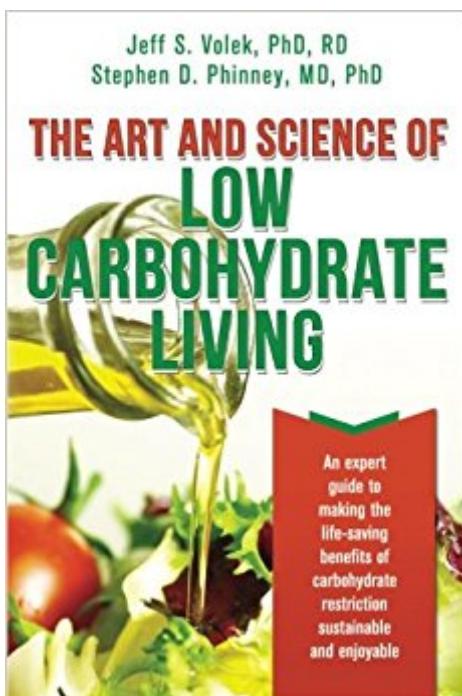


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# The Art And Science Of Low Carbohydrate Living: An Expert Guide To Making The Life-Saving Benefits Of Carbohydrate Restriction Sustainable And Enjoyable



## Synopsis

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-gathers' 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.

## Book Information

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## Customer Reviews

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.

I just lost 20 pounds in four months doing a KETO based diet. JUST read this book...so helpful. I'm a low carb/primal/paleo (can we invent anymore labels nowadays? LOL!) I have not eaten grains, beans, much fruit for 6 years. No longer have any chronic respiratory problems BUT I never lost weight ..maintained - kinda but never lost. I was eating too much protein - who knew? I started to research lower calories and learned about adjusting my macros and keeping a food log on FitDay.com (oh yeah I caved and started logging my daily foods) and lost the weight fast. Some weeks I gained a pound but the next week I lost two...what they say in this book about water weight fluctuation is true. I only weigh once a week. NOW I am learning to maintain...I exercise moderately which means my new macro calculations are about 3-400 more calories a day. Bummer Man...now I have to eat more Kerry Gold butter and organic coconut oil while keeping my protein and carbs the same...oh well LOL!Don't listen to the naysayers! Oh, the only reason I gave this four not five stars is because canola oil is mentioned as part of the good oils...no no no - new research says that Canola oil (or rape seed oil as it is called) is rancid stuff and coconut oil is hardly mentioned at all and should be. I make coffee every morning with a tab of butter and a tab of coconut oil and blend with my "Smart Stick" - a little cinnamon, a couple of tabs of chia seeds - amazing treat. The book was published in 2010 so it makes sense that the current research on oils is not included. Other than that - wonderful...another low carb bible to add to my library. Love low carb/keto living...thanks

for well researched information gentlemen.

There are so very many in depth and all inclusive reviews I see no reason to parrot what they have all said, but I'll say that I agree enthusiastically. Jimmy Moore's review in particular is a gem! As a person who is fascinated with this subject and who eagerly devoured both of Gary Taubes' books, this one offers yet a deeper and more clinical examination of the science of low carbohydrate eating from two doctors who have been immersed in this field for 30 years. This is most definitely NOT a book for the casual reader interested in following a low carb diet. Rather, this is a book that will be understood and appreciated by someone who has a great deal of personal interest in learning more about this subject and who enjoys the deeply scientific explanations and discussion, and additionally, a person who has already done a fair bit of reading on this subject. This book is most definitely targeted at someone with a scientific and medical background, specifically doctors, and there are things that I had to read a few times to fully comprehend and absorb, but if you have the inclination and interest, this is a very rewarding and enlightening discussion that is quite unique in the current low carb literature. One would be hard pressed to deny the absolutely overwhelming and glaring evidence arguing for low carb diets when the vast body of proof is presented as compellingly and clearly as it is here. Low carb's undeniable superiority as a way of eating is nothing short of amazing to read about in all its historic and fascinating glory. My own personal observation and experience (also success) with eating low carb left me with vaguely formed ideas and I was self-identified as perhaps a "carb sensitive" person, and yet I couldn't put it all together in terms of how it ultimately affected me until I read this book, which discusses this subject at great length. Carb sensitivity is apparently a matter of degree within each individual, and I now understand the hows and whys of its effects on me as related to my own independent observations over the years. It's now clear why a low carb diet works so superbly and easily for me (when nothing else works) and why it has so vastly improved my health in myriad ways. Another important discussion was that of individual variability, which explains why not every diet works for everyone equally, why some don't gain weight on a high carb diet and why some can lose weight equally well on various types of diets. One shoe obviously does not fit all, and for some, only one shoe fits! Despite my own success with weight loss and good health eating low carb, I still had this nagging worry about fats in particular, especially in light of the deafening chorus of low carb detractors out there who railed endlessly about the dangers of fat. My insecurity about this aspect of low carb eating has now been entirely put to rest because of how fully the authors explain the body's use of fat in all its aspects. This alone make this book a valuable asset. As it was when I was reading the two Taubes books, I continue to

