the author will draw a conclusion about Ketone Power Superfuel For Optimal Mental Health And Ultimate Physical Performance. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Ketone Power Superfuel For Optimal Mental

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