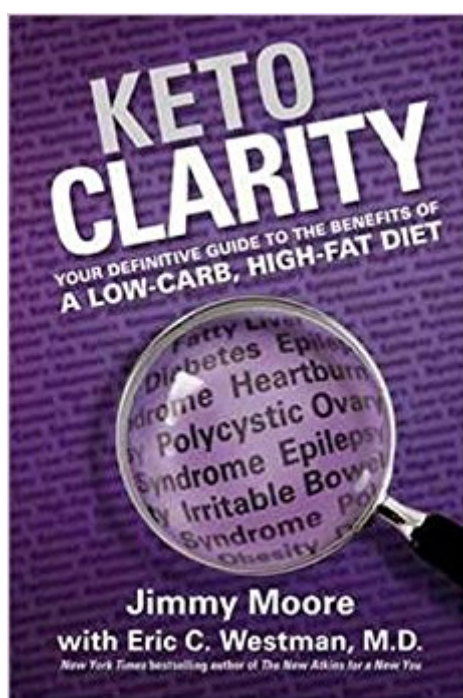


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# Keto Clarity: Your Definitive Guide To The Benefits Of A Low-Carb, High-Fat Diet



## Synopsis

Leading health blogger Jimmy Moore and researcher and internist Dr. Eric C. Westman join forces again to explain the powerful therapeutic effects of a ketogenic diet—a one that combines a customized carbohydrate restriction, moderation of protein intake, and real food-based fats—which is emerging in the scientific literature as a means for improving a wide range of diseases, from Type 2 diabetes to Alzheimer's and more. Simply eating a low-carb diet alone isn't enough, and Moore and Westman tell you why. Have you looked at a low-carb diet simply as a means to lose weight? What if you learned that combining a low-carb nutritional approach with a high fat intake produces a powerful therapeutic effect on a wide variety of health conditions that most people think requires medication to control? That's what Keto Clarity is all about. Jimmy Moore, the world's leading low-carb diet blogger and podcaster, has reunited with his Cholesterol Clarity coauthor Dr. Eric C. Westman, a practicing internist and low-carb diet researcher, to bring you the crystal-clear information you need to understand what a ketogenic diet is all about and why it may be the missing element in your pursuit of optimal health. This book includes exclusive interviews from twenty of the world's foremost authorities from various fields bringing their depth of expertise and experience using this nutritional approach. Moore and Westman clearly explain why ketosis is normal, how this nutritional approach is being used therapeutically by many medical professionals, a step-by-step guide to help you produce more ketones and track your progress, real life success stories of people using a ketogenic diet, and more. The solid evidence for nutritional ketosis in dealing with many of the chronic health problems of our day is presented, including: epilepsy, Type 2 diabetes, obesity, cardiovascular disease, metabolic syndrome, polycystic ovarian syndrome (PCOS), irritable bowel syndrome (IBS), heartburn (GERD), nonalcoholic fatty liver disease (NAFLD). The good evidence for ketogenic diets is also shared in dealing with Alzheimer's Disease (AD), Parkinson's Disease, dementia, mental illness, schizophrenia, bipolar, depression, narcolepsy, and sleep disorders. Plus, you'll get the details on the emerging science that is showing great promise in treating cancer, autism, migraines, chronic pain, brain injury, stroke, kidney disease and so much more. Keto Clarity is your definitive guide to the benefits of a low-carb, high-fat diet. Full details on Jimmy Moore's yearlong n=1 scientific experiment of nutritional ketosis, in which he used sophisticated blood testing technology to track and monitor his production of ketones and blood sugar to achieve rather remarkable effects on his weight and health, is also presented as well as food shopping lists, 25+ low-carb, high-fat recipes, and a 21-day meal plan to get you going on your ketogenic lifestyle change. Keto Clarity gives you a whole new perspective on the work that the late, great Dr. Robert C. Atkins started in earnest with his

promotion of the low-carb approach beginning in the 1960s. That revolution continues boldly in this book designed to shift your paradigm on diet and health forever!

## Book Information

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## Customer Reviews

Jimmy Moore catapulted onto the health scene in 2004 after a phenomenal 180-pound weight loss success enabled him to come off of prescription drugs for high cholesterol, high blood pressure, and respiratory problems. He is the energetic personality behind the #1 best-selling and most popular *Living La Vida Low-Carb* blog and host of one of the top-ranked iTunes health podcasts, *The Living La Vida Low-Carb Show*. He has interviewed well over 700 of the world's top health experts and dedicated his life to helping people get the best information possible so they can make the right decisions about their health. He lives with his wife, Christine, in Spartanburg, South Carolina, where they can often be found playing Frisbee golf in their front yard. Learn more about Jimmy and his work at: <http://www.livinlavidalowcarb.com>. Eric C. Westman, MD, MHS is an Associate Professor of Medicine at Duke Health Enterprise and Director of the Duke Lifestyle Medicine Clinic in Durham, North Carolina. He is an internist who combines clinical research and clinical care regarding lifestyle treatments for obesity, diabetes, and tobacco dependence. He is currently President-Elect of the American Society of Bariatric Physicians and a Fellow of the Obesity Society and the Society of General Internal Medicine. He is coeditor of *Obesity: Evaluation and Treatment Essentials* and coauthor of *The New Atkins for a New You*. When he is not working in the clinic, he enjoys taking ballroom dancing classes.

