



# Dr. Colbert's Keto Zone Diet: Burn Fat, Balance Appetite Hormones, and Lose Weight

*Don Colbert*

[Download now](#)

[Read Online](#) ➔

# Dr. Colbert's Keto Zone Diet: Burn Fat, Balance Appetite Hormones, and Lose Weight

*Don Colbert*

**Dr. Colbert's Keto Zone Diet: Burn Fat, Balance Appetite Hormones, and Lose Weight** Don Colbert  
**ACHIEVE OPTIMAL HEALTHY LIVING AND EFFECTIVE WEIGHT LOSS THROUGH DR. COLBERT'S KETO ZONE DIET**

Learn what the Keto Zone is, why the Keto Zone diet works, and how to put the Keto Zone diet to work for you. Forget every traditional dieting program you've heard of, or even tried. Dr. Colbert's Keto Zone Diet revolutionizes the dieting industry by helping you lose weight without starving yourself, feeling hungry, or losing energy by following a high fat, low carb, and moderate protein diet. Dr. Don Colbert provides special ketogenic recommendations for those with cancer, high cholesterol, Alzheimer's, and many other ailments. Following the Keto Zone diet will help you burn fat, balance appetite hormones, lose weight, and reverse or prevent many diseases! This book includes:

- A 7-day meal plan
- A shopping guide for the ketogenic lifestyle
- A guide for clearing your fridge and pantry of the unhealthy foods that keep you out of the Keto Zone
- Instructions on checking your ketosis levels and maintaining your unique Keto Zone

Start reclaiming your health today through Dr. Colbert's Keto Zone Diet!

## Dr. Colbert's Keto Zone Diet: Burn Fat, Balance Appetite Hormones, and Lose Weight Details

Date : Published September 5th 2017 by Worthy Publishing

ISBN :

Author : Don Colbert

Format : Kindle Edition 253 pages

Genre : Nonfiction, Health

 [Download Dr. Colbert's Keto Zone Diet: Burn Fat, Balance Ap ...pdf](#)

 [Read Online Dr. Colbert's Keto Zone Diet: Burn Fat, Balance ...pdf](#)

**Download and Read Free Online Dr. Colbert's Keto Zone Diet: Burn Fat, Balance Appetite Hormones, and Lose Weight Don Colbert**

---

## From Reader Review Dr. Colbert's Keto Zone Diet: Burn Fat, Balance Appetite Hormones, and Lose Weight for online ebook

### Iola says

I have read a lot of diet books over the years. Most start by extolling the health benefits of their particular eating plan, which is always convincing. Okay, so most of them sensibly focus on the importance of prioritising fresh fruit and vegetables over processed food (as an aside, this is one of my biggest issues with a lot of vegan and vegetarian food—it's highly processed. I can't believe eating a highly processed GM soy product is can be healthier than eating grass-fed meat, or ocean-caught fish).

Typical diet books then move onto the specifics of the eating plan, complete with recipes. And that's where the ones I've read fall down: the recipes are usually for a family of, but I'm the only one on the diet. Yes, I guess the logic of the four-person recipes is that no one wants to cook themselves separate food to the rest of the family. But it means that the diet recipes have to suit everyone in the family ... and they never do. I've tried.

The Keto Zone Diet is the same, but different.

Yes, preaches the benefits of the keto eating plan, it emphasises fresh food, and it includes a handful of recipes. But it's not prescriptive, which means it's easier to follow, and easier to integrate into a family.

What is a keto zone diet?

Put simply, the idea is that the low-fat and low-calorie diets dominating the industry don't work (as anyone caught on the diet-weight gain treadmill knows). The Keto Zone diet is a variation of the famed Atkins diet, which focuses on losing weight by limiting carbohydrate intake and eating moderate amounts of fat. Fat makes us feel full, while limiting carbs help us not to feel hungry between meals.

