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He recommends that you do not do the modified ketogenic diet for more than 3 months at a time. Once you hit your weight loss goals, you can transition into maintenance mode and start including more carbs in your diet or you can still follow a ketogenic diet with a higher calorie intake per day.

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This book is packed with good ideas and information that everyone should have without the usual diet-book delve into scientific jargon that one just skips over.

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If you're curious about the keto diet, then Dr. Colbert's Keto Zone Diet is a good introduction. If you're a keto ninja, then this probably isn't the book for you although it might be a good book to own in paperback, to show your unbelieving friends that there is some real medical science behind your diet.

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Dr Colbert's I Can Do This Diet Don Colbert M D

Don Colbert, MD, is board-certified in family practice and anti-aging medicine. He has also received extensive training in nutritional and preventative medicine, and he has helped millions of people to discover the joy of living in divine health.

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Disease Specific Diet Plan Divine Health Wellness Center

The Mediterranean Diet The concept of the Mediterranean diet is derived from the eating habits of the people living in France, Spain, Greece, Tunisia, Lebanon and Morocco. The Mediterranean diet includes generous portions of fresh fruits and vegetables, lean meats, low fat nuts, fibers and whole grains that can be highly beneficial to help maintain a healthy and ideal weight.

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