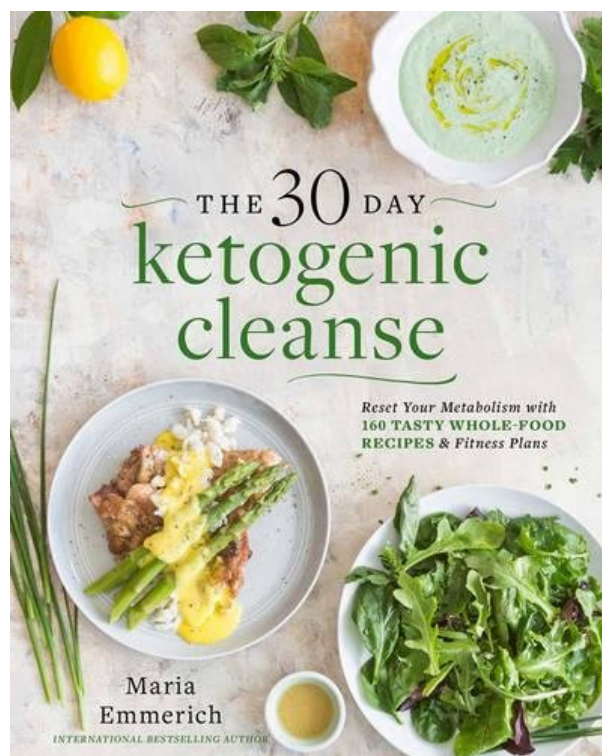
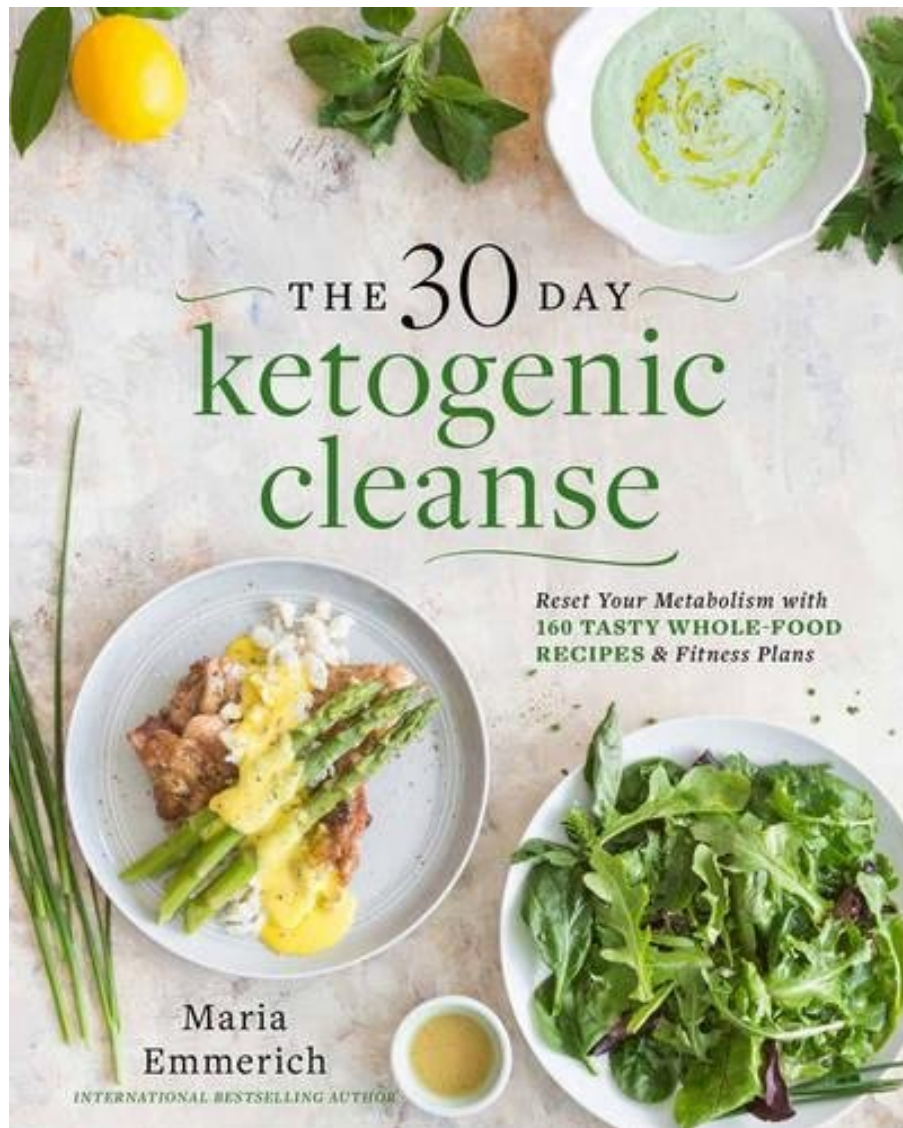


THE 30-DAY KETOGENIC CLEANSE: RESET YOUR METABOLISM WITH 160 TASTY WHOLE-FOOD RECIPES & MEAL PLANS BY MARIA EMMERICH



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About the Author

Maria Emmerich is a wellness expert in nutrition and exercise physiology. She is the author of several cookbooks and three nutritional guidebooks, including the global bestseller *The Ketogenic Cookbook* and *Quick & Easy Ketogenic Cooking*. Maria's blog, mariamindbodyhealth.com, offers a unique combination of innovative recipes using alternative ingredients to less-healthy options and easy-to-understand explanations of why these options are better for our health.

