

keto a n d intermittent fasting

Mastering the Synergy: Keto and Intermittent Fasting for Enhanced Health and Wellness

keto a n d intermittent fasting is a powerful combination that has garnered significant attention for its potential to revolutionize health and wellness. By strategically merging the metabolic state of ketosis with structured periods of fasting, individuals can unlock a synergistic effect that amplifies the benefits of each approach. This article delves deep into the science behind this dynamic duo, exploring how they work together to promote fat loss, improve metabolic health, enhance cognitive function, and potentially extend lifespan. We will navigate the fundamental principles of both keto and intermittent fasting, discuss how to effectively implement them, address common challenges, and highlight the remarkable advantages they offer when pursued in unison.

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Understanding the Foundations of Keto and Intermittent Fasting

The ketogenic diet, often referred to as "keto," is a low-carbohydrate, high-fat eating plan. Its primary goal is to shift the body's primary fuel source from glucose, derived from carbohydrates, to ketones, produced from fat. When carbohydrate intake is drastically reduced, the liver begins to break down fatty acids into molecules called ketones, which can then be used by the brain and other organs for energy. This metabolic state, known as ketosis, is characterized by numerous physiological changes.

Intermittent fasting (IF) is not a diet in the traditional sense, but rather an eating pattern that cycles between periods of voluntary fasting and non-fasting within a defined time frame. It doesn't dictate which foods to eat, but rather when to eat them. Common intermittent fasting methods include the 16/8 method, where one fasts for 16 hours and eats within an 8-hour window, and the 5:2 diet, which involves eating normally for five days a week and restricting calorie intake significantly on two non-consecutive days. The core principle of IF is to give the body extended breaks from digestion, allowing for various cellular repair processes and metabolic shifts.

The Mechanics of Ketosis

Achieving and maintaining ketosis typically involves restricting carbohydrate intake to around 20-50 grams per day, while increasing the consumption of healthy fats and moderate protein. This drastic reduction in glucose availability forces the body to tap into its fat stores for energy. As the body depletes its glycogen reserves, it enters a state of nutritional ketosis. This process is further facilitated by the body's adaptation to utilizing ketones, which can lead to a more stable energy supply and reduced cravings.

The Principles of Intermittent Fasting

Intermittent fasting leverages the body's natural hormonal responses to fasting. During fasting periods, insulin levels drop significantly, which is a key signal for the body to begin burning stored fat. Simultaneously, human growth hormone levels may increase, aiding in fat loss and muscle preservation. The extended periods without food can also trigger autophagy, a cellular "clean-up" process where damaged cells are removed, promoting cellular rejuvenation and potentially longevity.

The Synergistic Benefits of Combining Keto and Intermittent Fasting

The true power of **keto and intermittent fasting** lies in their ability to amplify each other's positive effects. When combined, they create a potent metabolic environment that can accelerate fat loss, improve insulin sensitivity, and enhance overall well-being. This synergy arises from the overlapping mechanisms and complementary actions of both approaches.

Accelerated Fat Loss

When you are in ketosis, your body is already efficiently burning fat for fuel. Intermittent fasting further enhances this process by creating a larger caloric deficit and maintaining low insulin levels for extended periods. This combination signals the body to release stored body fat more readily. By reducing the time spent in a fed state where insulin is elevated, the body is encouraged to access and utilize adipose tissue reserves for energy more consistently. This can lead to a more rapid and sustainable reduction in body fat compared to either approach alone.

Improved Metabolic Health and Insulin Sensitivity

Both keto and intermittent fasting are highly effective at improving markers of metabolic health. The reduction in carbohydrate intake on a keto diet significantly lowers blood glucose and insulin levels. Intermittent fasting complements this by providing extended periods of low insulin, which allows the

body to become more responsive to insulin. This improved insulin sensitivity is crucial for preventing and managing conditions like type 2 diabetes and metabolic syndrome. When the body's cells can effectively utilize insulin, blood sugar regulation becomes more stable, leading to fewer energy crashes and cravings.

Enhanced Cognitive Function and Mental Clarity

Ketones are an efficient fuel source for the brain, and many individuals on a ketogenic diet report enhanced mental clarity, focus, and sustained energy levels. Intermittent fasting can also contribute to this by promoting the production of brain-derived neurotrophic factor (BDNF), a protein that supports the growth, survival, and function of brain cells. The combination of ketones as readily available brain fuel and the neuroprotective effects of IF can lead to a noticeable improvement in cognitive performance, memory, and mood. This sustained mental energy can be a significant advantage for daily tasks and overall productivity.

