

Low Carbohydrate Diets

and

Body Composition

by

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Introduction

A fantastic Low-Carb video by Sam Harvey, released on Saturday 16th May 2020 as part of the [Public Health Collaboration virtual conference 2020](#)

For me, it neatly summaries everything you need to know about how to get super-lean (& healthy) as an athlete.

Covers the science with great references on why it all works.

Below is my attempt at a transcript of the presentation, lightly edited for clarity.

Bear in mind a transcript is a verbatim record of what Sam said, not quite the same as a polished written article.

Sam seems to start every sentence with 'So', so I've removed these from the text that follows 😎.

The video is embedded at the end of this document

[This is a link to the YouTube video](#)

KR July 2020

Slide 1 • Opening Remarks • 1:31



hello, I'm very glad to be presenting as part of the Public Health Collaboration (PHC) Virtual Conference 2020. It is of course a shame that we cannot have it as usual, but I think this is an excellent substitute and I very much look forward to seeing the other presentations of the weekend.

I'm Sam Harvey and I've been involved with the PHC for a couple of years now, and this is my presentation on low carbohydrate diets and body composition,

you'll hear a lot about low carbohydrate diets as a method of weight loss.

I'm going to focus in on body composition as opposed to just weight loss, because of course a person's weight can be several different things and I'd like to focus on losing fat while either gaining or preserving muscle, as that's most people's preference when changing their body, and they do work quite differently, and they're measured quite differently, as well see throughout this presentation.

I find a low carbohydrate, real food diet particularly effective for body composition, and I'm going to show what I've achieved through this, and a couple of other case studies of people that I've assisted with this.


there are some diets to follow, there are some research materials that you can look at in your own time and lots of other recommended resources.

If this presentation interests you, or if body composition is a particular area of interest.

Slide 2 • Introduction • 03:07

INTRODUCTION

- I am delighted that PHC wants to make real changes to all sorts of health issues.
- 'Weight loss' or body comp may seem shallow or less important in comparison. HOWEVER, this does have a large impact on peoples' happiness/well-being so it is also important.
- My philosophy: get in to healthy lifestyle changes to be happier with how we look.... but stay for the health and well-being :)
- Bodybuilding misunderstood sport for variety of reasons... BUT... it is the only competitive endeavour of body composition, so it was a great training ground for me.
- Have used it as a tool to fundraise for PHC and share real food and exercise in the community.



I'm really glad that the PHC exists and is making real changes with all sorts of health issues, and I do look forward to all of the other presentations for the different aspects of overall health that the real food lifestyle plays into

now, I'm just sharing what I've got experience in, and that's body composition, and I think that can be perceived as something more shallow, because it's focused on appearance, or less important in comparison to those other health issues, and I believe that overall is less important.

but nevertheless, a person's body composition will play into their happiness and sense of well-being, so it's important in its own right. But, moreover, it can be something that gets someone interested in this lifestyle in the first place. So my philosophy on this is that those healthy lifestyle changes may be discovered by a person who wishes to change their body, but they may then stay for the health and well-being aspects of it that then ensue for the rest of their life.

now my experience is in bodybuilding. That's quite a misunderstood endeavour for lots of reasons, not least of all the drugs that are used in professional bodybuilding. However I've competed in drug tested bodybuilding in the UK, and that has been an excellent training ground for me to discover how body composition is affected by different diets.

because, in different sports, a person's body composition, their abundance of muscle mass, or their lack of body fat, will be a factor that affects their performance. In contrast bodybuilding is the only endeavour, competitive endeavour, if you wouldn't call it a sport, which I'm not sure if I would, it is the only competitive endeavour where a lack of body fat is one of the actual things that you're judged on.

it is a very good training ground, and is a very good comparison for how different diets can affect a person's body composition, and that's where my experience has been. That's where I've seen the benefits of the real food lifestyle, particularly low carbohydrate diets. So that had been my background, I'd always been interested in weight training, and as I've got more advanced in it, I started competing in bodybuilding in 2018 in something called men's physique, which is a slightly lower level of bodybuilding, and in 2019 I decided to do a fundraiser for the Public Health Collaboration, where my challenge was to compete in the heavyweight bodybuilding category with the UK Drug Free Bodybuilding Association, using only real food as my diet preparing for that show.

