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Brendan Brazier is the international bestselling author of Thrive, Thrive Foods, and Thrive Fitness. Brendan is head of nutrition for the Garmin-Sharp Pro Cycling Team and nutrition consultant to several NHL, MLB, NFL,

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Thrive is a better, more practical guide to implementing his ideas than his first book (now o/p). Brazier is a great inspiration to me, but I have a few quibbles that I urge you investigate and

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reflect on. His diet is very high in fat, particularly oil. Any fat, even “vegan” or “raw” is very hard on the cardiovascular system.

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Brendan is the co-founder of Vega, Pulp Culture, and Fire Road, bestselling author of the Thrive book series, Editor-in-Chief of alive magazine, and an Executive Producer of The Game

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Changers film. He's also a former professional Ironman triathlete and a two-time Canadian 50km Ultra Marathon Champion. Brendan is regarded as one of the world's leading authorities on plant-based performance ...

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