Why did Jimmy Moore and Eric Westman feel the need to produce Keto Clarity? Do we REALLY need another book about ketogenic diets? Maybe they know that there are many people out there who think that the best a ketogenic diet can do is to cause bad breath, and at worst-- raise your cholesterol and risk of heart disease, and lead to fatal ketoacidosis. Others have heard that a ketogenic diet is only useful for treating seizures in young children, and that it doesn't work at all for obesity or diabetes in adults. The common belief is that we ALL need to follow a low fat or vegetarian diet in order to stay healthy. Not so! As a cardiologist I find a role for the low carbohydrate diet to reduce inflammation, shift small dense LDL to a less atherogenic pattern, and to reduce risk factors of obesity, high blood glucose, diabetes, and elevated blood pressure. It is the ketone that plays a role in the nutrigenomic "turn on" as well as the metabolic efficiency. When I wear my "exercise physiologist" hat I have discovered the benefits of the ketoadaptive state for endurance training and competition. And then as a nutritionist I have found the effectiveness of a low carbohydrate ketogenic diet for treating many disorders from Autism to Alzheimer's. The properly formulated ketogenic diet can reduce seizures in children and increase fertility for hopeful parents-to-be. And for certain pregnant patients with gestational diabetes, or outright clinical type 1 or type 2 diabetes, there is also potential benefit to the mother and fetus. Now the ketogenic diet is being looked at as another therapeutic modality to prevent, retard, and maybe even cure some forms of cancer. What is the difference between ketoacidosis, starvation ketosis, and nutritional ketogenesis? What are these ketone bodies? How do we make them? How do we get them? How do we measure them? And, just what do they do? Keto Clarity provides the answers. Understanding these distinctions allows the practitioner to serve his patients with an expanded spectrum of nutritional therapies, and gives many discouraged, obese, tired, and depressed patients new hope. Keto Clarity should be a required read for physicians and registered dietitians, and is highly recommended for all health care providers, patients, and anyone curious about nutrition. The unique format of scientific fact, practical clinical pearls with technical tips, and patient commentary provides the full spectrum of information needed to prescribe and/or practice a low carbohydrate, ketoadaptive lifestyle, for disease resolution or health.

I waited until I read the entire book to do a review. This is the final book that I have read on a string of books lauding the benefits of the low carbohydrate, high fat lifestyle. Everything I had read previous to this book expressed the science and theory behind becoming a "fat burner" vs. a "sugar burner". They explained why the concept of low-fat everything was a terrible idea from it's

conception in the 1950's and why eating low-fat has made our Nation fat and sick. We've been lied to by our nutrition scientists. I've been telling my patients the wrong things about diet for the past 30 years, and I also have a degree in nutrition. I, and our dietary guidelines, were wrong. This is elegantly outlined in the groundbreaking book "The Big Fat Surprise: Why Butter, Meat and Cheese Belong in a Healthy Diet" by Nina Teicholz. She made the medical community take notice and re-think the low-fat debacle. There are a slew of other books that say the same thing. However, most of these low carb, high fat (LCHF) books are rather technical and don't actually tell you how to follow the principles behind becoming a fat burner. This book not only tells you the theory behind this new health movement, but gives you a step by step guide on how to lose the weight you could never lose on all of those diets you have tried. This is not a diet book, since becoming a fat burner is the no-hunger way of losing weight. It's not anything like dieting. Diets fail. The author, Jimmy Moore, started at 410 pounds and tried all of the diets until he discovered what most of Americans are doing wrong. Strangely, this book was co-written by a number of nutrition experts in the field since Jimmy doesn't have a bunch of initials after his name. What a great idea. A wonderful book written by someone who is credible since he lost so much weight, but backed by a number of credible nutritional experts and physicians. Highly recommended. Most of my staff are losing weight on this program - medical assistant's and nurses alike. They are all eating lots of fat and watching their lipid parameters improve greatly while enjoying extra energy. I have a happy and soon to be skinny staff. Yes, I apparently inspired my staff by losing over 35 pounds myself over three and a half months by eating wonderful foods and not counting calories, ever. I am rarely hungry. There is more science behind this concept than the Paleo movement and explains why the Paleo and other similar diets work fairly well. This is a bargain in the kindle version. The best advice I can give my patients who want to lose weight and avoid disease is to read this book. Now I know why all of my skinny vegan and vegetarian patients who have been avoiding fat all of their lives are getting diabetes, having heart attacks and strokes. Remember this equation: Elevated Insulin Equals Inflammation and Fat Storage. And sugar burners have high insulin. Are you a sugar or a fat burner?

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