

# Goldilocks and the Three Metabolic Pumps. (Trigger Warning: Science!)

April 26, 2016 | 248 upvotes | by [Whisper](#)

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It's time we had another conversation about how not to be fat, pulling together all the previous information for the new guys.

There are three separate mechanisms that add fat to your body, both in the form of new fat cells (de novo lipogenesis), and adding fat to existing adipose tissue.

Think of them as *three pumps which generate fat*. Each one is fueled by a different material. We'll summarize each one, and link to more detailed discussion.

The first pump is the **Fructose Pump**. It runs on a specific sugar called fructose, which is present in sucrose (your standard white table sugar), high fructose corn syrup (obviously), fruit (in smaller amounts), and anything sweetened with either of these (including natural fruit juice).

This pump is the **most powerful**, and it has **no shut-off point**. Furthermore, **the more it runs, the more powerful it becomes**.

This where landwhales come from. You can learn, in detail, how it works, here:

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

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

The second pump is the **Starch Pump**. It runs on glucose, another kind of sugar, found in grains (bread, pasta), potatoes, and pretty much anything starchy.

It is **moderately powerful**, and it drives body fat up, but reaches a point of diminishing returns.

This is where "a couple of extra pounds" comes from. You can read about it here:

[https://www.reddit.com/r/TheRedPill/comments/353buo/eating\\_101\\_fork\\_use\\_for\\_dummies/](https://www.reddit.com/r/TheRedPill/comments/353buo/eating_101_fork_use_for_dummies/)

The third pump is the **Weak Pump**, also known as the thermodynamic pump. It runs on pretty much anything that has any calories and raw materials at all.

It is **weak**, and it has a **low shut-off point**, because it is a **deliberate body process** whose goal is to keep you above a certain fat percentage, for your health. However, sometimes we wish to slow this pump, too, because the idea of a "healthy reserve" that you have in a society surrounded by food, is different than that of a body evolved under conditions where you might not catch a wildebeast this week.

This is your "calories in - calories out" mechanism. It actually uses the starch pump to work, by synthesizing glucose to feed into it. Yes, your body will synthesize glucose itself if you don't eat enough. Your body needs glucose. Just not an infinite amount of it.

It makes the difference between "athletic" and "super cut bodybuilder".

So, what to do about all this?

**Know which pump is causing your problem.** For example, if you are drinking lots of soda or fruit juice, and you are 25% fat, don't bother counting calories, because that's messing with the Weak Pump, when your problem is the Fructose Pump.

**Shut pumps down in order.** Not all at once. If you try to shut them down all at once, you will white-knuckle it for a while, then fail. Your body knows how to make you hungry.

**Don't mess with the Weak Pump until you're ready.** You don't need to calorie restrict to get to 15%

bodyfat, or even 12. Go hard keto first.

**Be careful with the Weak Pump.** No, you won't starve yourself to death. Nobody's that dumb. But if you calorie restrict too much, you are taking away what your body needs to feed those carefully built muscles (you ARE lifting, aren't you?), and you will do yourself more harm than good. Do not run large deficits.

**Cheat days should feed lower pumps in preference to higher ones.**

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## Comments

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Archwinger • 41 points • 26 April, 2016 08:36 PM

This is pretty spot on. If you eat reasonably healthy and work out, you'll get to 15% bodyfat easily. Seriously - just go to the gym 4-6 times a week and do serious training, not just fucking around, don't drink alcohol, juice, or soda, and don't eat any stupid-carbs that come from a box, bag, or can instead of a raw plant that you prepared, and that alone will get most guys to 15%.

Then, once you're comfortable at 15%, you can worry about fine-tuning macros and calories.

[deleted] • 6 points • 27 April, 2016 01:47 AM

You mentioned raw plants. Are you in line with the keto diet, as suggested by OP, not strictly plant-based?

Archwinger • 16 points • 27 April, 2016 02:54 AM

There's no magic formula. Keto works fine.

Given the choice between two sources of carbohydrates, I always choose the one that's closer to nature. I know what I did to a sweet potato. I have no idea how factories make pasta or cheez-its.

danddrox • 3 points • 27 April, 2016 10:38 AM

Yams and sweet potatoes are the best. Buy them in bulk, throw them in the oven and they caramelize themselves.

theeverywhereman • 6 points • 27 April, 2016 09:19 AM **[recovered]**

I quit drinking alcohol about three months ago and have not noticed any significant physical changes beyond my current orthodox ketogenic diet. I'm be a happier and less foggy person but that's a different matter. What level and type of alcohol intake constitutes, in your view, a negative effect on reducing body fat?

BattleDrillOneAlpha • 10 points • 27 April, 2016 07:04 PM\*

I quit drinking alcohol about three months ago and have not noticed any significant physical changes

Honestly, alcohol isn't that much of inhibitor of gains unless you make it one. I drink around once a week maybe two (Fridays and/or Saturdays) socially. I'm still 6'2 200lbs with low bf%. Of course, this is only anecdotal bull shit. Then again, my diet is on point even on the days I do drink. Seriously, work out hard consistently, and you won't get a fucking slob.

Archwinger • 3 points • 27 April, 2016 07:24 PM

Yeah, a couple of beers every other week with your buddies will have next to zero affect on your muscles or fat. It's more the people who have multiple drinks every night after work, or get plastered every Saturday night after lifting heavy Saturday morning that should make some changes.

[deleted] • 1 point • 29 April, 2016 09:13 PM

yeah we really need to be clear on what were talking about with drinking. Where im from, it's not uncommon to have 8 or more drinks on a proper night out, and people tend to do it more than once a week. If you're going out twice a week and consuming a few beers, you're not gonna have a problem.

wakeupTRP • 3 points • 27 April, 2016 09:43 AM

I'm not OP, but it depends on the type of alcohol you prefer and the caloric content. Ciders & beers are going to make you look much larger compared to someone who drinks the same amount of alcohol, but in the form of straight whisky or vodka. My personal preference for a body-conscious beverage is diet cola mixed in with your spirit of choice.

footballma56 • 1 point • 29 April, 2016 05:28 PM

This. I have experience at a distillery, depending on how high quality the distilled spirit is (especially Vodka and Single Malt Whiskeys), you end up consuming less calories then a glass of fresh squeezed OJ or Lemonade. Plus if you drink neat, high quality beverages I happen to think you can both put your wallet first and look high quality without consuming too much in one night.

Its a win win.

[deleted] 27 April, 2016 01:42 PM

[permanently deleted]

Archwinger • 10 points • 27 April, 2016 03:10 PM

Alcohol is also processed like a toxin. Actually, it is one. Your body's fat breakdown and muscle synthesis slow down considerably as your body devotes the majority of its resources to processing the alcohol.

Heavy drinking after a lifting day is really bad for your gains. Ingesting extra protein can counteract the effects on muscle synthesis somewhat, though not entirely.

[deleted] 27 April, 2016 03:24 PM

[permanently deleted]

[deleted] • 2 points • 27 April, 2016 06:54 PM

It works the same way. Even if you're ketogenic your body will prioritize as much as possible toward metabolizing alcohol first.

i\_love\_shitposting • 1 point • 28 April, 2016 03:57 PM

From what I remember about reading up on keto, liquor actually helps the ketosis process.

Beer on the otherhand is loaded with carbs.

I switched to cocktails and use sweetener instead of sugar. Haven't looked back since.

