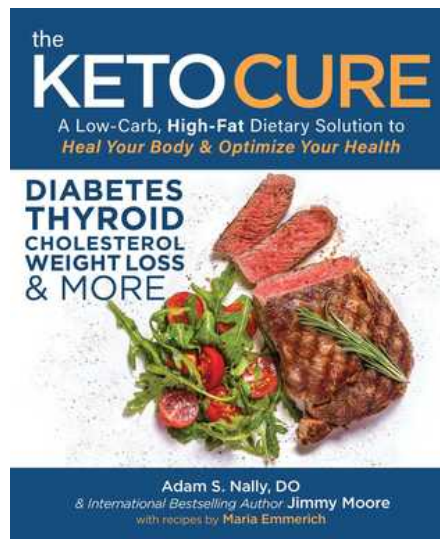




The Keto Cure: A Low Carb High Fat Dietary Solution to Heal Your Body and Optimize Your Health

Jimmy Moore

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The ketogenic diet isn't just a great tool for helping people lose weight and feel their best; it's also an extremely effective method for treating the common diseases of civilization. *The Keto Cure* will give readers the prescription they need to heal their bodies by eating plenty of fat and moderating protein and carbs.

Dr. Adam Nally has been advocating a low-carb, high-fat diet in his clinical practice for more than fifteen years, helping people address their health problems by making better food choices. Dr. Nally and bestselling low-carb author and podcaster Jimmy Moore have worked together to create a top-50 health podcast espousing the benefits of eating keto. Now, for the first time, Dr. Nally has teamed up with Moore to take his years of clinical experience, put everything down on paper, and create a how-to guide that details all the ways in which the ketogenic diet can help remedy common ailments.

The Keto Cure details the science behind the keto diet's effectiveness at treating a wide range of diseases, including

Alzheimer's

epilepsy

fatty liver disease

hypercholesterolemia

hypertension

Parkinson's disease

thyroiditis

type 2 diabetes

and many more

The Keto Cure also outlines practical tips gleaned from Dr. Nally's fifteen-plus years in medical practice, as well as Moore's ten-plus years as a health and wellness podcaster, on overcoming the common pitfalls that people experience when adapting to a high-fat way of eating, including fatigue and keto flu. This helpful information, combined with a wide variety of delicious keto recipes from international bestselling cookbook author Maria Emmerich, makes *The Keto Cure* a complete resource for healing oneself with the ketogenic diet.

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From Reader Review The Keto Cure: A Low Carb High Fat Dietary Solution to Heal Your Body and Optimize Your Health for online ebook

Susanhayeshotmail.com says

This is the healthiest way for me to eat. It may not be for you but I had great success with this way of eating. And then some crap happened and I not only fell off the wagon the rest of the wagon train coming up from behind ran me over and left me in the dust. I probably looked dead, I sure feel half dead, so I can't blame 'em. Picked this book up to remind me why I eat this way and provide a spur to my backside to climb back on.

I liked the way the book is laid out and there's a lot of good, concise info here followed by plenty of good recipes. Money and time well spent.

Shannon Binegar-Foster says

Great resource

I am only about 3 months in to the keto lifestyle. I purchased this book after seeing a few videos by Dr. Nally. Initially I wasn't sure I wanted yet another Keto book and/or cookbook but I am very glad I purchased this one. I will be using it often. The vast amount of information is awesome.
