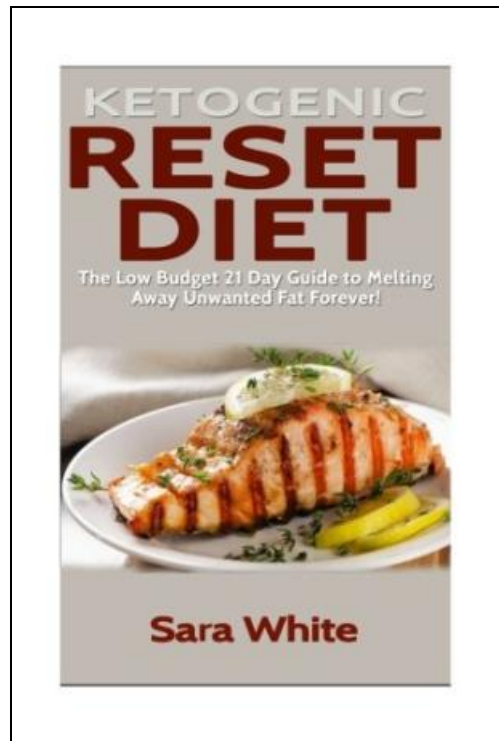


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Why Ketosis? Ketosis is a state in which the body depends on fat for production of energy. This is normal during starvation, fasting or when on low-carb diet/keto diet. Liver produces ketones from fat and they are consumed as fuel in the body especially by the brain. This is important for the brain because it is an organ that is very sensitive to amount of energy. The major source of energy for the brain is glucose and ketones (in the absence of glucose). Normally, we have fat stores that can sustain us for many weeks or even months without food. Ketosis ensured that the brain can make use of these stored fat. Naturally, our body uses glucose as a natural source of fuel, however, when we are starved of carbohydrates for long, our body enters into a state of ketosis. In this new state, the liver breaks down the fat into fatty acids and ketones and these become our body's new source of energy. There are various benefits of the keto lifestyle and apart from its concomitant health benefits, it also helps in brain formation (In time past, it was used to cure epilepsy). It also eliminates the possibility of quitting due to hunger as foods rich in fat content are known to leave you feeling satisfied for a long period of time. The keto diet basically requires your meal to be 75 fats, 20 protein and 5 carbs. This might be a hard ratio to nail, however, by following our meal plan and recipe, you are sure to ease perfectly into the program. This Ultimate 21 Day Fat loss Guide provides over 100 recipes to choose from. Following these specific...



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