

CURRICULUM VITAE

JEFF S. VOLEK, Ph.D., R.D.

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Human Performance Laboratory
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EDUCATION

Year	Institution	Program	Degree Earned
1987-1991	Michigan State University (Honors)	Dietetics	B.S.
1991-1992	Penrose-St. Francis Health Services, Colorado Springs, CO	Dietetic Internship	Registered Dietitian #00721315
1993-1995	The Pennsylvania State University	Exercise Science	M.S.
1995-1999	The Pennsylvania State University	Kinesiology/ Nutrition	Ph.D.

EMPLOYMENT AND PROFESSIONAL EXPERIENCE

2007-	Associate Professor, Department of Kinesiology, University of Connecticut, Storrs, CT
2004-2007	Assistant Professor, Department of Kinesiology, University of Connecticut Storrs, CT
2001-2004	Assistant Research Professor, Department of Kinesiology, University of Connecticut, Storrs, CT
1999-2001	Assistant Professor, Human Performance Laboratory, Ball State University, Muncie, IN

1997-1999 National Institute on Aging Predoctoral Fellowship, Gerontology Center/Center for Sports Medicine, The Pennsylvania State University, University Park, PA

PROFESSIONAL MEMBERSHIPS

American Society of Nutrition
Nutrition and Metabolism Society (Founding Member)

SCIENTIFIC EDITORIAL AND REVIEW ACTIVITY

Editorial Board Activity

2004- Associate Editor, *Journal of Nutrition & Metabolism*
2001- Editorial Board, *Medicine and Science in Sports & Exercise*
2000- Editorial Board, *Journal of Strength & Conditioning Research*
1997-1999 Advisory Board, *American College of Sports Medicine Health & Fitness Journal*

Invited Journal Reviewer for:

American Journal of Clinical Nutrition
Appetite
British Journal of Sports Medicine
Canadian Journal of Applied Physiology
Circulation
European Journal of Applied Physiology
European Journal of Clinical Nutrition
Experimental Physiology
Family Practice
International Journal of Cardiology
International Journal of Sports Medicine
International Journal of Sports Nutrition
Journal of Applied Physiology
Journal of Athletic Training
Journal of Nutrition
Journal of Sports Science
The Journal of Alternative and Complementary Medicine
Maturitas
Metabolic Syndrome and Related Disorders
Muscle and Nerve
Nutrition

HONORS AND AWARDS

2007	Promotion to Associate Professor and Awarded Tenure
2007	Nutrition & Metabolism Society Award for Excellence in Nutrition and Metabolism
2005	Neag School of Education Outstanding Young Investigator Award
2005	Joint Appointment, Associate Professor School of Allied Health, UConn
2004	National Strength & Conditioning Association Young Investigator Award
2003	Joint Appointment, Nutritional Sciences, UConn
2003	National Strength & Conditioning Association Research Achievement in Nutrition Award
2001	Fellow, American College of Nutrition
1997-1998	SCAN Scholarship (The Pennsylvania State University)
1997	National Institute on Aging Predoctoral Trainee Fellowship in Adult Development and Aging (The Pennsylvania State University)
1991	Alpha Chapter of Omicron Nu, National Home Economics Honor Society (Michigan State University)
1989-1991	Golden Key National Honor Society (Michigan State University)
1989-1991	American Dietetic Association Scholarship (Michigan State University)
1990	Marintha Judson Award (Michigan State University)
1990	Carl Rossman Memorial Scholarship (Michigan State University)

SCIENTIFIC PUBLICATIONS

1. Hulmi, J.J., J.P. Ahtiainen, H. Selänne, **J.S. Volek**, K. Häkkinen, V. Kovanen, and A.A. Mero. Androgen receptors and testosterone in men-Effects of protein ingestion, resistance exercise and fiber type. *Journal of Steroid Biochemistry and Molecular Biology*. 2008 Mar 30 [Epub ahead of print].
2. Kraemer, WJ., B.C. Nindl, **J.S. Volek**, J.O. Marx, L.A. Gotshalk, J.A. Bush, J.R. Welsch, J.L. Vingren, B.A. Spiering, M.S. Fragala, D.L. Hatfield, J.Y. Ho, C.M. Maresh, A.M. Mastro, and W.C. Hymer. Influence of oral contraceptive use on growth hormone in vivo bioactivity following resistance exercise: responses of molecular mass variants. *Growth Hormone and IGF Research*, 18:238-44, 2008
3. Puglisi, M.J., U. Vaishnav, S. Shrestha, M. Torres-Gonzales, R.J. Wood, **J.S. Volek**, and M.L. Fernandez. Raisins and additional walking have distinct effects on plasma lipids and inflammatory cytokines. *Lipids in Health and Disease*. 2008 Apr 16;7(1):14 [Epub ahead of print]

4. **Volek, J.S.**, M.L. Fernandez, R.D. Feinman, and S.D. Phinney. Dietary Carbohydrate restriction induces a unique metabolic state positively affecting atherogenic dyslipidemia, fatty acid partitioning, and metabolic syndrome. *Progress in Lipid Research*. 2008 Mar 15; [Epub ahead of print].
5. Accurso, A., R.K. Bernstein, A. Dahlqvist, B. Draznin, R.D. Feinman, E.J. Fine, Gled A, D.B. Jacobs, G. Larson, R.H. Lustig, A.H. Manninen, S.I. McFarlane, K. Morrison, J.V. Nielsen, U. Ravnskov, K.S. Roth, R. Silvestre, J.R. Sowers, R. Sundberg, **J.S. Volek**, E.C. Westman, R.J. Wood, J. Wortman, and M.C. Vernon. Dietary carbohydrate restriction in type 2 diabetes mellitus and metabolic syndrome: time for a critical appraisal. *Nutr Metab (Lond)*. 2008 Apr 8;5(1):9 [Epub ahead of print].
6. Sharman, M.J., M.L. Fernandez, T.L. Zern, M. Torres-Gonzalez, W.J. Kraemer, and **J.S. Volek**. Replacing dietary carbohydrate with protein and fat decreases the concentrations of small LDL and the inflammatory response induced by atherogenic diets in the guinea pig. *Journal of Nutritional Biochemistry*. 2008 Mar 5; [Epub ahead of print]
7. Ratliff, J.C., G. Mutungi, M.J. Puglisi, **J.S. Volek**, and M.L. Fernandez. Eggs modulate the inflammatory response to carbohydrate restricted diets in overweight men. *Nutr Metab (Lond)*. 2008 Feb 20;5(1):6 [Epub ahead of print].
8. Seip, R.L., **J.S. Volek**, A. Windemuth, M. Kocherla, M.L. Fernandez, W.J. Kraemer, and G. Ruano. Physiogenomic comparison of human fat loss in response to diets restrictive of carbohydrate or fat. *Nutr Metab (Lond)*. 2008 Feb 6;5(1):4 [Epub ahead of print].
9. Mutungi, G., J. Ratliff, M. Puglisi, M. Torres-Gonzalez, U. Vaishnav, J.O. Leite, E. Quann, **J.S. Volek**, and M.L. Fernandez. Dietary cholesterol from eggs increases plasma HDL cholesterol in overweight men consuming a carbohydrate-restricted diet. *Journal of Nutrition*. 138:272-276, 2008.
10. Silvestre, R., W.J. Kraemer, E.E. Quann, R.L. Seip, C.M. Maresch, J.L. VanHeest, and **J.S. Volek**. Effects of exercise at different times of the day on postprandial lipemia and endothelial function. *Medicine and Science in Sports and Exercise*. 2008 Jan 11 [Epub ahead of print].
11. Blumert, P.A., A.J. Crum, M. Ernsting, **J.S. Volek**, D.B. Hollander, E.E. Haff, and G.G. Haff. Acute effects of twenty-four hours of sleep loss on the performance of national-caliber male collegiate weightlifters. *Journal of Strength and Conditioning Research*. 21:1146-1154, 2007.
12. Forsythe, C.E., S.D. Phinney, M.L. Fernandez, E.E. Quann, R.J. Wood, D.M. Bibus, W.J. Kraemer, R.D. Feinman, and J.S. Volek. Comparison of low fat and low carbohydrate diets on circulating fatty acid composition and markers of inflammation. *Lipids*. 43(1):65-77, 2007.

