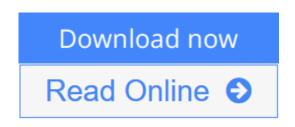


The Art and Science of Low Carbohydrate Performance

By Jeff S. Volek, Stephen D. Phinney



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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 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 nver undulates." Tony Ricci, MS, CSCS, LDN, CISSN, CNS. High Performance Coach/Sports Nutritionist

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Editorial Review

About the Author

Jeff Volek is a dietitian-scientist who has spent 15 years studying diet and exercise effects on health and performance. He has held an academic position at Ball State University and is currently an associate professor at the University of Connecticut. Dr. Volek has contributed to 3 books, 2 patents, and over 200 papers. He received his dietetic training at Michigan State University and Penrose St Francis Hospital and his PhD in Exercise Physiology from Penn State University.

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 Universities of Vermont, Minnesota, and California at Davis, as well as leadership positions at Monsanto, Galileo Laboratories, and Efficas. Dr. Phinney has published over 70 papers and several patents. He received his MD from Stanford University, his PhD in Nutritional Biochemistry from MIT, and post-doctoral training at the University of Vermont and Harvard.

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Graciela Cook:

The Art and Science of Low Carbohydrate Performance can be one of your beginning books that are good idea. We recommend that straight away because this publication has good vocabulary that will increase your knowledge in words, easy to understand, bit entertaining but nevertheless delivering the information. The article writer giving his/her effort to place every word into delight arrangement in writing The Art and Science of Low Carbohydrate Performance yet doesn't forget the main level, giving the reader the hottest and based confirm resource information that maybe you can be certainly one of it. This great information may drawn you into brand new stage of crucial contemplating.

Lisa Loo:

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Luis Hahn:

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