

## **KETOGENIC DIET FOR HEALTH**



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The ketogenic diet focuses on calories from fat and protein while avoiding carbohydrates. When carbs are absent, your body uses fats and protein for energy. The ketogenic diet is named for the ketone bodies that are waste products of fat breakdown and can be measured in the urine.

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### **Ketogenic Diet Plan and Detailed Guide for Beginners**

Turning to butter and bacon to lose weight and boost health might not scream winning plan to everyone. But it makes perfect sense to those on the ketogenic diet (or keto diet ), the latest it regimen that backs high-fat, moderate-protein, and low-carbohydrate eating. Of course, behind every popular diet there s controversy.

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### **Thinking of Trying the Ketogenic Diet Here's What Keto**

Is the ketogenic diet for you? This may sound like a cop out, but the best diet is the one you stick with. For Volek, who s been following an ultra-low-carb diet for two decades, it works.

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### **What s the Difference Between the Ketogenic Diet and**

Both diets use this ultra-low carb approach to trigger ketosis, a state in which the body burns fat for fuel instead of stored carbs, leading, in theory, to weight loss.

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