DeterBenchPress • 2 points • 28 April, 2016 01:05 AM

I really like coconut water after working out but it has quite a bit of sugar in it. Should I cut it as well? It is my only source of sugar right now outside of my whey.

Archwinger • 2 points • 28 April, 2016 01:15 AM

Unless you're running marathons or busting your ass in the NFL, you really don't need piles of electrolytes beyond what you normally get in a healthy diet. Sports drinks and the latest fad of coconut water are silly.

If you really enjoy the taste of coconut water, read labels and go with an unflavored, lower sugar option when you can. A little sugar won't kill you. Especially post workout, when your body is most primed to

metabolize it and needs the quick energy.

bornredd • 1 point • 27 April, 2016 05:33 PM

Are canned beans really that bad? Cooking dry beans takes ages.

Archwinger • 2 points • 27 April, 2016 07:18 PM

Check the labels. If the ingredients are beans, water, and maybe a little salt, you're probably fine.

Become friends with your slow cooker. You can make some kick-ass beans with that. And for added nutrition and taste, cook them in homemade stock. Most butchers will sell you bones dirt cheap (pork makes funny tasting stock, but beef and chicken and lamb bones are awesome), or you can start investing in whole chickens. They're way more economical than buying breasts as long as you commit to using the carcass and eating the organs.

Stock takes awhile to cook, but again, you can use your slow cooker for that so you don't have to leave a stove unattended all day.

[deleted] • -11 points • 27 April, 2016 03:08 AM

If you eat healthy and work out it's really hard to eat enough calories to get fat, that's all you're seeing.

Unless OP provides some peer-reviewed journal articles, this is pseudoscience at best and outright bullshit at worst.

[deleted] • 9 points • 27 April, 2016 04:23 AM

I know it's a fallacy to say "Hey look it worked wonders for me" but it has for me and so many others. BF% plummeted. I wouldn't have done any other diet. Just head on over to rKeto FAQ if you need more info

[deleted] • 2 points • 27 April, 2016 08:10 AM

As a former and now temporarily current fatter maintaining a good intermittent fasting program is worth about 10lbs.

ddy4sissy • 9 points • 27 April, 2016 03:48 AM

so you are too lazy to do your own research I guess. That's OK Big pharma and Kellogg's has your back. Have some more wheaties

Archwinger • 3 points • 27 April, 2016 11:07 AM

Calories in vs. Calories out has turned out to be only part of the story.

What those calories are and how your body processes them, which is in part affected by when (relative to workouts or sleeping) you eat them, makes a difference.

There's a reason you can't swallow a multi vitamin and drink 3000 calories of beer at 6am and not be hungry the rest of the day.

[deleted] • 0 points • 27 April, 2016 12:08 PM

If you're talking about managing hunger yes, but you get fat from more calories than you need, end of story. It's possible to get fat eating nothing but meat, it's just much harder to eat 4000 calories of steak in a day than 4000 calories of junk food.

I am highly disappointed in this sub right now peddling such ridiculous stuff and passing it off as

science.

Archwinger • 2 points • 27 April, 2016 12:15 PM

A dude who eats 3000 calories, balanced macros, primarily real food, properly placed around his workout and sleep schedule will look nothing like a dude who works out just as much, but eats 3000 calories of soda and cheesecake whenever he feels like.

[deleted] • 0 points • 27 April, 2016 02:13 PM

Well obviously yeah, because he wouldn't be getting the necessary protein.

But hey, if you want to believe something stupid I'm not going to stop you. You can test it yourself; eat 5000 calories a day of bacon and you'll be a fatass within a few months, regardless of how your "metabolic pumps" are working.

Seriously though, if this is a troll post please PM me to let me know, I'm very confused as to how this is here. This sub is usually the opposite of bullshit and the only thing I can find on this subject with a quick google search is this post.

Archwinger • 2 points • 27 April, 2016 02:55 PM

So you agree that equal calorie amounts of high fructose corn syrup, coconut oil, grilled chicken breast, and baked potato would all be processed and used differently by the body, right? Even if we completely ignore macros and break all of those things down for energy, the way the body breaks those down and uses the end products is different.

The part you disagree with is that when all is said and done, all energy calories are equal, no matter where they came from?

[deleted] • 1 point • 27 April, 2016 05:00 PM

Yes. Being well-nourished requires eating a balanced diet with proper macro and micro nutrients. Being not fat just requires eating a calorie deficit, e.g. the guy who lost 30 pounds eating Twinkies.

The reason keto works so well is because you remove all the shit from your diet that is nothing but calories. Sugar, in all forms, does pretty much nothing for you except pack on extra pounds. Protein is required to build muscle mass though.

I really want to see where this theory comes from because it just doesn't fit with any actual studies on weight loss or gain.

Archwinger • 2 points • 27 April, 2016 07:15 PM

My understanding is that it's mostly the fact that the body turns various processes on and off based on a bunch of factors.

In a theoretical world where every single nutrient was broken down into energy, all calories would be identical. But throughout the day, our bodies might opt to break down one thing and not another, or use one process but not another, based on temperature, whether you're using your muscles, whether you're running a marathon, whether you're climbing a mountain and the air is thin and you're not getting enough oxygen, the current amount of glucose in your blood or glycogen in your muscles, whatever else is in your system that you ate recently, and thousands more factors.

That's why being on a steady glucose drip all day long getting 3000 calories of

starch is worlds different than eating 3000 calories of primarily protein and fat for 8 hours then fasting for 16 hours. Your body makes different decisions where to get its energy under different conditions.

[deleted] • 39 points • 26 April, 2016 08:24 PM

Always appreciated your nutrition posts. You know your shit. I remember a post you made I've saved on an old account where you broke down the effects of insulin on hunger and fat creation. This is a really simplified post to help newbies and they should listen to you. You know your shit.

LiquidZebra • 10 points • 26 April, 2016 09:40 PM **[recovered]**

What method should I use to measure body fat? I got Aria scale that measures it through the feet. Then there is a gadget at the gym that measures it via hands. Then I got a body calipers, and they all give different results.

PaulAJK • 11 points • 26 April, 2016 10:07 PM

They're all innacurate, you can never get a exact reading. The thing to do is to stick to one method, and *rely on that to measure your progress*. So you won't ever know for sure your BF%, but you'll know it's a few percentage points lower than 8 weeks ago.

Of the options, probably your best bet is to use the calipers, but get the same person doing it every time. GF/plate/mum/ friend/ whatever, but make sure they do it identically each time.

grewapair • 5 points • 27 April, 2016 12:14 AM\*

Measuring through hands or feet are the least accurate. Either calipers or a tape will be fairly close. There are a number of techniques that give results within a few percent.

This is the one I have used. You identify your measurement of the thickest part of your waist and then measure your wrist (which accounts for bone size) using a sewing measuring tape. You also use your weight.

In my case, my waist is 33.5, my wrist is 7, so I get  $33.5 - 7 = 26.5$ . My weight is 167. Using this table, I'm at 15% body fat. The full table is 2/3 of the way down this page and was used in the excellent book, Protein Power, and also in Barry Sears Zone Diet.

If you scroll down further on that page, you'll see the different body fat percentages and who they match to. 15% is "The ideal fit male". Pretty good for someone about to turn 55: it's half the average American at 55. I'll take it.

I've used this for twenty years, and have gotten down as low as 11% in my 30s. Up only 4% in 20 years is doing pretty well.

