

[PDF] The Art And Science Of Low Carbohydrate Performance

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



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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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