

THE TRUTH ABOUT
**WEIGHT
LOSS**
— & —
THE
**KETOGENIC
DIET**

By Liz Swann Miller

What It Is, What It Isn't, and Why This New Trending Diet Might Not Be All It's Cracked Up to Be

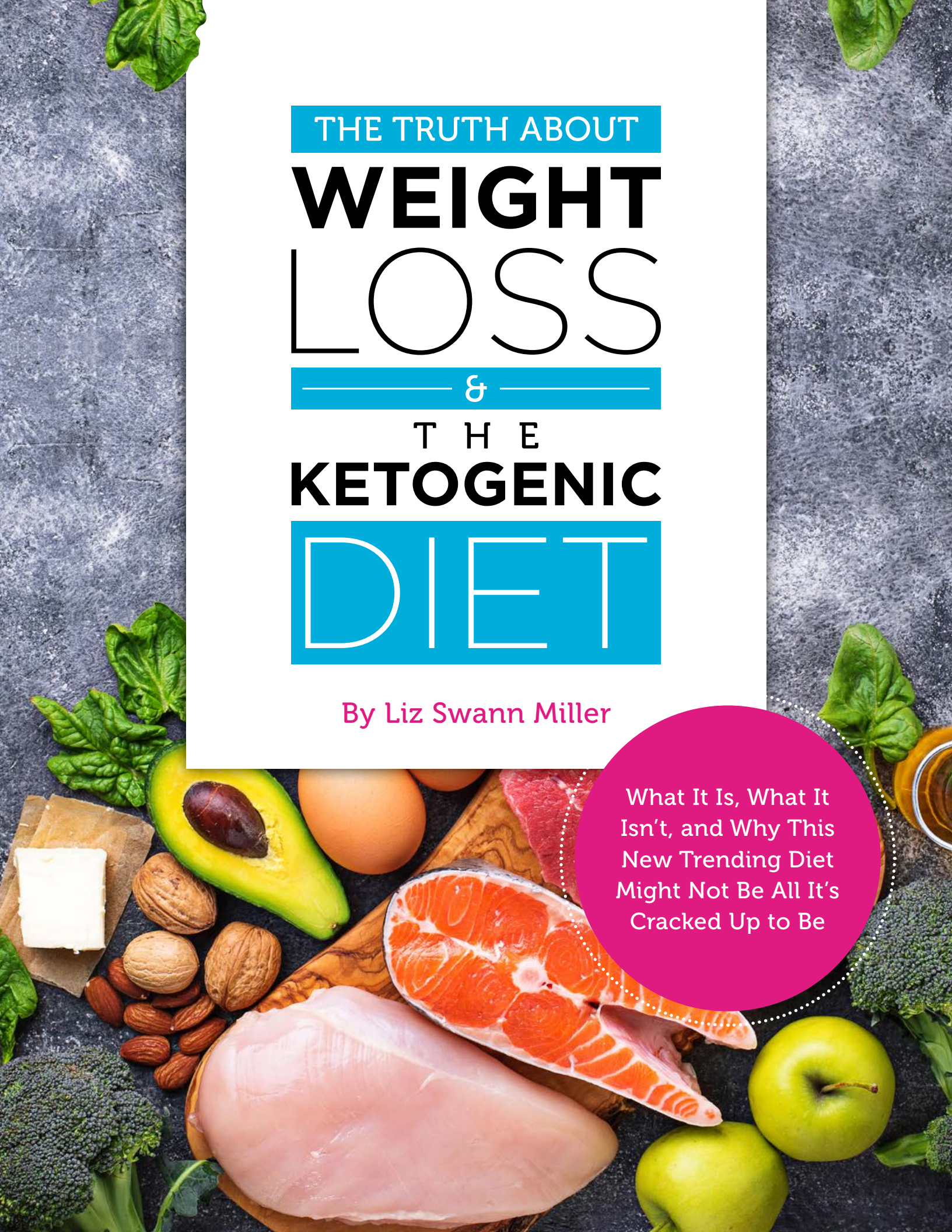


Table of Contents

A Brief Intro to the Ketogenic Diet.....	3
The Ketogenic Diet at A Glance.....	4
A Deeper Dive into The Ketogenic Diet.....	5
Variations of the Ketogenic Diet.....	6
What Kinds of Foods Are Keto-Friendly?	7
What You Can Eat	7
What You Can't Eat	10
What's Great About Keto?.....	11
Where Does the Ketogenic Diet Come Up Short?.....	13
The Last Word on Keto: Worth the Trouble?.....	15
Slim Down & Bulk Up – Easier, Faster, & Smarter	16



A Brief Intro to the Ketogenic Diet



The Ketogenic Diet is one of the newest and most hotly talked about dieting trends that has hit the country in years. It seems like everywhere you go on social media or in the “real world,” at least someone you know has an amazing success story involving Keto.

