

The book was found

Keto Fasting: Start An Intermittent Fasting And Low Carb Ketogenic Diet To Burn Fat Effortlessly, Fight Diabetes, Purge Disease And Become Keto Adapted (Fasting Ketosis Book 1)





Synopsis

A Revolutionary Way of Eating - Keto Fasting! One of the most popular diets out there are intermittent fasting and keto. Both are extremely effective at weight loss, improving health, fighting diabetes and enhancing your performance. On top of that, they also promote great compliance because of reduced hunger. Instead, you'll have constant access to abundant energy because you'll be burning your own body fat for fuel. Have you ever wanted to go for several days in a row without eating anything? At the same time, not lose muscle mass, get hungry, feel tired or exhausted? Instead, to be constantly energized and mentally sharp? That's what I'm talking about - intermittent fasting and keto will allow you to do just that. Keto Fasting is a way of eating that shifts your body into its prime-primal state of functioning. It makes you extremely efficient at your bioenergetics production and allows you to always perform at your peak. If you're a hard-charging individual who wants to optimize their health, cognitive output, physical resilience and overall well-being, then you should definitely pick up this book. The Book is Structured as Follows:

- In Part One, I'm going to teach you the fundamentals of metabolism, nutritional ketosis and fasting. It's the part where we're going to delve into how it works on purely the physiological side. Some of the chapters talk about why you should go on a ketogenic diet, the benefits of fasting and how they can enhance your energy on the mitochondrial level. I'll also step aside from pure science for a moment and rant about The Breakfast Myth and how fasting can make you free.
- Part Two is about the HOW - "how to get into ketosis, how to know whether or not you're in, how to choose your type of fasting and how to fast and feast. I'm also going to give you the guidelines on how to fast for several days in a row and how to use exogenous ketones."
- Part Three takes everything what you've learned and puts it all together - it's about combining IF and keto. I'm going to tell you what changes you should make and what are the best foods to buy on a ketogenic diet. Because I not only want to empower your physiology but your psychology as well, I'll give you some advice on creating new ketogenic habits. Eventually, I'll provide you with a four-phase adaptation blueprint that will help you to get used to the ketogenic diet and start practicing extended fasting. Most importantly, there's a separate chapter covering all of the mistakes you could make and how to avoid them. Lastly, there's also room for some recipes (in a fasting book?!) and supplementation.

Intermittent fasting and low carb are physiologically very similar and are a match made in heaven. If you combine them you get a very sustainable nutritional strategy that will take your biology to the next level. Siim Land, the author, is a modern day Renaissance man, a modern day hunter-gatherer, digital nomad, an author, a holistic health practitioner and a biohacker. He has been practising intermittent fasting for over 5-6 years and has been in ketosis since May 2015. After

having researched this topic thoroughly, he has managed to create a way of eating that improves your health, performance and cognition.

Book Information

File Size: 4392 KB

Print Length: 312 pages

Publication Date: January 6, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B01N31FVDL

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #85,720 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #5 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Cooking by Ingredient > Meat, Poultry & Seafood > Game #14 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Meat & Game > Game #97 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Ketogenic

Customer Reviews

Just started using it... I like how it makes me feel. A buzz but not the "keto flu". I wish they made a bigger serving size. But I like it. I'm not registering on the stick or breathalyzer, but I know how keto feels... I like it and will try peaches and cream next.

From the very inspiring introduction to the methodical teaching of the principals, to the practical implementations, Siim does mankind a favor by making it easy to really optimize your health. I am 4 days into ketosis, and I have lost much of my appetite which makes it easy for me to fast from 8PM or earlier to noon or later with little or no effort. I have never been able to fast before in my lifetime. I think as I get past the fat adaptation phase, that I will be able to extend my fasting. The diet is super tasty too. The only thing missing that I see is a list of the best sweeteners to use on the diet, but that is pretty easy to google. I combine erythritol with a few drops of liquid stevia and it really tastes like sugar without the aftertaste. If I use erythritol with powdered stevia, not so good. Good luck on your

journey. It is so worthwhile!

Siim's Keto Fasting is a well researched (89 references) book, the first quarter covering ketosis, what it is, why a person would want to be in ketosis the ketogenic diet and how to get into ketosis with most of the rest of the book focusing on fasting, using it with ketosis to achieve better overall health and possibly a longer life. He covers both ketosis and fasting in detail using both clear prose explanations as well as helpful color diagrams. Here are a few of the topics he covers: the role of hormones in ketosis, autophagy, the three major nutrients (carbohydrates, fats and protein) and their appropriate proportions in a ketogenic diet, the minor nutrients and supplements needed, the difference between a low carb and a ketogenic diet. He provides a section with keto friendly recipes. He details the several modes of intermittent fasting such as 24 hour fasts (one meal a day at supper), the 16:8 fast (wherein a person skips breakfast), the warrior way as well as longer fasts. Siim explains the advantages of fasting, speaking from personal experience. Altogether, Keto Fasting is a good in-depth introduction to and clear explanation of ketosis and fasting and how these brothers-in-arms can be used by the reader to improve her or his diet, health and life.