Potential for Longevity and Cellular Repair

Emerging research suggests that both ketogenic diets and intermittent fasting may play a role in promoting cellular repair and potentially extending lifespan. The metabolic state of ketosis and the fasting periods of IF can both activate pathways associated with cellular regeneration and stress resistance. Autophagy, the body's natural cellular clean-up process, is stimulated during fasting. Ketosis, by reducing inflammation and oxidative stress, can further support these restorative processes. While more research is needed, the combination holds promise for promoting cellular health and delaying the aging process.

Implementing Keto and Intermittent Fasting: A Practical Guide

Successfully integrating **keto and intermittent fasting** requires careful planning and a gradual approach. It is essential to understand that while powerful, this combination is not suitable for everyone, and consulting a healthcare professional is highly recommended before starting. A phased approach can help your body adapt more smoothly to the dietary and lifestyle changes.

Starting with the Ketogenic Diet

Transitioning to a ketogenic diet involves a significant shift in macronutrient intake. Focus on incorporating healthy fats such as avocados, olive oil, coconut oil, nuts, and seeds. Protein sources should include fatty cuts of meat, poultry, fish, and eggs. Non-starchy vegetables like leafy greens, broccoli, cauliflower, and bell peppers are essential for micronutrients and fiber. It is crucial to meticulously track carbohydrate intake to ensure you remain within the desired range for ketosis, typically 20-50 grams of net carbs per day. Hydration is also paramount, and electrolytes like

sodium, potassium, and magnesium should be replenished, especially in the initial stages.

Incorporating Intermittent Fasting Methods

Once you have adjusted to the ketogenic diet, you can gradually introduce intermittent fasting. The 16/8 method is often the easiest starting point, allowing for an 8-hour eating window and a 16-hour fasting period. For instance, you might eat between 12 PM and 8 PM, fasting from 8 PM to 12 PM the next day. Listen to your body and adjust the window as needed. Some may find a shorter fasting window initially more manageable. As you become more accustomed, you can explore longer fasting periods or other IF protocols. During fasting periods, only non-caloric beverages like water, black coffee, or plain tea are permitted.

Meal Planning and Preparation

Effective meal planning is critical for sustained success with **keto and intermittent fasting**. Prepare meals and snacks in advance to avoid impulsive, off-plan food choices. Focus on nutrient-dense meals that are rich in healthy fats and moderate in protein. Examples include avocado and egg salad, salmon with asparagus, or a keto-friendly stir-fry with plenty of vegetables. Having compliant snacks readily available, such as a handful of nuts or a piece of cheese, can also be beneficial for managing hunger during your eating window.

Monitoring Progress and Adjusting

Regularly monitoring your progress is key to making informed adjustments. This can include tracking body weight, measurements, energy levels, mood, and sleep quality. For those interested, ketone testing strips or a breath ketone meter can help confirm if you are in ketosis. Pay attention to how your body responds to different fasting durations and meal compositions. If you experience excessive fatigue, irritability, or other adverse effects, it may be necessary to re-evaluate your approach or consult with a healthcare professional. The goal is to find a sustainable rhythm that works for your individual needs and lifestyle.

Navigating Challenges and Potential Side Effects

While the benefits of **keto and intermittent fasting** are substantial, it is important to be aware of potential challenges and side effects. Understanding these can help you prepare and mitigate them effectively, ensuring a smoother transition and greater adherence.

The "Keto Flu"

During the initial adaptation period to a ketogenic diet, some individuals experience what is commonly known as the "keto flu." Symptoms can include headache, fatigue, nausea, dizziness, and irritability. This is often attributed to the body's adjustment to a lower carbohydrate intake and the depletion of glycogen stores. Adequate hydration and electrolyte supplementation (sodium, potassium, magnesium) are crucial for minimizing these symptoms. Consuming bone broth or adding a pinch of sea salt to water can be helpful.

Managing Hunger and Cravings

For some, hunger and cravings can be a significant hurdle, especially when first starting intermittent fasting. Focusing on high-fat, moderate-protein meals within your eating window can promote satiety and reduce feelings of hunger. Incorporating fiber-rich, low-carb vegetables also aids in feeling full. Staying well-hydrated throughout the day, even during fasting periods, can also help to curb hunger pangs. As your body becomes more fat-adapted, you may find that hunger becomes less of a concern, and you experience longer periods of feeling satisfied.

