



REAL FOOD KETO

Applying Nutritional Therapy to
Your Low-Carb, High-Fat Diet



International Bestselling Author
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& Christine Moore, NTP**
Recipes by Maria Emmerich



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Jimmy Moore

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Everyone is discussing ketogenic diets today, and once and for all reason—and many more! But too many people are trying to proceed keto without shifting the concentrate of their diet plan to real, whole foods. That's Real Food Keto also shares information regarding specific foods offering the proper minerals and vitamins, resources on how to locate quality foods, and a link with Nutritional Therapy Practitioners who is able to help you with your ketogenic diet. Nutritional Therapy Practitioner Christine Moore provides teamed up with her spouse, health podcaster and international bestselling ketogenic book author Jimmy Moore (Keto Clarity, The Ketogenic Cookbook, and The Keto Remedy), to help you apply the principles of dietary therapy to a healthy low-carb lifestyle. Real Meals Keto provides detailed information about a variety of topics that are hardly ever talked about in ketogenic circles, including Digestion Blood sugar regulation Detoxification Endocrine function Vitamin and mineral deficiencies Hydration Stomach acid The importance of eating real food ... Most people believe heading on a ketogenic diet plan will fix almost all their health and excess weight woes, but this publication explains that sometimes it takes a small fine-tuning in your diet and supplementation to find the desired outcomes. a low-carb, high-body fat nutritional approach is a highly effective method to lower blood sugar and insulin amounts, reduce inflammation, increase energy, stabilize mood, and so much more. s what Real Food Keto attempts to teach readers about, explaining why whole foods certainly are a critical element in optimizing your quest for nutritional ketosis. An unbelievable collection of amazing keto recipes from worldwide bestselling cookbook writer Maria Emmerich rounds out this low-carb, high-fats, ketogenic approach to healing yourself from the inside out.



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