The World Turned Upside Down

The Second Low-carbohydrate Revolution



How the science of carbohydrate restriction arising from a rag-tag collection of popular diets defeated the powerful low-fat army and became the default approach to health.

Richard David Feinman, PhD

VM Jensen

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https://about.livewellcolorado.org/data/publication/Documents/stoichiometry_lab_graph.pdf

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