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The Low Carb Myth: Free Yourself From Carb Myths, And Discover The Secret Keys That Really Determine Your Health And Fat Loss Destiny

BY THE #1 BESTSELLING AUTHOR OF *FOREVER FAT LOSS*

Eat Carbs.
Get Energy.
Lose Fat.

the LOW CARB MYTH



Free Yourself from Carb Myths, and Discover the Secret Keys
that Really Determine Your Health and Fat Loss Destiny

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Synopsis

Do Carbs Make You Fat, Hungry, and Lazy? The answer may surprise you, but the science says no! The truth is that people can be healthy and lean eating a huge variety of diets. This should tell you that the answer to better health and fat loss isn't found in cutting one specific macronutrient from your diet, like many low-carb gurus would have you believe. So then why have low-carb diets gotten so much attention lately? Surely some of the claims about carbs, sugar, and insulin must be true, right? Does being a "Fat Burner" Give you Incredible Energy and Melt Off Bodyfat? Low-carbers would have you believe that all of our hunter-gatherer ancestors ate low-carb diets and that being a "fat burner" (instead of a "sugar burner") leads to all sorts of magical effects like, boundless energy, superhuman athletic performance, better health--all while it melts off your bodyfat almost overnight. Yet, there's simply no evidence that low-carb diets were standard fare for our hunter-gatherer ancestors--there are countless tribes who ate huge amounts of carbohydrates and were perfectly lean and healthy. The studies are clear that in general, athletes on low-carb diets perform worse, not better. And there is a huge difference between being a "fat burner" and actually burning off your bodyfat. (They aren't the same thing, so don't get confused and be scammed out of your money by falling for this gimmick!). In reality, the science shows all of these claims about the amazing benefits of being a "fat burner" to be nothing more than a bunch of pseudoscientific myths. Move Beyond the Battle of the Macronutrients and into the new era of health and fat loss! In *The Low Carb Myth* by Ari Whitten and Dr. Wade Smith, MD, you'll learn the truth about low-carb diets and what you really need to be doing to lose weight, look great, and be healthy. You'll learn | The secret that's really driving the obesity epidemic (it's not carbs OR fat) What's really driving the diabetes epidemic (no, it's not carbs!) How to break free of carb myths and pseudoscience, and eat carbs again without fear or guilt! How to finally have better health and a leaner body (without the crazy and unsustainable diets!) The secret factors that really control your fat loss destiny (No, it's not the carb to fat ratio of your diet) Most importantly, they will show you how to put carbs back on your plate while still slashing body fat. Available on Kindle and Paperback.

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Customer Reviews

this approach just doesn't work for me. I have read the studies and am a bit baffled to be honest as they seem to contradict what I personally have experienced and what a few other people I know have also witnessed - that a low carb high fat ad libitum diet works where everything else fails. I spent the last 12 years trying out different approaches, including a strict whole foods diet - one that was vegan (McDougall) and one that was omnivorous. What happened was my weight was little lower than on low carb, but my body composition was WORSE. I seem to have insulin resistance from childhood even though I was brought up on a whole foods diet (with the addition of some home made cakes at the weekend). I developed PCOS in my early 30s. I cut out allergenic foods, and did LCHF for several years. I dropped waist size and was very muscular, but not happy with my athletic performance so ditched the diet. Did whole foods with lots more carbs and less fat and regained belly fat. I think everybody is different. I am sure the studies must be correct but there is something else going on. For the record I ate really delicious food on low carb, and not high protein - I ate a lot of veggies smothered in butter, homemade cream and cocoa concoctions, lots of nuts, bacon, sucralose-sweetened creamy teas and ribs. Not exactly boring tasteless food. I also counted calories occasionally and was quite frankly shocked at how many I was eating and remaining

