

The most important two videos you will ever watch.

154 upvotes | 15 March, 2015 | by Whisper

... are not directly about sexual strategy.

But do you want to not be fat?

Do you want to not date fat chicks?

Do you want your LTR to not get fat?

Do you want to not have fat children?

Then you need to sit through these ~~two~~ **three** videos, and understand what fat is, and how it happens. Y'all need this... because I was reading [this](#) excellent post, and I saw some appalling bro-science in the comments.

So take two hours, out of your whole life, to learn you some real facts that will help you forever.

<https://www.youtube.com/watch?v=dBnniua6-oM>

<https://www.youtube.com/watch?v=ceFyF9px20Y>

<https://www.youtube.com/watch?v=lDneyrETR2o>

Now, I could go all GayLubeOil up in this bitch, post pictures of hippos and walruses and fat chicks, and then contrast with one or two of fine women and ripped men. But that's not my style, so I'm just going to give you this instead:

<https://www.youtube.com/watch?v=0OtFSDKrq88&t=1m>

tl;dr: No. Fuck you. This isn't a field report, or rambling story of my personal life. This is dedicated physician who devoted years of his life to wiping out the scourge of the horrible hambeast, condensing all his research down to a pair of lectures. That *is* the tl;dr. You don't get it condensed further. You do not need to be spoon-fed.

EDIT: added another excellent video from the comments.

Archived from theredarchive.com

Comments

[deleted] • 162 points • 15 March, 2015 07:58 PM

Here's the actual tl;dr:

A scientist explores the damage caused by sugary foods. He argues that too much fructose and not enough fiber appear to be cornerstones of the obesity epidemic, through their effects on insulin.

[deleted] • 144 points • 15 March, 2015 08:04 PM

Thanks, that was not worth two hours.

• points • 1 January, 1970 12:00 AM

[permanently deleted]

[deleted] comment score below threshold • -25 points • 15 March, 2015 09:29 PM

The tone Whipser adopts the appropriate one. The boys who comes here needs to learn how to not be a bitch. This is how men talk. This is the policy of the sub.

[deleted] • 28 points • 15 March, 2015 09:39 PM

The boys who comes here needs to learn how to not be a bitch.

Ok sure. People need to accept that reading books, or watching long videos, is an important part of self-improvement.

This is how men talk.

Saying "No. Fuck You" may be the way *you* talk - it's not how I talk. Perhaps if it's part of your inner monologue and you're self-disciplining then it would be an appropriate tone. It's not appropriate as a substitute for a video description. If I post a video, I'll try to give a concise and compelling argument for why it's worthwhile.

But that's me. Feel free to respond with "You're wrong. Fuck you." if you're sure that's "how men talk".

Whisper[S] • -2 points • 15 March, 2015 10:19 PM

Listen to yourselves. You're arguing about my tone.

Don't you understand yet? The whole reason we need a red pill group in the first place is that everywhere else, arguments about delivery choke off attention to the actual information.

Politeness has become more important than truth.

Yes, delivery matters, but not to the point that we allow ourselves to take our eye off the ball.

I don't care if you think I'm an asshole, just so long as you learn all this stuff about metabolism, and apply it to your own life.

vakerr • 29 points • 15 March, 2015 10:36 PM*

You're assuming that whatever you have to say (videos in this case) is equally important ("most important") for everybody. In reality for somebody who happens to be familiar with most of the points the video makes it might be only of marginal utility, not worth

hours of their time.

It's common courtesy to say: "These videos are about x,y and z. I found them highly informative. If you're not familiar with the topic they are well worth your time."

Conversely it's childish to think everybody is just like you and these videos hold the same revelations for them and they "have to watch it". So TLDR or GTFO.

PolishedIvory • 7 points • 15 March, 2015 11:00 PM [recovered]

In leadership training they call this "being responsible for the listening of others."

Whisper[S] • 3 points • 16 March, 2015 04:09 AM

Indeed, and in a corporate leadership setting, where getting other people's buy-in is critical, this would be the wrong tone to take.

But this is TRP.

Is TRP recruiting? No, we are anti-recruiting. We are creating a deliberately uncomfortable atmosphere to drive away people who are unready or unwilling to embrace ugly truths.