It doesn't account for muscle, so it isn't perfect. In my case, I'm more muscular than average, so I'm probably running closer to 13 percent, but I really just use it to track progress. The actual number isn't as important and the margin of error for all these things is high enough that you can't really worry about it. The only thing you need is something that doesn't read 15% one minute, and 20% two minutes later, which is what those hands/feet readers do.

[deleted] • 13 points • 26 April, 2016 10:44 PM

then theres the tren pump. but in all seriousness u should do a post on insulin sensitivity

akc151 • 14 points • 27 April, 2016 03:29 AM

Good ideas, but certainly not scientific



The\_Man11 • 3 points • 27 April, 2016 01:22 PM

Nary a reference was cited.

huntsfrunts • 21 points • 27 April, 2016 07:13 AM [recovered]

What's with all this pseudoscientific bullshit on trp lately? This is nothing more than bro science. Add to that your arbitrarily chosen names for apparent bodily functions (fast and slow "pump"). If somebody is fat, they should probably cut out the soda, which doesn't satiate you and is high in calories. Has nothing to do with seemingly faster and slower metabolism effects due to macronutrient content.

Honestly trp should go back to writing about topics where there is no substantial amount of scientific research done yet, i.e. social and gender-related stuff.

D-jasperProbincru3 • 13 points • 27 April, 2016 02:03 PM

As a medical professional all this bro science is causing me physical pain every time I read it.

[deleted] • 6 points • 27 April, 2016 06:41 PM

Fructose "PUMP" (lawl what?), fructolysis only happens in the liver and mostly goes to glycogen store there, if "storage" is full it will run another metabolic pathway to produce fat.

Simple as fucking that...

FreeRadical5 • 2 points • 29 April, 2016 03:16 AM\*

There is actually a lot of scientific evidence behind everything OP said. Watch this it covers everything:  
<https://youtu.be/dBnniua6-oM>

PS. Am a biochemist with a personal obsession with diet and health.

bayerndj • 0 points • 29 April, 2016 11:13 AM

Have you read the critiques of Lustig?

FreeRadical5 • 2 points • 29 April, 2016 02:14 PM

I have but nothing convincing. He makes solid points.

ToSeeAndToHear • 4 points • 27 April, 2016 09:01 AM

I'm dubious about this.

Certainly sugars are responsible for the obesity epidemic in the U.S., but that is at least in part because it's really really easy to drink calories compared to eating them. I could idly guzzle an extra thousand calories of soda if I bought a Big Gulp.

It's really easy to start losing weight by cutting soda. I would definitely advise cutting sugary drinks for anyone whose main goal is to lose a large excess of body fat.

All that said... my dad's been on a paleo diet for years now, and he's not magically losing weight. He lost a lot when he was bicycling frequently, but cutting starch and sugar isn't a silver bullet folks. Count your macros, count your calories, get the right macro balance. Beyond that, I'm pretty sure grams of carbs are grams of carbs.

stawek • 1 point • 27 April, 2016 10:08 AM

Fructose is different in the fact it can't be used by your body directly - it must be metabolised by liver. Liver will first try to turn it into glycogen. If glycogen storage is full (and it's always full for people eating carbs and not exercising) the only other metabolic pathway is to turn it into fat. All of this happens in liver so it



can't be used by muscles at any point, unlike glucose which can be used by muscle without going to liver first.

MattyAnon • 5 points • 26 April, 2016 10:26 PM

glucose, another find of sugar, found in grains (bread, pasta), potatoes, and pretty much anything starchy.

It's also the other half of sucrose (table sugar) along with fructose.

This is really good info, would appreciate even more info about how to use it.

DannyDemotta • 2 points • 28 April, 2016 07:13 AM

Read up about CKD and TKD Keto.

CKD: [http://www.bodybuilding.com/fun/cyclical\\_ketogenic\\_diet.htm](http://www.bodybuilding.com/fun/cyclical_ketogenic_diet.htm)

TKD: <http://www.bodybuilding.com/fun/sclark86.htm>

All these people typing "Just do Keto, Bro!" don't really know what they're talking about. They're dreamer bulkers (>20% Bodyfat) who don't bench/squat/deadlift multiples of their body-weight (with strict form, that is) along with doing hypertrophy routines. Once you have any significant amount of muscle mass - and especially if you do cardio - you'll smack fucking HARD into a brick wall after just a few weeks of doing Keto/Atkins (<50 net carbs daily), and you'll start losing strength. Why? Because you're completely glycogen depleted. And to fuel your workouts, especially the strength/power workouts - you need muscle glycogen.

If you do a 'proper' TKD/CKD diet, you'll deplete Liver glycogen (GOOD) while keeping muscle glycogen at a high enough level to fuel your workouts, but not so high that you struggle to burn fat. When it comes to glycogen, your body is a bit of a bitch: too much (muscle) glycogen, and you'll be anabolic, but you'll also put on fat; too little (muscle) glycogen, you'll burn fat but also turn catabolic and lose strength/mass.

There's really no good way to use this post, tbh. I don't know WTF op is trying to say exactly. This reads like FatLogic - "just avoid fructose and processed carbs, and you'll lose weight! You don't even need to track calories!" - but it doesn't work that way. If you're eating 500 calories/day of oatmeal, and eating 73/27 ground beef instead of 93/7, and eating tons of peanut butter, bananas, and other calorie-dense foods - it's going to catch up to you one way or another.

[deleted] • 2 points • 27 April, 2016 08:12 AM

Keto + intermittent fasting has done wonders for me.

Chgao92 • 6 points • 27 April, 2016 03:35 AM

I agree with this. Fructose is one of the major issues causing the growing rates of chronic diseases and obesity. I think a lot of people would see positive weight loss/management if they only eliminate high fructose containing foods or drinks from their diets. Keep in mind the fructose from fruits is fundamentally different from the fructose found in soft drinks. When you eat fruits, sure you are eating some fructose, but you are also eating fiber which helps manage blood sugars.

[deleted] • 3 points • 27 April, 2016 07:55 AM

Just to add, the key is to eat the fruit and not have fruit juice. Once you take the pulp out all the fiber and fill you up stuff is gone, you can then consume tens of fruit worth of sugar without even realizing it.

Eg. One glass of apple juice is like eating a whole bag of apples.

DannyDemotta • 2 points • 28 April, 2016 07:16 AM

This is fucking bullshit and has been disproven 1000 times over. Once it hits your stomach, corn syrup or sucrose, it's all the same.

<http://www.alanaragonblog.com/2010/01/29/the-bitter-truth-about-fructose-alarmism/>

In the single human study I'm aware of that linked fructose to a greater next-day appetite in a subset of the subjects, 30% of total daily energy intake was in the form of free fructose [12]. This amounts to 135 grams, which is the equivalent of 6-7 nondiet soft drinks. Is it really that groundbreaking to think that polishing off a half-dozen soft drinks per day is not a good idea? Demonizing fructose without mentioning the dose-dependent nature of its effects is intellectually dishonest. Like anything else, fructose consumed in gross chronic excess can lead to problems, while moderate amounts are neutral, and in some cases beneficial [13-15].

Stop spreading stupid shit. The ONLY way to get healthy is to exercise 3-5 times a week, eat a balanced diet, and get your weight/bodyfat to a manageable level. There is no secret list of foods to avoid, GMOs, organic, grass fed, none of that shit. Stop it.

bornredd • 1 point • 27 April, 2016 09:01 PM

Yup, I eat oranges and apples all the time, but weight is still dropping.

Losing the alcohol, candy, soda, etc. is what did it for me.