Maria's success stems from her passion for helping others reach and sustain optimal health through programs and education that work on a personal level. She understands the connection between food and how it makes us all feel inside and out. Her specialty is brain chemical neurotransmitters and how they are affected by the foods we eat. After struggling with her weight throughout her childhood, she decided to study health and wellness so she could help others who are discouraged by their appearance and do not feel their best. The nutrient-rich, relatively high-fat dietary approach that she developed for herself and the exotic, little-known replacements for typical high-glycemic starchy foods and sugar are what finally gave her total peace with food, something she never imagined possible.

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For those who are brand-new to keto and those who are getting back on track after falling off the wagon, the first 30 days on a ketogenic diet can be challenging. As the body adapts to burning fat (ketones) rather than sugar for fuel, cravings can arise, and some people find that they just don't feel so great. Many fall victim to the temptation to give up before they can truly experience the benefits of being keto-adapted. The 30-Day Ketogenic Cleanse isn't like most juice or other cleanses where you starve throughout the entire process. Keto expert Maria Emmerich offers tasty whole-food recipes—all dairy-free and nut-free—that are filling and satisfying and keep cravings at bay. Plus, she offers helpful tips and tricks for making it through the adjustment period.

The 30-Day Ketogenic Cleanse is a guidebook for healing the body from the inside out. Most people attempting a keto diet do it completely wrong. Maria Emmerich, on the other hand, bases this cleanse on a true, well-formulated ketogenic diet, helping readers reset their metabolism, regain health, lose weight, and tap into increased energy levels. This book includes:

- A detailed explanation of how sugar causes inflammation and leads to disease
 - 30-day meal plans to kick-start ketosis, with corresponding shopping lists
 - 30-day Whole30-compliant meal plans, with corresponding shopping lists
 - A wide variety of amazing recipes, with suggestions for combining those recipes into delicious and satisfying ketogenic meals
 - Easily accessible lists of approved keto foods and foods that hold people back from ketosis
 - Tips on how to eat to balance hormones, sleep better, feel better, and lose weight while following a ketogenic diet
 - Guidance for maintaining ketosis after a successful 30-day cleanse
 - Recommendations for supplements to help heal from poor eating habits
 - A bonus slow cooker chapter to help make life easier!
- Sales Rank: #764 in Books
 - Published on: 2016-12-27
 - Released on: 2016-12-27
 - Original language: English

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- Binding: Paperback
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Most helpful customer reviews

74 of 79 people found the following review helpful.

Another masterpiece! So much more than a cookbook!

By Wendy N.

I knew this book would be amazing as I have all of her other books and have never been disappointed. It is absolutely beautiful. I have followed Maria for several years and was wondering what she would actually mean by the word "cleanse". This is not a typical cleanse where you drink juice or take pills to cleanse, this is healing your body with real food. She covers, how our bodies work, what exactly is a ketogenic diet, exercise, healing at a cellular level, and even talks about products we use in and on our body. This alone is worth the investment and then throw in an incredible amount of recipes with easy instructions and pictures as well as meal plans. This book is huge, over 430 pages of awesomeness. Maria, congrats on another masterpiece.

24 of 26 people found the following review helpful.

WOW!

By Tracy

I waited until I at least started the cleanse before I wrote my review, and I am glad I did! I never in a million years expected the results I got from my first weigh in. After completing one week of the cleanse, I was down 11.5 pounds and 3 inches!!! Even better than that...My fasting blood sugars have improved drastically! My last fasting blood sugar before starting this cleanse was 176. Today, 10 days in, it was 108!!! Even if you don't want to do the cleanse, this book is very helpful and informative, and has lots of great dairy free, nut free recipes. I highly recommend this book! It has taught me so much and I think it's the answer I've needed all along to getting healthy again!

14 of 15 people found the following review helpful.

Excellent resource, excellent recipes.

By Carrie A. Diulus

Excellent program with excellent recipes. A ketogenic diet is beneficial for a significant percentage of the population. I use it often with my patients, particularly if they have insulin resistance such as pre-diabetes or

diabetes. Maria does an excellent job describing the reasons behind this lifestyle change and the benefits, but more importantly she makes it easy to do and delicious. I eat this way myself and my health has never been better. I highly recommend this book!

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