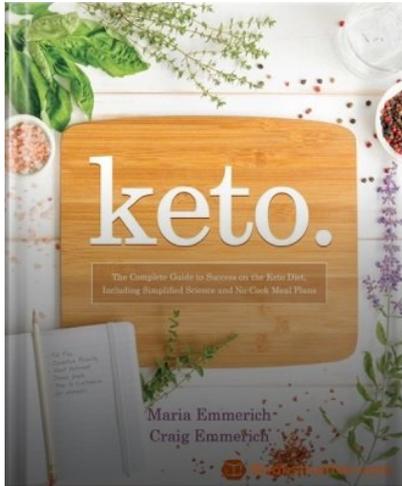


Keto

KETO EBOOK AUTHOR BY MARIA EMMERICH

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\$9.99 on iTunes



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Release on: 2018-01-09

ID Number: Ke-5488661AB7 - Lang: English

Format: PDF, ePub, Kindle, Audiobook

Size: 17.76 MB

Genre: Health & Fitness

Summary

Are you eating enough fat? Yes, fat. Despite what generations of health science has beaten into us during the last fifty or so years, humans thrive on high-fat, low-carb diets. Millions of people around the world have discovered that a ketogenic lifestyle is the key to weight loss, disease prevention and intervention, and a more vibrant life. Gone are the days when counting calories--or points!--is the path to better health, a slimmer waistline, relief from disease, and looking good naked.

Craig and Maria Emmerich have partnered to write a book that goes well beyond the typical ketogenic recipes to create a book that digs deep into the science of ketogenic dieting, explains how dozens of diseases can be cured or controlled through ketogenic dieting, and how ketogenic diets are fueling a new breed of athlete.

"The Keto Book" is the definitive resource to the ketogenic lifestyle. Inside, you'll learn

- How cancer, obesity, metabolic syndrome, coronary artery disease, high cholesterol, Alzheimer's, dementia, ADHD, anxiety, and depression can all be beaten into submission by making some simple, yet impactful, changes to your diet.
- How cholesterol and diabetes medications could very well be making you sicker rather than better.
- How generations of bad advice--advice designed to sell sugar not health--has killed millions who blindly trusted the medical community and worse still, the government, to tell them the truth.
- How overconsumption of carbohydrates is both bad for your health and could be at the root of what ails you.
- How changing your input--the foods you eat--can change your outputs, meaning the quality of life that you live.
- How reductions in fat consumption have led to a tripling of diabetes patients, sharp increases in the number of cancer patients, increases in ADHD, and a meteoric rise in heart disease rates. If we are to assume that eliminating fat from our diets is the key to good health, why then are more and more people who've followed this advice dying from food-related diseases?
- How inflammation is at the root of many diseases, and how modern diets that are rife with sugar, carbs, and omega-6 oils are sending us to early graves.

Summary Keto Book

- How hormones control mood swings, sex drive, blood sugar levels, muscle tone, fat-burning ability, metabolism, the immune system, and much more--and how adopting a ketogenic lifestyle will change your waistline and your life!
- How to stock your pantry with the right foods and make meal plans that are delicious, easy to follow, and most importantly, are the pathway to a longer, healthier life.
- How you can build muscle and perform your best on a low-carb, high-fat diet. No, we're not making that up!

So, enjoy that slab of bacon. Gnaw on that rib bone. And say "no" to that plate of "heart-healthy" pasta. New York Times bestselling author, Maria Emmerich and husband, Craig, are going to take you on a journey to a new life--one that helps you lose weight, build muscle, and live the life nature intended you to live!

Maria Emmerich is a wellness expert in nutrition and exercise physiology. She shares a passion for helping others reach their goals of optimal health. She struggled with her weight throughout childhood and decided enough was enough. She decided to study health and wellness so she could help others stop wasting their time being discouraged with their outward appearance and not feeling their best mentally. Maria understands the connection between food and how it makes us all feel on the inside and out. Her specialty is brain chemical neurotransmitters and how they are affected by the foods we eat. She has authored 8 books and co-authored one book with Dr. Briffa, Dr. Steve Parker, Dr. Eenfeldt and Dr. Robert Su. She has authored several cookbooks and 3 nutritional guide books including "Secrets to a Healthy Metabolism" which includes a forward by New York Time #1 bestselling author of "Wheat Belly" Dr. William Davis. Her latest book "Keto-Adapted" includes a forward by Dr. William Davis and excerpts from Dr. David Perlmutter author of the New York Times best seller "Grain Brain".