If I have to spoon-feed someone, or beg them to listen, then they are not ready to hear. Many of the best lessons of my life came packaged with humiliation or pain.

If people cannot laugh off being cussed a little in something that's not even addressed to them personally, how the hell are they going to swallow bitter truths?

How the hell are they going to pass a shit test? Did everyone suddenly forget how to agree and amplify in here?

And these guys call themselves men. Pathetic. Learn to do better, y'all.

MyRedAccount • 2 points • 16 March, 2015 12:38 AM

You would get tone policed here.

Whisper was spouting redpill on reddit despite serious hate well before the subreddit existed. Seeing his username when I first subscribed two accounts ago was a large part of why I subscribed.

I'm somewhat aware of the sugar problem chum, but I'm definitely going to check out the videos because I, like every whiny TL;DR motherfucker here, probably have some misconceptions.

Whisper[S] • 4 points • 16 March, 2015 04:10 AM

Even if you don't, it's totally worth it. Knowing exactly how and why this happens lends a new understanding and urgency to the problem.

HumanSockPuppet • 44 points • 15 March, 2015 08:10 PM

It's more than just that.

He explains why our notions about food and exercise have been backwards for decades.

For example: you can't burn off the calories from a chocolate cake, because the by-products of metabolizing fructose rob you of your biochemical impulsion to exercise. Sugar makes you want to sit on your ass, and it also turns anything else you've eaten alongside it into fat as well.

The video imparts many more shocking insights as well. It really is worth watching both videos completely.

cascadecombo • 14 points • 16 March, 2015 04:59 AM

you can't burn off

more like won't. Was good to read your explanation but that one part is off.

HAMMURABI • 1 point • 16 March, 2015 06:37 AM

Sugar makes you want to sit on your ass, and it also turns anything else you've eaten alongside it into fat as well.

does this hold for sugar in milk too, i.e. lactose?

pick-a-spot • 5 points • 16 March, 2015 07:59 AM

You'll find that naturally occurring sugars in many non processed foods don't induce anywhere near the same amount of insulin as refined sugar, processed food, fast carb rubbish.

we've evolved and adapted to this stuff for thousands of years.

Sure, if you're doing keto, atkins, slow carb diets you will avoid these foods to maximise fat loss but the Paleo diet which is simply natural foods works too.

There's the odd naturally occurring foods that don't follow this pattern. Nuts have a lot of calories and raisins, corn and boiled carrots have a significantly high glycemic index. Probably honey too.

I personally drink raw milk. Cows today are pumped full of hormones and antibiotics and fed some corn/soya rubbish that they don't react well too (hence the antibiotics). The milk is then treated and then boiled to oblivion (because it comes out so shit). Killing the enzymes, microbes etc that aid digestion. One of the effects of this is pasteurised milk has a high glycemic index (induces more insulin). *Lactase* is an enzyme that aids digestion of lactose, that is pretty much destroyed too.

NihilDicoAmplius • 1 point • 16 March, 2015 01:26 PM

I would be very much interested in any kind of material to read up on the problems with pasteurised milk, do you have any sources for that?

Titan5000 • 2 points • 16 March, 2015 02:00 PM

I would as well. As a skinny, tall guy trying to gain weight, whole milk has been a cornerstone of my diet for over a decade due to its density. Would hate to go lactose intolerant or something, as I've heard of people generating allergies to milk later in life.

pick-a-spot • 2 points • 16 March, 2015 10:25 PM

<http://tennesseansforrawmilk.com/wp-content/uploads/Supplemental-Report-for-raw-milk-final.pdf>

A quick google search yields pages of conflicting info. I kind of went off on a tangent because someone specifically asked about lactose.

<http://en.wikipedia.org/wiki/Pasteurization#Process>

If you remember biology at high school, then enzymes denature from 40 C. Pasteurization is 68-72C,

is it any surprise that changing an animals diet to save money is going to make them unhealthy?

<http://www.westonaprice.org/health-topics/the-soy-ling-of-america-second-hand-soy-from-animal-feeds/>

<http://www.nationofchange.org/first-long-term-study-released-pigs-cattle-who-eat-gmo-soy-and-corn-offers-frightening-results-13723>

I haven't gone all organic yet , but as I lift and diet (carb cycle), I find raw milk gives me a quality additional source of protein and healthy fats. You should decide for yourself if you think it's worth the money.

