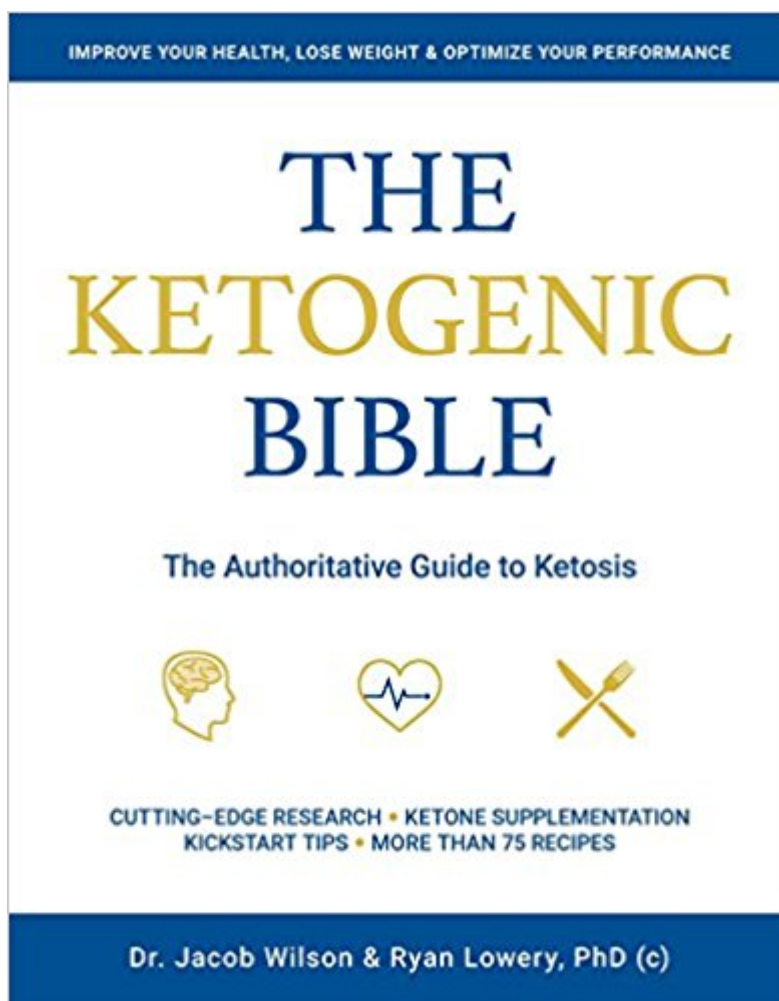


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# The Ketogenic Bible: The Authoritative Guide To Ketosis



## Synopsis

The ketogenic diet is emerging as one of the most popular diets for health and weight loss, and for good reason. No other diet has the same benefits for health concerns ranging from obesity and type 2 diabetes to Alzheimer's disease to cancer – not to mention its positive effects on athletic performance. In *The Ketogenic Bible*, Jacob Wilson and Ryan Lowery offer a comprehensive look at the ketogenic diet and the fat-burning state it induces, ketosis. It's the most complete source for information on keto – not only how to follow a ketogenic diet but also how it affects the bodily systems and processes that are at the core of how we feel and function every day. Their approach is based on the wide range of scientific research that's been conducted on ketosis, including the research they're doing at their own Applied Science and Performance Institute. Through their work with people who are switching to a ketogenic diet, they also know the most common concerns and questions, so they've included practical tips and advice for following keto, along with more than 75 easy and delicious recipes. No other book offers such an exhaustive, science-based view of what it means to follow a ketogenic diet. This is your one-stop shop for the most tested and accurate information on the ketogenic diet and for answers to all your questions.

## Book Information

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## Customer Reviews

Dr. Jacob Wilson, Ph.D., CSCS\*D has over 150 peer-reviewed papers, book chapters and abstracts. Dr. Wilson has turned the focus of his research onto the cellular, molecular, and whole body changes in muscle size, strength, and power in response to ketogenic dieting and

supplemental ketones in varying populations. Dr. Wilson was recently awarded the NSCA's Terry J. Housh Young Investigator of the Year Award. Moreover, he and his lab were recently featured in the new movie Generation Iron, which came out in theaters in 2013 and was aired on ESPN. Dr. Wilson is currently serving as the CEO of a brand new 21 thousand square foot research center in Tampa called Applied Science and Performance Institute. Ryan P. Lowery, PhD (c), CISSN is a 2014 national champion baseball player and earned both BS and MS in exercise physiology and exercise and nutrition science from the University of Tampa. Ryan is currently completing his PhD in Health and Human Performance at Concordia University with a focus on ketogenic dieting, supplemental ketones, and their impact on human performance. Over the past five years Ryan has published an astounding 90 papers, abstracts, and book chapters on human performance and sports nutrition and is rapidly becoming one of the premier sport scientists in the nation. Ryan has received the Exercise Science Scholar of the Year Award, NSCA Award for Outstanding Presentation of the year award, and the National AAHPERD Exercise Science Major of the Year Award. In addition to his outstanding academic and research accomplishments, Ryan is one of the most sought after nutrition and supplement formulators in the industry. Ryan has worked with over two dozen nutrition and exercise companies including multi-million dollar affiliate marketing companies and sports nutrition companies. In doing so he brings a unique skill set in sourcing of ingredients, assuring compliance of companies, formulating novel products, and in general bridging the gap between the science of nutrition and industry. Ryan is currently serving as the President of a brand new 21 thousand square foot research center in Tampa called Applied Science and Performance Institute.

