

PREVIEW_ Jacob Wilson - Interview (Tampa FL 2017) 1

Dr. Wilson: I always knew that essentially those were the things that I was super interested in, I wanted to help change lives, I wanted to prevent things like what happened to my grandma, what happened to my cousin and I wanted people's performance to be optimized.

And when people think sports, they think like ESPN sports science, but performance is, you know, my dad playing with his grandkids. That is performance, a grandmother who gets asked, "Hey, do you want help carrying your groceries out?" "No, I got them." Like that's performance as well, so that was my interest.

So I got into sports and I got fascinated with how diet could impact recovery and body composition. And that's what led me to really looking into different diets, like low carbohydrate diets, what happens when you restrict carbs.

Everyone at first told me, "That's the worst thing you can do for performance." And then I started reading studies... "Wait a second, it can lower inflammation!" That might improve recovery.