And while this way of eating follows in the familiar footsteps of a number of other diets that have since gone by the wayside, the Keto Diet does have a few impressive health benefits as well as surprising weight loss results. If you can find the willpower to push through the diet’s downsides, that is.

This comprehensive guide to the Ketogenic Diet will help cut through all the misinformation when it comes to going Keto and will help you understand what this diet is all about. We’ll take a closer look at ketosis, what’s allowed on the diet, some of the pros and cons of Keto, and what you can expect when it comes to how Ketogenic will affect your health.

Plus, we’ll also take a look at some of the alternatives that are getting the job done quicker and easier than Keto – meaning you’ll be able to drop those unsightly pounds without having to trudge through the drawbacks of this trending new diet.

The Ketogenic Diet at A Glance

If you've been scouring the internet trying to find the right diet for you, it can be a bit overwhelming keeping them all organized in your head. This quick look at the Ketogenic Diet will help you keep track of the perks and downfalls of Keto.

Pros

- 👍 Better than low-fat diets at weight loss
- 👍 Let's you eat high-fat foods (like bacon!)
- 👍 Can have a variety of physical and neurological health benefits

Cons

- 👎 Giving up carbs can be extremely difficult for some
- 👎 Grueling adjustment period
- 👎 Eating out can be problematic
- 👎 Could be tough for athletes who may require higher energy levels



Health Impacts

- Keto-flu (which has been compared to **drug withdrawal**) can be quite uncomfortable
- Cholesterol has been shown to spike in some studies while others show a drop further down the line
- Has been proven to reduce the frequency of specific neural dysfunctions in children such as seizures on the same level as medications in some instances
- Critics claim Keto can actually end up damaging the heart, liver, and/or kidneys

A Deeper Dive into The Ketogenic Diet



You've probably heard the Ketogenic Diet referred to in a couple of different ways – the Keto Diet, low carb diet, LCHF (low-carb, high-fat). But no matter how you refer to it, there's one core tenet of this diet that reigns supreme: cut the carbs.

That's because, with fewer carbs in your daily diet, your body is much quicker to jump into a process known as "ketosis." Ketosis is when your system switches over to burning fat after it has run through all of your stores of carbohydrates. It follows, then, that with fewer carbs in your body, the quicker you can start using fat for energy and, thus, shedding those unsightly pounds.

Proponents of the Ketogenic Diet also claim that in addition to weight loss, you'll also experience a number of other physical and psychological benefits as well, including:

- **Improved cardiovascular health**
- **Lowered cancer risks**
- **Clearer skin**
- **Better brain functioning**
- **Fewer headaches**
- **More energy**

While the science is still out on many of these claims, the Ketogenic Diet does have a history of treating epilepsy and in promoting weight loss when the diet is followed correctly.

To get the most benefits out of Keto, Keto enthusiasts claim that your diet should be limited to around 50g of total carbs per day. One important caveat to remember here, though, is that the total carbs digested are often offset by the grams of fiber in each serving. If a serving has 20g total carbs and 12g of fiber then, only about 8g of carbs will end up impacting your body.

This final measure is what's known as net carbs, and most Keto users point to around **20g to 30g of net carbs a day** as being a solid goal.