JGodfrey27 • 3 points • 26 April, 2016 10:58 PM

Where does alcohol fit in this? From my understanding, alcohol is 7 calories per gram of unusable calories, meaning, I would think, right to fat. But then there's the sugar in it too.

Also, is there a solid drink that doesn't use a diet soda that could get me buzzed for lower calories? I'm assuming beer is the worst option of the 3, but have no science behind it.

Whisper[S] • 10 points • 26 April, 2016 11:32 PM

Watch the first video link. Alcoholic drinks and sugar-sweetened drinks are pretty much the same thing.

Not surprising, because alcohol is fermented sugar.

Sugary drinks are alcohol without the buzz (which happens because the brain can metabolize the alcohol form, but not the sugar form).

JGodfrey27 • 4 points • 26 April, 2016 11:43 PM

Thank you.

Do you have advice for my second question? I really enjoy one or two drinks after work, and in my profession (sales) plus my age (24), there's a lot of more or less required social drinking. I also live in a huge bar town (chicago).

I'm not worried about calories when I binge. I just expect to fuck my macros for the day and work out harder the next. But I'm on a cut now, and it's hard to justify 300+ calories of beer or wine a day.

Thoughts?

[deleted] • 5 points • 27 April, 2016 12:56 AM

Drink hard liquors. It'd take between 4 and 5 shots of scotch to reach 300 calories.

It won't solve things, but it'll help.

[deleted] • 2 points • 27 April, 2016 08:14 AM

Martinis. Jack and diet coke. Gin and club soda o + lemon.

Whisper[S] • 3 points • 27 April, 2016 12:46 AM

It's not the calories, it's the alcohol. And the amount of alcohol is how fucked up you get, so how much you push that fructose pump is directly proportional to how fucked up you get.

Sorry, don't know of a good solution for this one. You either need to find some way around it, or have a good enough program that it can absorb that damage.

SrRocoso • 2 points • 27 April, 2016 10:01 AM

I do like this advice when it comes to alcohol and fat loss.

<http://www.leangains.com/2010/07/truth-about-alcohol-fat-loss-and-muscle.html>

I'm about 12% body fat at the moment, and in order to stay as lean as possible, when I drink, I try to stick to drinks such as whisky or vodka. If I'm going to stay out drinking all night, I will have for dinner something with lot of protein and little carbs or fats, such as chicken with little broccoli. Try to eat less carbs and fats the days that you will drink a lot. As the article says:

**\*\* How to lose fat or prevent fat gain when drinking**

Now that you understand the effect of alcohol on substrate metabolism, it's time for me to reveal how you can make alcohol work for fat loss. Alternatively, how you can drink on a regular basis without any fat gain. Without having to count calories and while drinking as much as you want.

Apply this method exactly as I have laid it out. If you've paid attention, you'll understand the rationale behind it. I've tested this on myself and on numerous clients. Rest assured that I'm not testing out some large-scale bizarre experiment here.

The rules are as follows:

For this day, restrict your intake of dietary fat to 0.3 g/kg body weight (or as close to this figure as possible).

Limit carbs to 1.5 g/kg body weight. Get all carbs from veggies and the tag-along carbs in some protein sources. You'll also want to limit carbohydrate-rich alcohol sources such as drinks made with fruit juices and beer. A 33 cl/12 fl oz of beer contains about 12 g carbs, while a regular Cosmopolitan is about 13 g.

Good choices of alcohol include dry wines which are very low carb, clocking in at about 0.5-1 g per glass (4 fl oz/115ml). Sweet wines are much higher at 4-6 g per glass. Cognac, gin, rum, scotch, tequila, vodka and whiskey are all basically zero carbs. Dry wines and spirits is what you should be drinking, ideally. Take them straight or mixed with diet soda. (No need to be super-neurotic about this stuff. Drinks should be enjoyed after all. Just be aware that there are better and worse choices out there).

Eat as much protein as you want. Yes, that's right. Ad libitum. Due to the limit on dietary fat, you need to get your protein from lean sources. Protein sources such as low fat cottage cheese, protein powder, chicken, turkey, tuna, pork and egg whites are good sources of protein this day.

For effective fat loss, this should be limited to one evening per week. Apply the protocol and you will lose fat on a weekly basis as long as your diet is on point for the rest of the week.

Basically, the nutritional strategy I have outlined here is all about focusing on substrates that are least likely to cause net synthesis of fat during hypercaloric conditions. Alcohol and protein, your main

macronutrients this day, are extremely poor precursors for de novo lipogenesis. Alcohol suppresses fat oxidation, but by depriving yourself of dietary fat during alcohol consumption, you won't be storing anything. Nor will protein cause any measurable de novo lipogenesis. High protein intake will also compensate for the weak effect of alcohol on satiety and make you less likely to blow your diet when you're drinking.

By the way, a nice bonus after a night of drinking is that it effectively rids you of water retention. You may experience the "whoosh"-effect, which I've talked about in my two-part series about water retention. That in itself can be motivating for folks who've been experiencing a plateau in their weight loss.

Apply this with good judgement and don't go out and do something stupid now. Remember, this a short-term strategy for those that want to be able to drink freely\* without significantly impacting fat loss progress or causing unwanted fat gain. It's not something I encourage people to do on a daily basis, but it's one of the strategies that I apply formaintaining low body fat for myself and my clients.

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JGodfrey27 • 1 point • 27 April, 2016 12:22 PM

Great article. Thanks for the link.

Cheers to all the responders.

[deleted] 27 April, 2016 01:45 PM

[permanently deleted]

JGodfrey27 • 1 point • 27 April, 2016 05:16 PM

True, it is an easy decision. Guess I was looking for a magic answer I already knew didn't exist.

As for how much, a lot. Fifth of rum a day or more for 1.5 years. Which is 1700+ calories in alcohol alone. I'm one of the chosen few who get to enjoy being bipolar and also drug resistant, so the drinking was less for fun and more as a way of self harm. It turned me from an 8% bodyfat alpha to a 25%+ sniveling excuse for a man. I gained over 60 lbs during this time, and likely even more fat since I didn't lift ever.

Long story short, got my shit together and stopped being a bitch. Quit drinking for 6 months and now I'm experimenting with drinking again. So far I prefer pot, and always have, but pot just isn't as social or as acceptable.

Long answer, but it's the truth.

DarkuSchneider • 5 points • 27 April, 2016 08:53 AM\*

When I started getting back in shape I lost the first 20 pounds just stopping the processed sugar before I started my exercise regimen. Taking some weight off before starting lifting heavy helped minimize the strain on the body getting back into action since I'm older and having partially wrecked knees. I also realigned my diet lowering carbs and more clean calories I can live with permanently, not some weird fast weight loss diet that is unsustainable. On the weekends I will have a couple beers and a soda or two at the bar otherwise all week its water only or green tea with no sugar. I don't drink much coffee anymore so my caffeine intake is almost non existent too now.

Sunday is my feast day and I have a ritual for that holy day. I make a blender pitcher of fruit smoothies using my protein shake mix that lasts the day. The house is blasting Heavy Metal as I prep things for the week and lift weights in short sets between other chores all day till sundown then hit the showers to go out for my feast. A

local strip club whom I have friends that work at is known for their steaks so I get the special and some nice scenery and entertaining banter/flirting while I wait for my dinner. The cook is a friend and I tip well so when he sees my name on the ticket he hooks me up with the leanest nicest cut he has that week. I get a modest 6oz steak that needs no sauce, toast, salad, and a small loaded baked potato with a beer or two. Sometimes I get a small square of carrot cake for dessert unless my weight loss plateaued that week. I lost almost 80 pounds in a year and did not really work all that hard to get it, mostly via moderation.

