



Loose Weight by Eating Fatty Foods with Keto and Low-Carbs Diet

What is the ketogenic (“keto”) diet?

It’s a diet with numerous scientific studies backing its health benefits, including weight loss and the reversal of type 2 diabetes, high blood pressure and Alzheimer’s disease symptoms.

This book features:

- Handy tips to get started on this diet, stock your fridge, etc.
- Info about the effects of the keto diet on the body
- Delicious low-carb, high-fat recipes to help ease you into the keto diet

Fat has typically been seen as something to avoid when trying to lose weight, but that’s changing! Josey Arseneault, who adopted this diet two years ago, proves weight loss and eating fatty foods ARE compatible! Drawing on advice from keto expert Dr. Evelyne Bourdua-Roy, she shares her experience with us in “Loose Weight by Eating Fatty Foods with Keto and Low-Carbs Diet” and demystifies this increasingly popular diet.

The book is full of tips for getting started on the keto diet and delicious low-carb, high-fat recipes to help ease you into it.

Data sheet

New or re-release	New
Original title	Loose Weight by Eating Fatty Foods with Keto and Low-Carbs Diet
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