In practice, this means no bread, pasta, rice, corn, cereals, potatoes, sugar, or alcohol, limited fruit and limited starchy vegetables (like sweet potatoes and beans). It means moderate protein and fat (e.g. meat, dairy, and nuts), and unlimited low-starch vegetables. He also emphasises the importance of using good fats (such as avocado oil, coconut oil, olive oil, or butter from grass-fed cows) not bad fats (such as canola oil or soybean oil).

That's it.

And that's what I like about the Keto Zone Diet.

It's workable. I can cook and serve the whole family the same food. We just choose our proportions. I eat lots of vegetables, a little meat, and no pasta or potato.

It's simple, it's workable, and it's sustainable.

I won't go into the science—you can read the book for that. I recommend you do, because this diet does go against a lot of the mainstream dietary advice. If following a low-fat, high-carb diet works for you, then great. Go with it. But I feel constantly hungry on a low-fat diet. I lose weight, but gain it all back again (sound familiar?). I don't get so hungry on a low-carb diet, which has to be a good thing. If I'm not hungry (and can withstand the temptation to eat when I'm not hungry), then it's going to be easier to lose weight.

There are a handful of simple recipes at the end of The Keto Zone Diet book, with an emphasis on simple. They are all for one person (well, except for the mayo and seed bread, but both will keep).

It doesn't matter that there aren't many recipes.

The internet is full of #Keto options, including cauliflower rice, cauliflower hash browns, and cauliflower

pizza base, and a bread substitute or pancakes made from egg and cream cheese (the pancakes are a little sweeter than my regular recipe, but that means I don't need the maple syrup).

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.

Thanks to Revell and NetGalley for providing a free ebook for review.

---

## **Kylea Hatfield says**

### **Great read lots of info**

The book was great at helpful me to understand how Keto works. I think that this plan is going to be exactly what I need to lose weight and get my insulin resistance under control.

---

## **Connie says**

After trying to lose some weight over the summer, and failing miserably, I came across this book by Don Colbert. I thought I might as well take a look through it. What I found was very surprising to me. I never jumped on the give-up-all-carbs bandwagon, although I don't go overboard with them. After reading about the positive results Dr. Don Colbert's patients have had with weight loss AND improved health, I think this is definitely worth trying. He claims that it has actually helped people with some very serious health issues get better, and in some cases they are freed from their problems. The list is astonishing and includes Parkinson's, diabetes, Alzheimer's, sleep disorders, ADHD, ADD, blood pressure, fatty liver, IBS, chronic fatigue, fibromyalgia, arthritis, joint aches and more.

The book offers plenty of reasons that a switch to the Keto Zone works. A shopping list is included, and there are enough choices that you can mix and match the options for meals.

---

## **Sara says**

ARC provided by NetGalley for honest review.

As someone who has been on a Keto based diet for a little over a month now I was very excited to read this book!

REASONS I LOVE THIS BOOK:

1. The author thoroughly break down why Keto works.
  2. The Author goes in depth about what ailments can be helped with a Keto lifestyle.
-

3. The author give substantial information of the history behind Keto.

I will definitely be suggesting this to my friends and members in my Keto groups!

---

### **Shalynne Barr says**

As I was going through my training to become a Certified Nutrition, I read about the ketogenic diet. I thought that it was quite interesting as I had never heard of it before. I didn't think much of it until my cousin was talking about it and brought it back to my memory long after I had finished my studies. I started researching it some more and it wasn't until the end of last year that I decided that I needed this way of eating in my life. Being over the age of 45 made me to start wondering if now would be a good time to ward off any diseases and sicknesses that could potentially attached themselves to me. I already had a healthy base level of eating and a regular exercise routine but I decided to plunge into ketogenics because I wanted to know I was truly healthy in the inside. Dr. Colbert's book has LITERALLY changed my life. I feel empowered in knowing that I would be just fine without eating a bunch of carbs as what told to me and taught to me. With the ketogenic way of eating, I have loss weight that I thought I won't lose. I have energy to pull off my full days responsibilities and I'm not forgetting things as much! Bonus! All this and I'm only one month in. Wow! I would recommend this book to everyone.