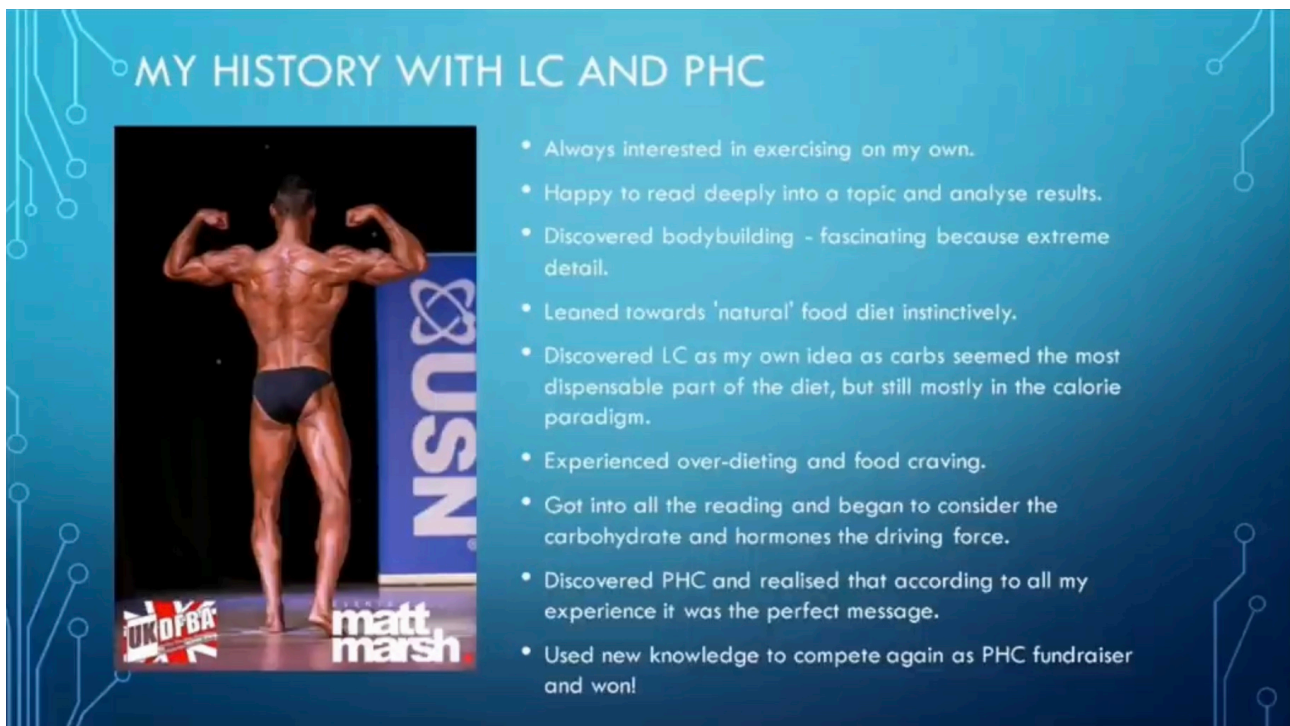
I did that as a sponsored fundraiser, and I took part in that competition, which I then won. So I'm going to show some of my results with it, and some of the other diets that I've helped people with that are very much in the same vein.

on the right here we see my community where I have been training people with circuit exercises, mostly outdoors on the weekend and while we're locked down at the moment I'm doing this online.

if you want some exercises contact me @sam_jdh via instagram and I can certainly help you out with home workouts as well.



Slide 3 • My History with LC and PHC • 06:57



MY HISTORY WITH LC AND PHC

- Always interested in exercising on my own.
- Happy to read deeply into a topic and analyse results.
- Discovered bodybuilding - fascinating because extreme detail.
- Leaned towards 'natural' food diet instinctively.
- Discovered LC as my own idea as carbs seemed the most dispensable part of the diet, but still mostly in the calorie paradigm.
- Experienced over-dieting and food craving.
- Got into all the reading and began to consider the carbohydrate and hormones the driving force.
- Discovered PHC and realised that according to all my experience it was the perfect message.
- Used new knowledge to compete again as PHC fundraiser and won!

