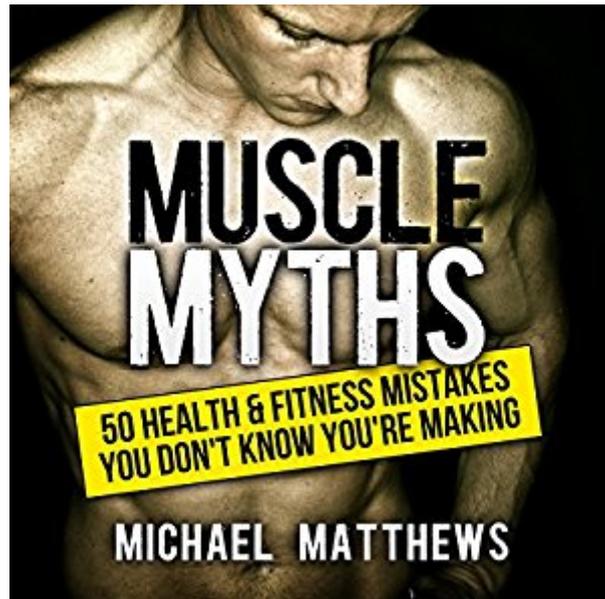


The book was found

# Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making: Build Healthy Muscle



## Synopsis

Do any of the following claims sound familiar? "I have bad genetics - I just can't build muscle or lose fat easily." "You have to work your abs more to get a six-pack." "When doing cardio, you want your heart rate in the 'fat burning zone'." "Don't eat carbohydrates - they make you fat." "Don't eat at night if you want to lose weight." "If you wait too long between meals, your body goes into 'starvation mode' and you will mess up your metabolism." "I'm overweight because I have a slow metabolism." You've probably heard one or more of these statements before, and the sad truth is lies like these have ruined many people's fitness ambitions. Muscle Myths was written to debunk the most commonplace and harmful gimmicks, fads, myths, and misinformation in the health and fitness industry. Here are just some of the things you'll learn in this book: Why you don't have to completely cut out carbs or fat, or eat weird combinations of food to lose weight. The truth about supplements. The truth about the effects of fasting and the "starvation mode" myth. Why eating a substantial amount of carbohydrates every day won't make you fat as some "experts" claim, but why going low-carb can be beneficial for some. The scientific secrets of getting a six-pack. Training and diet methods that will completely shatter any perceived "genetic barriers" that you think are holding you back. What you need to know about alcohol and its effects on your fat loss and muscle growth. (Hint: It's not nearly as bad as some people claim, and you don't have to totally abstain if you know what you're doing!) And much more. Special Bonus! With this book you'll also get a free 31-page bonus report from the author called "The No-BS Truth about Building Muscle, Getting Shredded, and Staying Healthy".

## Book Information

Audible Audio Edition

Listening Length: 4 hours and 6 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Oculus Publishers

Audible.com Release Date: July 16, 2013

Whispersync for Voice: Ready

Language: English

ASIN: B00DYXSRP0

Best Sellers Rank: #7 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injury

Prevention #26 in Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #74

## Customer Reviews

I picked this up in audiobook form shortly after listening to Dave Asprey's "Bulletproof Diet". It is a good book and I don't regret getting it at all. However, I think there is more information now than what was available when this book was written. The author, Michael Matthews, is certainly a "calorie is a calorie" guy. And I will admit on some level that he may be right. There is new research now that certain foods heavily influence your gut bacteria, and that the type of gut bacteria you have has a lot to do with your weight. Actual scientific studies, published in Nature, show that the obese patients in the study (about 80% of the group studied) had lower counts of gut microbiota. These people were more obese than those with higher counts of gut bacteria. They also tended to put on weight faster. If a calorie is just a calorie, then nobody in the groups should have put on weight unless they were eating more calories than they were burning. So it seems that there is more to it than just calories in vs. energy expended. Hmmm. I highly recommend getting a copy of Dave Asprey's "Bulletproof Diet" and "Go Wild: Free Your Body and Mind from the Afflictions of Civilization," by John J. Ratey and Richard Manning. Both books go beyond the calorie. The types of food you eat do influence gut bacteria, and these books explain that very well. I do like that Matthews isn't afraid to count calories. I guess I understand, but I don't know why everyone is so against counting calories. Even if there is more to it than calories, in 2014 I dropped 65 pounds, and I did so after joining MyFitnessPal and by eating a lot better. It is very possible to eat healthy, but still overeat.

[Download to continue reading...](#)

Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making: Build Healthy Muscle  
Build Your Dream Body: Breaking the Lies and Myths of the Fitness Industry so You Can Build  
Lean, Hard Muscle and Shred Fat Using Simple and Proven Techniques That Get Results Beyond  
Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting  
Strong: (The Build Muscle, Get Lean, and Stay Healthy Series) Don't Know Much About History,  
Anniversary Edition: Everything You Need to Know About American History but Never Learned  
(Don't Know Much About Series) Remodeling Mistakes Cost You Thousands: Avoiding the 11 Most  
Embarrassing Remodeling Mistakes Fitness Information for Teens: Health Tips About Exercise and  
Active Lifestyles: Including Facts About Healthy Muscles and Bones, Starting and ... Plans, Aerobic  
Fit (Teen Health Series) Prime Time: Love, health, sex, fitness, friendship, spirit; Making the most of  
all of your Making the most of all of your life The Life-Changing Magic of Not Giving a F\*ck: How to

Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do African Dance Trends (Dance and Fitness Trends) (Dance & Fitness Trends) The World of Crossfit (Dance and Fitness Trends) (Dance & Fitness Trends) Fitness Launch Formula: The no fear, no b.s., no hype, action plan for launching a profitable fitness business in 60 days - from someone who's done it. Fitness Launch Formula: The no fear, no b.s., no hype, action plan for launching a profitable fitness business in 60 days or less - from someone who's done it Public Health 101: Healthy People-Healthy Populations (Essential Public Health) You Don't Know Me but You Don't Like Me: Phish, Insane Clown Posse, and My Misadventures with Two of Music's Most Maligned Tribes Classic Car Calendar - Muscle Car Calendar - American Muscle Cars Calendar - Calendars 2016 - 2017 Wall Calendars - Car Calendar - American Classic Cars 16 Month Wall Calendar by Avonside Daniels and Worthingham's Muscle Testing: Techniques of Manual Examination and Performance Testing, 9e (Daniels & Worthington's Muscle Testing (Hislop)) Ketogenic Diet: 250+ Low-Carb, High-Fat Healthy Keto Recipes & Desserts + 100 Keto Tips, Tools, Resources & Mistakes to Avoid Nice Girls Don't Get the Corner Office: Unconscious Mistakes Women Make That Sabotage Their Careers (A NICE GIRLS Book) Cooking Healthy with a Food Processor: A Healthy Exchanges Cookbook (Healthy Exchanges Cookbooks) Understanding Greek Myths (Myths Understood (Crabtree))

[Dmca](#)