

# Download Ketogenic Diet For Beginners A Simple Step By Step Guide For Weight Loss

What is a Keto Diet?. A keto diet is well known for being a low carb diet, where the body produces ketones in the liver to be used as energy. It's referred to as many different names – ketogenic diet, low carb diet, low carb high fat (LCHF), etc. When you eat something high in carbs, your body will produce glucose and insulin. Turning to butter and bacon to lose weight and boost health might not scream “winning plan” to everyone. But it makes perfect sense to those on the ketogenic diet (or “keto diet”), the latest “it” regimen that backs high-fat, moderate-protein, and low-carbohydrate eating. Bottom Line: The ketogenic diet can boost insulin sensitivity and cause fat loss, leading to drastic improvement for type 2 diabetes and prediabetes. Other Health Benefits of the Ketogenic Diet. The ketogenic diet actually originated as a tool for treating neurological diseases, such as epilepsy. Traditional Atkins vs. Ketogenic Diet. The Atkins diet and ketogenic diet are often used synonymously; however, they are different. While both diets lower carbohydrate consumption, the Atkins diet allows for a period in which both protein and carbohydrate intakes are increased (while fat intake is lowered) beyond what would classify as ketogenic.