

How To Be Lean And Strong Without Exercise

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As a sign of our times and of the foolishness of a few people, I am obligated by the U.S. government to state the following. I hope this doesn't scare you, because the information that I provide here is backed by solid scientific research.

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PLEASE READ THIS FIRST

You may wonder if I am crazy. Can you really get lean and strong without exercise? My answer is, of course you can. This claim is firmly supported by scientific research that goes back almost two centuries.

Reports and books on the topic of fitness usually start out by offering the professional credentials of the author. This is so you will believe what he or she has to say. Unfortunately, professionals strongly disagree on so many things related to health and fitness that you can find a highly qualified professional somewhere who says whatever you want to hear.

Research scientists, nutritionists, trainers, doctors, and all manner of experts are often wrong. So if you want to believe that what I explain in this report is wrong, your conclusion has nothing to do with my experience. (See my About Dr. Clark page here at PersonalFitnessResearch.com to see what my background is.) Experts have been arguing, even screaming at one another, on what is right or wrong in health sciences for years.

So who is right? My rationale is that I have gleaned the best information that I could find from several independent sources that I think are right. Here is how I judge a source: It cites real scientific articles, and those articles are based on sound research.

That last part is critical, since lots of bad research gets published in professional journals. Scientists are human. They (we) make mistakes and often defend them to the end.

If airing out all of this professional dirty laundry confuses you, then hang on for a wild ride in this report. By the end of it, I hope I will have explained why my views are correct well enough so that you understand what is best for your health and fitness.

To start, here are the some of the main resources that I have used for finding good research. If you really want to know a lot more than

I can say here, I recommend that you read them all yourself.

Taubes, Gary. 2007. *Good Calories, Bad Calories: Challenging the Conventional Wisdom on Diet, Weight Control, and Disease*. Alfred A. Knopf, New York, NY.

Klatz, Ronald and Carol Kahn. 1998. *Grow Young with HGH*. HarperPerennial, New York, NY.

Atkins, Robert C. 1999. *Dr. Atkins' New Diet Revolution*. Avon Books, New York, NY.

Richards, Byron J. and Mary Guignon Richards. 2003. *Mastering Leptin: The Key to Energetic Vitality, Youthful Hormonal Balance, Optimum Body Weight, and Disease Prevention!* Wellness Resources, Minneapolis, MN.

Eades, Michael R. and Mary Dan Eades. 2003. *The 30-Day Low-Carb Diet Solution*. John Wiley & Sons, Hoboken, NJ.

This is a good starter-group for understanding how I arrived at what I say in this report. In addition, I have also read countless medical research reports that are indexed at PubMed, the medical journal database at the U.S. National Institutes of Health.

The bottom line is that my views are well-supported by scientific research that I think is well-done. Without further ado, here is what I have discovered.

THE MAIN MESSAGE

If you, like me, get annoyed by reports and ebooks that beat around the bush so much that you have to read the entire thing to get the main point, you are in for some relief here. My main points are right up front, here at the beginning. You have the option of reading the rest of this report to see my reasoning behind them.

The foundation:

- 1. Your body composition and strength depend mostly on the types of foods that you eat and on when you eat them. They do not depend on how much you eat, and they do not depend on exercise.*
- 2. The best food-based ingredients for enhancing your body composition can be boosted by supplements that contain them.*

Let me be clear at the outset that I do not advocate a sedentary lifestyle. Exercise is an important component of fitness. What I am saying here is that your diet determines your fitness before you ever lift a barbell, do a pull-up, run a mile, or even spend one single minute on an exercise bike.

Before I explain what you have to eat and drink to get lean and strong, I have three gigantic pieces of advice:

Please, please, please do not eat or drink anything that has been processed, ever!

Entire books have already been written about the evil of foods and drinks that are boxed, packaged, extracted, clarified, fortified, manipulated, and just downright ruined for human consumption. In my opinion, this junk does not even qualify to be called food.

