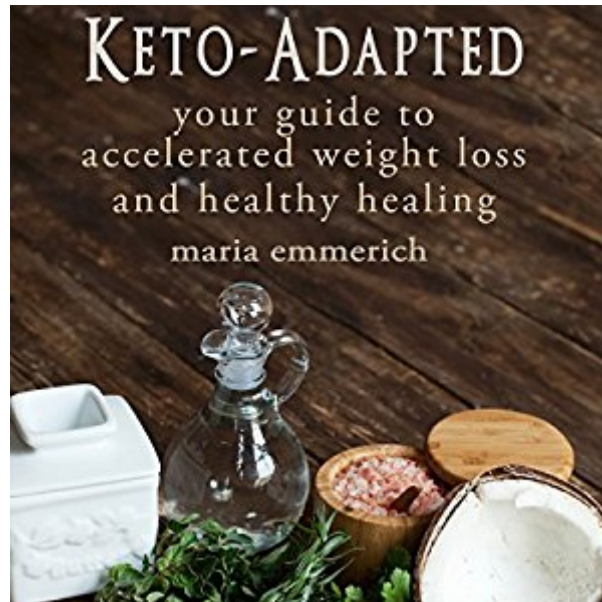




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Keto-Adapted



Synopsis

A ketogenic diet isn't something new that has been recently formulated; people have been on a ketogenic diet for virtually three million years in which our brains were nurtured and evolved. Now the human brain is not only shrinking, but brain atrophy is the norm as we age and get plagued with diseases such as dementia, Alzheimer's disease and Parkinson's disease. People mistakenly think that they need to eat less and exercise more to create a calorie deficit in order to lose weight. This is not how diet and exercise helps with weight loss. A well-formulated keto-adapted diet along with proper exercise builds muscle and muscle builds mitochondria. It is in the mitochondria where fat is oxidized so you can keep your cells and liver insulin sensitized. Weight loss and health is about healthy mitochondria and about controlling hormones and specifically insulin. This is not a diet, it is a lifestyle. By eating this way, you will begin to heal your cells and will keep evolving your body into the happy and healthy person you want to be. This book is filled with the most impeccable nutrition information to fuel your cells. Maria's passion goes beyond explaining the "why", she is a master in the kitchen and loves food. Her keto-adapted recipes at the end of the book tie all the nutrition together so you can become Keto-Adapted faster than ever.

Book Information

Audible Audio Edition

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> Health, Fitness & Dieting > Nutrition

Customer Reviews

Rip-off - the way the book is advertized "...keto-adapted recipes at the end of the book tie all the nutrition together so you can become keto-adapted faster than ever" is deceptive. Unlike comprehensive books by the Jaminets (Perfect Health Diet), Dr. William Davis (Wheat Belly), Ross

Wolf (Paleo Solution- Original Human Diet), Mark Sisson (Primal Blueprint) and Gary Taubes (Good Calories, Bad Calories and Why We Get Fat and What to do About It), I paid too much for this slim paperback lacking specifics such as lists of desired foods, sample menus and enough recipes to get started in this approach. Perfect Health Diet, Wheat Belly, Paleo Solution and Primal Blueprint all reference their websites as sources of additional information, but most of the information is without any additional cost. In contrast, this book ends by directing the reader to the website for 30-day detailed menus, recipes and instructional videos without informing the reader that none of this information is available without shelling out additional cash, from \$100 to \$400, depending on the package you choose. Because there is already extensive information on the web about keto-adapted diets, this book does not add anything, and was more costly than any of the books mentioned above, setting me back \$22.99!

I own all of Maria Emmerich's books and I read her website regularly. There is some duplication in this book of her website postings. I don't use facebook so I don't know about duplication from that. For me, the book is great because all the information is in one place and I can use it to loan to friends and to read again myself for motivation and to remind myself why I am doing this. I lost about 45 pound in the last 18 months using Maria's help and recipes. I was prediabetic and had all the symptoms of being a classic carb addict. Now I can fast easily, I don't need naps, my energy level is high and I am in the best shape of my life. If you only buy one book from Maria, make it this one and use the website to search for recipes. This book gives an explanation of all the whys and the science behind becoming keto-adapted. It could change your life if you let it....

Most of the book made sense to me and I've started following the plan. However, there's very few recipes, no meal plans, and it's about impossible to follow a recipe on a kindle and you can't print it out. I can't afford another \$100 bucks to get the complete information. I'll be winging it...

As other reviewers have said, not really much new here. I love Maria, follow her blog and have most of her other books, but I bought this because there is a chapter entitled "Meal Plans & Recipes". Unfortunately there are a few recipes followed by a paragraph directing the reader to purchase Maria's services for meal plans. Frankly, I feel ripped off.

This book may have some useful information to offer about keto adaptation, but the editing was SO BAD. It's like it was just rushed out without a final line edit. There are repetitive and partial phrases

scattered throughout. And it doesn't really give you much information about how to execute the plan in a way that will be sustainable.

Maria's Keto-Adapted is ok if you are new to nutritional ketosis or a low carb diet, but it was not what I was wanting. Many keto/low-carb plans include a lot of full fat dairy and I cannot have dairy at all. Keto-Adapted had a lot of good information regarding keto but many times it was disorganized and often contradicted itself. Most of the book was background on the science side, which is educational but doesn't help when you're trying to practice ketosis. I thought there would be meal plans but there were none and the few recipes were not that great. Maria also has a website and Facebook page and the best info from her comes from her paid programs but they are incredibly expensive. I was very disappointed in this book.

If you are looking to educate yourself on the ketogenic diet, this is your book! Maria has done all the work for you. She explains everything in terms that are easy to understand. I love that she used to be "one of us" and found the answers I have been looking for! You will be amazed at the results. THIS IS NOT A DIET!!!! You will quickly learn it is a lifestyle and just wait and see how you FEEL once you get your body converted to burning fat instead of sugar!! still reference this book and have 3 of her cookbooks. I am reviewing b/c I am a believer. I have also purchased copies for gifts. Thank you Maria!!!!

If you are interested in finding a way to significantly improve your health and get beyond yo-yo dieting please take the time to read this book and apply Maria's teachings! It is well laid out, flows in a way that aids in comprehension, and is very interesting with real life examples that most can relate to. Some books I've read have included so many facts and analytics that the book itself is hard to follow. This book has a great balance of facts and application. I have all of Maria's books. I appreciate her efforts to keep us up to date as she learns more about this Keto-Approach and continues to learn from her clients. If I've learned anything in the past couple months while making my life change it is to celebrate successes and don't feel like you have to get every element perfect from day one. It's a journey that we will continue to learn from by trial and error. Maria is our guide and we are blessed that she has dedicated her life to sharing with us what she has learned. She is showing us all the tips and tricks she has learned along the way to make the process easier on us, giving us a better chance of success. I would not only recommend this book but recommend all her books and cookbooks. I also recommend that you check out her blogs and join her on Facebook.

Staying connected, getting her updates and hearing so many success stories provides motivation. I also can't say enough about the "Healthified" recipes she has put together. I won't lie and say I like them all but there are plenty to choose from and I definitely have my favorites. Whatever I may crave Maria has a healthy option I can try. This book is a great place to start to get the whole picture!

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