I've always been interested in exercising on my own, and I've always been happy to read deeply into certain topics and analyse things for myself

that's how I've discovered low carbohydrate diets, and bodybuilding in particular

I've leaned towards natural food instinctively, just seemed a common sense thing, just from my very early days of weight training in the kind of foods that would be recommended.

low carbohydrate diets are actually not a new thing in bodybuilding. If you go back to the days of people like Vince Gironda, they were talking about a steak and egg diet, they were talking about low carbohydrate diets as a means of contest preparation, where the loss of body fat is the main objective in that phase, as you get ready for competition, so that all of the muscle you've accrued throughout the rest of the year is visible on stage,

we see a picture here, that's me on stage in that competition that I did as my PHC fundraiser, and that's the result of my body fat loss over the course of the weeks leading up to the show, using a low carbohydrate diet.

now it was all of this that led me to discover the PHC, because it seemed to me, just on the face of things, that a low carbohydrate diet would work. Because, obviously protein is extremely important, it's what muscles are made of, it's what we used to rebuild. It seemed to me that we were to be using our own body fats for energy and therefore carbohydrates would be the most dispensable part of the diet, as we start to eat less to lose body fat,

the very first low carbohydrate diet that I did was before I knew anything about the world of different diets, before I knew anything about the world as a Public Health Collaboration and I started just eating real food, and I had sweet potato as my carbohydrate food, which I progressively ate less and less of.

I was weighing it each week, and I would have less and less sweet potato each week.



as I was eating less, that was my means of eating less, and that was very much the first time that I got to a very low level of body fat, and that was just as a hobbyist sort of thing, before I ever thought about competing, but it certainly worked, it worked effectively, and that's what started the whole thing.

I then have experienced over dieting and food craving created by that, and this was while I was still very much stuck in the calories paradigm of dieting, which we'll get into a little bit later, and it was before I'd realised that there was a little bit of a tension between a low carbohydrate diet and low calorie dieting, which were only discovered after competing for the first year in 2018 and before I hit the books, before I got into all of the resources around low carbohydrate diets, that I'm going to recommend to you

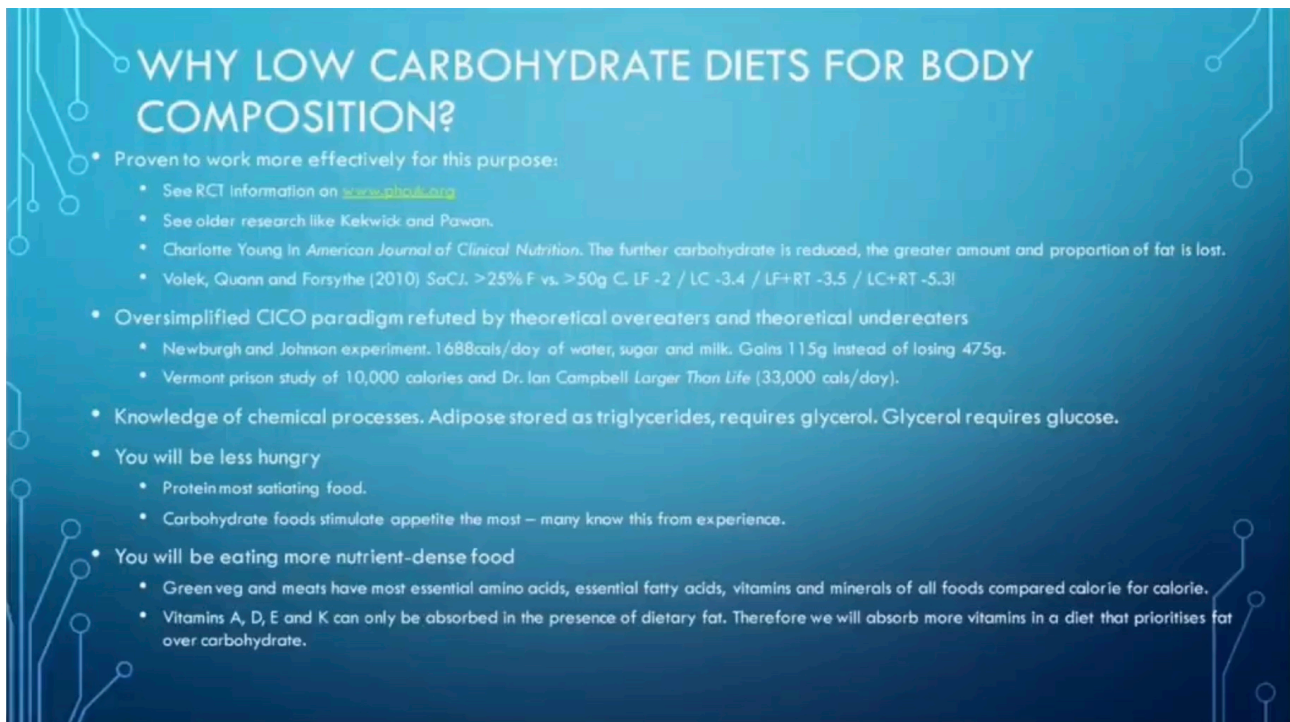
once I did get into all of that reading, I was delighted to see that the Public Health Collaboration existed in this country. I discovered it by reading reading a book that referenced what Sam Feltham had done with his own personal experiments,

