

303 interview with Peter Defty

Subject: Vespa Power Unlocking Endurance Performance

Recording Link:

<https://recording.zencastr.com/303rich/303-with-peter-defty-on-vespa-power>

Outline:

- Introduction and interview setup
- Two Truths and a Lie with Peter
- Interview questions
- Wrap Up

Introduction:

Today's guest is a Pioneer & Innovator in the area of 'fat-adapted' health and performance. General Manager of Vespa Power Products. Peter tests and uses personally all the products and methods and works with hundreds of athletes in the development of the Optimized Fat Metabolism (OFM) program.

1. Two Truths and a Lie
2. What is VESPA?
3. If VESPA is not a fuel, how does it work?
4. How do you use it in terms of timing and frequency?
5. Which VESPA product is right for me?
6. Do I have to change my diet to a "Paleo," "Keto" or High Fat/Low Carb diet to obtain the benefits of using VESPA?
7. Do I change my existing fueling strategy?
8. What should I expect to "notice" from using VESPA?
9. Is VESPA safe to use?
10. If I am allergic to bee/wasp stings can I use VESPA?
11. Are there other benefits from using VESPA?
12. Are there ways to integrate it with hydration and nutrition?

Code: 303endurance20

Link: <https://vespapower.com/coupon/303endurance20/>