If you can succeed in following that advice as closely as possible, everything that you do in life will be better. Exercising,

muscle-building, managing stress, staying lean - everything.

Buy whole foods. Buy organic as often as you can. This is a no-brainer that you probably already know. I just wanted you to hear it again.

Do not eat grains or any grain-based foods.

This includes breads, cookies, crackers, whole grains, cereals, cakes, pastas, corn chips, and everything that is sweetened with high-fructose corn syrup (e.g., sodas, candies, etc.).

This advice is related to point #1 above, since most of the grain-based products that you find in supermarkets are processed.

The importance of avoiding grains may require at least a little explanation, since I will not mention it again. Our species evolved on a variety of diets long before the invention of agriculture about 10,000 years ago. Grains have been available as a food staple only since humans have been able to grow them as crop plants. We are not adapted to consume them in large quantities like we have been doing for such a long time.

Furthermore, modern wheat is not even the same as the original types of wheat that were cultivated before about the mid-20th century. Indeed, I can say unequivocally that modern dwarf wheat, which goes into at least 99% of all wheat-based food and food additives, is poisonous. I hope that I have made myself clear.

Wheat, and anything made from it, is the number one worst food to eat, just ahead of anything that contains high-fructose corn syrup. Consuming them leads to a myriad of health problems, including disruption of your body composition (i.e., increases body fat and decreases lean body mass).

Lots of health and fitness problems derive from a grain-based diet, so the best you can do is simply not eat this kind of food any more. Yes, what I am saying is that, if you want a pizza, don't eat the

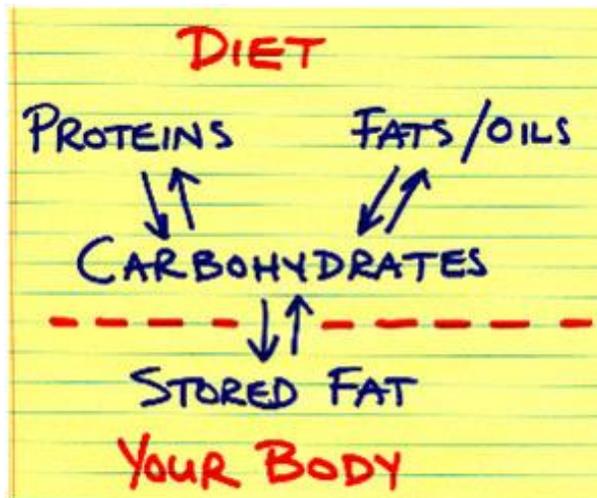
crust!

Eat all the protein and fat that you want, as long as it was made by Mother Nature.

This advice is going to be the crux of most of what I have to say about the impact of diet for getting and maintaining lean body mass.

These are the three key points of my message. You can read further for explanations and details if you wish. Please do. Some of what I have to say may still surprise you.

WHAT'S TO COME...



Simplified relationship between diet and body composition.

The basic relationship between diet and metabolism is summarized in this diagram. The two main points to get from this picture are: 1) Your body can make all the carbs it needs from proteins or fats, and vice versa; and, 2) carbs are the dietary source for stored fats.

These points have become a source of contention and even heated argument. However, those who do not accept these statements

seem to be unaware of the early scientific evidence that confirmed them long ago. Dissenters also fail to understand the basic physiology behind how diet influences body composition.

Although it may seem like an academic argument, it is important for you to understand how science points to the right diet for getting and maintaining lean body mass.

Note also that the diagram above represents simplification. Additional keys to the relationship between diet and body composition include several kinds of hormones. It is at least as important to optimize the balance of these hormones as it is to eat the right foods. Indeed, hormones and diet influence one another.

So what is to come are my explanations for selecting the right kinds of foods for keeping your body lean, based on how diet and hormone balance influence body composition.

WHAT ABOUT CARBS? - A SURPRISING HISTORY

Here are four brief scenarios for you to understand before I explain the role of dietary carbohydrates further.