Boring and it's pre-highlighted. It's informative but very repetitious. I skimmed it and recommend Leanne Vogel's approach to IF and Ketogenic diet because: 1. Interesting and well written 2. She's a certified dietitian 3. Fast interesting informative & recipes included. This book is a fail. Don't even DL for free on kindle unlimited. It's a waste to read a book by a 22 yr old with no formal education in nutrition.

I found this book to be very well written and informative. It's easy to read without weighing you down with a bunch of unnecessary scientific explanations. (Yes of course there's some things that need to be explained) I learned new approaches to handling keto flu. I like the concise 'this is what you need to know' manner of writing. Very good! I was extremely surprised to find out how young the author is in comparison to his knowledge!

This book is awesome. Far exceeded my expectations. Synthesizes a lot of important stuff that has been coming out about health lately including things like cold exposure. Even down to the philosophy of everything. Very glad to own it. Good job on self publishing man! Good writing too. Thanks.

I stumbled across Siim when I was reading his book on keto bodybuilding and was positively surprised. This one is another great read. Highly informative and the approach of keto + fasting is an incredibly powerful and energizing combo. Highly recommend reading this!

The author is very savvy on the subject matter and offers an array of background information, particularly on the science behind the Ketogenic diet. He superbly explains what steps to take to achieve Ketosis and thoroughly explains the benefits of following this lifestyle choice.

[Download to continue reading...](#)

Keto Fasting: Start an Intermittent Fasting and Low Carb Ketogenic Diet to Burn Fat Effortlessly, Fight Diabetes, Purge Disease and Become Keto Adapted (Fasting Ketosis Book 1) Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Intermittent Fasting: Burn Fat Incredibly Fast, Gain Muscle and Live Longer With Intermittent Fasting (Intermittent fasting, Fasting diet, Intermittent Fasting For Beginners) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Intermittent Fasting: The Ultimate Intermittent Fasting Guide for Healthy and Quick Weight Loss (Intermittent Fasting Plan, Intermittent Fasting for Women, Weight Loss, Burn Fat, Intermittent Eating) Intermittent Fasting: 6 Intermittent Fasting Methods For Weight Loss, To Burn Fat, Build Muscle and Loose Weight By Eating Naturally. An Intermittent Fasting ... Loss, Intermittent Fasting For Weight Loss) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic Diet) Intermittent Fasting: Made Simple - How to Build Muscle and Burn Fat Faster with Less Effort using Intermittent Fasting (BONUS: 11 Little Known Weight ... 2 Diet, Fasting, Intermittent Fasting Diet) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Ketosis: Keto: Ketogenic Diet: Ketogenic Bootcamp: Lose 22 Pounds in 30 Days with Easy & Quick Ketogenic Recipes (diabetes, diabetes diet, paleo, ... carb, low carb diet, weight loss) (Volume 1) Low Carb Cookbook: 500 BEST

LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Intermittent Fasting Hacks: How To Eat Whatever The F*ck You Want To Burn Fat, Get Lean and Look Phenomenal! (Burn Fat, Intermittent Fasting, Fat Loss, ... Fasting, Clean Eating, Bodybuilding) FAT BOMBS: 120 SWEET AND SAVORY KETO TREATS FOR KETOGENIC, LOW CARB, GLUTEN-FREE AND PALEO DIETS (keto, ketogenic diet, keto fat bombs, desserts, healthy recipes, fat bombs cookbook, paleo, low carb) Ketosis: Ketogenic Diet: 2 in 1 Box Set: Includes over 100 Top Ketogenic Dessert and Ice Cream Recipes (diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss) (Volume 4) The 10 Day Ketogenic Cleanse: The Metabolism Booster Your Body Needs To Burn Fats (keto diet, high fat diet, ketogenic diet for weight loss, fat loss, ketogenic, ketogenic, ketogenic diet) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) VEGAN KETO: The 120 most delicious vegan ketogenic recipes for weight loss and healthy living (ketogenic diet, vegan, keto, keto diet, ketogenic, ketosis, keto cookbook, ketogenic cooking) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)