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# THE ART AND SCIENCE OF LOW CARBOHYDRATE LIVING

A glass bottle is tilted, pouring a golden liquid, likely olive oil, over a fresh salad. The salad includes green leafy vegetables, a red tomato, and a wedge of cheese. The background is a soft-focus green.

An expert  
guide to  
making the  
life-saving  
benefits of  
carbohydrate  
restriction  
sustainable  
and enjoyable

*Stephen D. Phinney*

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



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Appreciate low carb/keto living I just dropped 20 pounds in four months doing a KETO based diet plan. JUST read this publication... It's now very clear why a low carb diet works therefore superbly and easily for me (when nothing at all else works) and why it has therefore vastly improved my health in myriad ways. I'm a minimal carb/primal/paleo (can we invent any longer labels nowadays? I guess relating to them, you're supposed to do the one week plan over and over again. Despite the rather high price of this book, it is well worth owning. As someone who is fascinated with this subject and who eagerly devoured both of Gary Taubes' books, this one offers yet a deeper and more clinical study of the research of low carb eating from two doctors who have been immersed in this field for 30 years. It has already established a profound effect on my life. maintained - kinda but never lost. Since 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/nourishment community. I began to research lower calories and learned all 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 excess weight fast. Some weeks I obtained a pound but the next week I dropped two.. Many have given up on doctors and politicians just as myself, but now are taking on, by ourselves, being in charge of our personal well-being physically. Despite my own achievement with weight loss and good health consuming low carb, I still had this nagging be concerned about fats specifically, specifically in light of the deafening chorus of low carbohydrate detractors out there who railed endlessly about the hazards of fat. I just weigh once a week. NOW I am learning to maintain.. This book is simple to read, perfectly laid out, and created for the potential of your success. I exercise moderately which means my brand-new macro calculations are about 3-400 more calories a day. Bummer Man...now I must eat more Kerry Gold butter and organic coconut essential oil while keeping my proteins and carbs the same. Overall a very fascinating, enlightening, comprehensive and well presented dialogue that delves deeper than anything I have yet to come across in this field. That is most definitely NOT a book for the informal reader interested in following a low carb diet plan. oh well LOL! Don't pay attention to the naysayers! And here is the bottom line - it works!. The word "sheeple" comes to mind, but it's a lot more than that. no no no - new research says that Canola oil (or rape seed essential oil as it is named) is rancid stuff and coconut essential oil is hardly pointed out at all and should be. I make coffee each morning with a tab of butter and a tab of coconut essential oil and mix with my "Smart Stick" - a little cinnamon, a few tabs of chia seeds - amazing treat. I've gone from 240lbs to 175lbs, down from "44's to 34's" in my jeans, from XXL to Mediums in shirts. Other than that - wonderful.. If you have already done a fair bit of reading on this subject and thirst for a much deeper, more thorough understanding and understanding of the

history and actual body mechanics of low carb nutrition, then this is definitely a publication you will need to read and revel in. another low carbohydrate bible to increase my library. Like low carb/keto living.. (I also bought a keto cookbook to greatly help me begin. In English what this means with a minimal carbohydrate diet listed below are my parameters: My diet is certainly 2100 calorie diet. Lost 30 pounds in 8 weeks If you study this book and then browse other referenced books you will be excited and furious at the same time. How can modern medication with all its miracles create and sustain our current emperor with no clothes dietary recommendations? Perhaps like me you will question how such amazing and good people could be so stupid. But after you experience changes within your body that you had abandoned ever encountering you will need to be in awe . -John Lincks, Owasso, OK 9/24/14 In Depth and Utterly Fascinating There are so very many in depth and almost all inclusive reviews I see no reason to parrot what they have almost all said, but I'll say that I agree enthusiastically. I am 62 years old and have been moderately over weight the majority of my adult life. I am six foot high and got up to 225 lbs. I've craved carbs for so long as I could remember and did not believe that this diet would work for me. I have arthritic conditions that I am coping with. I decided to do a significantly less than 40 grams of carbs per day high fat moderate carb routine when I go through that becoming ketogenic was 30 percent less swelling causing that having carbs be your energy source. Or that I would be able to stick to the diet long enough to get outcomes. My condition has improved and I have lost 30 pounds.. Practically everything I run into that is not written within the reduced carb framework can be jam filled with misinformation and downright untruths, proclaiming as desirable, healthy and effective the approaches and strategies that were long ago been shown to be simply the opposite.. This certainly makes it simple to eat KETO without having to look through Pinterest for hours. A book which has changed my life! I am turning 60 next month and this book has set me on a course spending the next few decades I've been healthy, not reliant on medicines, and with a nutritional strategy that is satisfying with great benefits. The book was published in 2010 so it is practical that the existing research on oils isn't included. I am not really a "reader," but this reserve caught my heart and soul giving me wish and results... Oh, the only cause I offered this four not really five stars is because canola oil is mentioned as part of the good oils. Do it now. Test it out for and enjoy the benefits. Then in the event that you join this technique and apply yourself ever more diligently and share your real life experience with others then in time the overpowering body of evidence may cause a paradigm change that will conserve countless lives and reduce or eliminate untold needless suffering. Jimmy Moore's review specifically is a gem! No more have got any chronic respiratory problems BUT I by no means lost weight ... I have already been curious about low-carb diets

