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# **Keto Fasting: Start An Intermittent Fasting And Low Carb Ketogenic Diet To Burn Fat Effortlessly, Fight Diabetes, Purge Disease And Become Keto Adapted (Fasting Ketosis Book 1)**





## Synopsis

A Revolutionary Way of Eating - Keto Fasting! One of the most popular diets out there are intermittent fasting and keto. Both are extremely effective at weight loss, improving health, fighting diabetes and enhancing your performance. On top of that, they also promote great compliance because of reduced hunger. Instead, you'll have constant access to abundant energy because you'll be burning your own body fat for fuel. Have you ever wanted to go for several days in a row without eating anything? At the same time, not lose muscle mass, get hungry, feel tired or exhausted? Instead, to be constantly energized and mentally sharp? That's what I'm talking about - intermittent fasting and keto will allow you to do just that. Keto Fasting is a way of eating that shifts your body into its prime-primal state of functioning. It makes you extremely efficient at your bioenergetics production and allows you to always perform at your peak. If you're a hard-charging individual who wants to optimize their health, cognitive output, physical resilience and overall well-being, then you should definitely pick up this book. The Book is Structured as Follows

Part One, I'm going to teach you the fundamentals of metabolism, nutritional ketosis and fasting. It's the part where we're going to delve into how it works on purely the physiological side. Some of the chapters talk about why you should go on a ketogenic diet, the benefits of fasting and how they can enhance your energy on the mitochondrial level. I'll also step aside from pure science for a moment and rant about The Breakfast Myth and how fasting can make you free.

Part Two is about the HOW or how to get into ketosis, how to know whether or not you're in, how to choose your type of fasting and how to fast and feast. I'm also going to give you the guidelines on how to fast for several days in a row and how to use exogenous ketones.

Part Three takes everything what you've learned and puts it all together or it's about combining IF and keto. I'm going to tell you what changes you should make and what are the best foods to buy on a ketogenic diet. Because I not only want to empower your physiology but your psychology as well, I'll give you some advice on creating new ketogenic habits. Eventually, I'll provide you with a four-phase adaptation blueprint that will help you to get used to the ketogenic diet and start practicing extended fasting. Most importantly, there's a separate chapter covering all of the mistakes you could make and how to avoid them. Lastly, there's also room for some recipes (in a fasting book?!) and supplementation. Intermittent fasting and low carb are physiologically very similar and are a match made in heaven. If you combine them you get a very sustainable nutritional strategy that will take your biology to the next level. Siim Land, the author, is a modern day Renaissance man, a modern day hunter-gatherer, digital nomad, an author, a holistic

health practitioner and a biohacker. He has been practising intermittent fasting for over 5-6 years and has been in ketosis since May 2015. After having researched this topic thoroughly, he has managed to create a way of eating that improves your health, performance and cognition.

## Book Information

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## Customer Reviews

Just started using it... I like how it makes me feel. A buzz but not the "keto flu". I wish they made a bigger serving size. But I like it. I'm not registering on the stick or breathalyzer, but I know how keto feels... I like it and will try peaches and cream next.

From the very inspiring introduction to the methodical teaching of the principals, to the practical implementations, Siim does mankind a favor by making it easy to really optimize your health. I am 4 days into ketosis, and I have lost much of my appetite which makes it easy for me to fast from 8PM or earlier to noon or later with little or no effort. I have never been able to fast before in my lifetime. I think as I get past the fat adaptation phase, that I will be able to extend my fasting. The diet is super tasty too. The only thing missing that I see is a list of the best sweeteners to use on the diet, but that is pretty easy to google. I combine erythritol with a few drops of liquid stevia and it really tastes like

sugar without the aftertaste. If I use erythritol with powdered stevia, not so good. Good luck on your journey. It is so worthwhile!

Siim's Keto Fasting is a well researched (89 references) book, the first quarter covering ketosis, what it is, why a person would want to be in ketosis the ketogenic diet and how to get into ketosis with most of the rest of the book focusing on fasting, using it with ketosis to achieve better overall health and possibly a longer life. He covers both ketosis and fasting in detail using both clear prose explanations as well as helpful color diagrams. Here are a few of the topics he covers: the role of hormones in ketosis, autophagy, the three major nutrients (carbohydrates, fats and protein) and their appropriate proportions in a ketogenic diet, the minor nutrients and supplements needed, the difference between a low carb and a ketogenic diet. He provides a section with keto friendly recipes. He details the several modes of intermittent fasting such as 24 hour fasts (one meal a day at supper), the 16:8 fast (wherein a person skips breakfast), the warrior way as well as longer fasts. Siim explains the advantages of fasting, speaking from personal experience. Altogether, Keto Fasting is a good in-depth introduction to and clear explanation of ketosis and fasting and how these brothers-in-arms can be used by the reader to improve her or his diet, health and life.

Boring and it's pre-highlighted. It's informative but very repetitious. I skimmed it and recommend Leanne Vogel's approach to IF and Ketogenic diet because: 1. Interesting and well written 2. She's a certified dietitian 3. Fast interesting informative & recipes included. This book is a fail. Don't even DL for free on kindle unlimited. It's a waste to read a book by a 22 yr old with no formal education in nutrition.

I found this book to be very well written and informative. It's easy to read without weighing you down with a bunch of unnecessary scientific explanations. (Yes of course there's some things that need to be explained) I learned new approaches to handling keto flu. I like the concise 'this is what you need to know' manner of writing. Very good! I was extremely surprised to find out how young the author is in comparison to his knowledge!

This book is awesome. Far exceeded my expectations. Synthesizes a lot of important stuff that has been coming out about health lately including things like cold exposure. Even down to the philosophy of everything. Very glad to own it. Good job on self publishing man! Good writing too. Thanks.

I stumbled across Siim when I was reading his book on keto bodybuilding and was positively surprised. This one is another great read. Highly informative and the approach of keto + fasting is an incredibly powerful and energizing combo. Highly recommend reading this!

The author is very savvy on the subject matter and offers an array of background information, particularly on the science behind the Ketogenic diet. He superbly explains what steps to take to achieve Ketosis and thoroughly explains the benefits of following this lifestyle choice.

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