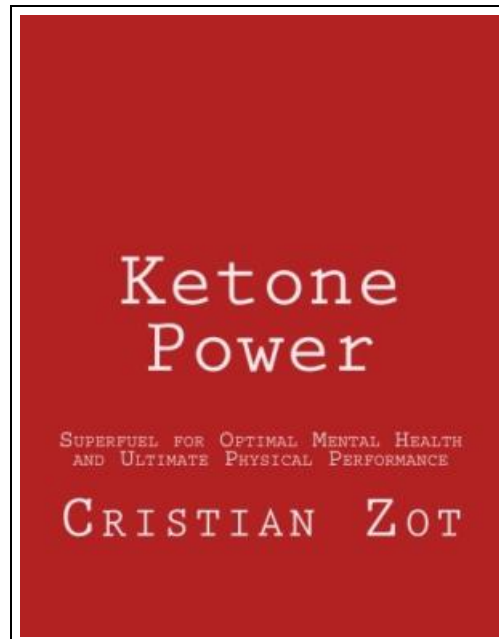


Ketone Power: Superfuel for Optimal Mental Health and Ultimate Physical Performance (Paperback)



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Reviews

*It is fantastic and great. It generally is not going to cost an excessive amount of. You will like the way the blogger create this book.
(Gerardo Bauch PhD)*

KETONE POWER: SUPERFUEL FOR OPTIMAL MENTAL HEALTH AND ULTIMATE PHYSICAL PERFORMANCE (PAPERBACK)



Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 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...



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