51pctAttack • 4 points • 27 April, 2016 06:55 PM **[recovered]**

So you do chores and eat alone at a strip club on Sundays and you felt the need to type an entire paragraph about it? Jesus christ man

DarkuSchneider • 2 points • 28 April, 2016 12:23 AM

So I like to be verbose, get over it. I assume you were hoping for some humble brag...

slcjosh • 2 points • 27 April, 2016 04:04 AM

So basically stay away from sugar, starches, and high calorie diets with no activity. I know its not that simple but I took this mentality about 8 months ago and have dropped close to 30 pounds without really changing my lifestyle much at all. I am still active in a few sports leagues that are highly competitive but I don't lift much.

Serious question though.

Lifting bores the living fuck out of me. I know the persistence will get results. I know the feeling when you finish a set or a brutal workout. That workout high is real. I am not stranger to it I just haven't been motivated to lift in well over a year. What do you do for motivation other than endgame? I'm struggling with motivation.

TrueMetal • 5 points • 27 April, 2016 07:18 AM

This motivation you speak of... There is none. We are human, we just think different things are fun vs. no fun, there is no way around that particular part. And to be honest, your lack of motivation is of no concern. There is only discipline and consistency. The ability to do a boring thing over and over again because it needs to be done. The end result matters. Power through. Get some god damn will power.

slcjosh • 2 points • 27 April, 2016 02:18 PM

I appreciate your input. Emphasizing will power is probably a great way to just get through it. I use will power when I prep meals, when I play sports, when I work very long hours etc. I just need to power through it. Fair enough.

RedMoonAscendant • 1 point • 27 April, 2016 06:36 AM

God I wish someone had replied to you.

Same here. Lifting is worse than watching paint dry.

I do non-lifting gym routines (climbing is typical), but it doesn't bulk me much.

slcjosh • 2 points • 27 April, 2016 02:16 PM

I just play a ton of sports. Im a large dude that is fairly athletic. I know I need to just man the fuck up and do it. I was just hoping for a few tips for motivation. I know it shouldn't but it really just bores me.

[deleted] • 1 point • 27 April, 2016 04:11 PM

Try not listening to other people about programs. They try to break shit down to the point that it's just fucking ridiculous. Try all sorts of shit out and see what you actually enjoy doing. Calisthenics, kettle

balls, drop sets, circuit training, supersets, etc. there are so many options for strength training that go unmentioned because people are busy masturbating to their numbers and worrying about whether or not they should have rested 10 more seconds between sets.

Personally - I do everything I just mentioned other than kettle balls. What I actually do depends on what I feel like doing. The two most absolutely important parts: GOOD FORM! Form, just like frame, is everything. Second thing - at least establish a routine of what muscles to work on what days and what are lift days vs cardio. Do not be afraid to switch it up. Hell I change what I do from week to week and only measure my progress using the mirror, pushup count, pull-ups, and dips.

midlifedick • 1 point • 27 April, 2016 12:02 PM

Set annual and 6 month goals per progress to strength standards on your big lifts. Novice to intermediate, advanced, etc.

Set intermediate goals for progression in your big lifts. Focus on setting new personal records frequently in rep or weight on the way to reaching the longer term goals.

Both reaching goals and getting stronger are rewarding.

Also, discipline.

slcjosh • 1 point • 27 April, 2016 02:19 PM

Goals are good. I appreciate your input, thanks for the feedback.

[deleted] 27 April, 2016 12:48 PM\*

[permanently deleted]

slcjosh • 1 point • 27 April, 2016 02:21 PM

I appreciate your input. Im no novice to lifting, I lifted religiously for well over 8 years, I just stopped one day and have had a hard time getting my ass back in gear.

[deleted] 27 April, 2016 01:50 PM

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[deleted] 27 April, 2016 02:00 PM\*

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[deleted] 27 April, 2016 02:35 PM

[permanently deleted]

[deleted] 27 April, 2016 02:55 PM

[permanently deleted]

[deleted] 27 April, 2016 03:03 PM\*

[permanently deleted]

tripthree • 1 point • 27 April, 2016 12:51 PM\*

To stay motivated, consider:

1. Lift with a partner. You both will have better results, and there is always the guilt trip if you feel like

flaking out.

2. Record daily readings of your body fat.
3. Take weekly or monthly progress photos with no shirt.
4. Buy some supplements. Being invested helps some people stay motivated.
5. As you advance, consider mixing in crossfit, kick boxing, or some other class-based fitness activity where an instructor will push you. This also helps bust plateaus by shocking and confusing your muscles.

All of these have helped me in the past.

slejosh • 0 points • 27 April, 2016 02:23 PM

Have you ever done all these things while playing sports as well? I currently play in two soccer leagues, a basketball league, and play pick up basketball once a week on Saturdays (usually to sweat out a hangover). My goal is to get back to lifting 3 times per week, and still have time for my sports.

triphree • 1 point • 27 April, 2016 03:33 PM

No. I'm not a team sports kind of guy. So it sounds like #5 may not be applicable to you, but #1 - 4 could still help.

[deleted] 27 April, 2016 01:48 PM

[permanently deleted]

slejosh • 0 points • 27 April, 2016 02:24 PM

Good point. Thanks for your input.

BossTerrier • 1 point • 27 April, 2016 01:51 PM

Not doing something because you don't have enough "motivation" is bitch logic. You're setting yourself up to procrastinate by pretending you're one self help post away from kicking into gear.

What you're lacking is *discipline*.. You need to force yourself to do shit no matter how much you don't want to do it. Don't wait for wanting to do something to fuel your activity level. If you say you're not going to work out today then you're basically saying you never will again. Nothing about tomorrow will make it any easier.

slejosh • 0 points • 27 April, 2016 02:27 PM

This is a fair point. To be fair, it is not like I am doing nothing. I do play several sports that I get a lot of enjoyment out of. Lifting has just not been a top priority. Thank christ i lifted for a long time before my hiatus or who knows what my body would look like. I posted this last night kind of hoping TRP would just rip me a new asshole and you all delivered. Time to just man up and do it. Thanks for your feedback.

[deleted] • 1 point • 27 April, 2016 04:10 PM

Try not listening to other people about programs. They try to break shit down to the point that it's just fucking ridiculous. Try all sorts of shit out and see what you actually enjoy doing. Calisthenics, kettle balls, drop sets, circuit training, supersets, etc. there are so many options for strength training that go unmentioned because people are busy masturbating to their numbers and worrying about whether or not they should have rested 10 more seconds between sets.



Personally - I do everything I just mentioned other than kettle balls. What I actually do depends on what I feel like doing. The two most absolutely important parts: GOOD FORM! Form, just like frame, is everything. Second thing - at least establish a routine of what muscles to work on what days and what are lift days vs cardio. Do not be afraid to switch it up. Hell I change what I do from week to week and only measure my progress using the mirror, pushup count, pull-ups, and dips.

slejosh • 0 points • 27 April, 2016 05:06 PM

I've done 5 by 5 before and really enjoyed it. Good results and it didn't take forever. I'm not worried about advice for programs I just needed a little kick in the ass.

