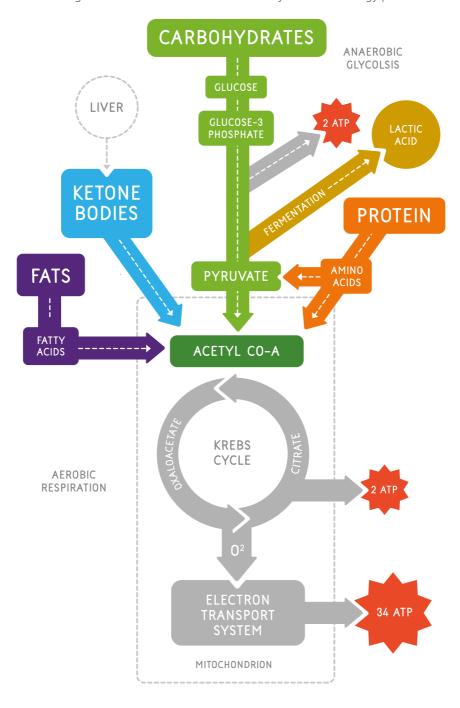
CARB JUNKIE

METABOLICALLY FLEXIBLE, FAT-ADAPTED AND RESILIENT HUMAN

The key to resolving today's obesity and chronic disease crisis involves helping people to develop metabolic flexibility and resilience. There's good reason why evolution gifted us with 4 different metabolic systems for energy production



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