

# Download Ketogenic Diet Avoid Mistakes In Your Diet Weight Loss For Beginners

When you start a ketogenic diet your water retention level goes way down and you start shedding excess water. So, you need to be diligent in replacing the water you're not retaining anymore. If you don't you can cause yourself to go into a state of dehydration and then you'll get headaches, get cranky and feel really crappy. You don't want that and I don't want that for you. Dehydration isn't something to play around with so it's best to err on the side of caution here. You can go ... Avoid these common missteps that ketogenic diet followers make. Doing so may help reduce symptoms of the keto flu, help you keep the weight off, and more. 8 Keto Diet Mistakes Beginners Should ... Before considering KETO diet, find out the mistakes that you should avoid. Ketogenic diet, also known as keto diet, a low-carbohydrate, fat-rich eating plan, has been around for centuries. "If you are a beginner to the ketogenic diet, counting carbs is an absolute necessity to avoid frustration in the future," says Steven Santo, a spokesman for Kegenix/Real Ketones, a keto ...