Social and Lifestyle Adjustments

Adopting a ketogenic diet and intermittent fasting can present social challenges. Eating out, attending social gatherings, or dealing with family meal times may require extra planning and communication. Being prepared with pre-planned keto-friendly options or explaining your dietary choices to others can help navigate these situations. Finding a supportive community or accountability partner can also be invaluable for motivation and overcoming obstacles. The flexibility of intermittent fasting, particularly methods like 16/8, can often be more easily integrated into social schedules.

Contraindications and Who Should Be Cautious

It is crucial to emphasize that **keto and intermittent fasting** are not suitable for everyone. Individuals with a history of eating disorders, pregnant or breastfeeding women, those with certain medical conditions (such as kidney disease, liver disease, or type 1 diabetes), and individuals taking specific medications should consult with their doctor before commencing these regimens. A healthcare professional can assess individual health status and provide personalized guidance to ensure safety and efficacy.

The Enduring Appeal of Keto and Intermittent Fasting

The powerful synergy between keto and intermittent fasting offers a compelling approach to optimizing health and well-being. By understanding the fundamental principles of each and implementing them thoughtfully, individuals can unlock a cascade of benefits, from profound fat loss and enhanced metabolic function to improved cognitive clarity and cellular vitality. While challenges may arise, with proper planning, consistent effort, and mindful adjustment, this dynamic duo can

become a cornerstone of a vibrant and healthier lifestyle. The journey towards a more resilient and energized self is within reach for those willing to explore the profound potential of this potent combination.

Frequently Asked Questions

Q: Can I drink coffee or tea while intermittent fasting?

A: Yes, you can typically drink black coffee or plain tea (unsweetened) during your fasting window. These beverages are generally considered non-caloric and do not break a fast. Adding milk, cream, sugar, or artificial sweeteners can potentially disrupt the fasting state and should be avoided.

Q: How long does it take to get into ketosis?

A: The time it takes to enter ketosis can vary significantly from person to person, but it typically ranges from 2 to 7 days. Factors such as your starting carbohydrate intake, metabolism, and adherence to the diet play a role. Many people start to feel the effects of ketosis, such as increased energy and reduced hunger, within a few days.

Q: Is it safe to combine keto and intermittent fasting long-term?

A: For many healthy individuals, combining keto and intermittent fasting can be safe and beneficial long-term when implemented correctly and with proper nutritional support. However, it is always advisable to consult with a healthcare professional or a registered dietitian to ensure it aligns with your individual health needs and to monitor for any potential deficiencies or adverse effects.

Q: What are the main differences between keto and intermittent fasting?

A: The ketogenic diet focuses on what you eat by restricting carbohydrates and emphasizing fats, aiming to induce ketosis. Intermittent fasting focuses on when you eat by cycling between periods of eating and fasting, without specific food restrictions during eating windows. When combined, they create a powerful metabolic synergy.

Q: Can intermittent fasting help with weight loss on its own, even without keto?

A: Yes, intermittent fasting can contribute to weight loss on its own. By reducing the overall eating window, it often leads to a natural reduction in calorie intake. Furthermore, the hormonal shifts during fasting, such as decreased insulin levels, can promote fat burning. However, the quality of food consumed during the eating window still plays a crucial role in overall health outcomes.

Q: What should I eat during my eating window when doing keto and intermittent fasting?

A: When combining keto and intermittent fasting, your eating window meals should adhere to ketogenic principles. This means focusing on high-fat, moderate-protein, and very low-carbohydrate foods. Examples include fatty cuts of meat, fish, eggs, avocados, nuts, seeds, and non-starchy vegetables like leafy greens, broccoli, and cauliflower. The goal is to consume nutrient-dense meals that keep you satiated and support ketosis.

Q: Will I experience more energy when combining keto and intermittent fasting?

A: Many individuals report increased and more stable energy levels when combining keto and intermittent fasting. Ketones provide a steady fuel source for the brain and body, avoiding the energy spikes and crashes associated with high-carbohydrate diets. Intermittent fasting can also contribute to better energy regulation by improving insulin sensitivity and cellular efficiency. However, individual responses can vary, and some may experience an initial dip in energy during adaptation.

Q: Are there any specific supplements that are beneficial for keto and intermittent fasting?

