



Ketogenic Diet: Ketogenic Catastrophe: Avoid The Ketogenic Diet Mistakes (and STAY in Ketosis safely!)

Eric Stein

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ARE YOU A SUGAR BURNER OR A FAT BURNER?

The Ketogenic Diet has emerged on the weight-loss scene as a fat-shredding **powerhouse**. Stories of **diabetes**, autoimmune diseases, Alzheimer's, and even cancer disappearing are no longer uncommon. By far the most widely reported result achieved by its users is **dramatic weight-loss**. This occurs when the ketogenic diet is followed properly and the body switches its metabolism from "sugar-burning" to "fat-burning." Unfortunately, many would-be keto followers crash & burn early because they fall victim to the many mistakes people make when attempting nutritional ketosis. These roadblocks are where 90% of ketogenic diet attempts end. All the work, effort and commitment, gone without the results. What a shame... ***Ketogenic Catastrophe*** is here to help you reach full-blown ketosis by shining a warning light on the many roadblocks you may face. Carbs are only one part of ketosis, and to reap all the benefits, you must have a winning game plan. If you're thinking of trying the ketogenic diet (or you already have) this book is an absolute **must read**.

In this book you will learn:

- What the keto-flu is and how to avoid it
- The proper role exercise plays in ketosis
- The TRUTH about calories and what they really mean
- Easy tips and recipe ideas to increase ketone production
- Practical tips for approaching social engagements with **confidence**

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