Scenario 1: William Banting, 1862

William Banting was a fat man. At age 66 the 5'5" Banting weighed more than 200 pounds. In 1862 his doctor had just learned about recent discoveries about the role of sugar and sweets in diabetes and linked this knowledge to Banting's overweight. He put Banting on a diet of three meals a day of meat, fish, and fowl, usually 5-6 ounces at a meal, with an ounce or two of stale toast or cooked fruit. Banting dropped 35 pounds on this diet between August and the following May and 50 pounds by early 1864.

Although Banting's diet was not new at the time, his widely read publication about his experience earned the name "bantingism" for this approach to treating obesity. You might even say that the

modern version, now represented by the Atkins diet, is really an old-fashioned bantingism!

The message is that carbs made Banting fat, and eliminating or severely restricting them from his diet made him lean again. This example is just one of many that repeat the same message for more than a century and from several countries. In fact, doctors who have treated obesity since the 19th century have consistently reported the best results on low-carb diets.

Scenario 2: Inuits of Northern Canada and Alaska

Harvard anthropologist Vilhjalmur Stefansson spent a decade living among the Inuits and eating nothing but their meat diet. He published his observations shortly after World War I, noting that he and the people he lived with, as well as visiting explorers and traders who lived on this diet, were among the healthiest and most vigorous populations imaginable. Specifically, the diet was primarily caribou meat, "with perhaps 30 percent fish, 10 percent seal meat, and 5 or 10 percent made up of polar bear, rabbits, birds and eggs." Indeed, according to Stefansson, the Inuits considered vegetables and fruits "not proper human food."

This scenario leads to several points. However, the only one that I want to call to your attention is that the Inuits were healthy in every way in the absence of dietary carbs. Does this mean that the Inuits had a different genetic profile that was adaptive for this kind of diet? No. Visitors from other countries, who lived on the same diet for years at a time while living among the Inuits, experienced the same health benefits as the natives.

Scenario 3: Sumo Wrestlers

Champion sumo wrestlers of Japan have to get fat and stay that way. They attain a typical weight of more than 300 pounds by their early twenties. The most comprehensive English-language research article on this topic was published by Tsuneo Nishizawa in *The American Journal of Clinical Nutrition* in 1976.

Nishizawa reported that the elite group of sumo wrestlers consumed on average almost 5,500 calories worth of pork stew every day. This stew consisted of 780 grams of carbohydrate, 100 grams of fat, and 365 grams of protein. The second tier of wrestlers averaged 5,120 calories per day – based on 1,000 grams of carbohydrates, 165 grams of protein, and 50 grams of fat. This second group weighed as much as the first, although they were significantly fatter and less muscular.

The elite group averaged 57 percent of their calories in carbohydrates and 16 percent in fat. The second group averaged 80 percent of their calories in carbohydrates and 9 percent in fat. Regarding fat, both are considerably below what most public health authorities in America would refer to as a low-fat diet.

The message is that pathological obesity in young men in their prime is caused by a very low-fat, high-carbohydrate diet. Now ask yourself, does this resemble anything like your diet?

Scenario 4: Fattening Up Among African Royalty

This goes back much further into history. In 1857, European explorers reported that Abyssinian nobility in West Africa followed the custom of fattening their wives to such an extent that they could not stand upright. A typical beauty would reach immense size, measured as a 52-inch chest, 24-inch arms, and 30-inch thighs.

On hindsight, the fattening diet of these women consisted of at least 1,000 extra calories per day in carbohydrates, and often more. That's it. Think about this for a moment regarding dietary habits of modern Americans. What would it take to add 1,000 extra calories per day of carbohydrates if you just consider bread, tortillas, bagels, cookies and cakes, crackers, chips, and sodas? One and half Big Gulps alone would be 1,000 calories!

Two Myths About the Role of Dietary Carbs

Myth #1: A balanced diet must include carbs.