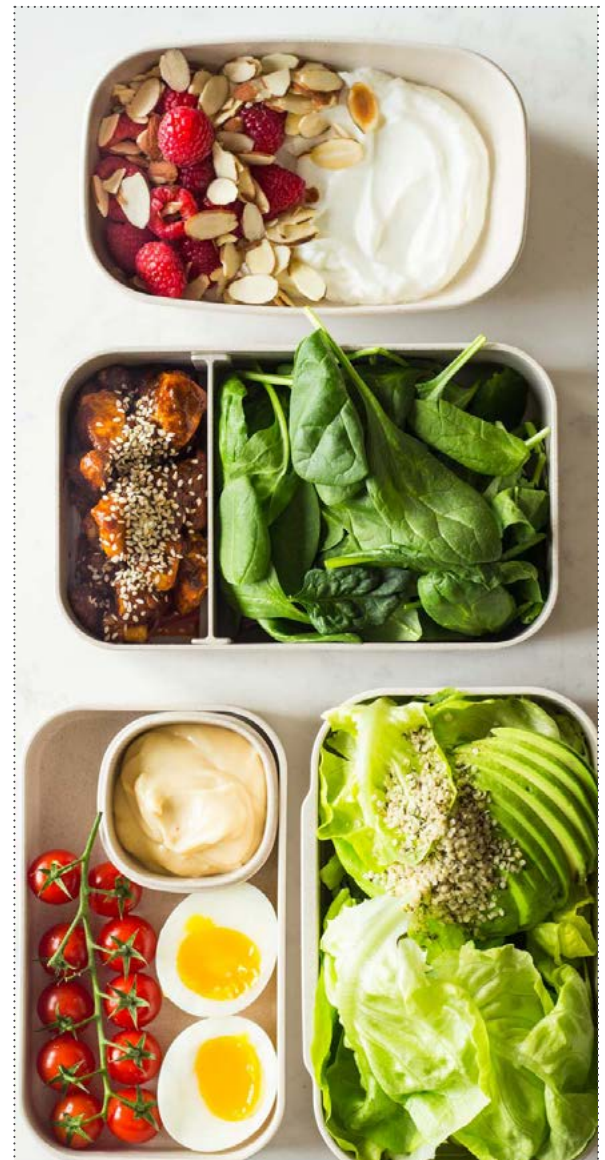
In the end, the more time you spend in ketosis (marked by the absence of carbs in your system), the more fat you'll burn through – and the more weight you'll lose.

Variations of the Ketogenic Diet



Like almost every other diet, Keto has a number of variations that can make it easier to adapt to depending on your lifestyle and goals. While other offshoots undoubtedly exist, the four main types of the Ketogenic Diet you may see are the **Standard Ketogenic Diet**, the **High-Protein Ketogenic Diet**, the **Cyclical Ketogenic Diet**, and the **Targeted Ketogenic Diet**.

- **The Standard Ketogenic Diet (or SKD)** - This is often the most common form of Keto that many people end up following - at least at first. It consists of around 75% of your daily calories coming from fat, 20% coming from protein, and only about 5% coming from carbs.
- **The High-Protein Ketogenic Diet** - This variation to SKD substitutes fat with more protein. As a result, about 35% of your calories should come from protein instead of 20% and only 60% should come from fat. The 5% carbs limit remains the same.
- **The Cyclical Ketogenic Diet (CKD)** - Designed with exercise in mind, the CKD is used to help support high-intensity workouts with just a few high-carb days a week. A CKD program usually has 5 Keto days a week along with 2 high-carb days as well.
- **The Targeted Ketogenic Diet (TKD)** - Rather than designating days for eating high carbs to make workouts more productive, a TKD program allows users to consume carbs around workout times any day. This, again, is great for Keto dieters who also want to meet their exercise goals at the same time.



What Kinds of Foods Are Keto-Friendly?



Going Keto can be a bit trying at first. Besides the infamous keto-flu (which we'll get into later), knowing what you can and more importantly cannot eat on the Ketogenic Diet takes a bit of time to master.

The list of keto-friendly foods below will likely be some of the staple foods you'll consume on a regular basis during the diet. While they certainly aren't the only ingredients you can incorporate into your meals, they represent some of the most common ones to be sure.

What You Can Eat

Meats

Meats are one of the core components of the Ketogenic Diet. That's because, for the most part, these high-protein foods are famously low in carbs. And for many, the fact that you can safely incorporate meats like bacon into nearly any meal often makes up for the lack of breads and grains.



It's worth mentioning however that you should be extra careful about **how these meats are prepared**. While it's easy to recognize the dangers of, say, breaded meats due to the high-carb count in breadcrumbs and batters, cured and processed meats may also have high sugars and starchy fillers as well.

So, just because it's meat doesn't mean it's keto-friendly to eat. Here are just a few of the meats that are fine to eat when you're on the Ketogenic Diet.

- **Bacon (of course!)**
- **Chicken**
- **Steak**
- **Duck**
- **Crab**
- **Lamb**
- **Ham**
- **Pork**
- **Lobster**
- **Shrimp**
- **Turkey**
- **Veal**
- **Salmon**
- **Trout**
- **Elk**
- **Beef**
- **Hot Dogs**
- **Sausage**
- **Clams**
- **Bison**
- **Boar**

Seeds & Nuts

Many Keto enthusiasts will supplement their snacking with nuts and seeds as a way to fill in for salty chips or sugary candies and pastries. And it's true: seeds and nuts can be quite filling, delicious, and a simple option for a quick bite.