A: For those following a ketogenic diet, especially when combined with intermittent fasting, electrolyte supplementation (sodium, potassium, magnesium) is often recommended to combat the "keto flu" and maintain proper bodily functions. Some individuals may also benefit from omega-3 fatty acids, MCT oil, or probiotics, depending on their individual dietary intake and health goals. Consulting with a healthcare professional is advised before starting any new supplement regimen.

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and two 30-day meal plans -- one for people who prefer to fast for a portion of every day, and one for people who prefer to fast a couple times a week -- that will introduce you to the keto diet and keep you on track. Plus 40 mouthwatering recipes for every meal of the day, including: Magic Keto Pizza Almond Crusted Salmon Italian Stuffed Peppers Cheddar Chive Baked Avocado Eggs Berry Cheesecake Bars Bulletproof Coconut Chai And much, much more! With tips and tricks for keto-friendly grocery shopping, easy-to-follow meal plans and recipes, and lifestyle advice to help you get the most out of your diet, The Beginner's Guide to Intermittent Keto will arm you with everything you need to increase your energy and shed those extra pounds for good.

keto a n d intermittent fasting: Intermittent Fasting and the Ketogenic Diet Elliot Cutting, 2019-01-15 Intermittent Fasting And Modern Ketogenic Diet: 2 in 1 Bundle! Buy the Paperback version and get the Kindle version for Free! Do you feel like no matter how hard you try and no matter how many different diets and lifestyle changes you go on - You always seem to be stuck at the same old weight? Would you like to lose weight and feel better while eating your favourite foods? If so then keep reading.... Intermittent fasting is a lifestyle in which you can eat many more of the foods you actually enjoy and still lose weight at the same time. At the same time, intermittent Fasting isn't just to lose weight, it also has other health benefits too, making it something that everyone should do even if they aren't looking to lose fat. I take it you've followed countless diets without seeing any proper results, right? Well from now on you can watch the fat float away while you're in disbelief in how easy it was. The Ketogenic Diet or the Keto Diet as most would say is a simple food plan that's realistic and one that can actually be followed long term. The high Fat, Low Carb diet is an alternative approach to not just only losing weight, but for those seeking a healthier lifestyle. Lose 5 pounds a week and Naturally burn the fat just by following this simple lifestyle Here Is What You'll Learn About... Why Intermittent fasting is the easiest approach to Losing fat 5 Popular mistakes people make transitioning to Intermittent fasting Why you can eat your favourite foods following IF 2 Secret nutrition tips while Fasting 9 Evidence based health benefits while Intermittent Fasting Self Discipline on the Intermittent Lifestyle Why breakfast is making you carrying unnecessarry belly fat and love handles How to count your calories and Macros easily The 4 different types of fasting and which one you should choose What Health tips you need to Unlearn 9 foods to fast track weight loss A simple approach towards counting your intake The 3 types of foods to avoid 5 Intermittent Fastips tips specifically for men and woman The best 6 Food types to eat while Intermittent Fasting Intermittent Fasting and Alcohol 5 tips to consider for Males and Females each specifically The best time to workout when intermittent fasting Doctors take on Intermittent Fasting 7 Celebrities that Follow the Intermittent Fasting Lifestyle to a tee A Bonus Chapter on A 1 week Kick start Intermittent Fasting Plan Eat foods that won't leave you hungry all day 5 Common mistakes people make going Keto How you can eat your favourite foods following the Keto Diet Hidden Carbs that you didn't now Transitioning into Keto Diet Simple ways to Count your Intake Foods that are considered keto but are actually not Keto on a budget options 7 self discipline and Wellness hacks Exercising and The keto Diet Combined Morning, Lunch and Dinner options Alcohol, sweets and Snacks on the Keto Diet and what you should stick to 7 Myths about the Keto Diet that you should erase The 10 most popular questions about Going Keto What makes this diet different to the rest Life changing Stories of 3 Celebtities/Athletes that Live the Keto Lifestyle And Much Much More...! PLUS a