Does this mean 20% of your calories? Or 30% or 40%, or even more?

First off, you do not need carbs to be healthy. You may have heard that your brain runs on carbs (i.e., glucose) and that your liver and muscles store carbs (i.e., glycogen), all of which is correct. It is just that you do not need to eat carbs to put carbs in those places. Your body is perfectly capable of making all the glucose and glycogen that you need from dietary fat and protein.

Myth #2: Dietary fat, not carbs, is fattening.

People who want to fatten up eat extra carbs. People who get fat, and consequently lower their lean body mass composition, do so because of the carbs in their diet.

The meat industry has used this principle for years. Beef cows are fattened up on a grain-based diet for weeks or months before slaughter. They get so fat that the muscle tissue (meat) becomes heavily marbled with pure fat. Isn't it pretty gross to think that your muscle tissue can get like that, too?

HOW DO YOU GET LEAN ON PROTEIN AND FAT?

ANSWER: Eat more of both of them.

The question you may have is, how much? The answer is, eat as much as you want. Research shows very clearly that your body is adapted to getting the amount of nutrition that you need. You will not eat more than you need. You will not eat less than you need.

By the way, based on this research, you can now understand why people overeat processed foods as opposed to whole foods. Since

processed foods are typically nutrient-poor, you would have to eat greater amounts of them to fulfill your need for nutrition. Processed foods that contain lots of carbs, which is the cheapest and most common component of food processing, simply drive your metabolism into storing fat.

So as long as you are eating the amount of protein and fat that you want, you will not overeat or undereat. And you will not store excess fat.

Can You Overdo Fat?

The most important warning I have for you is to avoid fats that are not made by Mother Nature. If you haven't heard about the evils of trans-fats, aka partially hydrogenated oils, then pay attention to this advice. If you must buy any processed foods, read the ingredient label carefully. Ignore the bright, beautiful claim on the front of any product that says "Zero Trans Fats."

If the ingredients list hydrogenated oils, then the product contains trans fats. Be especially wary of salad dressings and baked goods, since these are notorious for having a lot of trans fats.

By the way, the non-caloric fat called Olestra, and maybe a couple of other names, is double evil. To paraphrase Jerry Seinfeld, any food with a label that has to warn the consumer about possible anal leakage is not good for you.

Fats vs. Oils

Chemists do not have a fundamental chemical definition to distinguish between fats and oils. They comprise the same basic classes of chemicals. Fats are defined as being solid at room temperature, and oils are defined as being liquid at room temperature.

One oddity about this definition involves coconut oil. This oil is liquid at room temperature, if the room temperature is above 75

degrees. It solidifies at about 75. This just means that here in Arizona, coconut oil is an oil (liquid) on our kitchen counter in the summertime, and it is technically a fat (solid) in the wintertime.

Fats and Oils to Avoid

Avoid trans fats, of course. Also avoid processed oils that are not hydrogenated. This means vegetable oils such as soybean, canola, corn, and cottonseed. When you take a look at the beautiful, clear and bright yellow vegetable oils in supermarkets, keep in mind that they are *highly* processed to look that way. Only the cold-pressed, extra virgin oils are not (e.g., olive oil).

Fats and Oils That Make You Lean

Three categories of oils that drive metabolism to use fat for fuel, all of which are supported by excellent research are:

1) Fish oils

Here is a little dose of what scientists have been finding out about fish oils and fat metabolism.

A study done at the University of Georgia found that fish oil with DHA helps stop the conversion of pre-fat cells into fat cells by causing them to die. This significantly decreases the accumulation of fat.

Researchers at the University of South Australia found that fish oil capsules combined with exercise caused more fat loss than did exercise without fish oil supplements.

A more recent study done in Japan reported that omega-3 fish oil reduced weight gain in lab mice by boosting their fat metabolism. When two groups of obesity-prone mice were fed high fat diets, those also receiving fish oil supplements gained less weight and metabolized more fat than the group receiving no fish oil supplements.