13. Mutungi, G., M. Torres-Gonzalez, M.M. McGrane, J.S. Volek, and M.L. Fernandez. Carbohydrate restriction and dietary cholesterol modulate the expression of HMG-CoA reductase and the LDL receptor in mononuclear cells from adult men. *Lipids in Health and Disease*. 2007 Nov 28;6(1):34 [Epub ahead of print]
14. Kraemer, W.J., B.C. Nindl, **J.S. Volek**, J.O. Marx, L.A. Gotshalk, J.A. Bush, J.R. Welch, J.L. Vingren, B.A. Spiering, M.S. Fragala, D.L. Hatfield, J.Y. Ho, C.M. Maresh, A.M. Mastro, and W.C. Hymer. Influence of oral contraceptive use on growth hormone in vivo bioactivity following resistance exercise: Responses of molecular mass variants. *Growth Hormone and IGF Research*. 2007 Nov 21; [Epub ahead of print]
15. Gotshalk, L.A., W.J. Kraemer, M.A.G. Mendonca, J.L. Vingren, A.M. Kenny, B.A. Spiering, D.L. Hatfield, M.S. Fragala, and **J.S. Volek**. Creatine supplementation improves muscular performance in older women. *European Journal of Applied Physiology*. 2007 Oct 18; [Epub ahead of print]
16. Judelson, D.A., C.M. Maresh, M.J. Farrell, L.M. Yamamoto, L.E. Armstrong, W.J. Kraemer, **J.S. Volek**, B.A. Spiering, D.J. Casa, and J.M. Anderson. Effect of hydration state on strength, power, and resistance exercise performance. *Medicine and Science in Sports and Exercise*. 39:1817-1824, 2007.
17. Judelson, D.A., C.M. Maresh, J.M. Anderson, L.E. Armstrong, D.J. Casa, W.J. Kraemer, **J.S. Volek**. Hydration and muscular performance. *Sports Medicine*. 37:907-921, 2007.
18. Torres-Gonzalez, M., S. Shrestha, M. Sharman, H.C. Freake, **J.S. Volek**, and M.L. Fernandez. Carbohydrate restriction alters hepatic cholesterol metabolism in Guinea pigs fed a hypercholesterolemic diet. *Journal of Nutrition*. 137:2219-2223, 2007.
19. Kraemer, W.J., D.L. Hatfield, B.A. Spiering, J.L. Vingren, M.S. Fragala, J.Y. Ho, **J.S. Volek**, J.M. Anderson, and C.M. Maresh. Effects of a multi-nutrient supplement on exercise performance and hormonal responses to resistance exercise. *Eur J Appl Physiol*. 2007 Aug 16; [Epub ahead of print].
20. Westman, E.C., R.D. Feinman, J.C. Marvopoulos, M.C. Vernon, **J.S. Volek**, J.A. Wortman, W.S. Yancy, S.D. Phinney. Low-carbohydrate nutrition metabolism. *American Journal of Clinical Nutrition*. 86:276-284, 2007.
21. Ratamess, N.A., W.J. Kraemer, **J.S. Volek**, D.N. French, M.R. Rubin, A.L. Gómez, R.U. Newton, and C.M. Maresh. The effects of ten weeks of resistance and combined plyometric/sprint training with the meridian elyte athletic shoe on muscular performance in women. *Journal of Strength and Conditioning Research*. 21:882-887, 2007.

