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Low Carb vs High Carb

Diet (ft. Alan Aragon)

Summary: Alan Aragon

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Summit 2015. Alan

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51: Nutrition &
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~~Girth Control~~

Girth Control. \$ 39.95.

This is my classic first
book, written in 2007.

The cool thing about this

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book is that despite the march of research, I still agree with the foundational principles, although some of the smaller details have evolved over the past decade. The concepts and practical applications are so effective, and this is probably the main reason I haven't written a new edition.

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— January 1, 2007 by
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Control - TruyenYY~~

Originally Posted by alan aragon Hey Broski, dig back into the opening article of the July 2008 AARR & you'll find this: "An interesting bit of trivia is that high-dose BA supplementation was seen to critically deplete taurine levels in cats, causing brain damage

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when a dose of 5% of their drinking water is given over a 20-week period.

~~Alan Aragon's "Girth Control"~~

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Alan Aragon's Research Review (AARR) is the original, and still the gold standard monthly journal for staying on top of the

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His book Girth Control
is considered to be one of
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the body and

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understanding nutrition
for fitness & sports. Alan
has co-authored the most-
viewed article in the
history of the Journal of
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girth control the science of fat by alan aragon –
– The bit on how to dissect scientific literature is a must read imo. Later in the book, Anthony also tears apart several common myths, such as vegetarianism and veganism being being better for health and fat loss.

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PDF - lecatalogue.info~~

The Lean Muscle Diet was released Dec 23rd, 2015. This is a Rodale publication, I co-authored it with Lou Schuler. This book is much more palatable for the lay audience, and it 's obviously more current than Girth

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Control, which still has valid & practical info, but is now about 8 years old. The Lean Muscle Diet is 320 pages, but it ' s an amazingly quick and surprisingly enjoyable read, and it ...

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