



The Art and Science of Low Carbohydrate Living: An Expert Guide to Making the Life-Saving Benefits of Carbohydrate Restriction Sustainable and Enjoyable

By Stephen D. Phinney, Jeff S. Volek

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Carbohydrate restricted diets are commonly practiced but seldom taught. As a result, doctors, dietitians, nutritionists, and nurses may have strong opinions about low carbohydrate dieting, but in many if not most cases, these views are not grounded in science.

Now, whether you are a curious healthcare professional or just a connoisseur of diet information, two New York Times best-selling authors provide you with the definitive resource for low carbohydrate living.

Doctors Volek and Phinney share over 50 years of clinical experience using low carbohydrate diets, and together they have published more than 200 research papers and chapters on the topic. Particularly in the last decade, much has been learned about the risks associated with insulin resistance (including but not limited to metabolic syndrome, hypertension, and type-2 diabetes), and how this condition is far better controlled by carbohydrate restriction than with drugs. In this book, you will learn why:

- Carbohydrate restriction is the proverbial 'silver bullet' for managing insulin resistance, metabolic syndrome and type-2 diabetes.
- Restricting carbohydrate improves blood glucose and lipids while reducing inflammation, all without drugs.
- Dietary saturated fat is not a demon when you are low carb adapted.
- Dietary sugars and refined starches are not needed to feed your brain or fuel exercise.
- Long-term success involves much more than simply cutting out carbs.
- Electrolyte and mineral management are key to avoiding side effects and ensuring success.
- Trading up from sugars and starches to a cornucopia of nutrient-rich, satisfying, and healthy foods is empowering.
- Studying hunter-gatherers' diets provides clues to how best formulate a low

carbohydrate diet.

This is a great book for health-minded individuals.

It is an excellent book for healthcare professionals.

Best of all, it is the perfect gift for health-minded individuals to share with their doctors, dietitians, and nutritionists.

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Bibliography

- Sales Rank: #1946 in Books
- Published on: 2011-05-19

- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .72" w x 6.00" l, .94 pounds
- Binding: Paperback
- 316 pages

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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.

Users Review

From reader reviews:

Jon Cerrone:

Have you spare time to get a day? What do you do when you have far more or little spare time? Yep, you can choose the suitable activity with regard to spend your time. Any person spent their spare time to take a walk, shopping, or went to the Mall. How about open or even read a book called The Art and Science of Low Carbohydrate Living: An Expert Guide to Making the Life-Saving Benefits of Carbohydrate Restriction Sustainable and Enjoyable? Maybe it is being best activity for you. You realize beside you can spend your time along with your favorite's book, you can smarter than before. Do you agree with its opinion or you have other opinion?

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Janna Lefevre:

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Cherie Fidler:

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