You have to eat a lot of fish to duplicate the dosages in these studies, and they have to be wild-caught. Farmed fish do not offer the same oil profile as wild-caught fish.

If you take supplements, which is the easiest strategy, follow these guidelines:

Every day take 2-3 grams of fish oil that is the richest you can find in DHA, or in total EPA/DHA content. This is the lowest dosage I'd use to elicit a fat loss benefit. You may need to crank it up to 5 grams of EPA/DHA, as the response can vary between individuals. You can take the 2-3 grams at one time, but if you're going to use a 5 gram dosage I'd split it up between morning and night. Take your fish oil with food. If you take it in the morning, take it with food to reduce the chance that it'll get oxidized as energy. If you find that you do burp fish odor, keep your fish oil in the freezer. That'll stop your fish burps!

2) CLA

This is one of my favorite topics, so I have already published articles elsewhere on it. CLA was originally discovered as a natural mixture in certain animals, the main dietary source being grass-fed cows. All supplements on the market at this time are derived from plant oils that have been modified into CLA. Nevertheless, supplementing with at least 4 grams per day will drive fat metabolism that enhances lean body mass composition.

3) Coconut oil

Research on this oil shows that it is used as a fuel to drive metabolism faster than any other fat. This has to do with its composition. As a tropical oil, it contains fatty acids that are in shorter chains than those of typical vegetable oils. They are called "medium chain fatty acids" (MCFA), in contrast with the more common "long chain fatty acids" (LCFA) of corn oil, soy oil, etc.

Regardless of their size, the MCFA somehow drive fat metabolism faster than LCFA. In fact, a diet of 40% calories from coconut oil has been used by bodybuilders for lowering their body fat composition, thereby increasing lean body mass.

Coconut oil can be incorporated as a supplement or used in cooking. It is more stable in cooking than typical vegetable oils and won't get smoky due to oxidation. This is a good thing. Nevertheless, getting several grams of coconut oil into your daily supplementation or food is an important addition to getting and staying lean.

MEAL SPACING - WHEN IS THE BEST TIME TO EAT?

Two schools of thought dominate this subject. One is that you must eat 5-6 small meals throughout the day. Comments on this strategy typically refer to your body as a furnace that you have to keep stoking to keep it burning as fast as possible.

Of course, equating your body with a fuel-burning furnace is way off base. This concept is derived from the "calories in, calories out" notion of balancing calories.

This concept is absolutely, 100%, unequivocally WRONG!

It turns out that when you eat is, indeed, important in light of well-known human physiology. As explained in the book, *Mastering Leptin*, that I listed earlier, the best meal spacing for maintaining lean body mass is as follows:

- 1) 3 meals per day, 4-5 hours apart, no snacks in between
- 2) allow at least 12 hours between dinner and the following day's breakfast, no evening snack after dinner

This pattern does several things to optimize the hormones that are most importance for maintaining the right body composition. These hormones include leptin, insulin, and growth hormone.

Although all of these hormones respond to when and what you eat, growth hormone also responds to sleep and to exercise. This may be the most important hormone of all, because when you have enough of it at the right times, you will always be lean and strong.

WHAT TO DO ABOUT GROWTH HORMONE

Growth hormone (GH) levels start to drop off at about age 25. Nevertheless, there are three ways to enhance GH spikes, regardless of your age. They are:

- 1) a hard workout
- 2) great sleep
- 3) GH secretagogues

When you work out so hard that you feel like you are going to vomit, you are causing a maximum spike in GH. Arnold Schwarzenegger was famous for his "vomit bucket," because when he had to use it he knew he had worked out as hard as possible. You don't actually have to vomit. Even when you just get a little nauseous, you have induced a strong GH spike.

You also normally have a large GH spike a couple of hours after you fall asleep. As long as you don't have food still digesting from a late meal, and as long as you are solidly asleep, you will get a strong GH spike.

