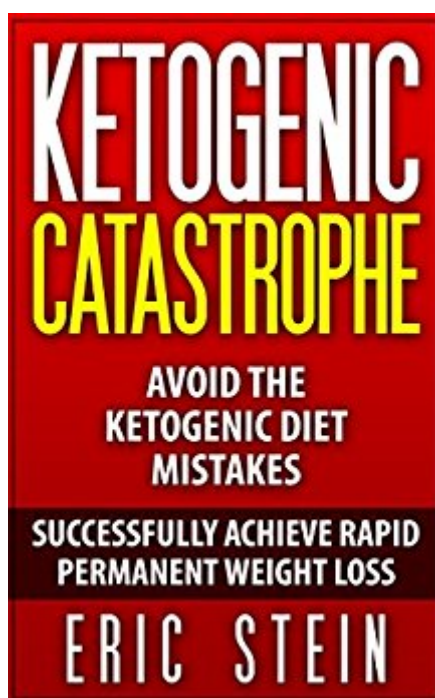


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# **Ketogenic Catastrophe: Avoid The Top 21 Ketogenic Diet Mistakes And Successfully Achieve Rapid PERMANENT Weight Loss (low Carb Recipes Included!)**



## Synopsis

ARE YOU A "SUGAR BURNER" OR A "FAT BURNER"?The Ketogenic Diet emerged on the Health and Wellness scene as a powerhouse for personal transformation. Stories of diabetes, autoimmune disease, Alzheimer's, even cancer disappearing are no longer uncommon. By far the most widely reported result by its users is dramatic weight-loss. This only occurs when the ketogenic diet is followed properly, switching your metabolism from "sugar-burning" to "fat-burning" which leads to stabilized blood sugar and chronic disease reversal! Tragically, 90% of would-be keto followers crash & burn early because they fall victim to many avoidable mistakes. All the time and effort invested vanish without results. What a shame...In Ketogenic Catastrophe, Stein illuminates these common mistakes, steering the reader clear of their danger, dramatically improving ketogenic diet success.If you're thinking of trying the ketogenic diet (or you already have) this book is an absolute must read.Don't hesitate to pick up your copy today by clicking the BUY NOW button at the top of this page!

## Book Information

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## Customer Reviews

After reading a slew of ketogenic diet books and starting out on my own with the diet, I was left with many questions about how to handle situations that came up or confusions created by all those books. After looking at the table of contents in the preview I saw that this book addressed many of these situations. After purchasing and reading it, all of my questions and issues were solved. If you are serious about keto success, this book is a must read!

I bought this based upon the number of high reviews. I should have read the reviews more thoroughly because they don't seem like genuine reviews to me. This "book" has about as much "content" as a pamphlet. A pamphlet with large font, and double spaced lines. I've purchased numerous books from and sometimes you just end up not caring for the book much and you just chalk it up to "oh well, I spent \$10 but hopefully other people liked it." However, this was the first time ever that I requested a refund from after paging through this book for 10 minutes. Seriously, even if you read this book from cover to cover, it would take you only 30 minutes. If you saw this in a bookstore, you would never buy this book.

First-timer... I learned the importance of eating fat, carb range to stay around, necessity of good salt, fasting...could live without the cursing in the book.

Just the right amount of information, straight to the point. I found it an helpful quick-read with the bonus of learning something new about salt, fasting and exercise.

Useless. Read Gart Taubes and understand how to lose weight. This is a waste of time and paper.

The author hits almost all of the significant points which will be useful to someone starting keto. He misses a full explanation of weight fluctuations, water consumption, electrolytes, and the use of (and pitfalls of) magnesium supplements. His use of citations is excellent. I would have given him 5 stars if it hadn't been for his heart recommendation of MCT oil which hinders those on a weight loss protocol as one burns the oil rather than one's own fat. Overall, a worthy effort.

Just OK. Nothing really new

I read it in one sitting. Stein was humorous and concise. The information was to the point without a lot of filler .It was exactly what I was looking for to help me succeed.

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Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Ketogenic Catastrophe: Avoid the Top 21 Ketogenic Diet Mistakes and Successfully Achieve Rapid PERMANENT Weight Loss (low carb recipes included!) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb: The Ultimate Beginnerâ€™s Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Ketogenic Diet: 58 Delicious Low Carb Ketogenic Recipes for Fat Burning and Permanent Weight Loss! (Ultimate Cookbook -Complete Beginners Guide on Rapid Weight Loss and Diet Mistakes) Ketogenic Diet: Beginners Guide For Rapid Fat Loss And Vitality (Ketogenic Diet For Beginners, Ketogenic Diet Meal Plan, Ketogenic Diet Mistakes, Low Carb Diet) Keto Clarity: Rapid Weight Loss with Ketogenic Diet: The Simple Ketogenic Diet Cookbook Recipes for Beginners(ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know \*\*BONUS\*\* 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high

protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) Low Carb: 21-Day Weight Loss Challenge - How to Lose 15 Pounds with Low Carb Diet (FREE BONUS included!) (Low Carb Diet, Low Carb Cookbook, Clean Eating) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Ketogenic Diet: The Ketogenic Diet for Weight Loss: Your Ultimate Guide to Rapid Weight Loss and Amazing Energy!: 20+ Mouth-Watering Recipes Included (ketogenic diet, atkins diet Book 1) Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic Diet)

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