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Tue, 10 Jul 2018 13:22:00 GMT - The ketogenic diet is a high-fat, adequate-protein, low-carbohydrate diet that in medicine is used primarily to treat difficult-to-control (refractory) epilepsy in children.

Ketogenic diet - Wikipedia -

Tue, 10 Jul 2018 13:43:00 GMT - Before trying a ketogenic diet, if you take these medications or have one of these medical or psychiatric conditions, consult with a clinician first.

Is the Ketogenic Diet Safe for Everyone? - Diagnosis:Diet -

Mon, 09 Jul 2018 04:12:00 GMT - Learn how to follow the ketogenic diet and what the side effects can be, as they aren't suitable for everyone with this Complete guide. The advantage of following a ketogenic diet is that it is a relatively painless way to lose weight.

Ketogenic Diet 101: Your Ultimate Keto Starter Guide -

Wed, 11 Jul 2018 23:07:00 GMT - I've put together a very low-carbohydrate Ketogenic Mediterranean Diet for loss of excess weight. Why ketogenic? Your body gets its energy from either fats, or carbohydrates like glucose and glycogen.

Ketogenic Mediterranean Diet | Diabetic Mediterranean Diet -

Wed, 11 Jul 2018 14:53:00 GMT - GLUT1 Deficiency Syndrome and the Ketogenic Diet ; What to Do When Your Child Grows Up and Still Needs the Diet? Continuing to Combat the Fear of High Cholesterol

Epilepsy Foundation -

Wed, 11 Jul 2018 18:28:00 GMT - For some children, the ketogenic diet may help reduce the number or severity of epileptic seizures they have.

Ketogenic diet for epilepsy | Epilepsy Society -

Mon, 09 Jul 2018 05:16:00 GMT - A cyclic ketogenic diet (or carb-cycling) is a low-carbohydrate diet with intermittent periods of high or moderate carbohydrate consumption. This is a form of the general ketogenic diet that is used as a way to maximize fat loss while maintaining the ability to perform high-intensity exercise.

Cyclic ketogenic diet - Wikipedia -

Wed, 11 Jul 2018 21:06:00 GMT - This is a list of ketogenic diet foods. It includes meats, vegetables, dairy, nuts, seeds, beverages, fats and oils that are allowed on the ketogenic diet. Be sure to follow this comprehensive list if you are on a ketogenic diet to be sure that you receive all of the proper nutrients you need while in ketosis.

The Ultimate Ketogenic Diet Food List (What to Eat on The ... -

Sun, 08 Jul 2018 01:07:00 GMT - Download PDFs of documents pertinent to the Advanced Mediterranean Diet and Ketogenic Mediterranean Diet.

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- Learn how a ketogenic diet greatly improves not only weight issues, but many other health conditions, including diabetes and cancer. We've got the diet plan, recipes and more information here!

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