Have you tried eating nuts to gain weight. Not too much, just a handful after every other meal. Makes a difference

[deleted] • 0 points • 16 March, 2015 08:17 AM

[permanently deleted]

hamsterbator • 4 points • 16 March, 2015 09:22 AM

well then obviously you're not the typical fat american hamplanet

Titan5000 • 2 points • 16 March, 2015 02:02 PM

The sugar makes you feel lethargic and lazy. You, like other people (but not the majority of fat, lazy, landwhales) enjoy the idea of exercising, so nothing will stop you. However, for these lazy people, a slight feeling of lethargy is enough to keep them on the couch.

FinallyRed • 1 point • 16 March, 2015 08:25 PM

The basis of the video is that sugar impacts the biochemical pathways leading to how sated you feel in response to energy intake. If you let a kid drink a soda and then allow him to eat whatever he pleases afterward, he will consume more calories than if he had not had the soda. This doesn't matter if you count calories, but if you eat until satiety like the vast majority of people do, you will consume more.

[deleted] • 7 points • 15 March, 2015 11:12 PM

Heres the actual tl;dr:

Eat healthy without too much junk.

Bottled_Void • 20 points • 16 March, 2015 12:04 AM

Nobody picked up on the point of fat yet. Nutrition-wise you can do a lot worse than a thick cut of steak. But for some reason has the reputation as being unhealthy.

Even eggs. Someone at some point somebody decided eating eggs made your cholesterol high (because they contain cholesterol). But recent evidence supports the case that this simply isn't true. Eggs are some pretty damned healthy things to eat.

But still instead, people are eating "low-fat" yogurts and other such "healthy" foods, only to find it's loaded with sugar.

Read the label people, it's not that hard.

Subtleterious • 16 points • 16 March, 2015 12:26 AM

Don't read the front of the label. Labels are filled with Orwellian double-speak that would make Goebbels

blush eg 90% fat free, no added sugar, reduced fat, all natural. The only valid information is the nutrition panel and ingredients list. The problem is the information requires some basic food science knowledge to interpret.

xwm • 3 points • 16 March, 2015 01:28 AM

The problem is the information requires some basic food science knowledge to interpret.

Not necessarily. After actually learning a bunch of things in the ingredients lists and why not to have them I started upon a different way of doing it. Generally speaking, if it has something in it that you cannot find grown in nature. Don't eat it. I mean, its a little more complex than that, but if I see xanthan gum or high fructose corn syrup I simply nope it back onto the shelf. Or for example, the rice noodles I buy: Ingredients list: Rice. Thats it. Ok, that gets the all clear.

Edit: Vagueness and straight vitamins also get the nope. (eg, natural flavors, spices, vitamin D added, etc.)

Whisper[S] • 6 points • 16 March, 2015 04:14 AM

Or for example, the rice noodles I buy: Ingredients list: Rice. Thats it. Ok, that gets the all clear.

Actually, you may be doing yourself a disservice there. Carbohydrates seem to be bad for our metabolism in direct proportion to how quickly we absorb them.

So, yes, fructose is the great evil, followed by other kinds of simple sugars. But even complex carbs may not be harm-free, especially when eaten as a diet staple. The third video, provided by /u/jakethesnake76, goes into some (not as much, but still good) detail on this.

jakethesnake76 • 2 points • 16 March, 2015 04:38 AM

Yep i'm on my third month of Keto right now so i don't do much over 20 (net)carbs a day. i noticed in the jungles of south american where i lived for a few years that those in the country (compesinos) stayed thin and it wasn't just due to diet and exercise now looking back , but the women cooked with very primitive rough ingredients and no processed foods where as the same me when moving into cities even for a short while started swelling up from processed foods.

HAMMURABI • 2 points • 16 March, 2015 06:40 AM

So, yes, fructose is the great evil, followed by other kinds of simple sugars.

does this hold for sugar in milk too, i.e. lactose?

GayLubeOil • 4 points • 16 March, 2015 08:22 AM

Milk bloats people the fuck up.