22. Kraemer, W.J., M.S. Fragala, G.N. Watson, **J.S. Volek**, K.J. Stuenkel, D.R. Lehmann, S.N. Bailey, S.L. Hughes, M.R. Rubin, D.N. French, C.M. Maresh, J.L. Vingren, D.L. Hatfield, B.A. Spiering, J.Y. Ho, D.S. Evans, H.S. Case. Hormonal Responses to a 160 Km Race across Frozen Alaska. *British Journal of Sports Medicine*. 2007; Jul 24; [Epub ahead of print]
23. Kraemer, W.J., J.L. Vingren, R. Silvestre, B.A. Spiering, D.L. Hatfield, J.Y. Ho, M.S. Fragala, C.M. Maresh, and **J.S. Volek**. Effect of adding exercise to a diet containing glucomannan. *Metabolism*. 56:1149-1158, 2007.
24. Thomas, G.A., W.J. Kraemer, B.A. Spiering, **J.S. Volek**, J.M. Anderson, and C.M. Maresh. Maximal power at different percentages of one repetition maximum: influence of resistance and gender. *Journal of Strength and Conditioning Research*. 21(2):336-42, 2007.
25. Sallinen, J., A. Pakarinen, M. Fogelholm, M. Alen, **J.S. Volek**, W.J. Kraemer, and K. Hakkinen. Dietary intake, serum hormones, muscle mass and strength during strength training in 49 - 73-year-old men. *International Journal of Sports Medicine*. May 11, 2007; [Epub ahead of print]
26. Sallinen, J., M. Fogelholm, **J.S. Volek**, W.J. Kraemer, M. Alen, and K. Hakkinen. Effects of strength training and reduced training on functional performance and metabolic health indicators in middle-aged men. *International Journal of Sports Medicine*. 2007 Apr 23; [Epub ahead of print]
27. Shrestha, S., H.C. Freake, M.M. McGrane, **J.S. Volek**, and M.L. Fernandez. A Combination of psyllium and plant sterols alters lipoprotein metabolism in hypercholesterolemic subjects by modifying the intravascular processing of lipoproteins and increasing ldl uptake. *Journal of Nutrition*. 137:1165-1170, 2007.
28. Spiering, B.A., W.J. Kraemer, J.L. Vingren, L. Hatfield, M.S. Fragala, J.Y. Ho, and **J.S. Volek**. Responses of criterion variables to different supplemental doses of L-carnitine L-tartrate. *Journal of Strength and Conditioning Research*. 21(1):259-64, 2007.
29. **Volek, J.S.** and C.E. Forsythe. Diet, exercise and hormone interactions on skeletal muscle. *Hormone Research*. 66: Suppl 1:17-21, 2006.
30. Shimano, T., W.J. Kraemer, B.A. Spiering, **J.S. Volek**, D.L. Hatfield, R. Silvestre, J.L. Vingren, M.S. Fragala, C.M. Maresh, S.J. Fleck, R.U. Newton, L.P. Spreuwenberg, and K. Hakkinen. Relationship between the number of repetitions and selected percentages of one repetition maximum in free weight exercises in trained and untrained men. *Journal of Strength and Conditioning Research*. 20:819-23, 2006.
31. Hatfield, D.L., W.J. Kraemer, B.A. Spiering, K. Hakkinen, **J.S. Volek**, T. Shimano, L.P. Spreuwenberg, R. Silvestre, J.L. Vingren, M.S. Fragala, A.L. Gómez, S.J. Fleck,

- R.U. Newton, and C.M. Maresh. The impact of velocity of movement on performance factors in resistance exercise. *Journal of Strength and Conditioning Research*. 20:760-6, 2006.
32. Wood, R.J., M.L. Fernandez, M.J. Sharman, R. Silvestre, C.M. Greene, T.L. Zern, S. Shrestha, A.L. Gomez, K.T. Ruffin, D.A. Judelson, W.J. Kraemer, and **J.S. Volek**. Effects of a carbohydrate-restricted diet with and without supplemental soluble fiber on plasma low-density lipoprotein cholesterol and other clinical markers of cardiovascular risk. *Metabolism*. 56:58-67, 2006.
 33. Newton, R.U., R.A. Rogers, **J.S. Volek**, K. Häkkinen, and W.J. Kraemer. Four weeks of optimal load ballistic resistance training at the end of season attenuates declining jump performance of women volleyball players. *Journal of Strength and Conditioning Research*. 20:955-961, 2006.
 34. **Volek, J.S.**, R. Silvestre, J.P. Kirwan, M.J. Sharman, D.A. Judelson, B.A. Spiering, J.L. Vingren, C.M. Maresh, J.L. VanHeest, and W.J. Kraemer. Effects of chromium supplementation on glycogen synthesis and insulin signaling after high-intensity exercise. *Medicine and Science in Sport and Exercise*. 38:2102-2109, 2006.
 35. Shrestha, S., **J.S. Volek**, R.J. Wood, C.M. Greene, D. Aggarwal, J.H. Contois, J. Udani, and M.L. Fernandez. A combination therapy including psyllium and plant sterol lowers LDL cholesterol by modifying lipoprotein metabolism in men, pre and post-menopausal women. *Journal of Nutrition*. 136:2492-7, 2006.
 36. French, D.N., W.J. Kraemer, **J.S. Volek**, B.A. Spiering, D.A. Judelson, J.R. Hoffman, and C.M. Maresh. Anticipatory responses of catecholamines on muscle force production. *Journal of Applied Physiology*. 2006 Sep 7; [Epub ahead of print].
 37. Feinman, R.D., E.C. Westman, and **J.S. Volek**. Low carbohydrate and low fat diets in diabetes, cardiovascular disease and metabolic syndrome. *Cellscience Reviews*. Vol 3, July, 2006.
 38. **Volek, J.S.**, C.E. Forsythe, and W.J. Kraemer. Nutritional Aspects of Women Strength Athletes. *British Journal of Sports Medicine*. Jul 19; [Epub ahead of print], 2006.
 39. Kraemer, W.J., B.C. Nindl, J.O. Marx, L.A. Gotshalk, J.A. Bush, J.R. Welsch, **J.S. Volek**, B.A. Spiering, C.M. Maresh, A.M. Mastro, and W.C. Hymer. Chronic resistance training in women potentiates growth hormone *in vivo* bioactivity: characterization of molecular weight variants. *American Journal of Physiology*. 2006 Jul 11; [Epub ahead of print]
 40. Kraemer, W.J., B.A. Spiering, **J.S. Volek**, N.A. Ratamess, M.J. Sharman, M.R. Rubin, D.N. French, R. Silvestre, D.L. Hatfield, J.L. VanHeest, J. Vingren, D.A. Judelson, M.R. Deschenes, and C.M. Maresh. Androgenic Responses to Resistance

Exercise: Effects of Feeding and L-Carnitine L-Tartrate Supplementation. *Medicine and Science in Sport and Exercise*. 38(7):1288-1296, 2006.

