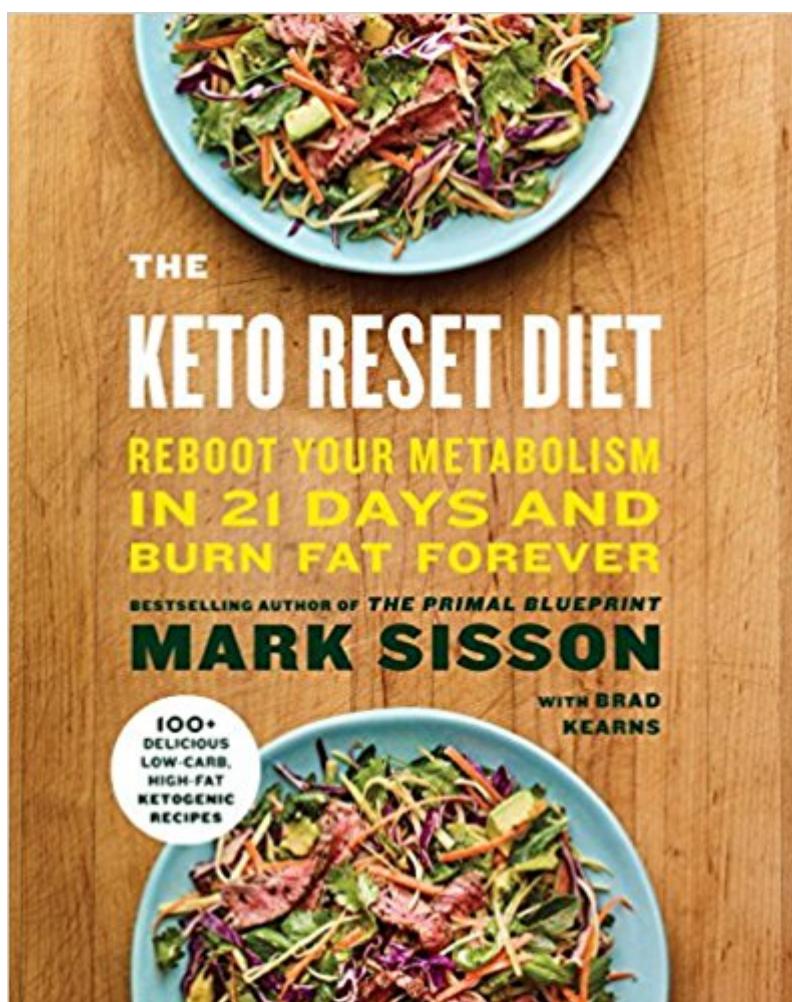


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The Keto Reset Diet: Reboot Your Metabolism In 21 Days And Burn Fat Forever



Synopsis

Mark Sisson—author of the mega-bestseller The Primal Blueprint—unveils his groundbreaking ketogenic diet plan that resets your metabolism in 21 days so you can burn fat forever. Mounting scientific research is confirming that eating a ketogenic diet could represent one of the greatest nutritional breakthroughs of our time—and that it might be the healthiest and most effective weight loss strategy ever. Going “keto” by eating high fat, low-to-moderate protein and low-carb foods enables you to break free from the disastrous effects of carbohydrate dependency by resetting your metabolism and promoting metabolic flexibility—where your body learns to burns fat instead of sugar for energy, even when you go off plan. Unlike many other ketogenic programs that require challenging restrictions and deprivation or offer misinformation, Mark Sisson, bestselling author of The Primal Blueprint and publisher of the #1 paleo blog MarksDailyApple.com, presents a unique two-step, scientifically validated approach for going keto the right way. He first reveals the real secret to rapid and sustained weight loss, which is in becoming "fat-adapted" before entering full nutritional ketosis. This process allows your body to learn to burn fat more efficiently, resulting in increased and sustained weight loss over the long-term. It takes as little as 21-days to reprogram your metabolism to burn fat for fuel, by ditching processed grains, sugars, and refined vegetable oils in favor of nutrient-dense, high fat, primal/paleo foods--and you'll see immediate results. Next, you'll fine-tune with Intermittent Fasting and then foray into full ketogenic eating for a further weight loss boost and improved health. With The Keto Reset Diet, you can eat to total satisfaction by enjoying rich, high-satiety foods, and even weather occasional slip-ups. You'll use keto as a lifelong tool to stay trim, healthy, energetic, and free from the disastrous health conditions caused by the typical American diet. With step-by-step guidance, daily meal plans and a recipe section with over 100 delicious keto-friendly recipes, this is the definitive guide to help the keto-beginner or the experienced health enthusiast understand the what, why, and how to succeed with ketogenic eating.

Book Information

Hardcover: 352 pages

Publisher: Harmony (October 3, 2017)

Language: English

ISBN-10: 1524762237

ISBN-13: 978-1524762230

Product Dimensions: 7.4 x 0.8 x 9.2 inches

Shipping Weight: 2.1 pounds (View shipping rates and policies)

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Best Sellers Rank: #86 in Books (See Top 100 in Books) #1 in Books > Cookbooks, Food & Wine > Special Diet > High Protein #1 in Books > Cookbooks, Food & Wine > Special Diet > Paleo #1 in Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate

Customer Reviews

"The exploding popularity of keto has resulted in excessive hype and ill-advised attempts to shortcut the process of fat-adaptation. The Keto Reset Diet takes a thoughtful, patient, lifestyle-focused approach to bring you all the health benefits without the burnout." - Melissa Hartwig, New York Times best-selling author and Whole30 co-founder

"Mark Sisson's big picture strategy combining sensible dietary transformation with exercise, sleep, and stress management practices ensures that you will stick with it, and have fun while you're at it!" - Robb Wolf, author of The Paleo Solution and Wired To Eat

"Mark Sisson's The Keto Reset Diet opens the door to better health by broadening the scope of this revolutionary approach to health and longevity. He masterfully delivers a comprehensive guide that allows everyone to engage what our most well respected research is validating. This book will guide readers to finally achieve success as it relates to health and weight loss." - David Perlmutter, MD, author of the New York Times #1 bestseller, Grain Brain and The Grain Brain Whole Life Plan

"World class advice from a world class athlete. Mark Sisson presents a sound formula of ketogenic eating and living that anyone at any age and athletic level can follow to build a fitter, leaner, healthier body. The Keto Reset Diet provides the what, the how, and, best of all, the whys of the ketogenic diet. If you've been hearing about the terrific health and fitness changes that can come about with a ketogenic diet, this is the book you need to read." - Michael R. Eades, M.D., co-author of the New York Times bestselling Protein Power

MARK SISSON is the bestselling author of The Primal Blueprint, a former world-class endurance athlete, and one of the leading voices of the burgeoning Evolutionary Health Movement. His blog, MarksDailyApple.com, has paved the way for Primal enthusiasts to challenge conventional wisdom's diet and exercise principles and take personal responsibility for their health and well-being. BRAD KEARNS is the President of Primal Blueprint Publishing, co-author (with Sisson) of Primal Endurance, and a former national champion and #3 world-ranked professional triathlete.

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