Whisper[S] • 1 point • 17 March, 2015 05:37 AM

Not everyone. Are you lactose intolerant? Most adults, except in certain racial groups, are.

Whisper[S] • 1 point • 17 March, 2015 05:36 AM

As far as I know, it doesn't, empirically speaking, seem to.

Now, as to why this is, I don't know. But I cannot help noticing that we do not extract and concentrate it the way we do other sugars.

xwm • 1 point • 16 March, 2015 12:55 PM

Well, I try to do the best I can diet wise, and limit carbs to a once a day thing. At some point though, its hard enough to deal with this diet, I can only do so much. I've already given up restaurant food and 99.99% of everything that isn't meat or plants. Especially since I'm trying to eat 3000 calories a day to gain weight. If I have rice once a week as an easy filler meal and that's the worst thing I eat then fuck it, that seems pretty fucking good to me.

Whisper[S] • 1 point • 16 March, 2015 11:50 PM

Yeah, I'm not entirely carb-free myself. I have switched to brown rice, though, and it seems to have made a difference.

But it could also be the brazilian jiujuitsu, or the boxing, or the lifting. Or, you know, the steroids.

Titan5000 • 1 point • 16 March, 2015 02:03 PM

It's sad that we have to state this fact explicitly to people. I was raised with the notion that this knowledge was commonplace, but apparently it is not.

NaughtyFred • 7 points • 16 March, 2015 01:31 AM

Regarding eggs, it always bothered me that they were labelled unhealthy considering they are the medium/environment in which a new organism grows and develops in. How could they be unhealthy? Good to see science has caught up

foldpak111 • 2 points • 16 March, 2015 06:28 AM

My testosterone shot up as soon as I started drinking 6 raw eggs each morning. Eggs are life

tallwheel • 2 points • 17 March, 2015 05:15 AM

I drink raw eggs when I'm in a hurry, but I try to cook them when I have the time? Why? Studies suggest that only a certain percentage of the protein is digestible when the egg is consumed raw vs. cooked.

<http://jn.nutrition.org/content/128/10/1716.full>

Titan5000 • 1 point • 16 March, 2015 02:06 PM

Science doesn't catch up - the interpretation of science does. Things are typically discovered years before the research is released to the public. In the case of eggs, you have people who are extremely biased doing the studies. ie: people who think eggs are bad are doing the research to prove it, and the people who think eggs are fine, do a counter study to disprove theirs, and the cycle continues. That's why eggs are like an on-again, off-again health food. America is silly.

foldpak111 • 7 points • 16 March, 2015 06:25 AM

People that think low fat is healthy are hilarious.

GayLubeOil • 39 points • 16 March, 2015 08:19 AM

Look its not fucking complicated lift heavy fucking weights and dont eat processed foods. Learn to cook you're a big boy now.

Im going to take this in a differant direction. I fucking love high fructose corn syrup and processed food. I never

eat them but I love them. You know why.

Because obesity is the mark of the weak. Good let them get fat. Let them get sick. Let them die.

We live in this retarded kumbaya world, where words of wisdom are drowned out by the mutterings of idiots and freaks. Slut walks. Fat acceptance. Speech codes.

Its the weak that feel threatened by and attack the strong. Its also the weak that gorge on fructose. A very high percentage of feminists are obese. Awesome.

The shorter their time on this earth and the more miserable the better.

Titan5000 • 7 points • 16 March, 2015 02:10 PM

Exactly. I don't take pity or get mad at fatties anymore. The more they stuff their faces, the faster they'll die off and stop polluting everyone around them. Also, the fatness is a perfect outward sign of sloth, gluttony, and lack of self-esteem. Personally, I like having such a blatant warning sign hanging over people's heads

moonmania • 8 points • 16 March, 2015 04:22 PM

They don't die off because our healthcare system doesn't let them. We pump them full of insulin and painkillers and antidepressants and high blood pressure medication and a dozen other drugs just to keep them on their feet. And then they have quadruple-bypass surgeries and cancer treatments and when they get old they have higher incidences of mental problems and bowel problems and they need hospice care and nurses and a hundred other things. What, you think *they* pay for that shit? Nope. Guess again.