and wished to try one. You might be challenged to deny the certainly overwhelming and glaring evidence arguing for low carb diets when the vast body of proof is presented as compellingly and obviously could it be is here. Curently have made some of the recipes plus they are delicious. My own personal observation and encounter (also success) with eating low carbohydrate still left me with vaguely created ideas and I was self-identified as probably a "carb sensitive" person, yet I couldn't put it all together in terms of how it eventually affected me until I go through this reserve, which discusses this subject at great size. Carb sensitivity is apparently a matter of level 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.therefore helpful.Another important discussion was that of individual variability, which is why not every diet works for everyone equally, why some don't gain weight on a higher carb diet and just why some can lose weight equally well on numerous kinds of diets. One footwear obviously does not suit all, and for a few, only one footwear fits!what they say in this book about water weight fluctuation holds true. One can't eat way too many vegetables, because they (especially kale) come with high-carb content. This alone get this to book a very important asset. I was eating too much proteins - who knew?. It's about politics, money, influence peddling as well. It really is nothing brief of amazing how therefore many of us lay people out in the trenches can quite clearly see all the proof for what it really is and relate it to our own experiences, and for that reason we attract such a different conclusion from the so-called "professionals" with regard to the merits of low carbohydrate eating. Many, maybe actually most of the diet plan gurus continue steadily to march down that same exact highway chanting their tired mantra of low fats/high carb/grains are great, all while totally ignoring or at least staying oblivious to decades of increasing obesity rates that are the consequence of their recommendations. Do they never connect any dots or examine the data?) Must be reading from all doctors Doctors can enjoy if indeed they read this book. I am extremely thankful for the authors work. Old habits and beliefs die hard, apparently.. Furthermore, it offers you with a huge new data source of ammunition with which to create your very own case and protection of low carb nutrition!.) I have not eaten grains, beans, much fruit for 6 years. Not worthy of buying. Rather, that is a book that will be understood and valued by anyone who has a lot of personal interest in learning more about this subject and who likes the deeply scientific explanations and conversation, and additionally, a person who has recently done a fair little bit of reading upon this subject..... Nothing in the publication that you couldn't get on YouTube Satiates intellectual hunger... a satisfying browse. I can't believe that I don't crave sweets and may spread foods that controlled me.. could use more information regarding influence upon long-term CVD risk 4 Stars Because. The book

explained the diet nonetheless it just had a recipe arrange for one week on the dietary plan.. This recipe book is incredible!!! This book has changed my life! If you check it out and apply yourself it could be wonderful for you to. Low carb's undeniable superiority as a way of eating is usually nothing brief of amazing to read about in every its historic and exciting glory. Excellent book! The just reason I give 4 celebrities is basically because we thought it could have photos in it. This reserve is most definitely directed at somebody with a scientific and health background, specifically doctors, and there are factors that I experienced to learn a few situations to totally comprehend and absorb, but if you have the inclination and curiosity, this is an extremely rewarding and enlightening conversation that's quite unique in today's low carbohydrate literature. I in fact bought this publication on the recommendation of a stranger on Facebook. This reserve gives so very much information about how our bodies use unwanted fat and carbs and best of all, it really works! I'm 5 weeks on this diet and have lost 20 pounds.! My diabetes and blood circulation pressure have improved and amazingly I'm not hungry or craving sugar at all. I can't recommend this book highly more than enough.. In the favorite media, it is a continual frustration to listen to them continue to hawk diets full of the very foods that maintain their patients overweight, increasingly diabetic and unhealthy.extremely interesting for professional healthcare. Advertized since a Recipie Book But Missing Recipes I bought this publication for my partner who recently started the Keto diet.. LOL! Although it explains the diet, it falls far short with regards to actual recipes for the Keto diet plan. It's ok Not really what I was expecting Good Descriptive Summary Good content, but lacks the excellent quantitative drawings and formulae that Phinney is wearing his website. Their talks emphasize consuming a higher percentage of fat and not too much protein. Lots of proteins implies gluconeogenesis, and that means creating glucose in the liver that defeats ketosis. That leaves vegetables and excess fat. My insecurity concerning this aspect of low carb eating has been completely put to rest because of how completely the authors explain the body's use of excess fat in every its aspects. My issue to the authors will be how can you get acceptable quantities of fat?thanks for well researched details gentlemen. In a two meal each day diet by the time I include 6 oz of vegetables with each meal, that comes to 12 grams of carbohydrates. Today adding in a minor 6 ounces of nuts giving now 18 ounces of nuts. For a complete of 30 g of carbohydrates exceeding my 4 % total of carbohydrates for your day without considering any of the high-carb suggestions in the reserve.



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