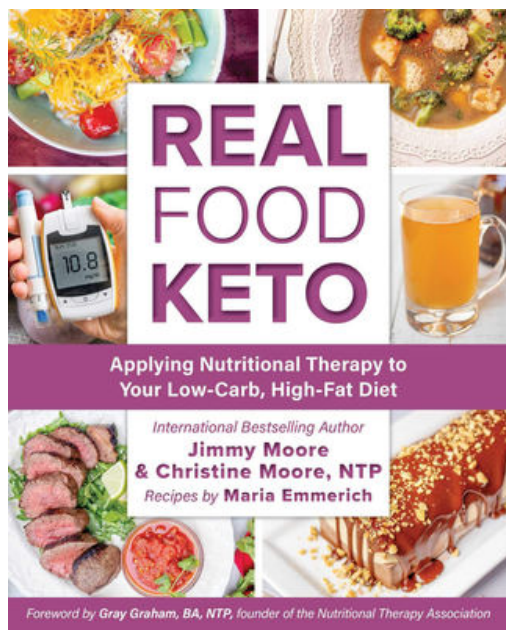


Descargar libros gratis Real Food Keto - Jimmy Moore DBSBOOK



Everyone is talking about ketogenic diets now, and for good reason--a low-carb, high-fat nutritional approach is a highly effective way to lower blood sugar and insulin levels, reduce inflammation, increase energy, stabilize mood, and so much more. But far too many people are trying to go keto without shifting the focus of their diet to real, whole foods. That's what "Real Food Keto" attempts to educate readers about, explaining the reasons why whole foods are a critical element in optimizing your pursuit of nutritional ketosis.

Nutritional Therapy Practitioner Christine Moore has teamed up with her husband, health podcaster and international bestselling ketogenic book author Jimmy Moore (Keto Clarity, The Ketogenic Cookbook, and The Keto Cure), to help you apply the principles of nutritional therapy to a healthy low-carb lifestyle. Most people think that going on a ketogenic

diet will fix all their health and weight woes, but this book explains that sometimes it takes a little fine-tuning in your diet and supplementation to get the desired results.

"Real Food Keto" provides detailed information about a variety of topics that are rarely discussed in ketogenic circles, including:

- Digestion
- Blood sugar regulation
- Detoxification
- Endocrine function
- Vitamin and mineral deficiencies
- Hydration
- Stomach acid
- The importance of eating real food

...and a whole lot more!

"Real Food Keto" also shares information about specific foods that provide the proper vitamins and minerals, resources on where to find quality foods, and a connection to Nutritional Therapy Practitioners who can help you with your ketogenic diet. An incredible collection of amazing keto recipes from international bestselling cookbook author Maria Emmerich rounds out this low-carb, high-fat, ketogenic approach to healing yourself from the inside out.

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Author	:	Jimmy Moore
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Editorial	:	Victory Belt Publishing

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