

## **An Introduction to a Ketogenic Diet**

The Internet is awash with people selling diets that don't work, other than perhaps to reduce your weight for a few weeks. I'm not selling you the ketogenic diet. My ketogenic diet is my gift to you. It cost you nothing but it's guaranteed to work. And it will not just help you to lose excess weight, you will keep that weight off and it will make you look and feel younger and healthier.

The ideal diet for your prostate health and indeed your general health is ketogenic with a great deal of green leafy vegetables including as many as possible being eaten in the raw state. That is indeed a major change from a typical United States diet.

Changing your diet to avoid all industrially produced animal protein and even processed food is not really radical by comparison. Returning to a diet that consists of eating protein, fat, and only those carbohydrates which come from green leafy vegetables changes the way we metabolize food. And that change is undoubtedly best for our health.

Making a change to eating organic foods, avoiding all processed foods, including many more vegetables and avoiding all grain and sugar and dairy foods from cows, and only eating red meat if it is grass fed really does require a whole new way of thinking about your food.

I have sent you a report on the prostate specific Paleo/Keto diet. If for any reason you have not received it, just email me and I will email it to you again. This is a ketogenic diet modified slightly to ensure that it is optimal for your prostate health.

In my next video I talk about science that is behind the ketogenic diet

and I will explain in more detail how exactly it does work.