be dismayed and disgusted by the narrow mindedness and yes, dishonesty of the general scientific/nutrition community. The word "sheeple" comes to mind, but it's even more than that. It's about politics, money, influence peddling as well. It is nothing short of amazing how so many of us lay folks out in the trenches can quite clearly see all the evidence for what it is and relate it to our own experiences, and as a result we draw such a different conclusion from the so-called "experts" with regard to the merits of low carb eating. Many, maybe even most of the diet gurus continue to march down that same old highway chanting their tired mantra of low fat/high carb/grains are great, all while totally ignoring or at least remaining oblivious to decades of increasing obesity rates that are the result of their recommendations. Do they never connect any dots or examine the evidence? In the popular media, it is a continual frustration to hear them continue to hawk diets full of the very foods that keep their patients overweight, increasingly diabetic and unhealthy. Virtually everything I come across that is not written within the low carb framework is jam packed with misinformation and downright untruths, proclaiming as desirable, healthy and effective the very approaches and strategies that were long ago shown to be just the opposite. Old habits and beliefs die hard, apparently. So if you have already done a fair bit of reading on this subject and thirst for a deeper, more thorough knowledge and understanding of the history and actual body mechanics of low carb nutrition, then this is definitely a book you will want to read and enjoy. In addition, it provides you with a huge new database of ammunition with which to make your own case and defense of low carb nutrition! Overall a very fascinating, enlightening, comprehensive and well presented discussion that delves deeper than anything I have yet to come across in this field. Despite the rather high cost of this book, it is well worth owning.

I have written this review several times and not posted it because I wasn't happy with the result of my effort. This is one of the most important books on the subject available anywhere. These two doctors/scientists have taken the time to explain in detail the science behind the diet or lifestyle we should all be eating. The nation is in a health crisis. Clearly 40% of the population is obese and many are diabetic. Many have one or a combination of auto immune diseases that are entirely preventable with just a little effort. I bought this book 6 Months ago as I was beginning to eat a low carbohydrate diet on a Paleo diet. I was 315 lbs, type 2 diabetic, my blood pressure was 180/80 with medication and I had psoriasis. I had been sedentary for many years following removal of a brain tumor 16 years ago and loss of nerves in one leg. I had edema in both legs. Today, having followed the recommendation of Drs Phinney and Volek, and others, I have lost 55 lbs (and counting), my blood pressure at last check was 115/55, A1C was 5.2, the edema in my legs has dissipated and

the psoriasis is fading away. There are no other lifestyle changes I have made that would account for these remarkable improvements in my health. My PCP has started lowering the dosage of my medications as I ween myself off the diabetes and BP drugs. He commented he had never before seen a patient so completely change his health profile without medical intervention. My blood labs are stellar. So, I heartily recommend this book. The authors have taken a stand for health in a sea of conventional wisdom that is controlled by the pharmaceutical industry. This book will show the curious reader how to cure your diabetes or other auto immune diseases through a carefully crafted low carbohydrate diet. It won't require starving yourself and isn't difficult to do or stay on. As I said above, this is one of the most important books written on health. While the concepts may seem controversial at first, I assure you they are solidly based in science and most people will be able to positively affect their health, lose weight and become more fit remarkably easily. I have now purchased 3 copies of this book. I gifted one to my primary care physician who was so taken back by my improvements in health. The second I have loaned to various friends and family who are now also employing these strategies. The third copy I have for reference.

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