41. Feinman, R.D. and **J.S. Volek**. Low Carbohydrate diets improve atherogenic dyslipidemia even in the absence of weight loss. *Nutrition and Metabolism*. June 21;3(1):24, 2006 [Epub ahead of print]
42. Sallinen, J., A. Pakarinen, M. Fogelholm, E. Sillanpaa, M. Alen, **J.S. Volek**, W.J. Kraemer, and K. Hakkinen. Serum basal hormone concentrations and muscle mass in aging women: effects of strength training and diet. *International Journal of Sport Nutrition and Exercise Metabolism*. 16:316-331, 2006.
43. Ruano, G., A. Windemuth, M.L. Fernandez, M. Kocherla, C.E. Forsythe, R.J. Wood, W.J. Kraemer, and **J.S. Volek**. Physiogenomic analysis of weight loss induced by carbohydrate restriction. *Nutrition and Metabolism*. May 15; 3:20, 2006.
44. Wood, R.J., **J.S. Volek**, S.R. Davis, C. Dell'ova, and M.L. Fernandez. Effects of a carbohydrate-restricted diet on emerging plasma markers for cardiovascular disease. *Nutrition and Metabolism*. May 4;3(1):19, 2006. [Epub ahead of print]
45. Fernandez, M.L. and **J.S. Volek**. Guinea pigs: a suitable animal model to study lipoprotein metabolism and inflammatory aspects of carbohydrate restricted diets. *Nutrition and Metabolism*. Mar 27;3(1):17, 2006. [Epub ahead of print]
46. Torres-Gonzalez, M., **J.S. Volek**, M. Sharman, J.H. Contois, and M.L. Fernandez. Dietary carbohydrate and cholesterol influence the number of particles and distributions of lipoprotein subfractions in guinea pigs. *Journal of Nutritional Biochemistry*. Feb 3; 2006 [Epub ahead of print].
47. Spreuwenberg, L.P., W.J. Kraemer, B.A. Spiering, **J.S. Volek**, D.L. Hatfield, R. Silvestre, J.L. Vingren, M.S. Fragala, K. Hakkinen, R.U. Newton, C.M. Maresh, and S.J. Fleck. Influence of Exercise Order in a Resistance-Training Exercise Session. *Journal of Strength and Conditioning Research*. 20:141-144, 2006.
48. Hatfield, D.L., W.J. Kraemer, **J.S. Volek**, M.R. Rubin, B. Grebien, A.L. Gomez, D.N. French, T.P. Scheett, N.A. Ratamess, M.J. Sharman, M.R. McGuigan, R.U. Newton, and K. Hakkinen. The Effects of Carbohydrate Loading on Repetitive Jump Squat Power Performance. *Journal of Strength and Conditioning Research*. 20:167-171, 2006.
49. Kraemer, W.J., N.A. Ratamess, **J.S. Volek**, K. Hakkinen, M.R. Rubin, D.N. French, A.L. Gomez, M.R. McGuigan, T.P. Scheett, R.U. Newton, B.A. Spiering, M. Izquierdo, and F.S. Dioguardi. The effects of amino acid supplementation on hormonal responses to resistance training overreaching. *Metabolism*. 55:282-291, 2006.

50. Wood, R.J., **J.S. Volek**, L. Yanzhu, N.S. Shachter, J.H. Contois, and M.L. Fernandez. Carbohydrate restriction alters lipoprotein metabolism by modifying VLDL, LDL and HDL subfraction distribution and size in overweight men. *Journal of Nutrition*. 136:384-389, 2006.
51. Kraemer, W.J., S.K. Kim, J.A. Bush, B.C. Nindl, **J.S. Volek**, B.A. Spiering, D.L. Hatfield, M.S. Fragala, M. Putukian, and W.J. Sebastianelli. Influence of menstrual cycle on proenkephalin peptide F responses to maximal cycle exercise. *European Journal of Applied Physiology*. 96:581-586, 2006.
52. Sallinen, J., M. Fogelholm, A. Pakarinen, T. Juvonen, **J. Volek**, W.J. Kraemer, M. Alen, and K. Häkkinen. Effects of strength training and nutritional counseling on metabolic health indicators in aging women. *Canadian Journal of Applied Physiology*. 30(6):690-707, 2005
53. Greene, C.M., T.L. Zern, R.J. Wood, S. Shrestha, D. Aggarwal, M.J. Sharman, **J.S. Volek**, and M.L. Fernandez. Dietary cholesterol provided by eggs does not result in an increased risk for coronary heart disease in an elderly population. *Journal of Nutrition*. 135:2793-2798, 2005.
54. **Volek, J.S.** and R.D. Feinman. Carbohydrate restriction improves the features of Metabolic Syndrome. Metabolic Syndrome may be defined by the response to carbohydrate restriction. *Nutrition and Metabolism*. Nov 16;2(1):31, 2005.
55. Hulmi, J.J., **J.S. Volek**, H. Selanne, and A.A. Mero. Protein ingestion prior to strength exercise affects blood hormones and metabolism. *Medicine and Science in Sports and Exercise*. 37:1990-1997, 2005.
56. **Volek, J.S.** and C.E. Forsythe. The case for not restricting saturated fat on a low carbohydrate diet. *Nutrition and Metabolism*. Aug 31;2:21, 2005.
57. Lofgren, I., T. Zern, K. Herron, K. West, M.J. Sharman, **J.S. Volek**, N. Shachter, S.I. Koo, and M.L. Fernandez. Weight loss associated with reduced intake of carbohydrate reduces the atherogenicity of LDL in premenopausal women. *Metabolism*. 54:1133-1141, 2005.
58. Kraemer, W.J., J.C. Torine, R. Silvestre, D.N. French, N.A. Ratamess, B.A. Spiering, D.L. Hatfield, J.L. Vingren, and **J.S. Volek**. Body size and composition of national football league players. *Journal of Strength and Conditioning Research*. 19:485-489, 2005.
59. Westman, E.C., W.S. Yancy, M.D. Haub, and **J.S. Volek**. Insulin resistance from a low carbohydrate, high fat diet perspective. *Metabolic Syndrome and Related Disorders*. 3:14-18, 2005.

