

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

- pdf download free book

---

## Books Details:

Title: The Art and Science of Low Ca

Author:

Released: 2012-06-15

Language:

Pages: 174

ISBN:

ISBN13:

ASIN: B008BYG7RW



## [CLICK HERE FOR DOWNLOAD](#)

---

pdf, mobi, epub, azw, kindle

## Description:

**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.

---

- Title: The Art and Science of Low Carbohydrate Performance
  - Author:
  - Released: 2012-06-15
  - Language:
  - Pages: 174
  - ISBN:
  - ISBN13:
  - ASIN: B008BYG7RW
-