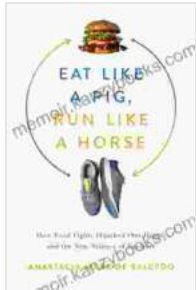


How Food Fights Hijacked Our Health and the New Science of Exercise: An In-Depth Look



Eat Like a Pig, Run Like a Horse: How Food Fights Hijacked Our Health and the New Science of Exercise

by Anastacia Marx de Salcedo

★★★★☆ 4 out of 5

Language : English

File size : 26821 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Print length : 705 pages



In a world obsessed with health and wellness, it's easy to get lost in a sea of conflicting information. From fad diets to miracle workouts, there's no shortage of advice on how to optimize our bodies and achieve our fitness goals.

But what if much of what we've been told about nutrition and exercise is wrong? What if the science we've relied on for decades has been hijacked by food fights and misinformation?

That's the premise of "How Food Fights Hijacked Our Health and the New Science of Exercise," a groundbreaking book by food scientist Dr. Christopher Gardner and exercise physiologist Dr. Todd Gardner.

The Food Fights

One of the most pervasive problems in nutrition science, according to the authors, is the constant food fights that have polarized the field.

From the low-fat vs. low-carb debate to the proponents of plant-based diets and the Paleo movement, it seems like every other day there's a new study claiming to debunk the latest "fad."

The authors argue that these food fights are driven more by ideology and sensationalism than by sound science. They point out that the vast majority of nutritional research is funded by industry, which has a vested interest in promoting specific products or dietary approaches.

As a result, the public is left confused and unsure who to trust. They're bombarded with conflicting messages about what to eat and how to exercise, and they end up making decisions based on fear, guilt, or wishful thinking.

The New Science of Exercise

The authors also take issue with the current state of exercise science, which they argue has become too focused on high-intensity interval training (HIIT) and other forms of extreme exercise.

While HIIT and other intense workouts can certainly be effective for some people, the authors emphasize that they're not right for everyone. In fact, they can be harmful to those with certain health conditions or who are new to exercise.

The authors advocate for a more balanced approach to exercise that includes a combination of moderate-intensity cardio, strength training, and

flexibility exercises.

A Paradigm Shift

"How Food Fights Hijacked Our Health and the New Science of Exercise" is a call for a paradigm shift in the way we think about nutrition and exercise.

The authors argue that it's time to move beyond the food fights and the extreme workouts and focus instead on a more holistic approach that emphasizes whole, unprocessed foods and a variety of exercise that's enjoyable and sustainable.

This shift is not easy, the authors acknowledge. It requires us to challenge our preconceptions and to be open to new ideas. But it's a shift that is necessary if we want to achieve our true health and fitness potential.

"How Food Fights Hijacked Our Health and the New Science of Exercise" is a must-read for anyone who is serious about their health and fitness.

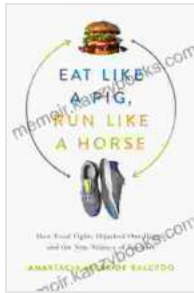
The authors provide a clear and concise overview of the problems with the current state of nutrition and exercise science, and they offer a compelling alternative that is based on sound science and common sense.

If you're ready to take back control of your health, this book is the perfect place to start.

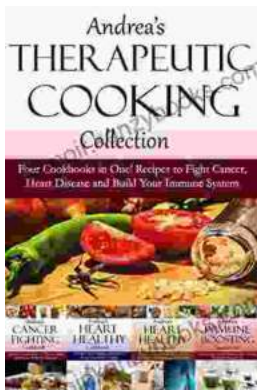
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