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ketogenic diet and intermittent fasting: *The If Keto Diet* Andrea J. Clark, 2017-06-30 Weight loss; a challenge most of us face. The going gets even tougher when we have worked so hard to lose the weight and we end up gaining it right back. It ends up being a rollercoaster of emotions and we get to a point we just feel like giving up. I wish there was a way for me to keep off the weight once I have lost it. These are some words we may have heard someone say if not said them ourselves. But does maintaining the weight off have to mean that we starve ourselves and feel horrible just to look good? No! There is actually a solution; Introducing the Magic of the IF Keto Diet. Intermittent Fasting and Ketosis are powerful tools that will help you lose weight, boost energy, and feel better in your own skin. Here are some of the benefits you will gain from this book: - How to combine Intermittent Fasting and the Ketogenic Diet for maximized fat-loss results - Fantastic Benefits of IF Keto such as: - Reduced Risk of Type-2 Diabetes - Saving You Money & Time - Heart Health Benefits - Inflammation Reduction - Cancer Prevention - Brain Boost - The Fight Against Alzheimer's - Your IF Keto 7 Day Meal Plan Imagine yourself in 6 months. What do you see? Do you see the same old you, overweight and unhappy? Sick and tired? Or do you want to see a more energetic and happier version of yourself? Grab yourself a copy of the IF KETO diet and start your path to better living!

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Kinesiology pushed me even deeper into discovering all aspects of how I can improve myself in order to serve others. After ten good years of self-development, I can now proudly say that I had a tremendous privilege of working with young athletes in different areas. They have also helped me to collect the last pieces of a puzzle I needed to solve in my life. I have decided to share some of the things that I have learned over the years, from school and from working with others. I strongly believe that this book will help transform your health positively since I have a first-hand experience of the health benefits of the ketogenic diet and intermittent fasting, I am convinced that you can enjoy the benefits too. I look forward to staying in touch with you guys because I believe this is an excellent way to make the planet a better place. Follow me on my journey and feel free to ask me anything. I will be honored to keep you informed. Get in touch with me on social media if you are willing to get deeper insights into my Fitness & Training regimen.

keto a n d intermittent fasting: Ketogenic Diet and Intermittent Fasting for Beginners

Bobby Murray, What If You Could Just Flip A Switch And Activate Your Body's Fat-Burning Mode? Admit it. You've tried counting calories, eliminating every ounce of fat from your diet, and working out until you nearly passed out due to exhaustion. But if you're like 90% of dieters, none of it really helped. This astonishing failure rate shows that something is terribly wrong with today's mainstream fitness advice. So it's time you tried something completely different - like the ketogenic diet and intermittent fasting. Using Intermittent Fasting & Ketogenic Diet puts your body into a state known as ketosis and a fasted state. When you're in ketosis, your body is doing what you've been wanting it to do all along: it's finally burning its fat stores for fuel. Grab a copy of Ketogenic Diet and Intermittent Fasting For Beginners to learn more! This book will help you: - Understand EXACTLY how ketosis functions and how it benefits your body - Discover the delicious keto superfoods and learn how to build your nutrition around them - Combine the ketogenic diet with other nutrition strategies like veganism and intermittent fasting - Avoid the #1 mistake that people make when exercising on the keto diet - Achieve your weight loss goals and improve your health naturally! - How to simply and easily incorporate fasting into your daily routine, without starving yourself - Tips and tricks that will help you with intermittent fasting, including details on the keto diet - Techniques that will boost the weight loss process and transform your body into a fat-burning machine - How to use autophagy to erase the aging process evidence of your body and face - And much more! The keto & intermittent fasting diet is endorsed by celebrities, fitness coaches, and pro athletes, and there's no reason why it wouldn't work for you. Scroll up, click on Buy Now and Jumpstart Your Weight Loss Now!

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Jimmy Clark, 2018 Discover How to Maximize Your Weight Loss and Health Potential with the Science of Ketogenic Diet and Intermittent Fasting Are you looking for a way to shed off that excess weight faster with sustained energy levels? Do you want to maximize the benefits and accelerate the effects of being on both Ketogenic diet and intermittent fasting? Reaching your goals does not have to be such a difficult and stressful process. Not only is there an abundance of anecdotal evidence for the health benefits and weight loss effects of the Ketogenic diet and intermittent fasting, but there are numerous studies that prove these beneficial effects as well. And, more studies are continuing to come out every day. The Ketogenic diet and intermittent fasting may be quite a change from what you are used to, but it is a change that will guide you on towards health and your goal weight. Many people, once they have adapted to the change, enjoy eating more than ever, and wouldn't want to go back. This guide will teach you everything to help you decide if Keto and Intermittent Fasting is right for you, how to follow it properly, and will give you tips to ensure your success. Eating less often or eating fewer carbohydrates does not have to mean you are enjoying your food less, but rather more! Here's what you'll get from this book: The History and Science Behind the Ketogenic Diet The Health Benefits of Going Keto The Fundamentals of the Ketogenic Diet What You Can and Cannot Eat The History and Science Behind Intermittent Fasting The Fundamentals of Intermittent Fasting Combining Intermittent Fasting and the Ketogenic Diet Common Mistakes and How to Avoid Them While crash diets come and go the Ketogenic diet has been around, helping people not only

lose weight but gain health, for nearly a century. Likewise, intermittent fasting has been around for weight loss, religion, health, and as a necessity for thousands of years! Take your time and learn why Ketogenic diet and intermittent fasting stands out when compared to other fad diets. Grab your copy of this guide today and get started with Ketogenic and intermittent fasting lifestyle for ultimate health and wellbeing!

