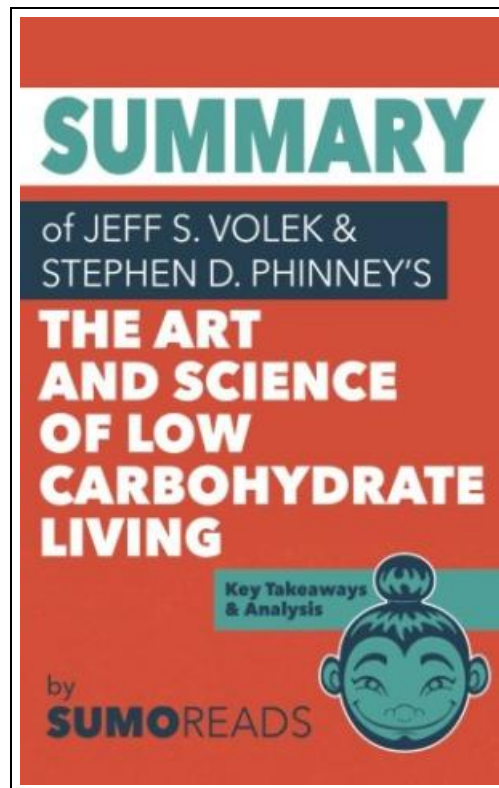


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SUMMARY OF JEFF S. VOLEK S THE ART AND SCIENCE OF LOW CARBOHYDRATE LIVING: KEY TAKEAWAYS ANALYSIS (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.

PLEASE NOTE: This is a summary, analysis and review of the book and not the original book. In their book, The Art and Science of Low Carbohydrate Living: An Expert Guide to Making the Life-Saving Benefits of Carbohydrate Restriction Sustainable and Enjoyable, Jeff S. Volek and Stephen D. Phinney make a convincing argument that the human body does not NEED carbohydrates to survive and provide the science behind their claims. This SUMOREADS Summary Analysis offers supplementary material to The Art and Science of Low Carbohydrate Living to help you distill the key takeaways, review the book s content, and further understand the writing style and overall themes from an editorial perspective. Whether you d like to deepen your understanding, refresh your memory, or simply decide whether or not this book is for you, SUMOREADS Summary Analysis is here to help. Absorb everything you need to know in under 20 minutes! What does this SUMOREADS Summary Analysis Include? Executive Summary of the original book Editorial Review Key Players in the book Key takeaways analysis from each chapter Brief chapter-by-chapter summaries A short bio of the the authors Original Book Summary Overview The Art and Science of Low Carbohydrate Living is for both the person handling diabetes or experiencing carbohydrate intolerance, as well as for the healthy person who wants to fortify their health and avoid these diseases and conditions through adopting a revolutionary diet lifestyle that is equally rewarding. Phinney and Volek discuss in detail the nature of the human diet, breaking down the essential food families, their role in human body health, and their relative proportions in both the base and high-performance settings. In particular, the book maps the energy reserves...



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