But seeds and nuts can either be your best friend or your worst enemy when going Keto. For example, in just about one handful of Brazil nuts, you can expect to take in only a bit over 3 carbs. With cashews, on the other hand, you're looking at **over 9 carbs!**

Unless you're paying close attention, then, these deceptively harmless afternoon snacks can end up being a sneaky cause for getting knocked out of ketosis.

Some nuts and seeds that are particularly low in carbs include:

- **Brazil nuts**
- **Hazelnuts**
- **Macadamia nuts**
- **Pecans**
- **Pine nuts**
- **Walnuts**
- **Almonds**

Fats

Fats and oils are some of the most essential components of a solid Ketogenic Diet, and in all likelihood, they'll probably be where the bulk of your calories are coming from on a day-to-day basis.



But be sure to take into consideration your specific weight loss goals before going overboard and dousing every meal with fats and oils. If, for instance, your primary goal is to lose weight, you'll still need to aim for a calorie deficit. And if you're dipping nearly every bite in bacon fat, you might blow through those calorie limits faster than you anticipate.

Beyond that, you'll also want to avoid processed oils and trans fats. The fats below are generally low in unnatural trans fats and are considered to be "good fats" that will likely make up the majority of your Keto calories.

- **Butter**
- **Cream**
- **Eggs**
- **Coconut, palm, and extra virgin olive oil**
- **Lard**
- **Bacon fat**
- **Avocados**
- **Fish oils**
- **Nut oils**
- **Yogurt**
- **Animal products**

Veggies

Non-starchy vegetables are going to end up being a big part of your life after you've gone Keto. That's because not only are they chock full of vitamins and nutrients, they're also typically loaded with fiber which, as you know, is a great way to offset your net carbohydrates for these foods.

But not all veggies are carb friendly. Root veggies like potatoes, parsnips, and corn can all be surprisingly high in starches and can end up shooting your carb counts through the roof in just a few servings.

It's best, then, to aim for leafy green vegetables instead. Some great low-carb veggie options include:

- **Asparagus**
- **Celery**
- **Cucumber**
- **Radishes**
- **Romaine lettuce**
- **Spinach**
- **Cauliflower**
- **Avocado**
- **Cabbage**
- **Zucchini**
- **Tomatoes**
- **Eggplant**
- **Brussel sprouts**
- **Broccoli**
- **Green Beans**



Dairy

One of the perks of the Ketogenic Diet is the fact that dairies are fair game! That means cheeses, butter, creams, and yogurts are all on the table. This, of course, is welcome news to many people who have been told to steer clear of dairy if they **ever** want to lose those pounds.

However, as with other foods on the Keto Diet, you need to make it a habit to check ingredient labels at the store before you start incorporating them into your meals. That's because dairy products can often contain loads of hidden sugars and fillers that may sneak in more carbs than you might expect.

Below are some of the most common dairy products you'll likely be eating on a pretty regular basis.



- **Cottage cheese**
- **Sour cream**
- **Greek or plain yogurt (unsweetened)**
- **Cream cheese**
- **Butter**
- **Various kinds of cheeses (mozzarella, provolone, Swiss, cheddar, etc.)**

What You Can't Eat

It's worth remembering here that going Keto doesn't necessarily mean no carbs at all. Instead, the Ketogenic Diet focuses on low-carb. And that means you can, of course, have some carbs throughout the week. In fact, it's almost impossible to take in absolutely zero carbs and might even be unhealthy to do so.

As a result, the foods below should be avoided in excess as they typically contain high levels of carbohydrates. But feel free every once and awhile to indulge, just a bit.

- **Grains**
- **Alcohol (most are high in both carbs and sugars)**
- **Processed and refined fats like vegetable oil and margarine**
- **Fruits and fruit juices (high in sugar and carbs)**
- **Pasta**
- **Pastries**
- **Potatoes**
- **Cookies, chocolate bars, and ice creams**
- **Soda**
- **Cereals**
- **Beans**
- **Honey**
- **Corn**
- **Candy**



What's Great About Keto?



The Ketogenic Diet might be relatively new to the dieting scene, but advocates claim that following this meal plan is great for dropping pounds, boosting mood, and helping improve your energy levels and focus.

