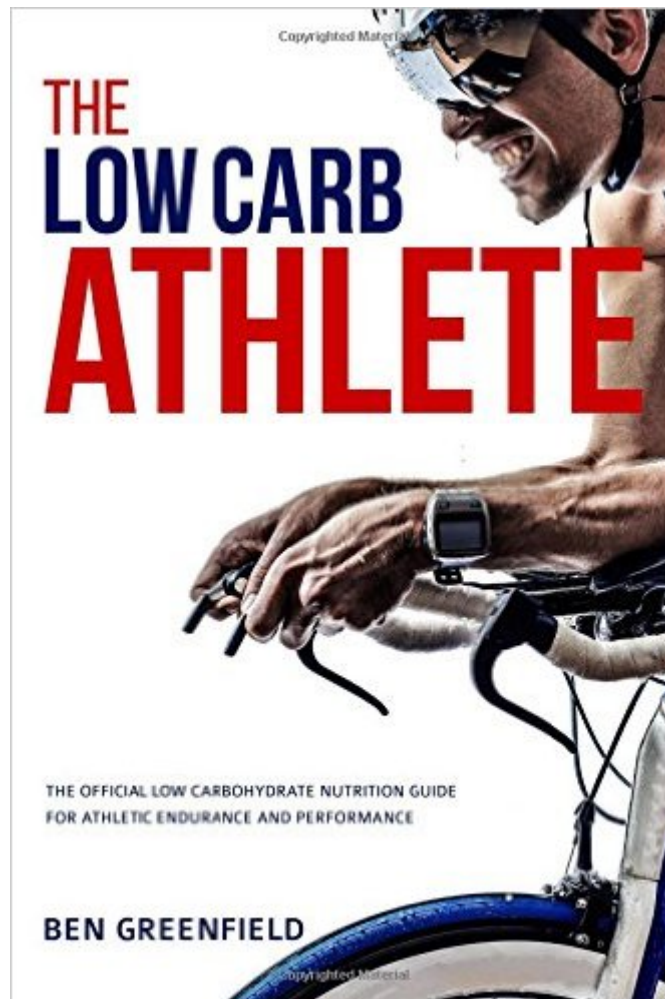


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# The Low-Carb Athlete: The Official Low-Carbohydrate Nutrition Guide For Endurance And Performance



## Synopsis

No More Carb Loading! So you're gearing up for a killer exercise session, or a big event like a marathon or a triathlon, and you want to avoid all the carbo-loading that's so prevalent amongst endurance athletes. You're interested in fueling your body for the combination of ideal health and performance, and you're ready for weight loss, longevity, health, and breaking your sugar addiction. But is that even possible? Can you really escape the pasta binges and gastrointestinal distress that often accompanies an over reliance on sugar? Can you really be a low-carb endurance athlete? Enhanced Performance Without Expensive Supplements Maybe you know it's possible, but did you also know that there are certain supplements no low carb athlete should be training without? You're probably worried that you'll need to shell out big bucks for obscure supplements, right? Pine pollen? Ant protein? Thankfully, you just need some tried and true favorites that have proved the test of time. The number one supplement for low-carb athletes? It's likely to be sitting on your kitchen table right now. And there's another one that 70% of the population is deficient in! don't let that be you, especially when deficiency can lead to fatigue and muscle cramps. Edge Out the Competition with Superior Nutrition As an Ironman triathlete who eats low-carb, author Ben Greenfield walks his talk. He's developed a detailed system that will put you nutritionally ahead of 99% of your competitors. From training days, to race week, to the day of the race itself, you'll learn exactly what you need to be eating and when for best performance and best health. The Low Carb Athlete is the go-to resource for low carb athletes and those wishing to switch up their diet protocol from the old school carb-based diets of yesterday.

