



The Cyclical Ketogenic Diet



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Preface: This [free fitness eBook](#) is for those looking to lose fat and not suffer muscle loss on a low carb diet. Many practitioners of the CKD swear by it's ease of use on a flexible lifestyle due to not having to sacrifice enjoyable foods on reload days.

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Is the Cyclical Ketogenic Diet (CKD) for you?

You know that being overweight can affect your self-esteem and overall health. There are many issues related to being obese or overweight, such as an increased risk of heart related issues. But your physical health is not the only thing you should worry about because a study showed that the risk of developing depression increases by 55 percent when you are obese or overweight. This is just one reason why you may want to consider the cyclical ketogenic diet.

Strengths & Weaknesses Of The Pure Ketogenic Diet

Anyone who wants to lose weight in a healthy (and quick) way should consider the cyclical ketogenic diet--instead of the pure ketogenic diet. The problem that most weight experts have with different weight-loss programs, like the pure ketogenic diet, is that most use a low-carbohydrates model.

Now, this low-carbohydrate diet does have some positive aspects that will be helpful for those looking to lose weight. It is effective for several

reasons, such as ensuring that your body enters the ketosis state. This state allows your body to burn fat quickly; it also allows the body to use ketones for fuel. The body normally uses glucose for energy, but you will be effectively reducing the amount of glucose in your body with a pure ketogenic diet.

But therein lies the issue that most weight experts have with a pure ketogenic diet. The energy the ketones provide for your body is healthy, but it is also not powerful enough for some activities like body building. Some experts have noticed that a pure ketogenic diet may actually lead to muscle loss. So you will lose weight, but you may not be able to tone your body easily with this kind of diet. The [Cyclical Ketogenic diet](#) works best for those that are already working out and want to lose fat and build muscle over time. Yes, carbs are needed to build muscle. Using CKD, you can knock two birds out with one stone.

Though, this is not the only problem that some weight experts see because glucose gives the body more power. Ketones are great, but they will not help with high-intensity workouts. The body needs a little more power during times like these. So this diet might affect those who like to do intense workouts, such as intense yoga or exercises involving heavy weights.

How a Cyclical Ketogenic Diet Can Help

The cyclical ketogenic diet should help in more ways than one. You should remember that many people who start a low-carbohydrate diet actually feel a little tired during the adaptation period. This is--again--due to the ketones. The body has to adjust, but it takes a while, meaning that you might feel anything from tiredness, irritability, or even the loss of focus.

But the cyclical ketogenic diet helps the body adjust with a little more ease, as it allows you to have a few carbohydrates from time to time. The way that this cycle diet is undertaken does depend on you. The switch between a ketogenic diet to the cyclical diet is usually referred to as a re-feed period where you load your body with enough glucose and carbohydrates to replenish energy, fat, and other needed components for body toning.

The reason that the diet is up to you is because there are several approaches to the diet. Some suggest that you load up on carbohydrates after an intense workout. The amount that you want is anywhere from 450 to 600 grams of carbohydrates. But it is important to eat this within two hours of your workout, and stop when your body feels full. The body knows when it has had enough carbohydrates and glucose. Just make sure that you allow time to chew because your body takes about 20 minutes to register how much you have eaten.

Another way that this diet can be done is by using a 48-hour carbohydrate diet. This diet still follows the 450 to 600 grams of carbohydrates goal except that you can break it up into smaller meals to be eaten every 2.5 hours. This is to be done weekly.

Other experts suggest that you alternate between a quick meal after a workout and the 48-hour carbohydrates diet. Some say that you should have an intense workout one day in the week, and eat a high-carbohydrate meal afterwards. But you need to make sure the meals last at least three days. This does mean that the meals need to be split up into several smaller meals to stay true to the 450 to 600 grams limit of carbohydrates.

Keep in mind that experts recommend that you stick to 50 grams of carbohydrates when you are not in the re-feed period.

Good Sources of Carbohydrates and Glucose

Most weight experts believe that there should be a succession of glucose and carbohydrates when you start your cyclical diet. Some recommend that you start with a few liquids at the start of your carbohydrate re-feeding cycle. This could mean raw fruit juices of any kind with a few vegetables. But the key is the fruit, since it contains loads of good fructose to recharge your body. You might even want to add a little raw honey as well for healthy glucose.

After your load of glucose and fructose, some recommend that you move on to other foods, such as those high in fats. This means fish, tuna,

salmon, and other types of seafood, though you can also add bacon or other heavier meats.

It is also important to add some mono-unsaturated and saturated fats, too. This means raw butter, avocado, egg yolks, or even coconut oil. You can also add a few nuts to your diet, such as macadamia nuts or even peanut butter. You should also include some dairy products, though it is better to stick to raw dairy, just like the raw butter. Try some aged cheese or heavy creams. Just make sure that all your sources--just like the low-carbohydrate diet--is made up of organic foods.

Hopefully, these suggestions can get you started on the [cyclical ketogenic diet](#). Just make sure you keep up with the diet, and do not forget to exercise. This diet should help you shed unneeded weight and help you gain mass where you really need it. The key is moderation and dedication.