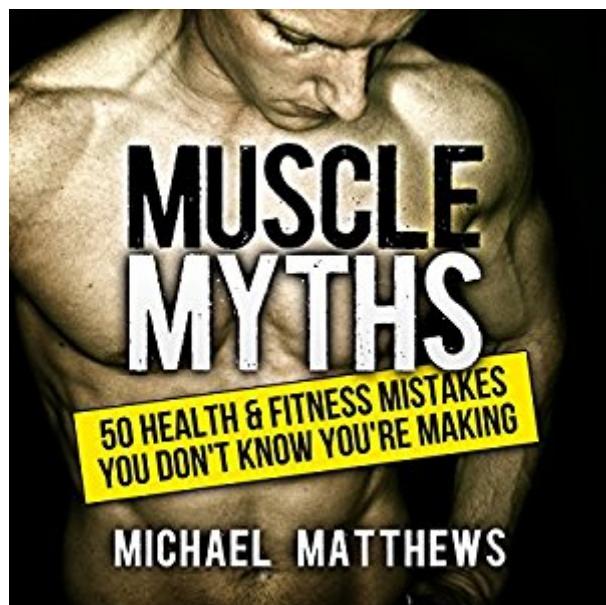


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# Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making: Build Healthy Muscle



## Synopsis

Do any of the following claims sound familiar? "I have bad genetics - I just can't build muscle or lose fat easily." "You have to work your abs more to get a six-pack." "When doing cardio, you want your heart rate in the 'fat burning zone'." "Don't eat carbohydrates - they make you fat." "Don't eat at night if you want to lose weight." "If you wait too long between meals, your body goes into 'starvation mode' and you will mess up your metabolism." "I'm overweight because I have a slow metabolism." You've probably heard one or more of these statements before, and the sad truth is lies like these have ruined many people's fitness ambitions. Muscle Myths was written to debunk the most commonplace and harmful gimmicks, fads, myths, and misinformation in the health and fitness industry. Here are just some of the things you'll learn in this book: Why you don't have to completely cut out carbs or fat, or eat weird combinations of food to lose weight. The truth about supplements. The truth about the effects of fasting and the "starvation mode" myth. Why eating a substantial amount of carbohydrates every day won't make you fat as some "experts" claim, but why going low-carb can be beneficial for some. The scientific secrets of getting a six-pack. Training and diet methods that will completely shatter any perceived "genetic barriers" that you think are holding you back. What you need to know about alcohol and its effects on your fat loss and muscle growth. (Hint: It's not nearly as bad as some people claim, and you don't have to totally abstain if you know what you're doing!) And much more. Special Bonus! With this book you'll also get a free 31-page bonus report from the author called "The No-BS Truth about Building Muscle, Getting Shredded, and Staying Healthy".

## Book Information

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## Customer Reviews

I picked this up in audiobook form shortly after listening to Dave Asprey's "Bulletproof Diet". It is a good book and I don't regret getting it at all. However, I think there is more information now than what was available when this book was written. The author, Michael Matthews, is certainly a "calorie is a calorie" guy. And I will admit on some level that he may be right. There is new research now that certain foods heavily influence your gut bacteria, and that the type of gut bacteria you have has a lot to do with your weight. Actual scientific studies, published in *Nature*, show that the obese patients in the study (about 80% of the group studied) had lower counts of gut microbiota. These people were more obese than those with higher counts of gut bacteria. They also tended to put on weight faster. If a calorie is just a calorie, then nobody in the groups should have put on weight unless they were eating more calories than they were burning. So it seems that there is more to it than just calories in vs. energy expended. Hmm. I highly recommend getting a copy of Dave Asprey's "Bulletproof Diet" and "Go Wild: Free Your Body and Mind from the Afflictions of Civilization," by John J. Ratey and Richard Manning. Both books go beyond the calorie. The types of food you eat do influence gut bacteria, and these books explain that very well. I do like that Matthews isn't afraid to count calories. I guess I understand, but I don't know why everyone is so against counting calories. Even if there is more to it than calories, in 2014 I dropped 65 pounds, and I did so after joining MyFitnessPal and by eating a lot better. It is very possible to eat healthy, but still overeat.

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