Maria Emmerich



Her blog includes a unique combination of innovative recipes using alternative ingredients (and bacon) to less healthy options and easy to understand explanations of why these options are better for our health. She includes with each recipe a snip-it of information about different ailments and problems with our health that can be healed with proper nutrition. She has a passion for helping people start a healthier lifestyle. Weight loss is often a side effect of helping treat any number of problems including diabetes, cholesterol issues, alopecia, hashimoto's, autoimmune diseases and much more.

About
Author

[Keto eBook - Free to Join](#)

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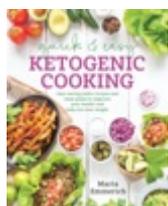
Others book from Maria Emmerich

[THE 30-DAY KETOGENIC CLEANSE](#)



For those who are brand-new to keto and those who are getting back on track after falling off the wagon, the first 30 days on a ketogenic diet can be challenging. As the body adapts to burning fat (ketones) rather than sugar for fuel, cravings can arise, and some people find that they just don't feel so great. Many fall victim to the temptation to give up before they can truly experience the benefits of being keto-adapted. "The 30-Day Ketogenic Cleanse" isn't like most juice or other cleanses ...

[QUICK & EASY KETOGENIC COOKING](#)



With "Quick Easy Ketogenic Cooking," nutritionist and popular food blogger Maria Emmerich takes the guesswork out of ketogenic cooking.

What is the ketogenic diet? It's a way of eating that shifts your body from being a sugar burner to being a fat burner. It's also a revolutionary way to support better health--it can improve everything from epilepsy to obesity to autoimmune disease and more.

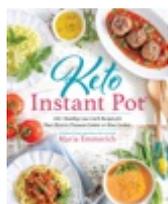
If you want to try a ketogenic diet but are busy, stressed, and unsure about how ...

[KETO COMFORT FOODS](#)



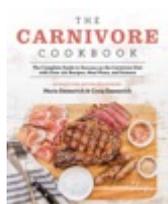
The ketogenic diet is all about nourishing and healing your body with nutrient-dense whole foods, as international bestselling author Maria Emmerich has demonstrated in her previous books, including "The Ketogenic Cookbook" (with Jimmy Moore) and "The 30-Day Ketogenic Cleanse". But food is more than just nourishment; food is tradition, food is love, and most importantly, food is a celebration. The mere thought of eating a particular meal or the smell of a favorite childhood dish can evoke ...

[KETO INSTANT POT](#)



The Instant Pot is one of the hottest cooking tools around these days. With its ability to pressure-cook foods in mere minutes, all in one pot, it is a huge time-saver for busy home cooks. You can even bake a cheesecake in it! A ketogenic diet that eliminates processed foods sometimes require a little more effort in the kitchen, so any time saved is a plus. In this book, international bestselling author Maria Emmerich presents more than 160 delicious low-carb, high-fat keto recipes designed to ...

[THE CARNIVORE COOKBOOK](#)

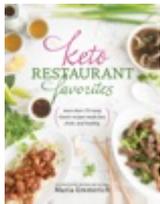


Keto meets carnivore in this revolutionary new book by revered cookbook author and low-carb pioneer Maria Emmerich.

Did you know that our ancestors were apex predators who were even more carnivorous than hyenas and big cats? That was only about 30,000 years ago. But since then, our diets have drastically changed due to the invention of agriculture about 7,000 years ago and, within the last 100 years or so, the introduction of millions of food additives, the development of a ...

[KETO RESTAURANT FAVORITES](#)

Summary Keto Book



The ketogenic diet has taken the world by storm, and deservedly so: its results in helping people lose weight, manage chronic health conditions, and simply feel great are unmatched. Bestselling cookbook author Maria Emmerich sits at the forefront of the keto movement and has become the go-to source for high-fat, low-carb recipes that both please the palate and nourish the body. With "Keto Restaurant Favorites", Maria delivers once again by putting a new and unprecedented twist on ketogenic ...

[SECRETS TO CONTROLLING YOUR WEIGHT, CRAVINGS AND MOOD](#)



Before Maria's passion for nutrition, she had a passion for donuts. She was an athlete and thought she could get away with eating what she wanted, as long as she worked out. NOT TRUE. Even though she ate enough calories, she was starving herself, specifically, she was starving her brain. Her stomach was filled with "substance" but her brain kept telling her to eat; our bodies are smart, they make us crave certain nutrients we need. For 90% of dieters, a deficiency in one of four essential ...

[NUTRITIOUS AND DELICIOUS](#)

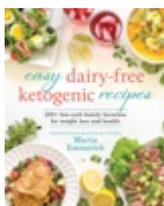


Being on a diet can make anyone miserable. But this book changes everything. NUTRITIOUS and DELICIOUS has the best ideas for enjoying your favorite foods from "pasta" to "Oreo Cookies" without the extra guilt.

