

PREVIEW_ Living low carb with Chris Holley

Chris Holley: It's always carb load before a race or you need carbs to do anything athletic. A few things started to click in my head of like, "Okay, everything that I've learned before about low-carb is not as dangerous or as they made it out to be."

Over the course of 8 weeks I was able to drop almost 80 pounds. My training was better, I didn't feel as gunky, I wasn't as hungry all the time as I used to. It was like a whole new world.