and it's the sort of thing that I would do, the sort of self-experimentation that I've been doing

and it fit with my experience, and then I dug into all of the PHC material, and realised that it was the perfect message, and it was very much broad enough for people that would want to approach a dietary intervention, for lots of health reasons, or even for something like bodybuilding

I decided to become a PHC ambassador, and decided to raise money for the PHC with this last competition in 2019 which I won

Slide 4 • Why Low Carbohydrate Diets for Body Composition? • 11:13



WHY LOW CARBOHYDRATE DIETS FOR BODY COMPOSITION?

- Proven to work more effectively for this purpose:
 - See RCT information on www.phcuk.org
 - See older research like Kekwick and Pawon.
 - Charlotte Young In *American Journal of Clinical Nutrition*. The further carbohydrate is reduced, the greater amount and proportion of fat is lost.
 - Volek, Quann and Forsythe (2010) *SaCJ*. >25% F vs. >50g C. LF -2 / LC -3.4 / LF+RT -3.5 / LC+RT -5.3!
- Oversimplified CICO paradigm refuted by theoretical overeaters and theoretical undereaters
 - Newburgh and Johnson experiment. 1688cals/day of water, sugar and milk. Gains 115g instead of losing 475g.
 - Vermont prison study of 10,000 calories and Dr. Ian Campbell *Larger Than Life* (33,000 cals/day).
- Knowledge of chemical processes. Adipose stored as triglycerides, requires glycerol. Glycerol requires glucose.
- You will be less hungry
 - Protein most satiating food.
 - Carbohydrate foods stimulate appetite the most – many know this from experience.
- You will be eating more nutrient-dense food
 - Green veg and meats have most essential amino acids, essential fatty acids, vitamins and minerals of all foods compared calorie for calorie.
 - Vitamins A, D, E and K can only be absorbed in the presence of dietary fat. Therefore we will absorb more vitamins in a diet that prioritises fat over carbohydrate.

let's look at the research that I discovered after my early experiences with low carbohydrate diets

I'm gonna reference a few things that will explain to you why this works, and point you in the direction of some further personal research, and basically outline why these sorts of methodologies are particularly effective for body composition

it's proven to work more effectively, and it seems that no matter how often it's proven to work more effectively, it's just ignored

you can see all of those randomised controlled trials on PHCUK.org, if you're not familiar with the website I urge you to go through all of those

but it's not a new thing, the low carbohydrate diet seems to come back with a new name and a slightly different variation on the theme every decade or so

you've got very old research like Kekwick and Pawon (Alan Kekwick, Gaston Pawon) I've referenced, but I first read about that in Dr. Atkins infamous diet revolution book, and that is one of the names that the low carbohydrate diet has come back with