---

### **Christine Hunt says**

This was a really good book to dive into if you're truly trying to figure out what keto is and if it is right for you. This is not a how to diet book, in face you have to read the whole thing to even get this jist of it. There are no nice "week 1" "week 2" outlines. It's pretty much, "hey, this is what you can and can't eat, now go forth and figure it out."

I do have mixed emotions about that scenario, as I would prefer a "plan" just so I can get into a groove and have that, "AH, ok, I've got this!" feeling. Let's be honest, keto is NOT rocket science, but there is a little science involved in the whole process and that is a little intimidating!

So, it's a really good book and you should read it, but just know this is purely educational in my opinion.

---

### **Vnunez-Ms\_luv2read says**

I must admit, I did not know much about the Keto Diet.. This book has given me a lot of information about the subject as well as how this type of diet can effect other things and who they can affect other things such as illness. The book is straight-forward, recipes seem easy to follow. A shopping list is also included and the products do not have to be expensive and should be able to be bought from a grocery store. I have told a few friends about this book and they are interested in reading it. Thanks to NetGalley, the author and the publisher for the ARC of the book in return for my honest review.

---

### **Mike Morris says**

First things first: Doc Colbert's diet isn't a lifestyle. It's a temporary regimen in which you adjust the content of your calories(I'm not giving away the details). The book has informative chapters on cholesterol and the types of fats. Informative, and includes a few mentionings of the doc's real-world experience with his own patients.

If you get lost in the minutia of cholesterol, skip ahead.

Includes recipes and shopping guide.

---

### **Natille says**

I received this book free through NetGalley for an unbiased review.

I think there was a lot of information that is clearer in this book compared to others I have read. It allowed me to understand the popular diet better than just the foundation of it and that was useful. I personally don't think it's right for me but I think this book would give good information to those who want a better idea of the inner workings of the diet and how it helps you with your lifestyle because it's not just a diet but a genuine lifestyle change.

---

### **Michelle says**

Intrigued by my sister's dietary changes, I decided to check out this book. It's really geared toward people who want/need to lose weight, but is also useful for those wanting to have a healthy eating approach. I think it's pretty clear that sugar and carbs (which convert to sugar) are the enemy, but I had no idea the role fats play in maintaining a healthy body. I never would have assumed 70% daily calories should come from fat. Very interesting.

---

### **Stephen says**

#### **Too any headlines, too few facts**

As a doc myself, find his one sided data a bit ingenuous..  
never even mentions issues like alcohol, or who should check with their MDs first.  
Feels more promotional than factual...and, btw, strict ketone diet follower here.

---

### **Kelly says**

Netgalley, to the author and to the publisher. I wanted to read this book because I had heard a lot of people talking about the keto diet, but didn't really know what it is. Close to the beginning of the book, I realized that keto zone is something that I will never be able to get because I am unable to eat fish or nuts, and that is the majority of this diet. I found a lot of what the author said about weight loss and diet very interesting, so I finished the book and gained a lot of knowledge.

---

### **Laura says**

This book has a lot of great information on how to lose weight by doing a Keto diet. My husband and I have been on this diet almost two months and this book has helped us a lot. This book is easy to follow and has some great recipes in it as well that are easy to follow. I voluntarily reviewed an advanced reader's copy of this book. The free book held no determination on my personal review.

---

### **Robin E, Bremer says**

#### **Must have for nutritional ketosis**

I've read several recipes books and several Facebook groups but all of them get off track with eating the unhealthy fats I found this book the best one on eating healthy and making it nutritional not just about losing weight but about being healthy. I trust dr. Colbert information more than just somebody trying to make money selling an ebook. Trust this book over what you read in a Kindle book or in Facebook group for people just share their experiences rather than the facts and the truth.

---

### **Amary Chapman says**

My grandson went on this diet and I wanted to understand how it works. I have read several other books and this one was the most clear and concise. Dr. Colbert explained some things in more detail that were glossed over in the other books. I would recommend this book for anyone wanting a clearer picture of the diet's working and the benefits.

He has lost 67 pounds in less than 3 months on this diet and has benefited from the info given here.

I requested and am glad I was approved, a copy of this book from NetGalley.

---