60. Kraemer, W.J., **J.S. Volek**, B.A. Speiring, and J.L. Vingren. L-carnitine supplementation: a new paradigm for its role in exercise. *Chemical Monthly*. 136:1383-1390, 2005.
61. Kraemer, W.J., N.A. Ratamess, C.M. Maresh, J.M. Anderson, **J.S. Volek**, D.P. Tiberio, M.E. Joyce, B.N. Messinger, D.N. French, M.J. Sharman, M.R. Rubin, A.L. Gómez, R. Silvestre, and R.L. Hesslink. A cetylated fatty Acid topical cream with menthol reduces pain and improves functional performance in individuals with arthritis. *Journal of Strength and Conditioning Research*. 19:475-80, 2005.
62. **Volek, J.S.**, M.J. Sharman, and C.E. Forsythe. Modification of lipoproteins by very low-carbohydrate diets. *Journal of Nutrition*. 135:1339-1342, 2005.
63. Kraemer, W.J., D.N. French, B.A. Spiering, **J.S. Volek**, M.J. Sharman, N.A. Ratamess, D.A. Judelson, R. Silvestre, G. Watson, A. Gomez, and C.M. Maresh. Cortisol supplementation reduces serum cortisol responses to physical stress. *Metabolism*. 54:657-68, 2005.
64. Ratamess, N.A., W.J. Kraemer, **J.S. Volek**, C.M. Maresh, J.L. Vanheest, M.J. Sharman, M.R. Rubin, D.N. French, J.D. Vescovi, R. Silvestre, D.L. Hatfield, S.J. Fleck, and M.R. Deschenes. Androgen receptor content following heavy resistance exercise in men. *Journal of Steroid Biochemistry and Molecular Biology*. 93:35-42. Epub 2005 Jan 25, 2005.
65. Rubin, M.R., W.J. Kraemer, C.M. Maresh, **J.S. Volek**, N.A. Ratamess, J.L. VanHeest, R. Silvestre, D.N. French, M.J. Sharman, D.A. Judelson, A.L. Gómez, J.D. Vescovi, and W.C. Hymer. High-Affinity Growth Hormone Binding Protein and Acute Heavy Resistance Exercise. *Medicine and Science in Sport and Exercise*. 37:395-403, 2005.
66. Kraemer, W.J., N.A. Ratamess, C.M. Maresh, J.M. Anderson, D.P. Tiberio, M.E. Joyce, B.N. Messinger, D.N. French, M.J. Sharman, M.R. Rubin, A.L. Gómez, **J.S. Volek**, R. Silvestre, and R.L. Hesslink. Effects of treatment with a cetylated fatty acid topical cream on static postural stability and plantar pressure distribution in patients with knee osteoarthritis. *Journal of Strength and Conditioning Research*. 19:115-121, 2005.
67. **Volek, J.S.**, J.L. VanHeest, C.E. Forsythe. Diet and exercise for weight loss: a review of current issues. *Sports Medicine*. 35(1):1-9, 2005.
68. Kraemer, W.J., J.D. Vescovi, **J.S. Volek**, B.C. Nindl, R.U. Newton, J.F. Patton, J.E. Dziados, D.N. French, and K. Hakkinen. Effects of concurrent resistance and aerobic training on load bearing performance and the Army Physical Fitness Test. *Military Medicine*. 169:994-999, 2004.
69. **Volek, J.S.** and M.J. Sharman. Cardiovascular and hormonal aspects of very low-carbohydrate diets. *Obesity Research*. 2:115S-123S, 2004.

70. Roth, J., **J.S. Volek**, M. Jacobson, J. Hickey, D.T. Stein, S. Klein, R. Feinman, G.J. Schwartz, C.J. Segal-Isaacson. Paradigm shifts in obesity research and treatment: roundtable discussion. *Obesity Research*. 2:145S-148S, 2004.
71. **Volek, J.S.** M.J. Sharman, A.L. Gómez, D.A. Judelson, M.R. Rubin, G. Watson, B. Sokmen, R. Silvestre, D.N. French, and W.J. Kraemer. Comparison of an energy-restricted very low-carbohydrate and low-fat diet on weight loss and body composition in overweight men and women. *Nutrition and Metabolism (Lond)*. Nov 8;1(1):13, 2004.
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Spiering, B.A., W.J. Kraemer, J.M. Anderson, L.E. Armstrong, B.C. Nindl, **J.S. Volek**, and C.M. Maresh. Resistance exercise biology: manipulation of resistance exercise program variables determines the responses of cellular and molecular signaling pathways. *Sports Medicine*.

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Volek, J. and Campbell A. The Men's Health TNT Diet. Targeted Nutrition Tactics. The Explosive New Plan to Blast Fat, Build Muscle, and Get Healthy. Rodale Books, Rodale Books Emmaus, PA, Oct 2, 2007.

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CHAPTER PUBLICATIONS

Volek, J.S. and M.J. Sharman. Diet and hormonal responses: potential impact on body composition. W.J. Kraemer and A.D. Rogol. *The Endocrine System in Sports and Exercise*. Blackwell Publishing. Oxford, 2005, pp. 426-443.

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Kraemer, W.J. and **J.S. Volek**. Creatine Supplementation: Its Role in Human Performance. *Clinics in Sports Medicine*. W.B. Saunders Co., Philadelphia, PA. 18:651-666, 1999.

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LETTERS TO THE EDITOR

Yancy, W.S. Jr, **J.S. Volek**, E.C. Westman. Nonfasting triglycerides and cardiovascular risk. *JAMA*. 2007 Nov 7;298(17):2004; author reply 2005-6.

Westman, E.C., **J.S. Volek**, and R.D. Feinman. Carbohydrate restriction is effective for improving atherogenic dyslipidemia even in the absence of weight loss. *American Journal of Clinical Nutrition*. 84(6):1549, 2006.

Volek, J.S. To: McAuley KA, Hopkins CM, Smith KJ, McLay RT, Williams SM, Taylor RW, Mann JI (2005) Comparison of high-fat and high-protein diets with a high-carbohydrate diet in insulin-resistant obese women. *Diabetologia*. 48: 8–16, 2005.

Westman, E.C. and **J.S. Volek**. Postprandial triglycerides in response to high fat: role of dietary carbohydrate. *European Journal of Clinical Investigation*. 34:74, 2004.

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Fernandez, M.L., R.J. Wood, and **J.S. Volek**. Carbohydrate restricted diets alter the size, distribution and concentrations of lipoprotein subclasses in men following a weight reduction program. Commentary published online by the International Atherosclerosis Society (<http://www.athero.org/comm-index.asp>). March, 2006.

Volek, J.S. Low carbohydrate diets: effects on cardiovascular disease risk factors and weight loss. *SCAN's PULSE*. 23(4): 5-9, 2004.

Haff, G.G. Roundtable Discussion: Low Carbohydrate Diets and Anaerobic Athletes. Participants: S.M. Kleiner, J.Walberg-Rankin, D.M. Vinci, and **J.S. Volek**. *Strength Cond, J*. 23:42-61, 2001.

Kraemer, W.J. and **J.S. Volek**. *American College of Sports Medicine Current Comment*, "Creatine Supplementation". pp. 1-4, June, 1998.

Volek, J.S. Creatine monohydrate: is it a performance enhancer? *SCAN's Pulse*. 15:5-6, 1996.

PATENTS

Physiogenomic method for predicting response to interventional carbohydrate-restricted diet (Pending). Co Inventor Patent Application (Ruano/Volek).

