



# The Ketogenic Diet: A Complete Guide for the Dieter and Practitioner

*Lyle McDonald*

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## **The Ketogenic Diet: A Complete Guide for the Dieter and Practitioner** Lyle McDonald

'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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