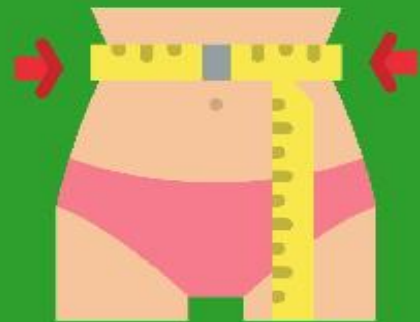


# KETO DIET FOR BEGINNERS EXPLAINED AND EASY



**Mey Irtz**

Mey Irtz

# Keto Diet for Beginners Explained and Easy

## Legal Notice:

This book is copyright protected. This is only for personal use. You cannot amend, distribute, sell, use, quote or paraphrase any part or the content within this book without the consent of the author or copyright owner. Legal action will be pursued if this is breached. All Rights Reserved/Copyright: Mey Irtz.

## Disclaimer Notice:

Please note the information contained within this document is for educational and entertainment purposes only. Every attempt has been made to provide accurate, up to date and reliable, complete information. No warranties of any kind are expressed or implied. Readers acknowledge that the author is not engaging in the rendering of legal, financial, medical or professional advice.

By reading this document, the reader agrees that under no circumstances are we responsible for any losses, direct or indirect, which are incurred as a result of the use of information contained within this document, including, but not limited to, errors, omissions, or inaccuracies.

## Table of Contents:

[Legal Notice:](#)

[Disclaimer Notice:](#)

[Introduction](#)

[Ketogenic: A Lifestyle, Not a Diet](#)

[=> What Is It and What Makes It a Lifestyle?](#)

[=> Reasons the Ketogenic Lifestyle Is So Effective](#)

[=> Health Benefits of the Ketogenic Lifestyle](#)

[=> Eating Do's and Don'ts](#)

[This can't be further from the truth.](#)

[=> Common Side Effects and How to Combat Them](#)

[These unpleasant side effects may include:](#)

[How to Combat Side Effects](#)

[=> Reasons to Stop or Modify Your Ketogenic Lifestyle](#)

[=> Common Questions about the Ketogenic Lifestyle](#)