seems to come back again and again whether it's Paleo, Atkins Keto, Carnivore

it's all variations on a similar theme, and that theme is natural food, nutrient-dense food, lack of processed food, lack of high carbohydrate food, and I'm sure that in the decades to come there will be new variants on this, but it will be the same sort of thing and that's an early study you can look at

another early study as Charlotte Young in the *American Journal of Clinical Nutrition*, they discovered that further carbohydrates you reduced, the greater the amount and the proportion of fat is lost

now that proportion of the weight loss being fat is critically important to bodybuilding, where we need to hold on to muscle, that's what the competition is all about, holding on to muscle and lack

of fat to display that detail, and I know that most people aren't gonna want to compete in something like that, it's just the only way where you can compete with body composition and a low carbohydrate diet can perform very successfully under those conditions

but the way that this relates to other people that want to change their body, is that a weight loss, if you're losing muscle as well as fat, may mean that you retain the same shape, and you'll basically, potentially, be a smaller version of the same shape that wasn't what you were aiming for

generally most people who want to change their body want to either build muscle, while losing fat, or at least retain the muscle, while just losing the fat, so it's about losing the body fat, the adipose tissue, and it's very very effective with a low carbohydrate diet

another very interesting study, a more recent one, that I'd recommend looking up is by Volek et al. 2010

they compared a diet on low-fat model versus a low carbohydrate model, where there were four groups, where they're comparing dieting with low fat and exercise, or no exercise versus low carbohydrates with exercise or no exercise, and that was in particular, resistance training

that very much ties in with how effective bodybuilding workouts are, which are mostly resistance training, in combination with either of the dieting paradigms that are most well-known

resistance training is an umbrella that covers all of the kinds of resistance you can apply to muscular movement

that includes bodyweight exercises, includes equipment like resistance bands, and of course it includes machines and free weights that are the bread and butter of bodybuilding, muscle building workouts

in Volek et al.'s study they had the group on less than 25% of the diet in fact, they lost 2% of body fats, proportionately

compared to that, the low carbohydrate group which was the group that was controlled at less than 50 grams of carbohydrate per day, they reduced body fat percentage by 3.4%

the group that had the low fat diets plus resistance training, lost 3.5% body fat,

and finally the group that did the low carbohydrate diet, that's less than 50 grams per day, and the resistance training protocol lost 5.3% body fat, that was their percentage reduction in body fat

the first thing that stands out to me there, is that the group that were doing the low carbohydrate diet only lost 0.1% less body fat than the group that were doing low fat dieting plus all of the resistance training exercise, the 3.4% or the 3.5% there

you're about as effective doing the diets and none of the brutal workouts, doing low carbohydrate diet, as you are here doing this low-fat protocol and doing the resistance training

of course, there seems to be a synergistic effect between doing low carbohydrate diet and the resistance training, so that was the best group there, and that's what all of my methods are

they are a combination of resistance training workouts, and low carbohydrate diets, and most of the diets we're going to look at here are solidly below 50 grams per day, although I'm gonna explore for you some of the more versatile ways of doing it

because we want to be able to keep this up, we don't want this to be a thing where you diet for a while, you achieve a result, and then it slides off because the methods that got you there simply aren't sustainable

but this kind of comparison is always going to be looked at because the two main paradigms that I see within diets are the calories in calories out paradigm (CICO) versus this carbohydrate model

it's kind of an - energy balance is a term that you'll see in a lot of materials on dieting and weight loss, particularly official guidance that we get at the moment

and the other paradigm, the one that I'm operating more in, and I believe the low carbohydrate community is operating in, is more of a hormone based paradigm

it's more more of an endocrine system, aware based paradigm, and really, to get to the bottom of it is quite difficult, because we're constantly hearing the message of calories in calories out and energy balance,

and on the face of it it seems that it would make sense, we're told that the body will basically relinquish this fat as the energy balance demanded by the activity demands it

you create what they call a calorie deficit, and the body is then going to take that energy from the fat stores because it needs it

but this does not account for the fact that the body will try and be more efficient with the energy, as you're providing less dietary energy

