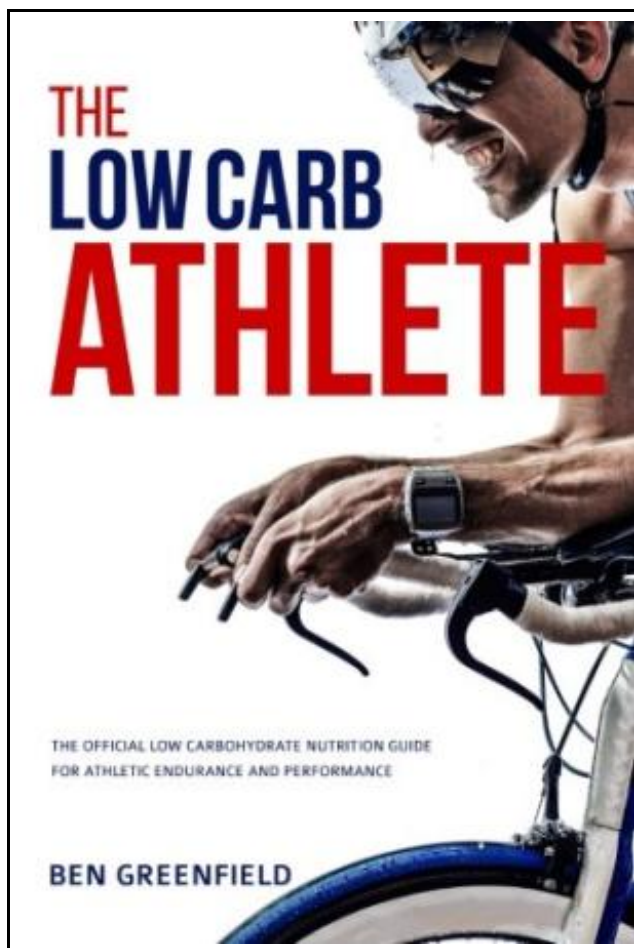


The Low-Carb Athlete: The Official Low-Carbohydrate Nutrition Guide for Endurance and Performance



Filesize: 5.65 MB

Reviews

Extensive manual! Its such a great read. It really is loaded with knowledge and wisdom You wont really feel monotony at at any time of your time (that's what catalogs are for regarding if you ask me).

(Myrl Hintz)

THE LOW-CARB ATHLETE: THE OFFICIAL LOW-CARBOHYDRATE NUTRITION GUIDE FOR ENDURANCE AND PERFORMANCE



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.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...



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