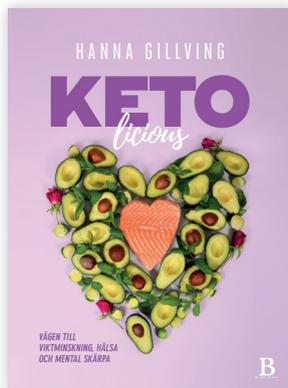


KETO-LICIOUS

THE WAY TO WEIGHT LOSS, HEALTH AND MENTAL SHARPNESS



Contents

Preface

PART 1. The background

PART 2. The food

PART 3. The concrete guide

PART 4. The addictive brain, carnivore and the chapter of sleep, stress and harmony

Final word

Description of sources & tips for those wishing to learn more

KETO-licious

Hanna Gillving

220pp

The diet that has taken the world by storm!

The ketogenic diet is an anti-inflammatory diet that has been used since the 1920s as an effective treatment method for children suffering from epilepsy, and which has made it possible to cure many of today's chronic diseases and health conditions, such as type-2 diabetes and cognitive brain diseases, including dementia and other inflammatory conditions.

KETO-licious is a concrete and practical guide aimed at improving and even revolutionising your health, from the inside out. In this book the ancient, ketogenic low-carb diet is presented in combination with contemporary expertise and the latest research findings which emphasise the healing power of real food, and explains why it is that insulin and blood sugar play a key role in your health and wellbeing.

The keto diet means back to basics, eating the food we as human beings are genetically adapted to eat. By eating a large amount of healthy fats, moderate amounts of animal protein and a great deal of lowcarb vegetables you can help your body and brain to start using ketogens as a primary source of fuel, instead of glucose – a process which leads to cognitive advantages and helps you become an around-the-clock fat-burning machine.

Some of the health benefits of the keto-diet:

- Settled stomach
- Better sleep
- Increased focus and cognitive calm
- Reverse type-2 diabetes and cognitive diseases such as dementia
- Better memory and spark in life
- Eliminates painful joints and migraines
- Makes it easy for you to lose those extra kilos



About the author

Hanna Gillving is a certified dietician, medical functions therapist and sports nutrition coach, educated at the Paleo Institute in Stockholm. She has also trained in yoga and addiction.