Growth hormone secretagogues ('secretion inducers') are supplements that cause your pituitary gland to release GH. You may be making plenty of the hormone and have it 'stuck' in your pituitary gland, which is why secretagogues can induce a GH spike. Some of the best secretagogues are ordinary amino acids. You can read the details about these substances and how to use them in my article here: [L-Arginine Boosts HGH Growth Hormone Naturally If You Use It Right](#) .

Secretagogues can be of benefit when you take them before bedtime or about an hour before a hard workout, on an empty stomach. The greatest benefit that you can get from nighttime GH spikes depends on not eating an evening snack after dinner.

Taking GH secretagogues before bedtime, and not eating after dinner, is the easiest strategy for getting the GH you need for staying lean without exercise.

ONE MORE THING ABOUT CALORIES: A CAUTION

One of the party lines is that you can control your body composition by controlling your calorie intake. Another is that you can control your body composition by exercise. Both of these dogmatic statements are contradicted by well-known scientific research. *In other words, research shows that both of these statements are incorrect.*

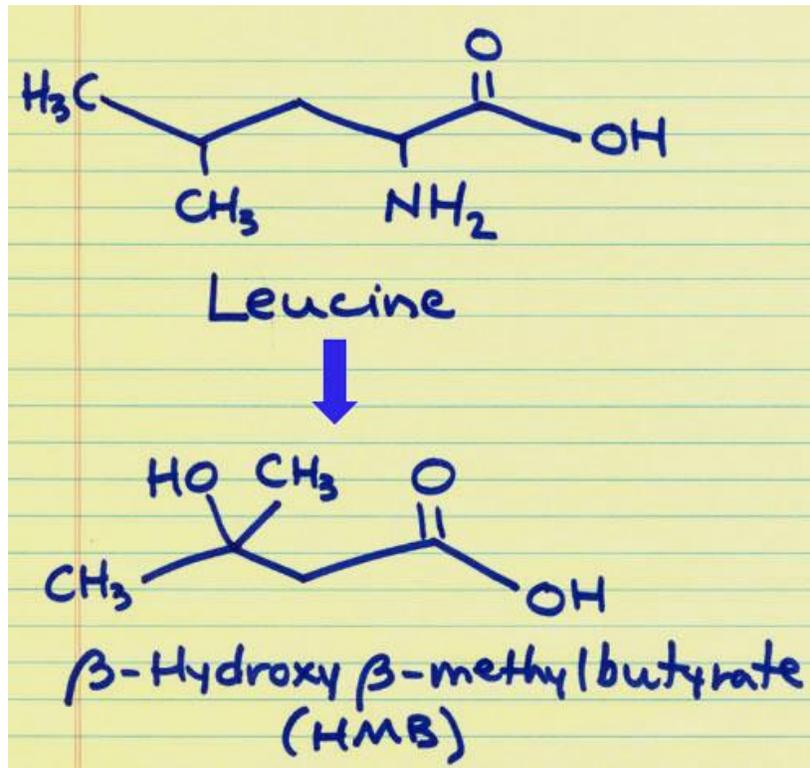
You control your body composition by what you eat and when you eat. Exercise will only be of sufficient benefit to you when you eat the right stuff (protein, fat) at the right times (well-spaced meals).

These statements always draw a lot of objections, usually by people who are unfamiliar with the scientific literature. Here is what I encourage you to do if you wish to either agree or disagree with what my main message is here. Visit my blog (PersonalFitnessResearch.com) and leave a comment with your thoughts on the subject, preferably citing research that supports your view. I think it would be beneficial to get a dialogue going among people who really study this kind of material.

DO YOU BELIEVE IN MIRACLES? THE CASE FOR HMB

I love the full name for HMB: beta-hydroxy-beta-methylbutyrate. It is a metabolite of the branched chain amino acid, L-leucine. The

name tells me exactly what the chemical structure is. That is fun stuff to us biochemists!