you see a calorie doesn't actually exist as a thing

it's a measurement of a thing, not a thing in itself

when we talk about something like this, we don't have to assume that it's going to be just a matter of energy balance, because there are a lot of holes in this view of things

not least of all that the body isn't a closed system

in biology they generally accept that the stomach is actually outside of the body technically speaking, so you've got questions over what kinds of things are absorbed, which aren't, and there are also several systems going on at the same time in the body

it's not as simple as it's made out to be

without worrying about that, we need to consider why there are experiments that show that these calorie deficits and calorie excesses, these theoretical deficits and excesses, have been disproven by over-eating and under-eating studies

a good a good example of an under eating study is the Newberg and Johnson experiments

a subject here was in a theoretical calorie deficit, being fed 1688 calories a day and that was just water sugar and milk

the calorie formulas, where people think that they're going to lose a pound a week if they're in a deficit of about 500 calories theoretically per day, was that they would be losing 475 grams of weight during the experiment here

but in fact this person, in their theoretical calorie deficit, gained a 115 grams

that's an example of the under-eating side of things

an example of the overeating side of things is the Vermont Prison Study where they tried to get the prisoners to eat 10,000 calories a day and they concluded that,

- it was very difficult to get people to eat this much because they were giving them mostly real food, I believe it was a lot of pork, if I remember correctly, and the weight changes that were observed were nothing close to what they would have been predicted to be with the calorie formula

- another example is Dr. Ian Campbell's discovery that with 33,000 calories a day in the very morbidly obese subjects that he looked at, and larger than life. They would be expected to be gaining lb's per day, but these people were very much stable in their weight, it may seem absurd to eat 33,000 calories per day, but if you get addicted to addictive foods, high carbohydrate foods, foods that go down very easily, you're incorporating ice creams, fizzy drinks, all of these sorts of things, and you're having your appetite stimulated by these things constantly, you've got into an addiction cycle that's treating food as entertainment rather than nutrition, it is very possible to eat 33,000 calories a day after a point, but these people who should be gaining weight, theoretically, on this are pretty much weight stable

all of these are counter examples to the calories in calories out paradigm, which has become the orthodoxy, and my belief is that it's become the orthodoxy, to put the onus on the consumer for getting the theoretical numbers wrong, so that all of their obesity and health problems are consequently their fault, and not the fault of the guidelines, which are completely misguided and don't address what's really going on, and they allow for all of these addictive foods

you see something that's recommended as acceptable in moderation, it's very difficult advice because you're talking about things that can be addictive, and trying to deal with things that can be addictive in moderation, is the thin end of the wedge, that gets the person eating these things and eating more and more in the first place, but we're then blaming them that they're getting the numbers wrong, the numbers that don't add up when you look into some of these counter examples here

it's a real shame, but it's slightly more difficult to understand the low carbohydrate methodology, but hopefully over this weekend you'll get an insight into it, and your own experiences will show that it's a more easy, and more healthful way of doing things

part of that understanding of why it would be more effective to use a low carbohydrate diet for body composition, it's the knowledge of the actual chemical processes, the bodily processes involved, so adipose tissue, that fat is stored as triglycerides, for it to be stored as triglycerides it requires glycerol

glycerol requires glucose

glucose is carbohydrates, or it's what carbohydrate digest down to, so when you eat starchy carbohydrate, that's starch, always digest down to glucose, and when you have the simple sugars they either are glucose or they are sucrose, which is glucose and fructose, but however you end up with it, you're going to end up with glucose from ingesting carbohydrate, which is what makes the the guidelines we receive about basing all meals on starchy carbohydrates ridiculous in terms of losing body fat, that adipose stored, because that is coming down to glucose, which becomes glycerol, which is a necessary component of forming adipose tissue

the only other way of getting glucose is through a process called gluconeogenesis, where glucose is produced from protein, but in my personal experience, protein needn't be worried about so much, it doesn't seem, in my experience to go through the pathway of gluconeogenesis particularly often, if you're eating protein as well as training, and it's a two-step process before it gets to glycerol, whereas with your carbohydrates it's immediately available as glycerol, and to form that adipose tissue as triglycerides

