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Performance By Stephen D. Phinney**

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author of The Art & Science of Low Carb Living and The Art and Science of Low Carb Performance 2 comments for Steve Phinney: Art & Science of Low Carb

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Sep 20, 2014 Steve Phinney is a physician-scientist who has spent 35 years studying diet, exercise, fatty acids, and inflammation.

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The Art and Science of Low Carbohydrate Performance by Volek PhD, RD, Jeff S.,

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Doctors Volek and Phinney share over 50 years of clinical experience using low carbohydrate diets, and together they have published more than 200 research papers and

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