[deleted] • 2 points • 27 April, 2016 11:40 AM

Mm no thanks OP. I'm just one of those people who cant lose weight;)

Neo\_Natal • 2 points • 28 April, 2016 07:34 PM

I don't post much here because I still consider myself somewhat of a noobie; but nutrition is my life and I'm studying to become a Registered Dietitian. It really blows my mind how so many people at TRP have fallen for this Keto fad diet. First of all, it's medical efficacy is used primarily to treat people with epilepsy. No health professional or RD will ever recommend someone to go on a Keto diet for the sole purpose of losing weight. Maybe if you're completely obese and have diabetes this is the diet for you, otherwise, as most bros here just want to put on muscle mass without fat, THIS IS NOT HOW YOU DO IT!!!

You are literally harming your body and many processes by putting yourself in a state of Ketosis. **Your body is not evolved to run on ketones.** It does not prefer this at all. This is an incredibly inefficient source of energy and what your body has to do during gluconeogenesis is inefficient as well. You are depriving not only your brain of vital fuel and energy, but also your muscles. Yes you will lose body fat because your body is in such a dire need of fuel, but guess what else can be used for fuel? Protein. Your body will use protein for energy too, so now your brain is running on sub optimal levels along with your muscles. Also, guess what happens when you load your stomach and thus blood with fat? You increase your cholesterol levels dramatically, so now your heart is working sub optimally as well. I could go on about the medical effects about ketosis and how bad this is for you in the long run so...

**TL;DR** - Keto diet is a stupid fad diet that only someone like Dr. Oz would recommend. Don't do it, you'll harm your body in the long run.

Schveen15 • 1 point • 29 April, 2016 03:14 AM

I'd like to hear more about this if you're willing to talk about it. Either a response or a PM (whichever suits you). I always hear about keto and it seems like an unnatural route (the human body is not engineered to run on mostly meet, we're not carnivores like lions is my opinion), but I don't know too much about the science behind it

bayerndj • 1 point • 29 April, 2016 11:16 AM

Keto is not a fad diet. Whether it is useful to a given individual is dependent on the goals of the person.

Neo\_Natal • 1 point • 29 April, 2016 07:11 PM

It is useful for those suffering from seizures or obesity/diabetes. In any other case it's purely analogous with fad diets like Atkins.

SgtBrutalisk • 2 points • 27 April, 2016 11:47 AM\*

This post doesn't tell you anything concrete.

Listen up closely:

**The obesity epidemic is due to the lack of dietary fiber in the diet.**

Sweet foods in nature come with sugars that have a variety of complex forms. This means an apple comes with fructose (pure form of which damages the liver in animal models) bundled with fibers (they are also sugars), which slow down fructose digestion. We have evolved to adore sweet taste, because *sweet foods are safe to eat*. This is also why every industrially processed food has added sugar - to fool you into thinking it's safe.

Don't you see? There is no fiberless fructose in nature, but there is in the lab, and then scientists test it on animals, see that it destroys the liver and go "Oh, nice, let's add this to foods so they taste better".

In case of apples, this fiber is called pectin, and it has wondrous health properties. When eaten, pectin becomes a sort of gel-like and travels through the intestines cleaning them up. It's no surprise there is a proverb "an apple a day keeps the doctor away".

The problem in fiber and why there's a surprising lack of it in modern diet is that fiber makes *food slow to cook, consume and digest*. If you're aiming to make 1,000 hamburgers a day, you can't afford to cook each bun 20+ minutes, you need them done instantly, you need them instantly chewable, juicy and digestible, so they come back for more. This is why it's called *fast food*.

The problem with fast food is that it doesn't satiate at all, it gives the eater a quick burst of satisfaction and energy, followed by a sugar crash as the blood sugar stabilizes. Hence, you come back for more and more and more, until you're suddenly bloated and weight 200 pounds more than you used to.

bayerndj • 3 points • 29 April, 2016 11:16 AM

No, it's due to overeating.

SgtBrutalisk • 1 point • 29 April, 2016 01:01 PM

Yes, but why do people overeat? Because they're hungry and the food they eat gets digested extremely quickly. Both of these problems can be traced back to lack of fiber. Try overeating on salads and you'll notice how quickly they fill you up even though their caloric content is minuscule.

bayerndj • 3 points • 29 April, 2016 02:00 PM

This is a very complex issue, you're being over-reductionist. There are a lot of reasons people over eat.

TRUMSCHVSVCTRY • 1 point • 27 April, 2016 05:39 PM

This is an underrated post, honestly. It succinctly illustrates from beginning to end the contrast in both kinds of diets, and argues a critical aspect of healthy eating habits that often goes unnoticed.

trpthrowaway001 • 2 points • 26 April, 2016 08:48 PM

This is surprising to me. I consider myself a relatively healthy eater but I've been stuck at around 20-25% (not sure never checked) BF for like my whole life. I gained like 15lbs in college (ya i know :) when I stopped being active. Since then I've eaten much better and started lifting but I still havent lost weight. I was considering counting calories but this post says not to bother at my BF? I consume minimal sugars, so I assume I need less starch?

[deleted] • 2 points • 27 April, 2016 04:17 AM

Keto x Intermittent Fasting x Lifting

DisciplineOverDrive • 3 points • 26 April, 2016 09:25 PM

It sounds to me like you should consider giving Keto a try. It'll suck for a couple weeks, but if the other stuff isn't working I'd give it a shot.

EvolvedA • 1 point • 27 April, 2016 11:25 AM\*

Just one minor comment: The de-novo lipogenesis is the biosynthesis of fat(ty acids) from excess carbohydrates, but that has not really much to do with the forming of new fat cells.

Of course, the differentiation of fibroblasts to pre-adipocytes to adipocytes is depending on beneficial nutritional conditions, but also on hormonal status of the person.

What you wanted to say is that there are two sources from which fat in the body can come from: de-novo synthesis from carbs and uptake of fat through diet.

Great post though!

RPAternate42 • 1 point • 27 April, 2016 06:10 PM

Cut out sucrose and HFCS. This will limit fructose intake to only fruit, vegetables, and honey (and to a tiny degree, a few other natural sources.) This should be done as a matter of standard.

Limit complex carbohydrates. This will lower the glucose intake. Replacements must be done as you still need calories, so the amount of fat you take in must be increased (assuming you keep the protein the same.)

Limit calorie intake. This is simple thermodynamics. If energy (food) is taken in, mass (weight) can't be maintained.

I'm about 200 lbs (6'1"). I do 6 hours a week of strength and hypertrophy training and 3-4 hours of BJJ a week. Between *Mifflin* and *Harris* formulas, I need about 2800 calories, daily, for weight maintenance. I'm on a bulk cycle right now, so I will add 500 calories a day to this; 3300 calories daily.

For bulking, I want to take in a greater amount of carbohydrates than if I was on a cut.

Assuming the standard 1g/lb body weight for protein = 200g protein = 800 calories = 24% I'll normalize this to 25%, so 207g. For me, about half of this comes from my workout shakes on workout days... 108g. The 100 remaining grams comes from food, meat mostly (for me.) I have a freezer part dedicated to food-saver-packed frozen chicken, pork, sirloin, hamburger. 4 oz beef - chicken has 28 - 36 g protein. I also eat 4-5 eggs every morning (24 - 30g protein)

25% of my diet should be fat: 91g (4-5 eggs scrambled in butter gives me 34 - 39g of fat.) The rest of the day is spread out more.

The rest, 50% will come from carbs.

But which carbs?

I start with my shakes on workout days, 3 total, which give me 100g of dextrose (glucose) or 12% of my diet. Then I start working with fruit, vegetables, oatmeal, and other high fiber foods. The rest comes from things like milk (lactose), bread, and pasta.