## Book Information

Paperback: 108 pages

Publisher: CreateSpace Independent Publishing Platform (September 19, 2015)

Language: English

ISBN-10: 1517371538

ISBN-13: 978-1517371531

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars Â Â See all reviews Â (68 customer reviews)

Best Sellers Rank: #66,146 in Books (See Top 100 in Books) #108 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb

## Customer Reviews

I got the print version of this book. I hated it. It shouldn't even be called that. It was so infuriating to be directed to a link to a podcast for further information or details on something. Some examples below:- For a whole list of other healthy pantry foods to have around for your diet, read this helpful article about my own pantry [...] -To read why I'm a big fan of these (Miracle Noodles) go here [...] - You can listen to my interview [...] with Dr. William Davis to learn more about why to avoid wheat... The list goes on and on. I mean the reason I bought the print book instead of kindle version is I like to make a big cup of tea sit down in my armchair and read. With this book, if I was interested to get the list of healthy foods for my diet, to read why he is a fan of Miracle Noodles, or if I wanted to know more about why I should avoid grains; I'd have to put my book down, go fire up my laptop and type in link. It might work for a kindle book but not a print one. I felt this was just a lazy attempt at a book. Write enough to get people interested and then send them to your blog or podcast. I could understand if he referenced an article and then gave us link to read about the methodology, results etc but to refer people on to the internet the purpose of writing the book. I mean how about transferring the information from your blog/podcast into the book!!

If you think this will be yet another fluffy low carb book with all glitz and no substance... think again. Ben takes time to really make the low carb way of eating come alive for the athlete, which is a completely different world than someone that isn't training hard. I am amazed at the depth of Ben's knowledge on the topic. With every page, you feel like you're really getting someone that knows exactly what's going on, where your mind is at with every step, and how to move from blah to ahhhh. Well worth the read. I took plenty of notes, and I have a feeling I'm going to have plenty more to highlight from this piece...

The first half of the book is all high carb recipes with white rice, potatoes, agave syrup, and all these other high-glycemic recipes and high fructose foods, with no nutritional information provided. It is not worth reading, and would screw up any athlete who is pre-diabetic or diabetic and looking to clean up their act and eat healthier. Halfway through this slim book, on page 58, one finally gets to what Ben truly recommends for a race or long workout day. The section ends on pg 82, then goes to closing thoughts, so it has only 24 pages of worthwhile information. That should have been first in the book. The book never answers the question of what kind of insulin spikes one gets while riding or running IF one eats X-many calories of high glycemic energy gels or drinks in Y-time frame. Insulin spikes can result in unwanted fatigue. Or if one is trying to use fats as an energy source on a long Century or Double Century (200 mile) bike ride, when (how many of feet of climbing? Timing?)

is it a good idea to add a high sugar snack, and what is the overall effect? Will you then be out of ketosis for the next hour or two on the flats? There are a lot of links to outside information instead of including that info in the book. Although it was published in 2015, some of the links already do not work. Volek's book is much better.

Greenfield can't seem to get his head around keto athletics. In his struggle to justify some carbs he tosses out a pretty much worthless book. His basic idea is that athletes will just HAVE TO eat some carbs to work hard. That won't be the impression you get from reading experts who have actually done the research and published in peer-reviewed journals. Or check out the likes of Chris Froome, who won the Tour de France the last two times on a keto diet. A much better book would be Phinney/Volek's Art and Science of Low Carbohydrate Performance, definitely an excellent offering and one that Greenfield actually cites, without reflecting any content. Speaking of his citations, they are predominantly references to his web sites. No actual research is cited, just a lot of chatter and links to vendor sites and specious anecdotes. It looks to me that Greenfield wrote this book by mashing up his Google searches. There's no research support for keto cheating with carbs to enhance athletic performance and Phinney himself has poo-poo'd the idea several times when asked point blank. Greenfield claims to be a trainer and (self-published) author; he's also a self-promoting "expert" with little to back up his recommendations. Look beyond these 84 pages.

Very good understanding of pluses and limits of a low carb diet for those who exercise long and hard. While fact filled and clear, perhaps could focus more on normal human foods vs shakes, powders, bars, and other miracles of nutrition with long ingredient lists. Personally I prefer a roast leg of lamb with a few green beans!

This is an awesome resource for someone who is on board with the low carb high fat approach, but isn't sure how to implement it. This book contains a lot of detail on what kinds of meals to eat for breakfast, lunch and dinner. What to eat on your carb refueling day (and if you even need it). How to train prior to a race and as you get closer. What supplements to take for peak performance. Worth reading 2-3 times to absorb everything!

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