



DR. COLBERT'S

KETO
ZONE
DIET

Balanced, Holistic Approach
to Weight Loss and Longevity

DR. DON COLBERT, MD

Don Colbert

Dr. Colbert's Keto Zone Diet: Burn Fat, Balance Appetite Hormones, and Lose Weight



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Great Keto Primer I think I've read almost every keto and low carb book in the marketplace so when I came across KetoZoneDiet, I wasn't really interested in reading another reserve by another professional who was simply probably just jumping in the Keto bandwagon to make a buck. But I am slacking abit in my ketolife so I got it, if for nothing at all else, just to spike my motivation! Very informative! The best part is I feel great and have energy. My personal tale is that after a lifetime of yo yo dieting and eating a higher carb diet I were left with prediabetes. I am in my 40's. I was probably in my own early 50s at that time and since my very own mom had died from Diabetes at age 67, it was a huge wake up call. Long story brief I came across the keto existence and now in my 60s, my bloodstream sugars are regular and I've by no means felt better or acquired more energy. And one of the most surprising factors is definitely that the energy levels are sustained during the day. Written with so much love and compassion along with the info get started on KETO.. The choice is acquiring meds that may control your bloodstream sugar however in the lengthy run is only going to make your insulin level of resistance worse and result in more and more meds to regulate your blood sugar. Another book I recommend for those desperate to lose weight or to control their blood sugar levels is The Weight problems Code by Dr. Jason Fung. He also has some very nice youtube videos. A very important factor it is critical to know is definitely that diabetes doesn't suddenly arrive when you enter your 50s, it requires years to build up. So just because your body seemingly tolerates large sums of carbs today, don't believe that that will continually be the case. Healed a multitude of issues! A wealth of information!. The reserve is an easy read and the technology of the lo carb lifestyle is presented in basic easy to understand conditions. My moods have actually improved. I have suffered skin breakouts for so long and tried so many things to very clear it up. Thankful While reading book started making menus in book and lost 7 lbs in 6 times followed that up with urine test strips to verify I was in the keto zone thank you dieted my very existence that is best never starving and weight drops daily. My doctor explained that I'd probably progress to complete blown diabetes within 5 years. I am recommending this reserve to my close friends. Being on this diet is clearing up the breakouts. Dr.?! Otherwise the publication is fantastic to clean up the diet (no sugars or processed food items). I'm just being honest, if your doing it to lose fat I guess you need to be patient. BEST EVER This is the best. This book is easy to learn and understand and good recipes I will try this plan. Forget about ups and downs like I got on my normal breads, pasta and sweets diet. Dr. Colbert can be a sincere doctor that really wants to help people . I've highly recommended this book to friends and family. KCM. This publication is easy to read and understand and great recipes. Diabetes free! I didn't observe one in fact it is disappointing. Within a month I have already been diabetic medication free of charge. It has now been nine weeks and my 30 day test strip average can be 119 and I've lost 14 pounds!.ORG offers it also. Fantastic book and wy to eat. Love this reserve.. After reading this and applying the recommendations I have lost almost 25lbs in 2 a few months and feel better than ever before. Weight is finally dropping off, weight that I could not get off regardless of hat diet or exercise program I was on. Colbert will excellent work in explaining the Keto diet plan and includes some quality recipes. Trustworthy, life changing info for your wellbeing.. I've been following this doctor for years and he has some information in here which will change your wellbeing for the better. The book ought to be titled.. I dropped 15 pounds in my first month! Can't wait to accomplish blood colesteral test in few months Liked the book I liked scanning this book nevertheless it could have been great to have suggestions (flu like symptoms, no loss of weight in two weeks, does it take longer for a lot of to adjust? It has also opened up a variety of ways to cook low carb. Easy go through...The Keto Life-style because that's what it actually is once you help to make the transition. :) Love this No PDF included I did not see a PDF with this CD series. Generally books on CD have a print out available for the quality recipes or lists. This is great! Choose the book. Plus the first 10 chapters were allot of testimonies. boring.. I'll admit, it wasn't easy giving up the foods I adored and was raised on but the outcomes helped me get through it and eventually I got to the stage where I didn't actually miss those foods. Great news! So very

much great here is how the body processes fats, carbs and protein and also sugar. Five Stars GREAT BOOK!!). And indeed it has succeeded in doing that. Readable and follow. With that said, the best audience because of this book is the newbie to the reduced carb way of eating. Good Keto Text Easy and simple to read. YEA Great Book This is an excellent source of information for anyone attempting to lose weight. Packed full of information to get you on your way to a wholesome life and weight. Some really good quality recipes are also included to help us along on the journey. Get the publication and begin your journey today. Mmmm Great recipes



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