

Taking advantage of an unfair advantage. Retraining your body and brain and turning on your fat burning almost seems like an unfair advantage when its applied to the sporting environment. For decades, the brightest minds in the athletic performance nutrition field have had carbs pegged as the ultimate good guy. You have been told that the best way to fuel the active body is through carbohydrates, by consuming extra carbs, before, during, and after exercise. As a result, many of us have been enslaved by an outdated mantra which has pushed us to eat carb-laden food to fuel our performance. This approach robs the human body of the flexibility it craves to switch between different energy systems and ways of producing fuel. As we have already outlined in our first book *What The Fat?* consuming a high-carb diet is likely to lead to inflammation and poor health in the long run. For fit people, this is a tragedy. The people who value their health and well-being highly. The people who have done EXACTLY what they have been told have often ended up sick, tired and injured because of a high-carb, low-fat diet. In this practical guide we present compelling evidence, inspiring real-life stories from very successful athletes, and simple ways to eat Low-Carb, Healthy-Fat. We need you to step outside the square and reset. We will ask you to forget everything you were taught by your old-school sports performance nutritionist and learn how to become the ultimate fat burning athletic machine. Let the games begin and food give you a competitive edge.

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