A lot of hullabaloo is being made by the bodybuilding community about the importance of branched chain amino acids (BCAAs). However, **THE** key to all this is HMB. It is probably responsible for most of the muscle-enhancing properties of BCAAs, although our bodies don't actually convert very much of it from L-leucine.

The neat thing about HMB is that it can be taken as a supplement that promotes lean body mass in the absence of exercise, independent of age. Even nearly sedentary, elderly women have shown results, for Pete's sake! It even shows up in Ensure! (That's otherwise godawful stuff; I just mention it here for effect.)

I have posted several articles around the use of HMB, the best one to start with being here: [Mix Your Own Bodybuilding Supplements Formula](#).

If you ever wanted to find out how to accelerate your results with

supplements, you really should read what I have discovered about the potential synergy among HMB, creatine, L-arginine, and glucose (yes, ordinary blood sugar plays a critical role **as a supplement**).

HOW ABOUT THE IMPORTANCE OF EXERCISE?

Now, lest you start to think that I am against exercise, I'd better make myself clear. Exercise is important for fitness. I like to run, so my fitness is for running. Swimmers like to swim, so their fitness is for swimming. In other words, exercise is important for being fit for whatever kind of fitness you want.

Exercise for Getting and Staying Lean

Long ago I realized that running for endurance is not a good strategy for being lean. I have trained and run with plenty of fat long-distance runners. My own belly bulge never went away because of running, even when I was training for marathons.

The only other comment that I will make about what doesn't work for staying lean is this: None of the myriad ab machines that I have seen on late night TV infomercials do anything at all for developing six-pack abs or a flat stomach. If you have fat around your middle, you will not get rid of it by doing endless ab crunches, etc. You do not exercise fat. Maybe you will enjoy my long-running joke that everyone has six-pack abs, although most people keep it hidden under stealth fat.

My success in shrinking down my belly fat started with a hormone-directed fat-burning protocol that has been known since the 1950s.

You can find out more about it at my blog on the topic here: BestHCGWeightLoss.com.

Now I keep myself slim and continually shrinking and trimming with

an exercise program that was developed by someone like you and me. I also looked at a lot of exercise regimens that bodybuilding gurus advocate, and my conclusion is that none of them got to where they are now by doing what they want me to do.

On the other hand, one exercise program that stood out enough for me to buy it for my own use is the one by a fellow named Mike Geary. His program is called The Truth About Abs.

I am going to give you a link here to see what Mike has to say about The Truth About Abs, because he says it better than I could. In fact, you will be pretty surprised at what he has to say. Go to this link to see what I mean: [The Truth About Abs](#).

To be honest, when you buy his program through this link I will earn a small commission. Recommending products of value like this one is how I do business. It does not change the price to you at all.

Mike is especially good at showing you the best exercises for getting lean, building muscle, and even getting your six-pack abs to show through (!). He has some dietary advice that I don't agree with, which you will notice right away. You can choose whose advice you want to follow, although keep in mind that what I have provided here is based on good science.

One bit of advice that Mike provides a good case for is that my favorite kind of exercise (running) is not a good strategy for getting or maintaining lean body mass. He confirms what I discovered years ago. Nevertheless, I continue to run regularly because it is therapeutic and even meditative for me. I have simply added Mike Geary's workouts to my exercise program. This works fine since I am eating plenty of protein and fat, very little carb, and taking the right oil supplements and antioxidants to combat my exercise-induced oxidative stress. Hey, I'm already 64 years old, most of my running buddies have broken down (some requiring artificial joints!) and stopped running, and I feel great that I can still run at all.

However, if you decide that your cardio workouts are too long, boring, and tedious, then feel free to just stop doing them and adopt Mike Geary's workouts completely. The results you will get from his workouts, in combination with the dietary advice that I have provided here, will give you the best results for staying lean and strong.

All the best,

Dr. D

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