Maria Emmerich is a wellness expert that has lost a large amount of weight herself by adapting her favorite foods to healthier options. Find out how to lower calories and carbohydrates and still indulge in decadent foods like macaroni and cheese.

You will ...

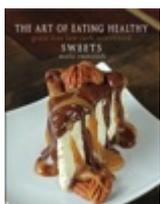
[EASY DAIRY-FREE KETOGENIC RECIPES](#)



Although the ketogenic diet can be a healthy and satisfying diet for everyone, modifying it around other dietary restrictions can be challenging. People with dairy intolerances or allergies often struggle to adapt keto recipes, many of which rely on dairy staples like butter, heavy cream, and cream cheese. And good dairy-free alternatives can be hard to come by.

Maria Emmerich solves that problem with her latest book, "Easy Dairy-Free Keto". Maria has been advising her clients to ...

[THE ART OF EATING HEALTHY - SWEETS](#)



Choosing a healthy lifestyle doesn't have to mean a lifetime of deprivation. This book is filled with decadent desserts and baked goods that show how eating healthy can be an expression of art. The color photos are truly art. Throughout the book there are tips on why each of the substituted ingredients are healthy and what they do to our metabolism. Included are recipes for your favorite comfort foods like chocolate cake, blondie brownies, chocolate chip cookies, and many, many more, along ...

[THE ART OF EATING HEALTHY: KIDS](#)



Choosing a healthy lifestyle doesn't have to mean a lifetime of deprivation. This book is filled with tons of great information that shows how eating healthy can be an expression of art. Included are recipes for your kid's favorite comfort foods like cookie dough ice cream sandwiches, mini corndogs, peanut butter crunch cereal, pushpops, cake pops and so many kid-friendly foods that have been taste tested by Maria's two little boys. This book is filled with valuable tips and tricks she ...

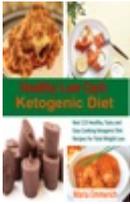
[KETO AIR FRYER](#)



Life gets busy, especially when you have children, meetings, and other obligations. Too often healthy eating falls low on the priority list, and people default to processed convenience foods laden with sugar and carbs. Maria Emmerich is here, once again, to curb mealtime stress by combining her beloved low-carb, keto-friendly recipes with America's latest kitchen trend: the air fryer.

Air fryers have become extremely popular in the last few years due to their ease of use, their speed...

[HEALTHY LOW CARB KETOGENIC DIET](#)



You could try eating a high-fat diet would be delicious and healthy for your body?

Have you been thinking often that you are sick from all other diets and want to try something new and easy?

You can use these recipes in the way you want: to maintain a healthy ketogenic diet, lose weight, or just enjoy delicious food items.

The Cookbook begins with an overview of how, and why, to keto. Maria walks readers through the steps of setting macros, getting into ketosis, becoming fat...

[SCHNELL UND EINFACH KETOGEN KOCHEN](#)



Gesund und schlank mit ketogener Küche

Bei der ketogenen Ernährung zieht der Körper die benötigte Energie nicht aus Kohlenhydraten, sondern vermehrt aus Fetten. Das hält den Insulinspiegel niedrig - so können Sie leicht abnehmen, leben insgesamt gesünder und können sogar Herz-, Autoimmunerkrankungen, dem metabolischen Syndrom und anderen Krankheiten entgegenwirken.

Vielleicht trauen Sie sich, wie viele Menschen, nicht an die ketogene Diät heran, weil sie sehr ...

[HEALTHY LOW CARB KETO SNACK](#)

Do you want to get healthy and quick recipes?



Lose Weight and Improve Health!

Please Don't leave the page. This cookbook is for you!

A ketogenic diet snack is the best for you to lose excess weight! Millions of people around the world have already search out this special lifestyle, and they all talk about it and recommend it!

Maybe you have tried some of the fad diets that are highly good rating and do not seem to work, but you just can't seem to keep ...

[THE ART OF HEALTHY EATING - SLOW COOKER](#)



This is the latest in my series of grain free low carb cookbooks. As with the other books in this series (Sweets, Kids and Savory) this is a full color cookbook with beautiful photos of every recipes. This is my first hardcover book and also has 198 easy recipes! Many of you know that our family has doubled in size a little over a year ago. With the growth of our family, Craig and I have been busier than ever. Not only do we have 2 more mouths to feed, we also are trying to enjoy being new ...

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Summary Keto Book

Make certain to take a look at the unique collections for fascinating finds. There are more than 4,000 eBooks readily available in this website in formats adaptable to most eReaders (PDF, Kindle, ePubs, iPad, iBooks and more). Almost all of them can easily be downloaded totally free and more books are contributed to the library continually. Happy reading!

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