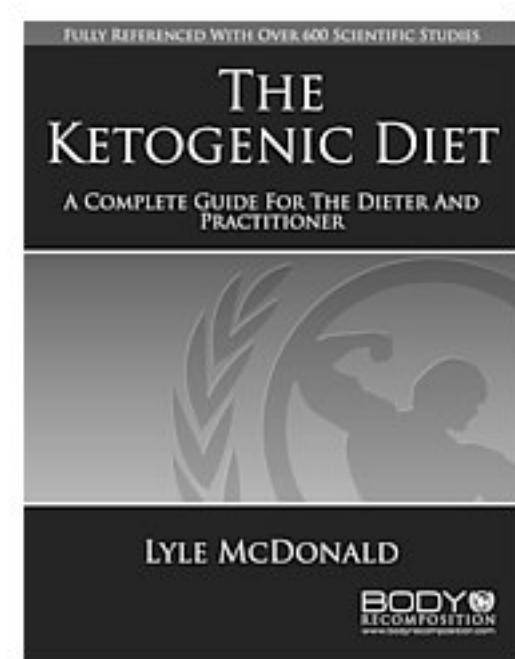


The ketogenic diet: a complete guide for the dieter and prac



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著者:Lyle McDonald

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Very low-carbohydrate (aka ketogenic) diets such as The Atkins Diet, Protein Power and The South Beach Diet have come and gone repeatedly over the years and there is currently great research and real-world interest in their effects. Unfortunately, altogether too much misinformation exists regarding them.

Folks who are pro-low-carbohydrate diets tend to present them as the quick and easy solution to everything including obesity. Easy weight loss without hunger or calorie

counting is promised but never seems to pan out as well as we might hope.

At the other extreme are the anti-low-carbohydrate folks who tend to present low-carbohydrate diets as nothing short of a nutritional disaster being perpetrated by a bunch of con men.

The truth, of course lies somewhere in the middle. While low-carbohydrate diets aren't for everyone and have their pros and cons, the research is clear: they have major benefits under certain circumstances and can be as healthy (and sometimes healthier) than 'standard' carbohydrate based dieting.

The Ketogenic Diet is the first and only book to objectively examine in-depth the scientific evidence regarding low-carbohydrate/ketogenic diets. It is meant to be a reference manual for low-carbohydrate diets; it is unlike any other book on low-carbohydrate diets that you have ever read or seen.

Covering every topic in extreme detail, The Ketogenic Diet addresses everything from the basic physiology of how the body adapts to a low-carbohydrate intake, the details of human fuel utilization, the impact of low-carbohydrate diets on body composition and many, many more.

Of course, none of the above is useful without practical application guidelines. Details on how to optimize low-carbohydrate diets for different goals (such as fat loss, bodybuilding and endurance performance) are discussed along with three distinct types of low-carbohydrate diets. In addition, the book includes a complete discussion of resistance, aerobic and anaerobic exercise physiology along with specific training programs for different goals and different levels of trainee.

At 325 pages and containing over 600 scientific references, this will be your complete reference for ketogenic diets.

作者介绍:

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标签

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评论

very
informative。观点比较中肯，正面负面都讨论到了，缺乏研究数据的情况也如实告知。

keto大法好

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书评

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