I finally became aware of how that works after reading the book 'The Obesity Crisis' by Dr. Zoe Harcombe and I have the highest praise for that book, I would say if you were to read one book about what's happened with our diets, that would be that would be the one

I remember reading this after my first year of competing in bodybuilding, where I'd had success with a low carbohydrate diet, but it was also a very low calorie diet and I felt low on energy, and it hit me like a lightning bolt reading this explanation of the processes involved in stored fat, because I thought, hang on, if no glucose was available to become glycerol, in theory, in the total absence of carbohydrates, it would be impossible to gain any fat, and so if I were feeling hungry or over hungry on a diet that I was doing to lose body fat, in theory, I could eat something, or have a whole day of eating a little bit more, where, if there was no carbohydrate whatsoever,

theoretically, I wouldn't be able to gain weight, so I'd be able to sort of pause in the middle of my diet where I wouldn't necessarily be losing any fat that day or two, but I certainly wouldn't be sliding back the other way

I tested it, I basically did after my first competitive year in 2018, I sort of did a Vermont Prison Study of my own

I like to eat pork, and I started doing my usual diet, but where I got too hungry, I basically slipped into zero carbohydrate, and then I would eat an extra 2,000 calories from having an entire pork leg joint as my dinner instead of my usual mackerel, which would have been four times as many calories

I tested this for a week

I tested having an extra 2,000 calories, on top of my usual intake, for five consecutive days and I couldn't measure any weight gain or any fat gain

I'll get into those measurements as we look at fat gain specifically, and fat loss specifically with our home measurements

but I tested that, I had an extra 2,000 calories of this pork, zero carbohydrate, couldn't measure any difference, five days, and then I did the same with cereal, I had 2,000 calories on top of what I usually have as cereal, and I could measure it, I was adding millimetres to my skin fold measurements,

and that's my own self experiment that showed me that a calorie is not a calorie, as they say, in the world of low carbohydrate diets, and that's the proof that I trust, because I've replicated it myself in my own way, much like the Sam Felton experiments that I urge you to look up

another reason why a low carbohydrate diet will be more effective on our quest to superior body composition is you'll be less hungry

I find that carbohydrate foods stimulate the appetite the most

many know this from experience, that is how people get to their 33,000 calories per day and become morbidly obese

I don't think any of those people have managed to get to that point with those high-calorie meats, if you do have an example send it my way, of course the science on all of this is never settled, because any kind of thing that proves an exception is something that will have to be investigated further, but my experience, and most of the people that I have worked with have found protein to be the most satiating food

and so you'll be less hungry, so that makes your method much easier

and then finally, if you're eating what we call a low carbohydrate diet, to lose your body fat, you'll be eating more nutrient-dense food, so it should be more healthy