Titan5000 • 1 point • 16 March, 2015 05:30 PM*

Everyone is looking for a handout and everyone is a beautiful, special snowflake that matters to the world. There's a huge portion of normal weight people with those same issues that we all pay for.

moonmania • 4 points • 16 March, 2015 06:25 PM

There isn't a huge portion of normal weight people, period.

In America, 100 million people are obese--that's 60+ pounds overweight. Another 100 million people are overweight--that's 30+ pounds over "normal".

The human body didn't survive for hundreds of thousands of years as the sickly thing it has become in just the last 100 years. Heart disease? Not normal. Cancer? Not normal. Obesity? Mental issues? Allergies? Myopia? Not normal. I could go on, but there's simply not enough time in the day. These ailments are *inflicted* upon their victims, one way or another.

Besides, these sickly people *will* get their obscenely bloated, overpriced health care. That's just how it is, and there's nothing we can do about it. But we *don't* have to let it happen to them in the first place. Not only would that truly fix their health, but it would eliminate the very need for this conversation about the inevitable regressive ~~wealth~~ healthcare distribution.

FinallyRed • 2 points • 16 March, 2015 08:29 PM

I agree up to a point, but did you see the part with the 6 months olds being obese? That is not a matter of will on the kid's behalf. They are being set up for a life of weakness and sickness due to their environment in the womb. Not that this is necessarily your or my problem, but the fatties will reproduce before they get sick and die and the cycle continues.

RICCledm • 1 point • 16 March, 2015 06:02 PM

wow, a lot of hate on your post. I LOVED IT!

StrikePrice • 1 point • 16 March, 2015 07:39 PM

Yeah, that's great except for some reason I don't fully understand the US has decided that the healthy have to pay for the sick. These morons are dying slowly on your dime.

cariboo_j • 1 point • 17 March, 2015 02:23 AM

Fucking brilliant. I laughed out loud.

HumanSockPuppet • 33 points • 15 March, 2015 08:06 PM

A few years ago, I was already in an intense workout regimen and STILL not losing weight. It was frustrating as fuck.

Then, I came upon the first video. I watched it start to finish and observed its rigorous scientific advice.

Without changing anything about my exercise regimen, I proceeded to lose 30 pounds of fat over the next four months, followed by another 20 over the next five.

When the second video came out, I watched it too, and it only further reinforced the science, as well as my personal resolve.

I'm currently back at my high school weight, and shooting for lower.

Watch these videos. They will provide you with an effective, factual foundation for making a lifestyle change that will benefit you the rest of your life.

newspaper_nerd • 2 points • 16 March, 2015 05:36 AM

isn't the 2nd video just an update of the 1st? Or are both necessary to watch?

CUNT_FLAP_ICE_PACK • 2 points • 17 March, 2015 04:08 AM

If you want more science-backed info on fitness, check out this site.

HumanSockPuppet • 2 points • 17 March, 2015 04:31 AM

That's a great link. Thanks for pointing it out.

[deleted] • 1 points • 16 March, 2015 07:36 AM

[permanently deleted]

GraphThis • 1 point • 16 March, 2015 04:09 PM

Genuinely curious, what was your meal plan/ routine during these 9 month?

Congrats on the progress!

HumanSockPuppet • 6 points • 16 March, 2015 06:38 PM

Food: high protein, high fat, low carb, no sugar whatsoever. Protein shake after weight-lifting.

Exercise: Alternating resistance training and cardio. Lift weights one day, cardio the next. On days I did weight lifting, I would do a different muscle group than I had done the previous session. Rest one day out of the week, usually Sunday.

Nothing extraordinary. But cutting the sugar made all the difference in the world.

GraphThis • 2 points • 16 March, 2015 06:47 PM

Did you pay a lot of attention to fiber at all?

HumanSockPuppet • 1 point • 16 March, 2015 06:51 PM

Yes, I forgot to mention. I upped my fiber intake as well. On the few occasions I would have bread, it would always be whole wheat. Brown rice, dark pasta, etc.

bitchgetter69 • 1 point • 16 March, 2015 04:30 PM*

So you basically took sugar out of your diet?

HumanSockPuppet • 2 points • 16 March, 2015 06:36 PM

Yes, that's *all* I did. My exercise remained at the same level it always was.

Not only did the pounds drop off, but it was easier to stay motivated to exercise.