The reality, for me, is that I get far more protein than that... probably closer to 35%. My fat intake is also higher... probably closer to 35%. The rest comes from high-fiber carbs and the dextrose in my shakes.

When it comes to cutting, I replace some of my dextrose with coconut oil by blending a TBSP of coconut oil into the shakes. It doesn't taste *bad* but it isn't great either. I also have to use hot water to make them so that the coconut oil stays liquid while I am at the gym sipping it. I raise the protein a bit as well.

## TAKEAWAY

If you start from a position of removing sucrose and HFCS from your diet, as a standard position, the rest

becomes just a matter of exchanging one thing for another.

Syggie • 1 point • 27 April, 2016 11:23 PM

My body fat% just hit the single digits not so long ago (9,7%): I'm trying to balance a diet where I cut and build mass at the same time and so far it has been working. I do have a genetic predisposition for muscular hypertrophy (and I don't have a genetic predisposition for hair, apparently), so it may not work for everyone.

I barely drink alcohol at all (socially but barely), I drink lots of water, almond milk, eggs, bacon sometimes, lots of avocado, among other things: now, here's my question: I was advised to eat sugar solely from fruits (fructose) like apples, tangerines, strawberries, and the likes... do you think I need to drop those and just eat almonds, cashews and peanuts whenever I'm hungry in order to lose a bit more fat? My gym regime is 2-3 times a week and cardio is, I'd say, 2 times a week tops. Maybe upping the cardio? I just want to know your take on this. Thanks.

ddy4sissy • 1 point • 28 April, 2016 03:07 AM

is it just me or does vaginismus sound like "I don't want to fuck you so much my pussy makes it impossible"  
Unless you're chad, then oh it's better now

mace\_dindus • 1 point • 28 April, 2016 03:52 PM

Gonna book mark this for my glorious cut.

educatethis • 1 point • 29 April, 2016 06:23 PM

Japanese hotpots.... takes me very little time to make a very healthy meal. You need some basic ingredients (miso, ginger, sea weed) and there is so much variation, I can put together a hot pot in ten minutes, cooks in 30. Chicks love it too, you get that multicultural perk plus being able to cook something tasty and unique.

Clint\_Redwood • 1 point • 27 April, 2016 02:51 AM

Keto and intermediate fasting are two thing I found that demolish my BF. Completely anecdotal but I have gone through and tested a lot of diets and keto hands down cuts fat like no other. Keto works by starving your body of carbohydrates which is all pretty much glucose when broken down(*yes i know of the other 5 types*).

You fill with protein so you aren't constantly hungry but your body must have carbs, so it get it from fat. It's called keto diet because a byproduct of this process is ketones. A down side of keto is it's produces Ketoacidosis which is a horrible smelling acid based breakdown resulting in acetone. If you have more bad breath than normal you are in ketosis. Now, don't go overboard or you will feel a huge drop in energy. your body needs carbs, you just need to keep upping your protein to carb ratio till you find the sweet spot of massive cutting and good energy.

This is just one diet and I'm selling it biasly. i suggest you research and test a lot of diets as everyone is different. But I won't say starting keto first is a bad idea.

ddy4sissy • 5 points • 27 April, 2016 04:07 AM

lots of wrong information in this one.

1. your body needs zero carb intake. It can manufacture glucose from protein. Glycogenesis.
2. You body CAN convert fat to glucose, but it's expensive and left for desperate times.
3. Ketoacidosis is NOT caused by eating a ketogenic diet. IS caused by being an out of control diabetic.

4. keto breath will go away as you body adjusts to a the keto diet
5. Keto diets do not, when done right, reduce energy, quite the opposite, carb cycling however keeps you from being completely keto adapted and you will stay in the low carb flu forever.

It takes weeks to be fully keto adapted, and if you can't resist the carb, it will take longer.

1. Protein does not satiate you, fat satiates you. Good dense saturated fat. 80% ground beef is the best. your body can use that fat and is very happy. Lean meat is almost like sugar, you body will convert it to glucose and use that, assuming you are low carb...

Clint\_Redwood • 1 point • 27 April, 2016 10:51 AM

Keto diets do not, when done right, reduce energy, quite the opposite, carb cycling however keeps you from being completely keto adapted and you will stay in the low carb flu forever.

Have any suggestions on this then? I feel completely dead if I cut all carbs out. I try to stick to long grains like brown rice or starchy carbs.

ddy4sissy • 1 point • 27 April, 2016 11:12 PM

I only know what works for me and a small group of people. But it sounds like you're not getting keto adapted.

Usually you have to eat more fat, you need fuel from something, and believe it or not eat more salt. low sodium will make you feel terrible too

Clint\_Redwood • 1 point • 28 April, 2016 01:12 AM

It probably is the fat. I'm horrible at managing that. I usually eat really lean meats.

[deleted] • 1 point • 27 April, 2016 03:06 AM

I'm not going to outright say this is bullshit but I think it's bullshit. Please give some actual peer-reviewed documentation to back this up.

ddy4sissy • 0 points • 27 April, 2016 03:55 AM

I want to see some peer-reviewed evidence that your diet is better.

[deleted] • 2 points • 27 April, 2016 02:07 PM

You mean like every actual study about weight loss in the history of ever? Ever single time a study has been done that actually measured things accurately, weight gain/loss was correlated to calories and that's all.

ddy4sissy • -2 points • 27 April, 2016 11:10 PM

Sponsored by Kellogg's breakfast cereal. Most ,if not all, of those studies are horribly flawed and done on mice. for instance they rely on what people remember eating over the last 6 months....

guitarjob • 1 point • 27 April, 2016 01:29 AM

Not Science! Carbs tell your body to store fat. If you go super low fat you lose weight. If you go super low carb you lose weight. Choose which side works best for you.

ddy4sissy • 0 points • 27 April, 2016 04:11 AM

actually you body converts carbs to fat and stores that. It's easier and cheaper for the body to convert glucose to fat than it is to convert fat to it's own fat.

Starvation is always the fastest way, sans amputation, to loose weight. But the keto diet keeps your sanity intact

[deleted] • 0 points • 27 April, 2016 04:18 AM

If going low fat worked, my pride and joy 'Murica wouldn't be fat. While a calorie deficit overrules everything, low carb is far more reasonable to maintain.

RedMoonAscendant • 5 points • 27 April, 2016 06:39 AM

You appear unaware that the American diet is high in sugar. Very high in sugar. Very high in fructose, to be exact.

SoRedSuchAlpha • 0 points • 27 April, 2016 09:25 AM

That's his point. America is low fat, high sugar. America is overweight. Therefore, it's not correct to say "if you go super low fat you lose weight."

[deleted] • 1 point • 27 April, 2016 07:06 PM

This is precisely what I mean, and what they mean as well, I don't understand their failure to agree.

orilyrily • 2 points • 27 April, 2016 05:30 PM

Americans in general are not low fat eaters. High sugar, high fat, and over-eating is the problem.

[deleted] 27 April, 2016 07:08 PM

[permanently deleted]

orilyrily • 1 point • 27 April, 2016 08:51 PM\*

The same industry is obsessed with "Diet" aka zero sugar substitutes. Both of them make the consumer feel like they are able to eat more because they had their healthy eating bit. You need to look at what people are really eating. The amount of fat in fast-food is astounding.

All coming back to - too much fat, sugar, and food.