slimmish. I say slimmish as I never got to goal weight but I definitely had little fat around my middle and I could wear a bikini! Having said all that, I think it is good Ari Whitten has written a book urging people to get rid of processed foods. For many people this might be enough to get them healthy and slim, and perhaps not everybody has to go to the extremes of cutting out carbs to get there. But I am not convinced it is simply a matter of whole foods-get enough sleep-move around the house or office more -CICO, no matter how you get there. For the record my siblings all were very slim eating exactly the same diet as I was growing up - a whole foods balanced diet. I was the one who was always chubby, and ALWAYS HUNGRY. What I have also noticed is eating more carbs I am hungry more, especially in the mornings and last thing at night. Those carbs are whole food carbs, and I NEVER ATE A HIGHLY PROCESSED DIET. And yet here I am still prone to insulin resistance that only a LCHF diet (strict I might add) can improve. So I would like to add the idea that processed foods creating IR is not true in my case. Bottom line - for those that are not IR or whose overweight is caused by processed food....go for it! Maybe you don't need to cut the carbs to lose weight and get healthy. For other people like me.....you might be disappointed to still have belly flab going on and blood sugars all over the place and being hungry eating a higher carb diet. Which brings me onto my final point. Nowhere in this book are blood markers discussed i.e triglycerides, HDL - you know, the numbers that IMPROVE on low carb and are markers of health. If your trigs go up and your HDL go down eating more carbs and less fat (yes, Ari recommends that whilst increasing your carbs you should lower your fats, which is odd as earlier in the book he states that macronutrient composition of the diet does not affect weight), then you might want to drop the carbs again. My final pet peeve of this book is the huge sweeping generalizations made about weight loss - for instance how raw foodists are thin (urm, some of them gained weight eating the infamous 30 bananas a day diet), how people lose on the all potato diet (some of them didn't). Etc. etc. The point is, why are SOME of those people having success and others not.....I believe it is due to personal tolerance for carbs, and yes, insulin comes into play. So, all in all - I would probably say I am glad I gave it a shot but it is back to low carb high fat for me. I do believe everybody IS different in their genetic makeup and you probably already know if you can tolerate more carbs in the diet or not. That should become evident after a few months. So no, those low carb myths are not myths for some of us (and for the record, I can eat more calories on LC than on a lower fat diet and maintain or lose weight, and yes, I counted, and no, I am not the only one!).

Ever since reading Ari Whitten's excellent first book "Forever Fat Loss", I have been a huge fan of his work. Contrary to so many popular health and

nutrition gurus, Ari not only talks the talk but he also walks the walk. While many self proclaimed diet experts are far from looking healthy and fit, Ari is muscular and ripped, living proof of the validity of his methods. For his new book *The Low-Carb Myth* Ari has teamed up with an MD, Wade Smith, who as an orthopedic trauma surgeon, helping people to rehabilitate after severe injury and as a competitive athlete himself, has been testing out various diet philosophies over the years in the pursuit of optimal nutrition for recovery and performance. As a result *The Low-Carb Myth* is somewhat more technical than *Forever Fat Loss*. While the latter was essentially a self-help book on fat loss, *The Low-Carb Myth* focuses more on the why than on the how, providing an enormous amount of references, links and citations. The purpose of the book as the authors state it, is “to transparently address the scientific facts around carbohydrates and debunk the many myths that have been perpetuated about them.” The authors do an excellent job in completing this purpose by pointing out how many of the current assumptions about carbohydrates as the cause of the obesity epidemic as well as the health benefits of low carb diets are based on cherry picked or misrepresented data or even on faulty science. They never do this by arrogantly dismissing all other approaches, though, as it is so typical of many other nutrition books today. They also state that their goal is not to say that low-carb diets are terrible for everyone. Consequently there has even been a chapter included in the book called *When Low-Carb Diets May be Appropriate* in which they summarize a few conditions in which specifically ketogenic diets may indeed have positive effects. This non-dogmatic approach is eloquently summarized by the authors in the statement “There is no evil macronutrient, and no magical macronutrient that transcends the laws of thermodynamics.” Throughout the book they stress that food quality, i.e. whole unprocessed foods vs. processed foods, and sustainability matter more in terms of health and physique enhancement than any specific macronutrient ratios. While as mentioned earlier, *The Low-Carb Myth* is not really a self help book, it does nevertheless include some practical advice. For people currently on a low-carb diet there is a three phase program included to slowly transition to a higher carb intake. There is also some very sound advice on how to adjust macronutrient (not just carb intake) to individual requirements and activity. Overall *The Low-Carb Myth* is an extremely well researched and excellently written book and I heartily recommend it not just to those who are currently on a low carb diet but to anyone with an interest in nutrition, health and fitness.

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