Sugar does terrible things to your emotional state.

bitchgetter69 • 1 point • 16 March, 2015 07:23 PM

What about carbs? Are they all bad? I found some blog saying that even rice is bad for you

[deleted] • 13 points • 16 March, 2015 01:23 AM

Let me save some people the trouble. Watch one or the other. I recommend the second because he just goes over the same stuff in the second video. The first one is science talk that is above my head because I have a master's in business and not biology or chemistry

fructose is poison. The end

foldpak111 • 3 points • 16 March, 2015 06:33 AM

The most fucked up part is that they even put it in dog treats. Don't try to bring it up to dog owners, though. The ego will cloud their judgment as they believe you are implying that they don't know how to raise their dog. It is literally the same thing as shooting it with heroin

suloco • 1 point • 16 March, 2015 11:37 AM

Yeah, you thing average dog owner is bad? Try to talk to a mother about her child's nutrition. Just have several escape routes prepared.

foldpak111 • 0 points • 16 March, 2015 09:27 PM

Pop tart for breakfast, cafeteria food for lunch, then pizza for dinner.

suloco • 1 point • 17 March, 2015 11:15 AM

"Mommy, those fries are salty and it hurts!"

"Well have some fucking soda, jesus! Do I have to teach you everything?"

People are fucking terrible with their children's nutrition.

Titan5000 • 1 point • 16 March, 2015 02:08 PM

Still too long. Sum it up in one word.

[deleted] • 3 points • 15 March, 2015 08:05 PM

Not even to mention the damage it does to teeth

• points • 1 January, 1970 12:00 AM

[permanently deleted]

IoSonCalaf • 3 points • 16 March, 2015 02:57 AM

Totally the OP was trying to be informative with something he thought more people should be aware of

redpillshadow • 2 points • 16 March, 2015 08:09 PM

Second video near the end when he pretends that

a) Global warming is real b) Guns need to be banned c) HIV is a public health issue

his trust ratings nose dive.

[deleted] • 2 points • 15 March, 2015 08:03 PM

will give it a watch thanks

TheRealMouseRat • 2 points • 15 March, 2015 10:54 PM

I've seen this before. I thought pretty much everyone knew this; that sugar makes you fat, especially pure sugars (sugars not mixed in with fiber, like in heavy grain bread or carrots). Soda, white flour products, "factory made foods" like frozen pizzas, of course candy, and cakes, will make you fat, and will also make you crave them more over time. Just staying away from unhealthy foods like these, as well as candy, chips, and sugared drinks, is an easy way to stay non-fat, as long as you work out even just the bare minimum. I would also recommend going a bit easy on the binge drinking of beer if you're over 30.

[deleted] • 3 points • 15 March, 2015 10:28 PM

Sugar isn't the issue, eating unsatiating food while not exercise is.

Eat high fiber, eat high protein, eat tons of veggies/fruits, count your calories, lift and eat sugar here and there, you'll be fine.

[deleted] • 1 points • 16 March, 2015 12:59 PM

[permanently deleted]

[deleted] • 1 point • 9 April, 2015 01:45 AM

Jesus christ.....it's really not that complicated

newspaper_nerd • 1 point • 16 March, 2015 05:39 AM

Anyone addicted to dark chocolate? I eat 100g every other day :/

cocaine_face • 2 points • 16 March, 2015 05:57 AM

Dark chocolate isn't actually that bad for you as long as you get relatively pure, mostly (or wholly, if you can stand it) unsweetened dark chocolate.

• points • 1 January, 1970 12:00 AM

[permanently deleted]

Whisper[S] • 19 points • 16 March, 2015 02:44 AM

First video seems to be a little Anti-RP in its obsession over playing the victim card. If you are fat it is your fault and no one elses. No fucking shit sugar is bad for you, everyone knows this. If you don't have enough self control to eat right and keep your body healthy then I have no respect for you.

Not exactly.

RP is not about personal responsibility vs. lack thereof.

It is about facts vs. feelings. If a bunch of scientists get together and say, "This is about toxic exposure, not gluttony and sloth.", then the basic principle of RP says we must agree if their science is sound.

