

RUN ON FAT TRAILER

Dr. Stephen Phinney: When I saw Tim Noakes ripping out the whole chapter from The Lore of Running I was both amazed and thrilled.

Donal O'Neill: In Cereal Killers I used the whole foods high-fat diet to hack my jeans in a quest for better health. This time we're moving into the world of elite athletic performance. This is Cereal Killers II, Run on Fat.

Bruce Fordyce: When I was training for the Olympics in 1996 diet was all about calories and carbohydrates. In my day the magic ingredient was you had to do the carbohydrate loading diet and then you also had to try and do 100 miles a week.

Dr. Philip Mills: We now understand the limitations of low-fat fat-free diets that they are not necessarily healthy at all.

Sami Inkinen: In fact I became pre-diabetic myself.

Donal O'Neill: Sami Inkinen is a world Iron Man champion. He's fueled by whole foods, he's a fat-adapted athlete.

Sami Inkinen: The switch in my diet, first away from sugar then away from processed carbohydrates to much more whole foods and quite high-fat diet had really helped me perform well in the long-distance events.

Dr. Stephen Phinney: My peers think that I'm a heretic. They can't understand why I would persist in standing by data that is so contrary to what everybody wants to believe.

Dr. Peter Brukner: He's been right for 30 years.

Prof. Tim Noakes: They were the real pioneers and they just had to take it on the chin.

Donal O'Neill: These isotonic sports drinks have been aided as nothing more than sugared water.

Dr. Peter Brukner: The rights of childhood obesity for instance are horrendous

Sportscaster: They have got it! Right sport, right time, right man! Andy Moran.

Bruce Fordyce: In the races now I drink water.

Prof. Tim Noakes: Water is the perfect sports drink, that's all you need.

Sami Inkinen: We're going to row across the Pacific ocean 2400 miles, unsupported from California to Hawaii.

Meredith Loring: And we're doing it to raise the awareness about the dangers of sugar and processed carbohydrates.

Dr. Stephen Phinney: I'm not aware of anyone who has done that kind of prolonged event 45 to 60 days of continuous physical activity on a low-carb diet where's been recorded.

T. J. Belger: We put Sami through a number of our assessment tests and he performed incredibly well not only for an endurance athlete but for some of our more seasoned athletes right out of the gate.

Prof. Tim Noakes: The athletes aren't waiting around, they're going to find their own answers and so are the general public.

Dr. Peter Brukner: The science is coming, every week there are new scientific articles out there. But the horse has bolted as far as the athletes are concerned.

Dr. Stephen Phinney: Many of the leaders of the pack and even people setting records are low-carb runners.

Sami Inkinen: The performance food of the future is real food.