keto and intermittent fasting: Intermittent Fasting for Women and Ketogenic Diet for Women Jimmy Fung, Amy Sanders, 2019-10-27 Just when you thought no more new weight loss plans could exist, this one comes along... The air begins to feel warmer on your skin, and the season reaches its turn of the tide as summer makes its way to greet you kindly. You decide it's time to bust out the shorts, and when you've slid in one leg, then the other, and go to button up... No, that can't be right! They just fit me last year! Whether you've been struggling with your weight for the majority of your life, or you've gained for whatever reason, and you want to get rid of those extra, unnecessary pounds, it can be frustrating to find something that genuinely works. Refrain from falling into the dark rabbit hole of yo-yo dieting and programs claiming you will lose X number of pounds within the next week. If these claims are not bogus, they are definitely very unhealthy. According to Healthy, yo-yo dieting or crash dieting can have major side effects on your health, causing: □Weak bones □A lower metabolism □Higher body fat and increased weight gain over time □A greater risk of developing diabetes and heart disease □Mental disruptions, such as depression or the development of eating disorders Do your mind and body a favor and follow a nutritious weight loss plan that won't leave you undernourished or feeling weak. In Intermittent Fasting for Women and Ketogenic Diet for Women, you will discover: □How and why combining intermittent fasting and the keto diet makes for the ultimate, fool-proof weight loss method □The best way to tackle your diet plan to ensure consistency, overcome plateaus, and achieve your goal weight □Any roadblocks you may face during your diet, and how to push past them □The #1 benefit of this diet combination that triumphs all the other methods available out there □15 keto-friendly recipes to use as inspiration for future meal planning, as well as to beat food boredom with □The secret to how you can make this plan feel like second nature in your everyday life routine □A fully outlined 30-day meal plan to help you jump-start your diet and get a feel for what foods you should be eating And much more. Even if it seems like you've tried every weight loss plan under the moon with little to no avail, combining intermittent fasting and the keto diet will prove to be effective for you, just like it has many others. If Allie, a woman who had been struggling with her weight since 4th grade, can lose 80 pounds at the age of 30 just from intermittent fasting, consuming keto-approved foods, and maintaining a more active lifestyle, then so can you. This type of plan isn't like the Atkins diet where you're pressured into buying certain products to boost the company's sales, but rather, you are encouraged to buy real foods that will actually help support and sustain a healthy lifestyle. What's even better: There are no attachments and no monthly membership bills. When it comes to losing weight and keeping it off in the long run, there are no shortcuts. It requires consistency and determination, but that's nothing you can't handle. Give yourself the gift of a lifetime, and begin with a plan that works, because you are worth it. If you want to discover a weight loss plan that will work for you and where you will experience continuous progress, then scroll up and click the "Add to Cart" button right now.

keto and intermittent fasting: Keto & Intermittent Fasting Kierra Lewis, 2019-09-14 2 Books in 1: Keto Diet & Intermittent Fasting Keto Diet for Beginners: By the time you finish reading this book, you will be well on the way to ketosis and accomplishing the goals you have set for your health and weight loss. You will learn more about these elements of the dieting plan: ●The Ketogenic Diet Basics●The Benefits of the Ketogenic Plan●The Risks Involved with the Ketogenic Plan●A List of the Most Common Foods●Carb listings for many veggies and fruits●Over 50 Recipes for Breakfast, Lunch, Dinner, Snacks & Desserts●A 15-Day Meal Plan●So Much More! Intermittent Fasting: Intermittent fasting is a new lifestyle designed to ensure that you get the most out of every meal you eat. The idea is that you don't need to change what you are eating. You merely need to change how often you are eating it and better understand how to prepare healthy meals. By working with your body's natural rhythms, you can start seeing real gains regarding weight loss and muscle built in as

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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.

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