

## Dennis Wolf: My Take On Low-Carb Diets

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If you follow my career, you should know that I recently had a pretty disastrous experience with a low-carb diet. I had been eating some carbs all the way through my contest diet for the 2008 Mr. Olympia until the last two weeks, when we (Chad and I) decided to do zero carbs to go for the most extreme condition anyone had ever seen from me. The results were horrible, as I lost about 15 pounds of size and fullness and ruined my chances of winning the contest.

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I have always thought that carbohydrates were important, but this showed me they are even more critical than most of us realize. I know a lot of guys use the zero-carb diet because they get in shape faster, but most of them look flat on stage. If you compare photos of guys who diet with carbs (Dorian and Ronnie are two great examples), they have a much fuller look to them—because they have more water inside the muscle cells. Yes, you can carb-up at the very end of a zero-carb diet, or try to—; but it's a case of too little, too late. I was eating a ton of carbs just before the Olympia and none of them seemed to 'take.' When you lack that muscle fullness, you also don't have the same deep cuts and striations.

So for me, I can say that I will never go zero carbs again. But if Dexter, Victor, Jay and Phil choose to—; then go for it, my friends!