INVITED LECTURES

2008

1. “Carbohydrate restriction as the default diet for diabetes and metabolic syndrome”. Experimental Biology. San Diego, CA, April, 2008.
2. “Recent Advances in Carbohydrate Restriction Research”. The American Society of Bariatric Physicians and the Nutrition and Metabolism Society. Phoenix, AZ, April, 2008
3. “Dietary carbohydrate restriction induces a unique metabolic state positively affecting atherogenic dyslipidemia, fatty acid partitioning, and metabolic syndrome”. Atkins Nutritionals Inc. Scientific Advisory Board Meeting, March, 2008

2007

1. “The changing paradigm in dietary carbohydrate restriction - heart disease and diabetes are primary targets. The World Turned Upside Down”. Seminar in Nutrition Sciences. University of Connecticut, Storrs, CT, October, 2007.
2. “Carbohydrate restriction improves metabolic syndrome and atherogenic risk and reduces circulating saturated fatty acids”. Institute of Food Technologists. Chicago, IL, July, 2007.
3. “Protein in Optimal Health” Reaction Panel – Protein Summit 2007: Exploring the Impact of High-Quality Protein on Health. Charleston, SC, May, 2007.
4. “The changing paradigm in dietary carbohydrate restriction - heart disease and diabetes are primary targets: The World Turned Upside Down. Neag School of Education Advisory Board Meeting. Storrs, CT, May, 2007.
5. “Very low carbohydrate diets and serum biomarkers of cardiac risk”. The American Society of Bariatric Physicians and the Nutrition and Metabolism Society. Nashville, TN, May, 2006.
6. “Carbohydrate restriction improves metabolic syndrome and atherogenic risk and reduces circulating saturated fatty acids”. American Oil and Chemist Society. Quebec City, QC, Canada, May, 2007.
7. “Interaction of protein and fat composition of the diet and its impact on risk factors of CVD and insulin resistance”. Global Dairy Platform Workshop. Rosemont, IL, April, 2007

2006

1. “Dietary Manipulations to Enhance Adaptations to Strength Training”. Centro de Estudios, Investigación y Medicina del Deporte, Pamplona, Spain, November, 2006.

2. "Dietary Manipulations to Enhance Adaptations to Strength Training". Spanish Olympic Committee [Comité Olímpico Español (COE)], Madrid, Spain, November, 2006.
3. "A Changing Paradigm in Dietary Carbohydrate Restriction: Heart Disease and Diabetes are Primary Targets". University of Connecticut Neag School of Education Alumni Society, Storrs, CT, November, 2006.
4. "Role of carbohydrate restriction on body weight control and metabolic syndrome". American College of Nutrition, Reno, NV, October, 2006.
5. "Optimal Interventions for Enhancing Weight Loss and Body Composition". 2006 Eastern Regional Obesity Course, The American Society of Bariatric Physicians. Louisville, KY, May, 2006.
6. "Very Low Carbohydrate Diets for Weight Loss and Metabolic Syndrome". Symposium Genetic and Dietary Influences on Obesity and Weight Management, Experimental Biology, San Francisco, CA, April, 2006.
7. "Effects of Diet on Carbohydrate and Fat Metabolism in Muscle". Pfizer 9th KIGS/KIMS Expert Meeting, Stresa, Italy, March, 2006.
8. "Very Low Carbohydrate Diets: Effects on Lipids, Inflammatory Markers and Endothelial Function in Metabolic Syndrome". 2006 Nutrition and Metabolism Society Scientific Sessions: Nutritional & Metabolic Aspects of Carbohydrate Restriction, Brooklyn, NY, January, 2006

2005

9. "Carbohydrate Restricted Diets Improve Features of Metabolic Syndrome". Neag School of Education Faculty Meeting, Storrs, CT, December, 2005.
10. "Carbohydrate Restricted Diets and Features of Metabolic Syndrome". State University of New York at Down State, Brooklyn, NY, November, 2005.
11. "Very Low Carbohydrate Diets: Physiological Responses with an Emphasis on Metabolic Syndrome". Aberdeen Centre for Energy Regulation and Obesity (ACERO) Conference on Dietary Approaches to Weight Regulation, Aberdeen, Scotland, UK, April, 2005.

2004

12. "Very Low Carbohydrate Ketogenic Diets and Metabolic Syndrome". New England American College of Sports Medicine, Providence, RI, November, 2004.
13. "Nutritional Aspects of Strength Training". 4th International Conference of Strength Training, Serres, Greece, November, 2004.

14. "Weight Management Through Diet: Low-Carbohydrate Diets". The Connecticut Society for Cardiac Rehabilitation, Wallingford, CT, October, 2004.
15. "Current Status of Very Low-Carbohydrate Ketogenic Diets". Annual Wyeth Global Nutrition Advisory Board Meeting, Tarrytown, NY, October, 2004.
16. "Endurance and Resistance Exercise in the Prevention and Treatment of Obesity and Related Disorders". Obesity & Related Conditions Symposium, The American Society of Bariatric Physicians, Orlando, FL, September, 2004.
17. "Body Composition and Cardiovascular Aspects of Very Low-Carbohydrate Ketogenic Diets". Carbohydrate Awareness Council, Washington D.C., September, 2004.
18. "A Ketogenic Diet Favorably Affects Serum Biomarkers for Cardiovascular Disease". Kingsbrook Conference on Nutrition and Metabolic Aspects of Low Carbohydrate Diets, Brooklyn, NY, June, 2004.
19. "Body Composition and Hormonal Responses to a Carbohydrate-Restricted Diet". Kingsbrook Conference on Nutrition and Metabolic Aspects of Low Carbohydrate Diets, Brooklyn, NY, June, 2004.
20. "Preventing Metabolic Syndrome: A Tale of Two Diets". Presented at LowCarbiz Summit, Washington D.C., May, 2004.
21. "Weight Loss: A Low Carb/Ketogenic Viewpoint". Presented at Nutracon 2004, Anaheim, CA, March, 2004.
22. "Vindication of Ultra Low Carbohydrate Diets". The 3rd Annual Conference on Weight Loss 2004 presented by the Food & Beverage Xchange, San Diego, CA, February, 2004.

2003

23. "Current Research on Very Low-Carbohydrate Diets". Seminar presented to Research Group at the Rogosin Institute and Weill Medical College of Cornell University, New York, NY, December, 2003.
24. "The Effects of Ketosis on Energy Balance, Exercise Tolerance and Body Composition". Paradigm shifts in Obesity Research and Treatment, New York Academy of Medicine, New York, NY, December, 2003.
25. "Research Into Very Low-Carbohydrate Diets and Direction of Future Work" The Atkins Science & Education Partnership Conference, New York, NY, December, 2003.
26. "Very Low-Carbohydrate Diets: What Do We Know in 2003?". Seminar presented to Nutrition and Metabolism Research Group, Department of Agriculture, Food and

Nutritional Science and Department of Medicine, University of Alberta, Edmonton, Canada, November, 2003.

