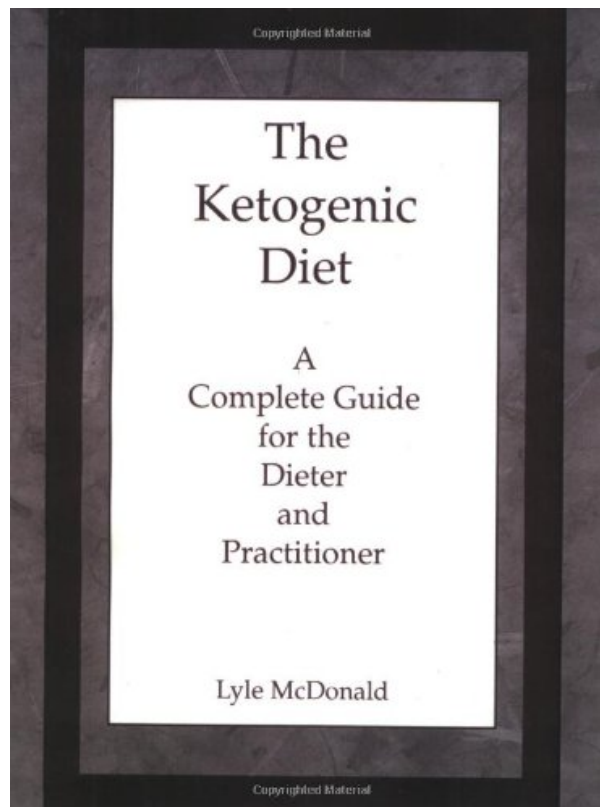
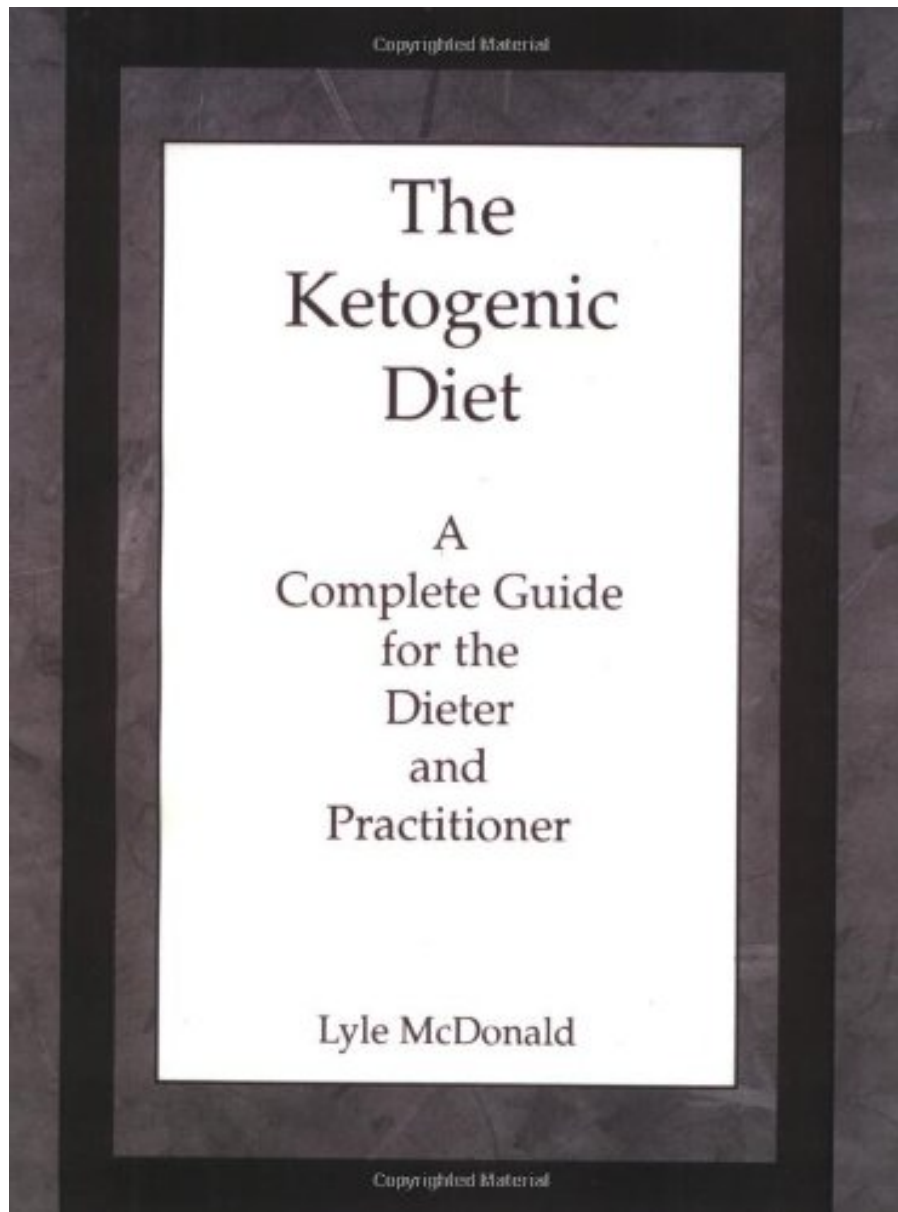


THE KETOGENIC DIET: A COMPLETE GUIDE FOR THE DIETER AND PRACTITIONER BY LYLE MCDONALD



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Find the trick to improve the quality of life by reading this **The Ketogenic Diet: A Complete Guide For The Dieter And Practitioner By Lyle McDonald** This is a sort of publication that you need now. Besides, it can be your favored book to check out after having this book The Ketogenic Diet: A Complete Guide For The Dieter And Practitioner By Lyle McDonald Do you ask why? Well, The Ketogenic Diet: A Complete Guide For The Dieter And Practitioner By Lyle McDonald is a book that has different unique with others. You may not have to understand who the writer is, how widely known the work is. As smart word, never judge the words from which talks, yet make the words as your good value to your life.

