



7 Reasons Why the Keto Diet Can Help You Lose Weight and Burn Fat and get your own keto diet plan

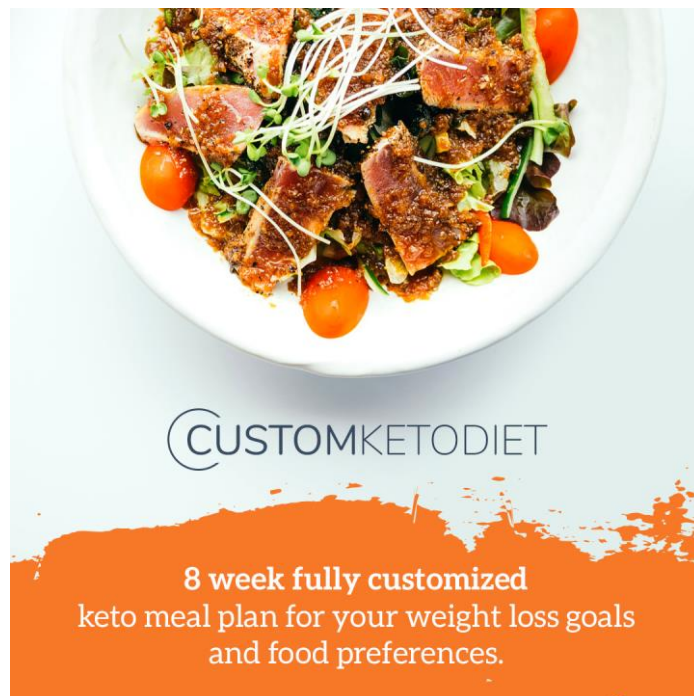
Keto Diet Benefits

The keto diet has recently become popular due to its health benefits, such as weight loss and disease prevention. The keto diet can be extremely helpful, but how does it accomplish this?



What is the Keto Diet?

You've probably heard of the Atkins diet, which is high in protein and low in carbohydrates. The keto diet reduces carbohydrate intake while increasing fat intake. Instead of increasing protein intake, the keto diet emphasizes fat consumption. A standard keto diet consists of meals that are 75 percent fat, 20% protein, and 5% carbohydrate. And if you eat a high-fat diet, you will still be safe. Seafood, poultry, dairy products, eggs, and vegetables are often included on keto diet menus.



7 Benefits of The Keto Diet

When you hear about the ketogenic diet, the first thing you perhaps think of is what could possibly make it as good as people say. The answer is, there are enough benefits to change your life.

What exactly is a ketogenic diet?

The keto program recommends a diet that is low on carbs, moderate on protein and high in fat. The idea is to fine-tune nutritional intake in order to send the body into the metabolic state known as ketosis.

The body enters a state of ketosis when it no longer has stores of glycogen sugar to fuel its energy needs. With sugar out of the way, the body has no choice but to tap its stores of fat to get by. The liver converts fat reserves into ketones to present to the body as an energy source. This is why the keto program is a good way to lose fat.

7 benefits of the keto diet

Unlike other diets that offer practitioners a weight loss benefit and little else, the keto diet comes with several benefits.

1- Weight loss

Without a doubt, weight loss is the primary goal of the keto diet. It works because it makes the body look to its fat reserves to power its metabolism. It can be interesting to go deeper into the process, however.

When the body is deprived of carbs, it enters a state of ketosis. Blood sugar and insulin levels fall when that happens. As the body taps the energy in fat cells, they release considerable quantities of water, making for some great weight loss. The fat cells are then able to enter the bloodstream and make their way to the liver, where they are turned into ketones for energy processing. As long as your diet allows you to stay in a caloric deficit, you get to enjoy the weight loss benefits of the keto diet.



2- It takes the edge off your appetite

When your diet isn't heavy on carbs, you'll find that you don't crave as much food as before. Many people who get on the keto diet are able to fast most of the day, and only eat at mealtimes. They are simply not as hungry as before.

3- Improved ability to focus

When you choose a regular diet that puts carbs into the body, your brain has to deal with the rise and fall in sugar levels that happens as a result. Inconsistent energy levels can make it hard for the brain to focus. With the keto diet, however, the energy source is constant and consistent. The brain is better able to stay focused.

4- You feel more energetic

When you are on a regular diet, your body is always on the verge of running out of energy. You need to constantly eat and refuel. With a keto diet, however, the body taps its fat reserves, a nearly unending energy source. The body, then, is able to maintain constant energy levels throughout the day. The result is, you end up feeling a lot more energetic.

5- It helps you fight diabetes

When you suffer from Type II diabetes, your body experiences high levels of insulin. Since the keto diet takes excess sugar from your diet, it helps stabilize HbA1c counts, and reverse Type II diabetes.

6- You get improved levels of good cholesterol

HDL cholesterol helps get rid of the body's bad cholesterol reserves. When you're on keto, your body's triglyceride levels fall and your HDL cholesterol levels rise.

7- You get better blood pressure

When you're on the keto diet, it drops your blood pressure. Many people on the keto diet find that they are able to stop taking blood pressure medicine altogether.

The keto diet can change a person's life. It isn't a difficult diet to get on, either. There are plenty of great recipes for the keto diet. All it takes is the willingness to give it a shot.

Get your own keto diet plan so easily NOW:

The custom keto diet is a brand new product that allows you to create your very own keto diet plan based on your food preferences, daily activity levels, and height, weight and target weight goals.

We use scientific research and proven studies to create personalized ketogenic diet plans that maximize fat burning via the correct calories and macronutrients for each individual.

The customer's keto diet plan is available:



Feedback about Keto Diet plan:

“ As of today I've lost 35 pounds, I have no hunger pangs and mentally I feel sharp as a pin. This is definitely going to become a 'way of life' for me as it's so easy to follow...

All my meals are planned out for me and I even get a downloadable shopping list with all the ingredients I need for the weekly shop so it really is a doddle. “

Katy Thompson, UK

“ I'm 4 weeks into my custom keto diet plan and I've lost 14 pounds which I must say is pretty incredible, it's actually amazing watching my body transform into something I am actually proud of rather than something I have always tried to cover up. “

Jessica Grey, US

“ I've struggled with my weight my whole life and it's safe to say that I've tried a LOT of diets... The Keto diet is the only one I've managed to stick to and the weight is literally melting off my body.

Unlike other diets where I am feeling hungry all day and food is constantly on my mind, the keto diet has completely eliminated this, I actually NEVER feel hungry with this way of eating!

I would definitely recommend anyone struggling to lose weight to try these custom keto meal plans as they really have been a godsend for me. “

Gary Best, Canada