27. "Nutritional Aspects of Resistance Training". New England American College of Sports Medicine Fall Conference, Providence, RI, November, 2003.
28. "Weighing the Evidence for Weight Loss Programs in CVD Secondary Prevention Programs: Research on Very Low-Carbohydrate Diets". American Association of Cardiovascular and Pulmonary Rehabilitation Annual Meeting. Kansas City, MO, October, 2003.
29. "Current Research on Diet Manipulation and Supplements for Weight Loss". Chaired Symposium - Building a Science Base About the Use of Dietary Supplements in Weight Loss and Weight Management at the American College of Sports Medicine Annual Meeting, San Francisco, CA, May, 2003.
30. "Very Low Carbohydrate Weight-Control Diets". American Society for Nutritional Scientists/American Society of Clinical Nutrition Public Information Committee Session at Experimental Biology. San Diego, CA, April, 2003.
31. "Ketogenic Diets: Weight Loss and Exercise". Sports, Cardiovascular and Wellness Nutritionists Symposium. Chicago, IL, March, 2003.
32. "Hot New Nutritional Supplements: Do They Work?" Keynote Presentation at Northeast Regional Strength and Conditioning Symposium. Warwick, RI, March, 2003.

2002

33. "Physiological Effects of Very Low-Carbohydrate (Ketogenic) Diets". Nutrition Seminar Series, Department of Nutrition, Harvard School of Public Health. Boston, MA, October, 2002.
34. "Nutritional Needs of Strength Athletes". *National Strength and Conditioning Association Symposium*. Las Vegas, NV, July, 2002.
35. "Low Carbohydrate Products for Use in Sports Nutrition". Sports Nutrition 2002. Sponsored by the Food and Beverage Xchange (FBX) at the International Quality & Productivity Center (IQPC). San Diego, CA, June, 2002.
36. "Nutritional Practices for Resistance Training". Symposium on Nutritional Issues for Strength Training, American College of Sports Medicine Annual Meeting, St. Louis, MO, May, 2002.
37. "Diet for Health: Physiological Effects of Low-Carbohydrate (Ketogenic) Diets ". The American Association of Orthopaedic Medicine Annual Meeting. Las Vegas, NV, 2002.

38. "The ABC's of Nutrition". Seminar for Neag School of Education Support Staff Professional Development Committee. University of Connecticut, Storrs, CT, March, 2002.
39. "Physiological Effects of High-Fat/Low-Carbohydrate Diets" Seminar in Nutrition Sciences. University of Connecticut, Storrs, CT, February, 2002.
40. "Creatine Supplementation in the 21st Century: What We Know and What We Don't Know". Conference on the Science and Policy of Performance-Enhancing Products sponsored by the National Institutes of Health Office of Dietary Supplements and the Council for Responsible Nutrition. Bethesda, MD, January, 2002.

2001

41. "High-Fat/Low-Carb Diets: Safe and Effective?". Nutracon 2001, San Diego, CA, July, 2001.
42. "Creatine Supplementation: Magic Bullet or Snake Oil?". Sports, Cardiovascular & Wellness Nutritionists (SCAN) Annual Symposium. Washington D.C., April, 2001.

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43. "Implications of Milk and Dairy Products on Lipoprotein Metabolism". National Dairy Council Sports Nutrition Meeting. Rosemont, IL, October, 2000.
44. "Nutritional Basis of Strength and Power". Annual Musculoskeletal Research Center Symposium-Physiological and Biomechanical Aspects of Strength and Power. University of Wisconsin La Crosse, La Crosse, WI, October, 2000.
45. "Low-Carbohydrate Diets: Scientific Research and Practical Applications". Symposium entitled *Low-Carbohydrate Diet: Scientific Research and Clinical Application* jointly sponsored by the University of South Florida College of Medicine and The Atkins Center for Complementary Medicine. New York, NY, September, 2000.
46. "Creatine Supplementation: Scientific Research and Practical Applications". Wisconsin Strength and Conditioning State Symposium, Concordia University, WI, July, 2000.
47. "Creatine Supplementation: Scientific Research and Practical Applications". Ball Memorial Fellows Lecture Series, Muncie, IN, March, 2000.

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48. "Nutritional Supplements: Scientific Research and Practical Applications". Indiana Dietetic Association and Indiana Consultant Dietitians Fall Meeting, Muncie, IN, November, 1999.

1998

49. "Physiological and Nutritional Considerations for Resistance Training". *Mid-Atlantic Regional Chapter of the American College of Sports Medicine*. Hidden Valley Resort and Conference Center, PA, October, 1998.
50. "Sports Nutrition and the Use of Ergogenic Aids". *Fourt Annual Coachs' and Trainers' Night sponsored by Joyner Sports Medicine Institute*. Hollidaysburg, PA, July, 1998.
51. "Creatine Supplementation". *National Strength and Conditioning Association Symposium*. Nashville, TN, June, 1998.
52. "Creatine: The Research and What We Should Tell Athletes". *Joint Commission on Sports Medicine and Science*. Las Vegas, NV, February, 1998.

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53. "Optimizing Nutrition for the Athlete with an Emphasis on Ergogenic Aids". *New York State Dietetic Association*. Syracuse, NY, April, 1997.

1996

54. "Optimal Nutrition for Wrestling". Wrestling Clinic. The Pennsylvania State University, University Park, PA, October, 1996.
55. "Creatine Supplementation: Its Effect on Human Muscular Performance and Body Composition". *Spring 1996 Colloquium Series in Nutrition*. The Pennsylvania State University, University Park, PA, February, 1996.

1995

56. "Optimal Nutrition for Wrestling". Wrestling Clinic. The Pennsylvania State University, University Park, PA, November, 1995.
57. "Optimizing Dietary Intake". North Athletic Club. State College, PA, November, 1995.
58. "Sports Nutrition for the Active Individual". North Athletic Club. State College, PA, September, 1995.