Saying "it's all about personal responsibility" is actually a surrender to emotional thinking. We want it to be about personal responsibility, because that would mean that we were in absolute control of our lives, that we could never have that happen to us, because we are just oh-so-special and awesome. We want to believe we live in a fair universe, that rewards us in proportion to how hard we play the game.

Well, no dice. The universe isn't fair, and we aren't special.

And if toxic exposure is the answer science comes up with, then that's the answer we must accept. Because what "RP" really stands for, what it must stand for, is **Ruthless Pragmatism**. Even when we don't like it. Even when we are afraid that it will lead to fatties absolving themselves of blame. We have to follow the truth no matter where it leads.

So where does personal responsibility come in? Is there none to be had, here?

Well, there is some.

We must take personal responsibility for educating ourselves and knowing the dangers. Not just the two-sentence summary, but the whole picture. If we are too lazy to watch lectures or *actually read the science papers we link to*, then we don't deserve the knowledge they contain.

We also must take responsibility for dealing with the fact that *our power over our own behaviour is limited*. Is sugar bad for us? Don't eat it. But it is addictive to the point where we will eat it whether we choose to or not, just like any addict? Well, then *don't have it in the house*. Is slipped into the pre-perpared foods we buy? Then don't buy them.

It more personally responsible, and revealing of a stronger character, to *admit that our willpower and discipline are limited*, and to *set ourselves up to make the most of those limited resources*, rather than fostering the *self-indulgent and ego-flattering lie that we are so badass we can white-knuckle anything*.

If you believe you are infinitely strong, and that the world cannot bend you, then when it does bend you, you will break, as any brittle thing does.

The trick is to plan so you don't have to white-knuckle it. The inferior general joins battle, and then seeks victory. The competent general sets himself up to win before ever joining battle.

incakesforme • 1 point • 16 March, 2015 09:11 AM

bravo, I just want to say thank you for taking the time and effort to try and make strangers over the Internet better, wiser, and overall healthier people. this is the type of submission and comment that represents what r/theredpill is all about.

FinallyRed • 1 point • 16 March, 2015 08:38 PM

I agree with you. Just installed k-9 on my computer because I couldn't fucking stop myself from looking at porn. I wish I had the determination to white-knuckle it, but I realized I was just stoking my own ego, and porn had to go so other areas of my life could improve. It's very similar with food, too. If you have bad shit hanging around the house, eventually you will be sorta drunk, tired, etc and will eat that shit because it's there.

cooledcannon • 2 points • 16 March, 2015 12:03 AM

Thats where most RP circle jerking is wrong. Me being skinny doing nothing requires little willpower. The

obese people who work in most jobs require a lot of willpower.

The difference? Calorie counting, trying to "burn off" shit by being a cardio bunny, having sugar and other junk food addictions are very, very crippling and their negative impacts are completely underrated. So everyone is just fucking themselves over because of how misinformed they are.

RP_with_Ranch • 2 points • 16 March, 2015 12:34 AM

You know what else requires little willpower? Shoving your face like a pig with whatever food you want, then convincing yourself that your body is strange and gains weight unlike other people. At the end of the day its a lack of respect for your own body and well being. Whether its being a skinny lazy fuck or a fat one.

Last summer I drank up to 10 cans of mountain dew a day. How did i stop? I just stopped buying fucking mountain dew and drank water from the sink when I was thirsty.

You don't have to be informed to know that eating sugar is adding to the problem of you being fat and gross.

cocaine_face • 4 points • 16 March, 2015 06:00 AM

God, how did you even handle drinking that much mountain dew?

I swear, I chalk up most of the reason I've never been fat to the fact that I hate drinking pop.

RP_with_Ranch • 2 points • 16 March, 2015 07:08 AM

Mountain Dew Baja Blast was sold in cans for the first time ever for a month or something so I bought like 10 cases of it at the store. Didn't actually really gain too much weight but still it was a turning point for getting healthy.

DoctorWelch • 0 points • 16 March, 2015 01:23 AM [recovered]

Exactly. Every fuck and their retarded cousins knows this shit. 1. Don't stuff yourself every meal. 2. Only drink water/milk 3. Eat a generally balanced and natural diet. 4. Hit the gym.

