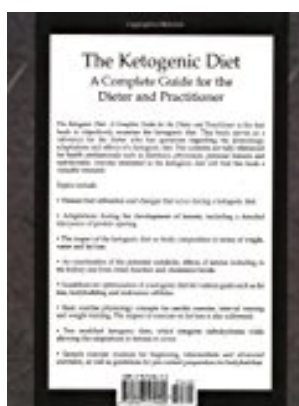


# [PDF] The Ketogenic Diet: A Complete Guide For The Dieter And Practitioner

Lyle McDonald - pdf download free book

---



#### Books Details:

Title: The Ketogenic Diet: A Complet  
Author: Lyle McDonald  
Released: 1998-09-30  
Language:  
Pages: 323  
ISBN: 0967145600  
ISBN13: 978-0967145600  
ASIN: 0967145600

[CLICK HERE FOR DOWNLOAD](#)

---

pdf, mobi, epub, azw, kindle

#### Description:

**From the Author** I wrote this book for the reader who wants an objective, technical, unbiased look at all aspects of ketogenic/low-carbohydrate diets. Readers looking for a light read, or another diet book promising an easy, magical approach to weight loss will probably be disappointed with this book and may want to look elsewhere. I decided to write this book for a few reasons. First and foremost, there is a great deal of misinformation being presented about ketogenic diet. Both

proponents and critics of such diets tend to make basic mistakes in the underlying physiology. My first goal was to set the record straight in this regards. Second, there are a number of questions which abound regarding such diets. Most of these questions revolve around exercise, or potential health problems. A book was needed to address all of these issues (and more) in an objective way. Ketogenic diets are not magical (as proponents tend to suggest), nor are they an instant health risk (as critics tend to suggest). Like all dietary approaches, ketogenic diets have pros and cons and this book addresses both.

This book is fairly technical and readers who are frightened off by such detail may find the book difficult reading. However, the majority of feedback I have received indicates that even individuals with non-science backgrounds have had little trouble with the technical sections. As well, I did my best to include enough basic physiology information to make the more technical sections easier to understand. The few very technical sections are set apart as 'Technical Notes' and are not critical to an understanding of the physiology of the diet.

**From the Back Cover** The Ketogenic Diet A Complete Guide for the Dieter and Practitioner

By Lyle McDonald

The Ketogenic Diet: A Complete Guide for the Dieter and Practitioner is the first book to objectively examine the ketogenic diet. This book serves as a reference for the dieter who has questions regarding the physiology, adaptations, and effects of a ketogenic diet. The contents are fully referenced for health professionals such as dietitians, physicians, personal trainers and nutritionists. Anyone interested in the ketogenic diet will find this book a valuable resource.

Topics include:

Human fuel utilization and changes that occur during a ketogenic diet.

Adaptations during the development of ketosis, including a detailed discussion of protein sparing.

The impact of the ketogenic diet on body composition in terms of weight, water and fat loss.

An examination of the potential metabolic effects of ketosis including in the kidney and liver, brain function, and cholesterol levels.

Guidelines for optimization of a ketogenic diet for various goals such as fat loss, bodybuilding, and endurance athletes.

Basic exercise physiology concepts for aerobic exercise, interval training and weight training. The impact of exercise on fat loss is also addressed.

Two modified ketogenic diets, which integrate carbohydrates while allowing the adaptations to ketosis to occur.

Sample exercise routines for beginning, intermediate and advanced exercisers, as well as guidelines for pre-contest preparation for bodybuilders.

---

- Title: The Ketogenic Diet: A Complete Guide for the Dieter and Practitioner
  - Author: Lyle McDonald
  - Released: 1998-09-30
  - Language:
  - Pages: 323
  - ISBN: 0967145600
  - ISBN13: 978-0967145600
  - ASIN: 0967145600
-