RESEARCH PRESENTATIONS AND ABSTRACTS

1. Quann, E.E., T.P. Scheett, K.D. Ballard, M.J. Puglisi, C.E. Forsythe, B.M. Volk, W.J. Kraemer, M.L. Fernandez, J.S. Volek. Carbohydrate restriction and resistance training have additive effects on body composition during weight loss in men. *American Dietetic Association*. Philadelphia, PA, October, 2007.
2. Hulmi, J.J., J.P. Ahtiainen, H. Selanne, J.S. Volek, K. Hakkinen, V. Kovanen, and A. Mero. Expression of androgen receptors in human skeletal muscle: effects of fibre-type and protein ingestion with resistance exercise. *12th Annual Congress of the European College of Sport Science (ECSS)*, Jyväskylä, July 2007.
3. Graham, T.E., J.S. Volek, M.L. Fernandez, W.J. Kraemer, R.J. Wood, C.E. Forsythe, E.E. Quann, and B.B. Kahn. Carbohydrate restriction but not fat restriction reduces retinol binding protein 4 and features of metabolic syndrome. *American Diabetes Association*. Chicago, IL, June, 2007.
4. Hatfield, D.L., B.A. Spiering, M.S. Fragala, J.L. Vingren, J.Y. Ho, C.E. Forsythe, L.M. Yamamoto, M.J. Puglisi, J.M. Anderson, C.M. Maresh, J.S. Volek, and W.J. Kraemer. Effects of Muscle Armor™ supplementation during a resistance training program on body composition and performance outcomes in men. *American College of Sports Medicine*, New Orleans, Louisiana, June, 2007.
5. Ho, J.Y., W.J. Kraemer, J.L. Vingren, R. Silvestre, D.L. Hatfield, B.A. Spiering, M.S. Fragala, M.J. Puglisi, E.E. Quann, C.E. Forsythe, L.M. Yamamoto, J.M. Anderson, J.S. Volek, and C.M. Maresh. Effect of adding exercise to a diet containing glucomannan in men. *American College of Sports Medicine*, New Orleans, Louisiana, June, 2007.
6. Yamamoto, L.M., D.A. Judelson, M.J. Farrell, L.E. Armstrong, D.J. Casa, W.J. Kraemer, J.S. Volek, and C.M. Maresh. The effects of hydration state and resistance exercise on markers of muscle damage. *American College of Sports Medicine*, New Orleans, Louisiana, June, 2007.
7. Quann, E.E. R. Silvestre, J.S. Volek, W.J. Kraemer, M.L. Fernandez, N.S. Shachter. Effects of exercise timing on lipoprotein remodeling during the postprandial period. *American College of Sports Medicine*, New Orleans, Louisiana, June, 2007.
8. Maresh, C.M., M.J. Farrell, W.J. Kraemer, L.M. Yamamoto, E.C. Lee, L.E. Armstrong, D.L. Hatfield, B. Sokmen, J.C. Dias, B.A. Spiering, J.A. Anderson, and J.S. Volek. The effects of betaine supplementation on strength and power performance. *American College of Sports Medicine*, New Orleans, Louisiana, June, 2007.
9. Forsythe, C.E., M.L. Fernandez, S.D. Phinney, R.D. Feinman, E. Quann, R.J. Wood, M.J. Puglisi, C.C. Labonte, B.M. Volek, W.J. Kraemer, D.M. Bibus, and J.S. Volek.

Dietary carbohydrate restriction favorably alters circulating fatty acid composition compared to fat restriction. *Experimental Biology*, Washington D.C., April, 2007.

10. Ballard, K.D., M.L. Fernandez, C.E. Forsythe, E. Quann, R.J. Wood, M.J. Puglisi, C.C. Labonte, B.M. Volk, W.J. Kraemer, and J.S. Volek. A very low carbohydrate diet decreases constitutive inflammation, vascular chemokines and adhesion molecules. *Experimental Biology*, Washington D.C., April, 2007.
11. Quann E.E., R. Silvestre, W.J. Kraemer, T.P. Scheett, and J.S. Volek. Accuracy of the Lunar Prodigy dual energy X-ray absorptiometer to measure body composition. *Experimental Biology*, Washington D.C., April, 2007.
12. Mutungi G, J.C. Ratcliff, D. Waters, M. Torres-Gonzalez, R.M. Clark, J.S. Volek, and M.L. Fernandez. Eggs increase plasma HDL cholesterol and plasma lutein concentrations in overweight/obese men following a carbohydrate restricted diet. *Experimental Biology*, Washington D.C., April, 2007.
13. Puglisi, M.J., U. Vaishnav, S. shresthra, M. Torres-Gonzalez, R.J. Wood, J.S. Volek, and M.L. Fernandez. Raisin effects on biomarkers of coronary heart disease in men and women aged 50-70 years. *Experimental Biology*, Washington D.C., April, 2007.
14. Leite, J.O., M. Torres-Gonzalez, S. Shrestha, R. Seip, J.S. Volek, and M.L. Fernandez. Dietary cholesterol and dietary carbohydrate distinctively affect plasma lipids in guinea pigs. *Experimental Biology*, Washington D.C., April, 2007.
15. Ratcliff, J.C., G. Mutungi, M. Puglisi, J.O. Leite, U. Vaishnav, S. Shresthra, J.S. Volek, and M.L. Fernandez. Eggs enhance the anti-inflammatory component of carbohydrate-restricted diets. *Experimental Biology*, Washington D.C., April, 2007.
16. Vaishnav, U., M.J. Puglisi, J.O. Leite, J.S. volek, R.S. Bruno, S.I. Koo, and M.L. Fernandez. Effect of green tea extract on postprandial lipid responses to an oral fat load. *Experimental Biology*, Washington D.C., April, 2007.
17. Volk, B.M., T. Graham, M.L. Fernandez, B.B. Kahn, E. Quann, C.E. Forsythe, M.J. Puglisi, C.C. Labonte, R.J. Wood, W.J. Kraemer, and J.S. Volek. Comparative effects of dietary restriction of carbohydrate or fat on circulating adipokines. *Experimental Biology*, Washington D.C., April, 2007.
18. Fragala, M.S. W.J. Kraemer, J.S. Volek, B.A. Spiering, D.L. Hatfield, J.L. Vingren, J.Y. Ho, C.E. Forsythe, M.J. Puglisi, J.M. Anderson and C.M. Maresh. Influences of a dietary supplement in combination with an exercise and diet regimen on adipocytokines and adiposity in women who are overweight. *Experimental Biology*, Washington, DC, April 2007.

19. Vingren, J.L. R. Silvestre, D.L. Hatfield, B.A. Spiering, M.S. Fragala, J.Y. Ho, C.M. Maresh, J.S. Volek, J.M. Defreitas, M.J. Puglisi, C.E. Forsythe, E.E. Quann, J.M. Anderson and W.J. Kraemer. #615.17 Effect of adding exercise to a diet containing glucomannan. *Experimental Biology*, Washington, DC, April 2007.
20. Wood, R.J., J.S. Volek, U. Vaishnav, I. Lofgren, and M.L. Fernandez. Weight loss from moderate and low carbohydrate diets results in distinctive plasma ghrelin responses. *Experimental Biology*, Washington, DC, April 2007.
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