Personally, I blame parents. Kids themselves don't know any better and their parents are setting them up for failure before they can even stand on their own.

riverraider69 • 1 point • 26 April, 2016 09:55 PM

If true, this is pretty fucking awesome information. No disrespect intended, but can you please give us any academic sources on this?

Classical\_Liberale • 5 points • 26 April, 2016 11:33 PM

It is true.

Fructose is the worst, most recent researches extensively shared in Paleo/Keto community show that fructose is one of the biggest causes of insulin resistance and metabolic disorder which eventually becomes type2 diabetes, fructose is a toxin to the body and is shunted directly to the liver for removal. So high fructose diet

also affects liver function resulting in Non-alcoholic Fatty Liver Disease (very common for those eating high-sugar diets), high triglycerides (which means LDL quality is also bad), increase cardiac disease risk etc..

Everything with research links are documented at wikipedia

[https://en.wikipedia.org/wiki/Fructose#Potential\\_health\\_effects](https://en.wikipedia.org/wiki/Fructose#Potential_health_effects)

As a macro, carbs are a bigger enemy than protein and fat. See Paleo/Keto community and learn for yourself how carbs are the worst. The only mandatory organ in the body that needs minimal glucose to run is the brain - remaining majority of the brain function and rest of the body can run on ketones. Body can produce its own glucose from protein gluconeogenesis, so glucose/carb intake is entirely optional - which is what low-carb and zero-carb (keto) diets prescribe.

[deleted] • 1 point • 27 April, 2016 01:26 AM

Is IIFYM a load of shit? I've heard mixed opinions on the matter. It seems a lot less work than carb cycling and low-carb dieting in general, so is it too good to be true?

bayerndj • 1 point • 29 April, 2016 11:19 AM

IIFYM is a description of what the mechanism is, not a diet.

welcome\_to • 1 point • 27 April, 2016 05:17 AM

Great post. This really breaks things down into something I can digest.

redpillbanana • 1 point • 27 April, 2016 08:19 AM

I've known guys who lost 30+ pounds just by cutting out soda and fruit juices. Now I know why.

thefisherman1961 • 1 point • 27 April, 2016 09:17 AM

The last sentence is incredibly important. On my cheat days I tend to go all out on simple sugars to the point that I might as well not even be cutting at all

SoRedSuchAlpha • 1 point • 27 April, 2016 09:28 AM

Be careful with the Weak Pump. No, you won't starve yourself to death. Nobody's that dumb.

People don't starve themselves to death, no. But they routinely starve themselves to the point where it fucks up their brains. Plenty of Americans try to eat like these guys, and it doesn't end well.

[https://en.wikipedia.org/wiki/Minnesota\\_Starvation\\_Experiment](https://en.wikipedia.org/wiki/Minnesota_Starvation_Experiment)

The\_Man11 • 1 point • 27 April, 2016 01:50 PM

Another article of broscience. Calories in vs. calories out, it isn't that hard.

According to these guys fructose was only associated with weight gain when part of a diet of excess calories but not an independent factor for weight gain.

Sievenpiper JL, de Souza RJ, Mirrahimi A, Yu ME, Carleton AJ, Beyene J, Chiavaroli L, Di Buono M, Jenkins AL, Leiter LA, Wolever TM, Kendall CW, Jenkins DJ (Feb 21, 2012). "Effect of Fructose on Body Weight in Controlled Feeding Trials: A Systematic Review and Meta-analysis". Ann Intern Med 156 (4): 291–304.

seoulonfire-1 points 26 April, 2016 09:17 PM **[recovered]**

700+ grams of carbs a day from fruit sugar currently and I'm feeling better and better.



Classical\_Liberale • 5 points • 26 April, 2016 11:25 PM

Seriously? So 2800\* calories from fruit sugar daily? Is this some kind of fruitarian diet? Note that many raw foodists experience better feeling in the initial days on starting their diet but it turns very fast into a disaster. The body feels great when it is metabolizing its own muscle to provide the required nutrients that it lacks from a fruit-only diet. Don't end-up like the losers at 30bananasaday dot com.

[deleted] • 3 points • 26 April, 2016 10:12 PM

Can you give some more information about your diet? What are your macros like?

[deleted] • 2 points • 27 April, 2016 01:28 AM

Unless you weigh 300 pounds I fail to see how that amount of carbs would be a good thing.

[deleted] 27 April, 2016 04:14 AM\*

[permanently deleted]

[deleted] • 3 points • 27 April, 2016 10:31 AM

90 pounds down in a year here on keto.. keto changed my life and my health.. right on.

steelerfaninperu • 0 points • 27 April, 2016 01:16 AM

This is why the Atkins diet works so well for shedding fat. You shut off the first two, glucose and starches right away. But you're allowed to eat a fuckton of calories in other areas. So you can stave off the hunger by devouring stacks of beef wrapped in bacon (which is delicious anyway).

Combine it with calorie counting when you're ready (shutting off that weak pump) and you're in golden shape for weight loss.

I dropped about 50lbs on Atkins, and then retooled my habits to prevent a rebound. Totally works, you just have to have the commitment. Cheating on one of those first two pumps undoes weeks of work.

voomer53 • 0 points • 27 April, 2016 04:02 PM

Keto is actually being sick...it's no good for health or long-term weight loss - you will come back fatter after as your body tries to overcome the metabolic damage..stick with more plants , limit meat and avoid dairy both of which cause cancer, heart disease and degenerative diseases...you heard it here first.

Jame\_Bond • 0 points • 27 April, 2016 12:03 AM [recovered]

So how could this information be used in reverse for someone who is on the thinner side and is looking to bulk up. I wouldn't really want to consume high amounts of fructose but following this model it seems to carry more bang for its buck.

Whisper[S] • 2 points • 27 April, 2016 03:40 AM

No. The fructose and starch pumps churn out fat, not muscle. To gain muscle you have to run the weak pump hard, and lift heavy.

Jame\_Bond • 1 point • 27 April, 2016 05:02 AM

I figured as much, thanks for the input.

ddy4sissy • 0 points • 27 April, 2016 04:13 AM

no as you will get fat not muscle, and most of that fat will be visceral, the bad belly fat. Eat fat and protein

KenshinX90 • 0 points • 27 April, 2016 01:49 AM

Is this the way bodybuilders prep for a contest? (as far as cutting goes)

ddy4sissy • 0 points • 27 April, 2016 03:54 AM

I like the 3 levels, good observation. And to clarify, your body requires zero carb intake. It can synthesize all it needs and control it better. Your brain can run on ketones, and it runs better, faster stonger.

Fructose screws up your ability to feel full, so you will often eat more. I can feel it's effect at places like Burger king, where you can get a burger with no bun, but I can tell there is sugar in it.

[deleted] • 0 points • 27 April, 2016 11:09 AM

I wonder if anyone did a research on gyms and if they saw an increase in number of clients since rp was created

nia\_kills • 0 points • 27 April, 2016 11:26 AM

Oh common all of reddit is such bullshit. All except TRP. Where the hell do you get so much value in one sub for absolutely no charge? This post is golden and an necesary fill up (?) all the links you need talking about carbs proteins and fat. Very good post - vanguard worthy

[deleted] • -2 points • 26 April, 2016 09:01 PM

Cheers. I always knew that the idea of burning more calories than you consume being the only thing that mattered for weight was silly, but I got shot down whenever I suggested that there might be more to it than that. The info you provided here fits in with every fact and anecdote I've seen, so it looks like a very good explanation.