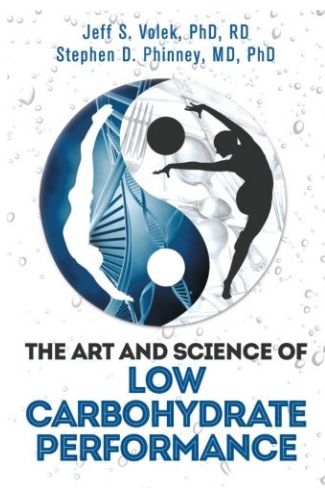


# [PDF] The Art And Science Of Low Carbohydrate Performance

Jeff S. Volek, Stephen D. Phinney - pdf download free book

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**Books Details:**

Title: The Art and Science of Low Ca

Author: Jeff S. Volek, Stephen D. Ph

Released:

Language:

Pages: 172

ISBN: 0983490716

ISBN13: 9780983490715

ASIN: 0983490716

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**Description:**

A Revolutionary Program to Extend Your Physical and Mental Performance Envelope.

Our recent book 'The Art and Science of Low Carbohydrate Living' was written for health care professionals, championing the benefits of carbohydrate restriction to manage insulin resistance, metabolic syndrome, and type-2 diabetes.

In response, our athlete friends asked "What about us?"

This companion book is our answer, and it could be titled: '**The Art and Science of**

## **Avoiding the BONK'.**

*But actually, it is much much more than that. The keto-adapted athlete benefits from superior fuel flow not only when nearing glycogen depletion, but also during training, recovery, and in response to resistance exercise as well.*

*"On a well designed ketogenic diet as recommended by Jeff and Steve, I consume up to 4200 Calories per day while maintaining 6-7% body fat. This transformation has increased my power to mass ratio and allows a high level of performance in a range of activities. Equally if not more important is the efficiency with which I operate in every facet of my life. My energy level in the keto-adapted state is constant and never undulates." Tony Ricci, MS, CSCS, LDN, CISSN, CNS. High Performance Coach/Sports Nutritionist*

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The book is a follow-up to their previous book, *The Art and Science of Low carbohydrate Living*, which I also read and is very worthwhile. The present book is in Kindle format for 6 bucks. The book addresses questions and issues for athletes who want to eat a low carb, ketogenic diet. The current dogma is that athletes must consume high amounts of carbs. The dogma also states that at high levels of intensity in exercise, cells burn chiefly carbohydrates. The authors discuss the importance of mineral replacement, esp. of sodium and potassium, the lack of which has typically hindered performance on the VLCKD in the past. The body handles these minerals differently when carbs are nearly absent from the diet. (A VLCKD contains under 50 grams carb daily.) Their companion volume *The Art and Science of Low Carbohydrate Living: An Expert Guide to Making the Life-Saving Benefits of Carbohydrate Restriction Sustainable and Enjoyable* gave me the best possible practical guide and scientific justification for pursuing a low-carb lifestyle, and gave me the confidence to reduce my HbA1c from 10.2% to 4.5% (a properly non-diabetic. number). However, as a keen runner training for a half-marathon, I had still had significant concerns about attempting endurance events without resorting to carbohydrate fuelling that would disrupt my ketosis and aggravate my di

See more ideas about Low carbohydrates, Science, Low carbohydrate diet. Dr. Stephen Phinney - 'The Art and Science of Low Carb Living and Performance'. Steve Phinney is a physician-scientist who has spent 35 years studying diet, exercise, fatty acids, and inflammation. He has held academic positions at the U Lchf Keto Low Carb Diet Weight Gain Full Body Spices Advice Science Health. BlueHost.com. Bluehost - Top rated web hosting provider - Free 1 click installs For blogs, shopping carts, and more. Get a free domain name, real NON-outsourced 24/7 support, and superior speed. web hosting provider php hosting cheap web hosting, Web hosting, domain names,

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