And while only some of these claims are backed up by hard proof, there are actually a number of benefits that both the dieting and scientific communities can agree on.

The effects below are a few of the most notable upsides of this trending new diet and more often than not, are some of the main reasons many people turn to Keto.

- **Effective at Weight Loss -**

Studies have shown that the Ketogenic Diet does, in fact, promote weight loss over time.

[A study](#) from Dr. Gianfranco Cappello found that dieters using Keto lost on average 20 pounds – though study participants were fed a liquid diet via a feeding tube (an unrealistic and unattractive option for many). Beyond that, the study lasted for around 5 years total.

[Another study](#) put weight loss over the course of a six-week Keto diet to be closer to around 4.4 pounds, averaging out to about 3/4lbs lost per week.

Keto, then, can lead to dropping pounds when you stick to the diet long enough to actually start burning fat. It just takes getting through the numerous downsides of Keto to start seeing results.

- **Let's You Eat Traditionally Taboo Foods -**

One of the best parts of going Keto is being able to fill up with high-fat foods like bacon, cheeses, and oils. And if you've been through a variety of diets before, you'll likely notice that this approach to shedding pounds is pretty uncommon.

This factor alone is often the selling point for many people. And while the joy of having unrestricted access to these kinds of meals is undoubtedly helpful in combating some of the downfalls of this diet, the novelty does tend to wear off sooner than most may like.

- **Neuroprotective Effects –**

Believe it or not, the Ketogenic Diet started as a way to [treat epilepsy in children](#). And even more impressive, it's been proven to work! It was developed for such a purpose in the 1920s and was one of the primary forms of treatment before the use of anticonvulsants.

Researchers are still studying whether or not Keto has any other psychological benefits (e.g., improved mood, sharper focus, cognitive enhancement) as many Keto enthusiasts claim, but without a doubt, this diet can do wonders for staving off seizures in children with epilepsy.



Where Does the Ketogenic Diet Come Up Short?



Despite the variety of benefits that Ketogenic enthusiasts claim, there are a number of downfalls of this diet as well – and some of the drawbacks might make going Keto not entirely worth the trouble.

Below are just some of the most notable problems with going Keto that you'll likely experience when jumping on this trending new diet.

• **The Keto Flu -**

The Keto flu is one of the most notorious downsides of the Ketogenic Diet. It occurs during the first few weeks of the diet and is a direct result of your carb intake grinding to a halt. And for many, the symptoms of this period can end up being quite grueling.

Many people describe the condition as being similar to having the flu, though the effects might end up lasting far longer in some cases. Some of the most common symptoms might include:

- **Dizziness**
- **Headache**
- **Nausea**
- **Vomiting**
- **Irritability**
- **Muscle aches**
- **Insomnia**
- **Fatigue**

• **Internal Organ Problems -**

Going Keto could end up being dangerous, especially for anyone who has problems with their liver or kidneys. The dramatic change in macronutrient consumption can end up putting additional (and unnecessary) strain on these internal organs and could end up leading to more severe problems than belly fat down the line. As a result, many researchers suggest finding another weight loss alternative instead.

- **Weight Loss is Delayed -**

While studies have shown that Keto can lead to weight loss, the results may not be quite as dramatic and rapid as you may have heard. Part of this is because most of the weight loss at first is actually water weight [according to Lisa Cimperman, R.D.N.](#)

Beyond that, most of the highly-cited studies that Keto enthusiasts point to when it comes to weight loss (like those mentioned previously) don't show that dramatic of weight loss at all (**only around 0.75lbs per week**).

- **Muscle Loss -**

The standard Ketogenic Diet can make it tough to build muscle and get the most out of your exercises, even though your meals will typically consist of high levels of protein. As a result, even if you end up losing weight at some point over the course of the diet, the results won't be nearly as dramatic as other programs that let you both lose weight and build muscle at the same time.



The Last Word on Keto: Worth the Trouble?



The Ketogenic Diet is a proven method for dropping weight over time and helping individuals reduce their risk of specific neuropathic disorders. Plus, it also lets you eat high-fat foods like bacon, cheeses, and oils – which is practically unheard of in the dieting world.

However, many of the claims that the Ketogenic Diet can rapidly and dramatically revolutionize your health are a bit overstated.

Keto advocates will often point to the diet's ability to reduce the risk of some neurological issues as evidence of Keto's ability to increase cognitive functioning (though this claim needs much more supporting research).