If you don't have the willpower to buy rice and chicken breasts for dinner and only drink water then I have no sympathy for you whatsoever. Being fat and unhealthy is YOUR problem and no one else's.

RP_with_Ranch • 2 points • 16 March, 2015 07:09 AM

I go to the Indian buffet several times a week. That's my secret.

CharlieIndiaShitlord • 1 point • 15 March, 2015 11:12 PM

I'm not saying you're wrong, what I will say is that not everyone has the nutritional education that you boast of. Information does not have to be RP to be factually correct. Facts are facts, whatever the method of delivery.

Surf_Or_Die • 2 points • 15 March, 2015 11:32 PM

Here's the short version: eat healthy. Exercise. Drink water, not soda.

Saved you 2 hrs.

jaketesnake76 • 1 point • 15 March, 2015 08:24 PM

<https://www.youtube.com/watch?v=IDneyrETR2o>

Gary's take is one of the best i've seen.. Gary Taubes, a nationally known science writer, gives a lecture about

obesity. The event was held at New Brighton School and was sponsored by the Santa Cruz County Office of Education.

[deleted] • -3 points • 16 March, 2015 09:40 AM

Lolololol

Hope you know that lustig, taubes etc. are fools and have been getting destroyed by the likes of Alan Aragon for a long fucking time.

I cant believe anyone is still falling for their shit

enteralterego • 1 point • 16 March, 2015 02:05 PM

Alan Aragon

losing fat by means of not eating sugar-starch etc is quite different than building muscle. Given the exact same amount of calories, the low carber will lose more fat. This has been observed and tested many times. This is the gist of what Taubes says. On the other hand you'll have a hard time building muscle without the fuel carbs give you. Thats why we usually go for the "bulk-cut" phase. You hardly eat carbs during cut. But bulking is loads of carbs.

[deleted] • 1 point • 16 March, 2015 04:11 PM

Nonsense.

You've got a lot of reading to do... FYI the greater weight-loss in low carb groups in some groups is a result of water loss through glycogen depletion. There is no advantage wrt to actual fat loss. And that is not the gist of what Taubes says at all... The man is a nutcase though

enteralterego • 1 point • 16 March, 2015 04:28 PM

The 50 pounds I lost thanks to ketogenic diets disagrees with you.

[deleted] • 1 point • 16 March, 2015 04:46 PM

thanks to a caloric deficit.

my carb fueled body disagrees with you and you can bet your ass that you'd be mirin hard if you saw me on the street. see what i did there?

but hey - stick to your diet ideology and be happy. idgaf. just know that you'll never look like me.

enteralterego • 1 point • 16 March, 2015 05:08 PM

That's why I said losing fat and building muscle are totally different things. Well, seems like your body is busy supplying your biceps with clean blood and ignoring your brain.

[deleted] • 1 point • 16 March, 2015 05:30 PM

You lost weight because you were in a caloric deficit, not because you went 'keto'. Physics stay physics, regardless of 'cut' or 'bulk'. Anyway, good luck. I've been done with arguing about basics of training and dieting for a long time. I thought the way you did when I started out 5 years ago, though. Loved Taubes, the documentary Fat Head and all this cultish nonsense. Read some stuff from Alan Aragon, Lyle McDonald, Martin Berkhan and Borge Fagerli to get a grasp of the basics. You'll thank me some day brah.

enteralterego • 1 point • 16 March, 2015 06:56 PM

Have you ever been obese? Have you ever lost 50 pounds of fat? It's relateively easy

for thin people to put on muscle and yes keto will not be the way to do that. But for people with 25% + body fat, doing keto/atkins whatever until they're around 17% works wonders.

This is what Taubes says. This is what Lyle says in his book the ketogenic diet.

You are looking at this from only one angle. They don't tell someone who wants to get ripped to not eat carbs etc. They're telling people who eat mcdonalds, drink coke and who don't exercise that they can lose the fat if they stop eating carbs - which is exactly the opposite of the "food pyramid" or "balanced plate" bullshit they have in hospitals.

Mind you, a ketogenic diet is a high fat, moderate protein and low carb diet. Not a high protein diet with carbs on training days & fat on rest days. They're completely different.

And of course you have to have a caloric deficit. Anyone who assumed otherwise is even more stupid than you are mate.