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Wed, 01 Aug 2018 14:43:00 GMT - The ketogenic diet is a high-fat, adequate-protein, low-carbohydrate diet that in medicine is used primarily to treat difficult-to-control (refractory) epilepsy in children. The diet forces the body to burn fats rather than carbohydrates. Normally, the carbohydrates contained in food are converted into glucose, which is then transported around the body and is particularly important in fueling ...

Ketogenic diet - Wikipedia -

Tue, 07 Aug 2018 07:48:00 GMT - Before trying a ketogenic diet, if you take these medications or have one of these medical or psychiatric conditions, consult with a clinician first.

Is the Ketogenic Diet Safe for Everyone? - Diagnosis:Diet -

Tue, 31 Jul 2018 12:50:00 GMT - The 3-Week Ketogenic Diet is a simple, science-based diet that is 100% guaranteed to melt 7-19 pounds of stubborn body fat.

(3) The 3-Week Ketogenic Diet | Official Website | Lose ... -

Sat, 04 Aug 2018 20:30:00 GMT - GLUT1 Deficiency Syndrome and the Ketogenic Diet ; What to Do When Your Child Grows Up and Still Needs the Diet? Continuing to Combat the Fear of High Cholesterol

Epilepsy Foundation -

Wed, 08 Aug 2018 04:33:00 GMT - The ketogenic diet is one treatment option for children with epilepsy whose seizures are not controlled with AEDs. The diet may help to reduce the number or severity of seizures and can often have positive effects on behaviour.

Ketogenic diet for epilepsy | Epilepsy Society -

Wed, 08 Aug 2018 17:05:00 GMT - A cyclic ketogenic diet (or carb-cycling) is a low-carbohydrate diet with intermittent periods of high or moderate carbohydrate consumption. This is a form of the general ketogenic diet that is used as a way to maximize fat loss while maintaining the ability to perform high-intensity exercise.

Cyclic ketogenic diet - Wikipedia -

Sun, 05 Aug 2018 21:55:00 GMT - This is a list of ketogenic diet foods. It includes meats, vegetables, dairy, nuts, seeds, beverages, fats and oils that are allowed on the ketogenic diet. Be sure to follow this comprehensive list if you are on a ketogenic diet to be sure that you receive all of the proper nutrients you need while in ketosis.

The Ultimate Ketogenic Diet Food List (What to Eat on The ... -

Wed, 01 Aug 2018 03:09:00 GMT - Learn how a ketogenic diet greatly improves not only weight issues, but many other health conditions, including diabetes and cancer. We've got the diet plan, recipes and more information here!

Ketogenic Diet Resource -

Thu, 02 Aug 2018 05:16:00 GMT - A ketogenic diet is a diet that derives most of its calories from fat and only a small number of calories from carbohydrates.. The diet forces the body to burn fats rather than carbohydrates for

energy. Normally, the carbohydrates you eat are turned into glucose in the body, which is used for energy around the body and in the brain. But, if you don't eat enough carbohydrates, your body has a ...

Ketogenic diet - Simple English Wikipedia, the free ... -

- Once you have a good understanding about the diet and are ready to start, download my Basic Ketogenic Diet Plan (the plan is in PDF format, so you need Adobe reader to open it). My plan provides step-by-step instructions on how to determine your custom and specific macronutrient levels (the amount of fat, protein and carb that you should eat given your physical characteristics).

Ketogenic Diet Plan: Get Started Here! -

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