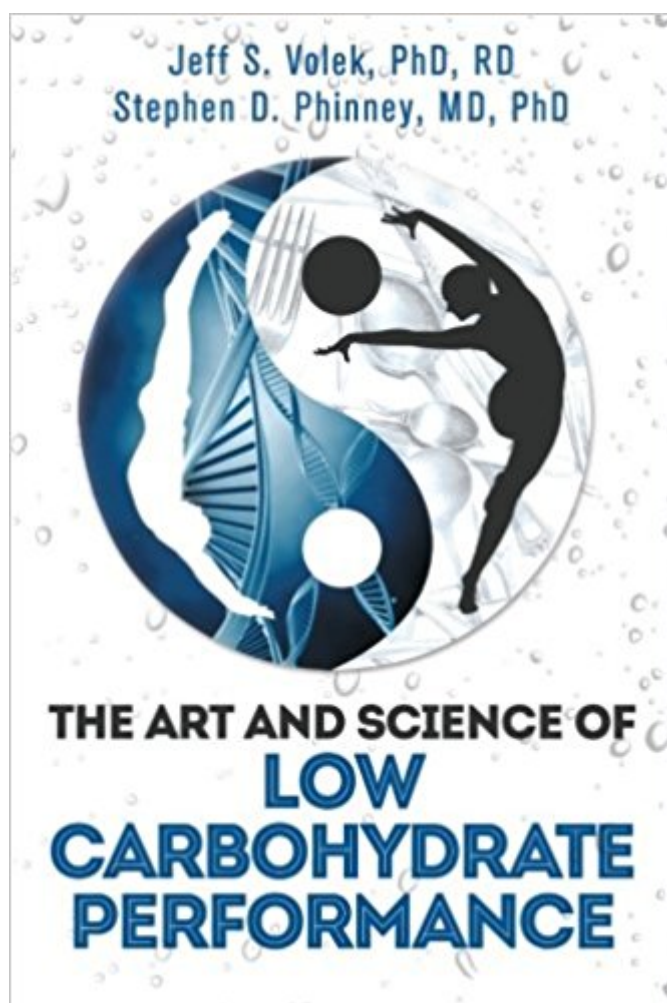


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# The Art And Science Of Low Carbohydrate Performance



## Synopsis

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

## Book Information

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## Customer Reviews

Jeff Volek

This is not an completely unbiased review. Having "caught" a bad case of Type 2 diabetes a year ago I quickly discovered [Dr. Bernstein's Diabetes Solution: The Complete Guide to Achieving Normal Blood Sugars](#) and followed his (still somewhat controversial) ketogenic diet plan, and

began to devour as much information as possible on low-carb diets. Although I found inspiration from many places (including *Good Calories, Bad Calories: Fats, Carbs, and the Controversial Science of Diet and Health* (Vintage), and Dr Feinman's blog), the more I read, the more I came across Phinney and Volek. 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 diabetes. Despite many hours trawling the internet I couldn't find much quality advice on ketosis and athletic performance, and had many questions relating to "liver-dumping" and the necessity for pre and post exercise fuelling. This book answered every question and I devoured it in a single sitting. After adopting their advice (as predicted) I ran two of the worst 5k races of my life, followed by rapid improvements week by week, which eventually led to me knocking almost 2 minutes off my 5k PB. I can't wait to run my first carb-free half marathon later this year. It's too easy to say that a book changed your life, but in this case both the "Art and Science Books" have fundamentally impacted my health and my athletic performance. Very highly recommended.

A very convincing but technically challenging read. I bought into it and now I am on the keto diet largely as a result of reading this book. I had to read it several times as it is unlike a novel or a biography and includes lots of technical terms and fine points that are hard to digest for the non-medical professional. It has lots of research behind it. The authors are research proffs in universities and not book retailers etc. There are no grandiose claims but strong, science-based arguments to look at this model of eating, exercising and losing weight. My own interest is in increasing energy and improving recovery from workouts etc. so it really fit my interests. The weight loss and control is a free bonus of the high fat, low carb, low protein diet.

This book will revolutionize your understanding of both "the Atkins diet" and training in that context. I always felt like I couldn't train on this diet, because I didn't know that the transition and adaptation take time. I have started training again after 3 weeks and am indeed finding that I can push hard. Also, I didn't realize that the key to low carb living is high fat, NOT HIGH PROTEIN. I had no idea that excessive protein could cause insulin secretion. If you are ready to let go of suffering while

trying to , "do the right thing", I strongly encourage you to read this book.

I read the first book "The Art and Science of Low Carbohydrate Living" and wanted to know more about the effects on athletics. The previous year I started Crossfit and had a problem with recovery. Had to stop due to having shoulder surgery and after recovery started to do Orange Theory as a prelude to going back to Crossfit. Recovery for those workouts were long and hard as well. Started my OFM diet 3 weeks ago and found that the topics in the book matched what I was experiencing. I have more energy, recover faster, no carb cravings and I'm losing fat weight. The book was helpful in clearing up some concepts I was missing such as electrolytes, supplements, how to eat for high intensity and endurance type workouts and recommendations on what food to eat and the effects. Reading the stories at the end of the book motivated me to make this not a diet but a lifestyle choice. Anyone interested in sports performance and diet should read this book.

I've been on keto for about 6 months. It's been great (lost 40 pounds, hit my goal weight), but I've been looking to get off and add a little more carbs for long distance running. I wanted to read this book to make sure I had all the information before I did anything. This book makes a strong, research-backed argument for ketogenic efficacy and safety. For athletic performance, it also does a job in regards to mental clarity and recovery. It makes ample use of references to back up its claims and explains steps well. For actual performance, however, which is the central message of this book, its arguments lack good research and the steps from Point A to Point Z are missing a lot of points in-between. For example, it seems that the main argument for endurance is that our fat stores are much higher than carb stores. It doesn't go into details on how quickly the body converts fat versus carbs - just that there's more fat to burn. Metabolism is hard. You can't just handwave it. There's also a lot less references in a lot of its claims and sometimes, its claims are backed up by the words "Could it be..." which is an obvious flag that it's a scientific conjecture instead of anything with research-backed studies. In the book's defense, though, a lot of the research just isn't there. Personally, for me, while the book makes interesting claims and I'll pay attention to further research, it's not enough for me to believe a ketogenic diet is better for athletic performance than a traditional high carb/low fat diet.

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