And while there are a variety of studies that support the benefits of ketosis for shedding pounds, more work needs to be done on just how effective the Ketogenic Diet is in the long term. Added to that is the fact that many Keto studies show rates of weight loss that, frankly, just aren't that impressive.



What's more, Keto can actually cause damage to internal organs like the liver and kidneys if you aren't careful and for athletes, muscle mass may suffer as a result of the diet.

Finally, the dreaded Keto flu is often enough for even the most dedicated dieters to drop this diet within the first few weeks. And considering just how grueling these symptoms can be (who wants the flu for **two weeks anyway?**), it really isn't any surprise.

In the end, the measurable benefits of this diet just aren't enough to outweigh the all-too-common problems associated with Keto.

Plus, other weight loss alternatives are **several times more effective** at cutting belly fat and trimming up your waistline quicker and safer – without all the nasty side effects of Keto.

Slim Down & Bulk Up – Easier, Faster, & Smarter



Although the Ketogenic Diet has been proven to aid in weight loss on a long enough timeline, the fact of the matter is most people want a program that'll help them lose more than **just 3/4lbs per week**.

And added to that, they probably don't want to go through the physical and mental torture of the Keto flu to get it.

If you're one of the many people who want to quickly melt away body fat, improve your muscle tone, and feel better than ever day-in and day-out, the Ketogenic Diet probably isn't right for you. Luckily, there are better, faster, and **smarter** options out there.

That's where **The Fat Decimator System** comes in.

Where mainstream diet fads like Keto and the countless others fail is where this program truly shines. Not only is it a **proven** method of dropping pounds fast (think **double-digit pounds per week**), it's also one of the best ways to sharpen your mind, keep you brimming with energy, and show you how to build muscle quicker than ever thought possible.

That's because unlike other diets, **The Fat Decimator System** was crafted from actual research on more than 500 medical studies, dozens of diet books and hundreds of diet systems, programs, gadgets, pills, and potions. It's without a doubt one of the most comprehensive systems I've **ever** seen.

It's this foundation on actual scientific evidence that separates this program from the rest and makes **The Fat Decimator System** a superior choice when it comes to revolutionizing your body.

Here's where **The Fat Decimator System** shines and where other diets like Keto fall short:

- It can help you lose **as much as 41lbs in just 3 weeks** (like past user Sharon Monroe did) rather than only 4.4lbs over 6 weeks.
- It incorporates **nutrient- and fiber-rich meals** – the best parts of the Ketogenic Diet.
- It shows you how to **pack on lean muscle** without packing on the pounds.
- It lets you eat **the foods you crave** – even carbs!
- It can help you feel **healthier, energized**, and more **confident** than ever before.

The secret of this proven program involves tapping into **one little-known biological process** that's making it impossible for many people to lose weight. By showing you exactly how you can overcome and take advantage of this chemical reaction, **The Fat Decimator System** helps you supercharge your weight loss, so you can melt pounds away in half the time.

The technical details are a bit outside the scope of this book, but luckily, there's an entire documentary that dives deep into how **The Fat Decimator System** works on a cellular level. And trust me, once you see how easy dropping pounds can really be, you'll wonder how you ever missed it in the first place.

The video also shows you just how marine Sergeant Kyle Cooper got his hands on this no-fluff program (while on the hunt for Osama Bin Laden no less!) and how he's used it to literally save the lives of thousands of people just like you.

Go [watch the video here](#) today. I **guarantee** you won't regret it.

In the end, **The Fat Decimator System** is without a doubt the quickest, healthiest, and smartest way to get fit fast – without all the hassle of a painful diet.

So, ditch the Keto and start **decimating** your fat today.

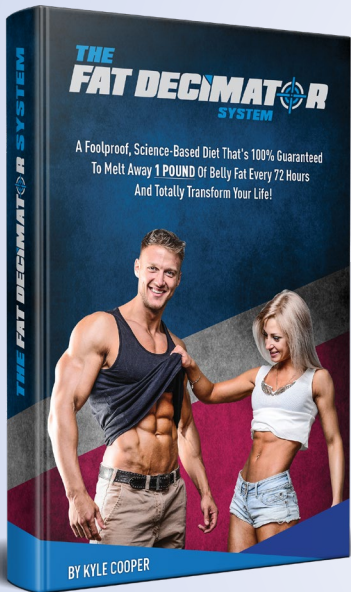




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