From the Author

I wrote this book for the reader who wants an objective, technical, unbiased look at all aspects of ketogenic/low-carbohydrate diets. Readers looking for a light read, or another diet book promising an easy, magical approach to weight loss will probably be disappointed with this book and may want to look elsewhere. I decided to write this book for a few reasons. First and foremost, there is a great deal of misinformation being presented about ketogenic diet. Both proponents and critics of such diets tend to make basic mistakes in the underlying physiology. My first goal was to set the record straight in this regards. Second, there are a number of questions which abound regarding such diets. Most of these questions revolve around exercise, or potential health problems. A book was needed to address all of these issues (and more) in an objective way. Ketogenic diets are not magical (as proponents tend to suggest), nor are they an instant health risk (as critics tend to suggest). Like all dietary approaches, ketogenic diets have pros and cons and this book addresses both.

This book is fairly technical and readers who are frightened off by such detail may find the book difficult reading. However, the majority of feedback I have received indicates that even individuals with non-science backgrounds have had little trouble with the technical sections. As well, I did my best to include enough basic physiology information to make the more technical sections easier to understand. The few very technical sections are set apart as 'Technical Notes' and are not critical to an understanding of the physiology of the diet.

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By Lyle McDonald

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About the Author

Lyle McDonald received his B.S. from the University of California at Los Angeles in physiological sciences, with an emphasis on exercise physiology and nutrition. He has written for several publications, including two web magazines (Cyberpump and Mesomorphosis), two print magazines (Hardgainer and Peak Training Journal), and two newsletters (Daves PowerStore Newsletter and Dirty Dieting). He will be pursuing a master's degree in the near future.

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'The Ketogenic Diet' is a complete resource for anyone interested in low-carbohydrate diets (such as the Atkins Diet, Protein Power, Bodyopus or the Anabolic Diet). It looks objectively at the physiology behind such diets, including potential negative effects, and gives specific recommendations on how to optimize such a diet assuming an individual has chosen to do one. Two modified ketogenic diets (which involve the insertion of carbohydrates to sustain exercise performance) are also discussed in detail, along with specific guidelines. Exercise is discussed in great detail, including background physiology, the effects of exercise on fat loss, exercise guidelines and sample workouts. A great deal of basic physiology information, dealing with both nutrition and exercise topics, is included so that readers without a technical background will be able to understand the topics discussed.

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Most helpful customer reviews

19 of 20 people found the following review helpful.

A very thorough resource

By Linda Vargas

This book is a remarkably thorough resource on low-carb dieting and its variants as applicable to those working towards a high level of fitness. By that I mean bodybuilders and other athletes. The rest of us are addressed and educated to a great degree with this book, as well.

The ketogenic diet as explained here is for those who can execute a plan with a high level of independence. There are no food lists, menus, recipes, or pep talk. Just the facts and the methods. There are workout routines, but there are no illustrations or explanations of the exercises. It is assumed that the reader already knows what, say, a deadlift is. If you can assemble the nuts and bolts for yourself, you'll have no need to examine any other low-carb approach (Atkins, South Beach, Protein Power) at length. You'll want the food lists and maybe recipes from such books, however. If you want the all-in-one deal with all that information, I

believe the author recommends Protein Power by Drs. Eades.

It bears repeating: it is a very thorough and robust read with an academic tone. If you're interested in the nitty-gritty ins and outs spelling out the rationale of doing such a diet, it's here.

The approaches are in three flavors:

Standard ketogenic- eating low-carb all the time while doing nothing more than, say, walking for exercise

Targeted ketogenic- low-carb eating except before and after weight training only

Cyclical ketogenic- a few days of eating low-carb followed by a couple of days with higher carbs-rinse and repeat

For what it's worth-this book needs some editing, both in text and layout. Enough to notice, not enough to miss the message.

Strongly recommended for the purest of intentions, for those that can.

15 of 16 people found the following review helpful.

Precise and exhaustive

By Ron Purewal

McDonald is a true scientist who has produced a wonderfully thorough and well-researched book.

The "true scientist" tag is important, for at least four reasons:

(1) This book contains no hype, pep talks, or unduly biased recommendations. It's also not a feel-good "collaborative" book that works with the reader to set goals; it assumes that readers will set, or have already set, QUANTITATIVE goals.

(2) It expects readers to comprehend, and think in terms of, QUANTITATIVE concepts like grams%/calories of macronutrients, lbs/% of LBM, etc.

(3) It contains no recipes, convenience tips, or lifestyle advice, unless absolutely vital to the program (as with timing of workouts/carb-up in the CKD).

(4) Its text is concise, scientific, and QUANTITATIVE, and therefore rather dry.

If you're looking for an easy-to-read diet book that could potentially sell millions of copies in the aisles of grocery stores, look elsewhere. If you want a thorough volume with exact, QUANTITATIVE factual data, as well as honest discussion of the current state of knowledge regarding various aspects of the diet, this is the book for you.

Did I mention "quantitative"?

5 of 6 people found the following review helpful.

Useful...

By David K. Studenick

Contains everything you might ever want to know about ketogenic dieting. Has a detailed discussion on the physiology of ketosis and debunks a lot of the BS out there claiming these diets are harmful.

Also contains a pretty good how-to section on the nuts and bolts of training while in ketosis.

See all 53 customer reviews...

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