Lots of information - explains a lot of how we decided as a nation that low fat high carb was a good idea even though 30 years of evidence says that doesn't work. I have been eating 20 grams of carb or less per day for 3 months and lost 50 lbs easily and I am keeping it off without any difficulty. In addition I have more energy, I feel mentally sharper, and I think living this way all the time is no problem whatsoever. It's easy to go back onto a Ketogenic eating plan after jumping off plan for a family party and that's one of the nicest things because on diets that are really restrictive I have had a very hard time convincing myself to get back on track after say Thanksgiving or something like that. I am also doing intermittent fasting and I usually only eat 1-2 meals per day which has been so easy and is saving me money on less groceries and time on less preparation and cleanup. This is the way to live, super easy weight loss and improved health.

WOW In my hands is the BEST REFERENCE Guide to Ketogenic information I have seen. I have been working on being Ketogenic for over two years and totally Keto for over a year. I have sought counsel from the best. Attended and listen to many conferences and lectures EVERYTHING I could find. There are answers here to thing I had never thought to ask. This is a must have if you or family and friends have health issues that Keto can treat. If using Keto for weight lost and are stalling the answers are here. The science is here the studies are here the stories are here. Bonus- I had no idea there were recipes but there are plenty and the pictures are stunning. "Dry-Aged Steak with Duchess "Potatoes" and Pan Fried Okra". Brie Sirloin Sliders. Bacon-Wrapped Cajun Casserole. Cardamom Snickerdoodles with Maple Bourbon Carmel. Irish Cream Pistachio Cake Squares. Also included is great Basics stock and sauces recipes. This book took years to be as comprehensive as it is and all backed up with science and data. This is a must have for beginners, to the coaches, to the bloggers, to the medical professionals. Treat yourself buy both I did, get Paper back it has beautiful food art pictures and the Digital Kindle version for quick reference and link searches.

This book is a *must read* for anyone who is committed to learning more about the emerging science supporting the benefits of a ketogenic diet, and to applying the implications of this research in their lives. The key concepts are clearly explained, well referenced, and the graphics bring these points home in a powerful way. The early part of the book introduces the ketogenic diet, and the latter part gives excellent examples of specific applications. I am recommending this book to colleagues and clients with great enthusiasm, and applying key lessons in my own life!

After listening to a podcast with Ryan Lowery, I decided to preorder The Ketgenic Bible. Recently having changed up my diet and eating more keto friendly recipes, I wanted to have more of an understanding as to the history of the diet and the way that it works within your body. The authors of this book are very knowledgeable and have addressed many of the typical questions of eating this way. This book can be read as a straight read thru, or you can skip around depending on your interest in the topics. The writing is down to earth and easy to understand. I would recommend this book to anyone going on a keto diet that wants a better understanding. The only reason I have given it four and not five stars is because some of the recipes in the back. Many of them look good, but the dessert recipes heavily require the use of quest protein powder. Though quest is one of the better brand of protein powder I have tried in the past, I prefer to keep it out of my diet. It would be

nice to have seen some desert recipes that didn't require the use of this ingredient. My husband doesn't have the same objections to the protein powder that I do, so I am sure we will periodically try them and they will be delicious! I would encourage others to read this book!

This book is extremely well written and is broken down so you don't have to be a genius to understand it. I absolutely love this diet and the recipes are amazing. This diet has been a life changer and now with the help of this book I look forward to losing even more weight since I have a better understanding how the diet works. Thank you Will W and Kara for all your help and support. THIS BOOK IS AMAZING!!!!

I have been following Doctor Wilson and Ryan for quite some time now, and I would trust no one else when it pertains to the ketogenic diet. They have always done their due diligence to provide the most accurate information based on science and not opinion. This book is full of phenomenal content. From the history of the diet, to the applications, formulating a diet for yourself, and even recipes. All the content is useful, and helpful to those looking to incorporate the ketogenic lifestyle. Even if you are not interested in the diet for yourself, this is the perfect resource to look to, to gain more knowledge and information on ketosis.

This now is the best book on the subject. There is a lot of research crammed into this. The book does a great job at looking at mitochondrial dysfunction and how Keto can correct it and heal many deceases by doing so. I have been Keto myself for 3 years. I wish this book was out then. It's macro recommendations are solid and fit bodybuilders to the individuals who need it for therapeutic reason such as epilepsy. If you read this book and have not made the decision at the end to adapt to a ketogenic lifestyle then you must suffer from a major mitochondrial dysfunction.

I am admittedly skipping around, but like the information so far. I'm not knew to keto - so its not ground breaking information, but definitely a good reference. I am very disappointed that so many of the recipes call for different flavors of the Quest Protein Powder. - It should say on the cover 'Sponsored by Quest" and I don't really want to buy a 2 lb tub of each flavor to have for the recipes. (much less have all the storage room for all of it).

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