

PREVIEW_ Prof. Tim Noakes - Why I Supported High Carb (SA 2015)-SD

What we did next because of what Steve had done

we started doing fat loading studies.

And we had incredible success.

So in our first experiment we put people on a high-fat diet,

for about a week I suspect it was... Guess what happened?

Their performance doubled compared to the high-carbohydrate group.

And that is garbage, that can't be true!

That is absolutely wrong, I would never trust these data.

I don't know what happened.

We must've told these people that they're going to perform better on a high-fat diet.

Because that's impossible.

And of course you can't perceive or control it,

because they know they were on a high-fat diet.

But again, this is 1990s,

we have done a high-fat diet, we've got a performance effect

and we repeated it in another study.

And this was time to finish a 20 Km time trial.

This is the high carbohydrate group, this is the high-fat group.

And again the high-fat group takes less time to finish 20 Km

so they outperform the other group.

So the first two studies we did on the high-fat diet, they performed better.

And so you would think by this time, "Tim Noakes, haven't you learned anything yet?"

"You got a placebo trial with no effect of carb loading,

"but two of these trials shown an effect..."

Surely isn't going to wake up your brain yet?"