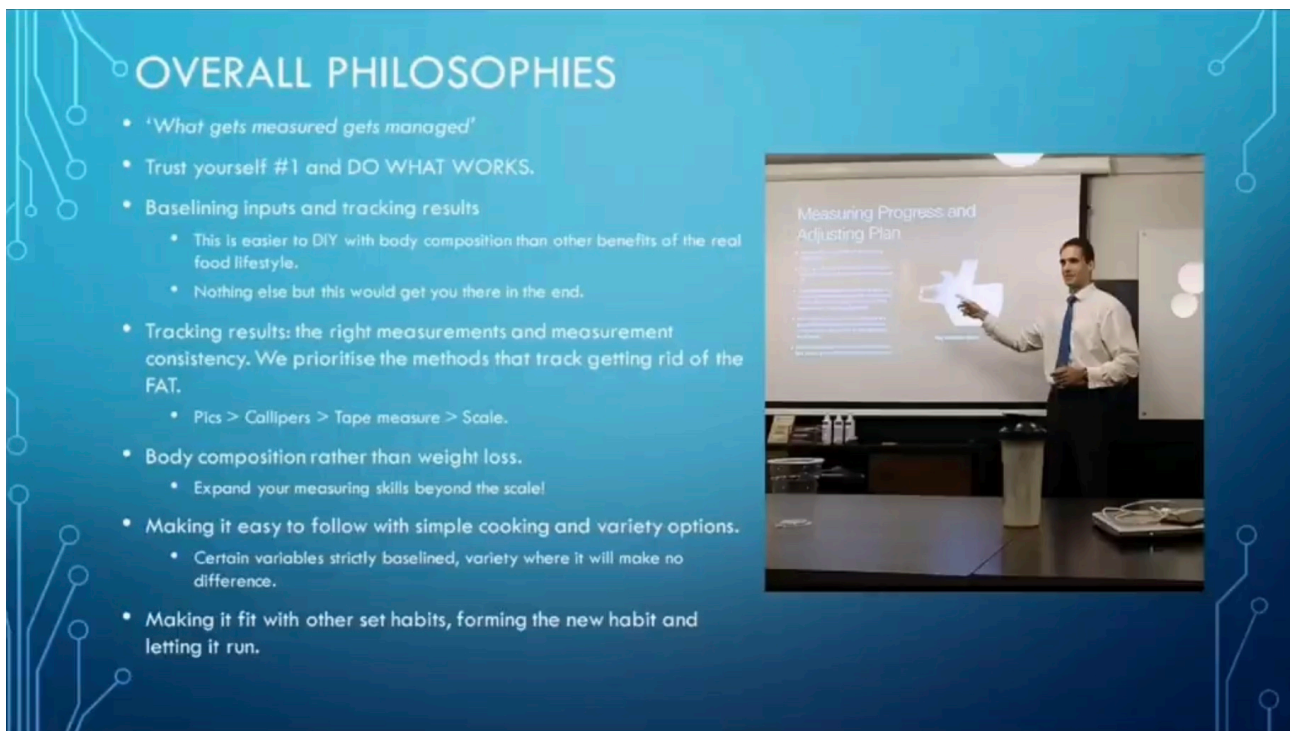
you can check all of the numbers on the food yourself, and you will discover that green veg and meats have the most essential amino acids, essential fatty acids, vitamins and minerals of all the foods when you compare them calorie for calorie

of course there are no essential carbohydrates, even the mainstream resources that you can look back to state, that or illustrate that, it's just that we've got our advice upside down, and I believe that's why a lot of the a lot of the message is anti meat I believe, that because these foods are very filling, they are the foods that are going to make it most easy to steer away from the processed foods, or high carbohydrate foods, the foods that make you a better consumer, in the sense that you're buying more things, and we really do need to unpick this

and finally the vitamins a, d, e, and k can only be absorbed in the presence of fats, therefore, we will absorb more vitamins in a diet that prioritises fats for energy over carbohydrates

there are several reasons why it's going to be easier and healthier to be using a low carbohydrate diet as we try and lose body fat, as well as it being more effective in its own right

Slide 5 • Overall Philosophies • 33:05



OVERALL PHILOSOPHIES

- 'What gets measured gets managed'
- Trust yourself #1 and DO WHAT WORKS.
- Baseline inputs and tracking results
 - This is easier to DIY with body composition than other benefits of the real food lifestyle.
 - Nothing else but this would get you there in the end.
- Tracking results: the right measurements and measurement consistency. We prioritise the methods that track getting rid of the FAT.
 - Pics > Callipers > Tape measure > Scale.
- Body composition rather than weight loss.
 - Expand your measuring skills beyond the scale!
- Making it easy to follow with simple cooking and variety options.
 - Certain variables strictly baselined, variety where it will make no difference.
- Making it fit with other set habits, forming the new habit and letting it run.

The slide includes an inset video of a presenter in a white shirt and tie, standing in front of a screen titled 'Measuring Progress and Adjusting Plan'. The screen displays a list of items and a diagram of a human figure with arrows pointing to various body parts.

what are my overall philosophies on actually doing this, actually measuring yourself and getting down to a desired level of low body fat, and I think the key is to baseline things and measure them yourself

control what you can control, write things down, and measure it every week, so, the saying that we have is 'what gets measured gets managed', I'm sure you've heard that before

but applying that to a diet can be a little bit tricky, especially if you're trying to lose body fat rather than just weight

it also gives us control of our own bodies and what's happening, so I say trust yourself as number one, and do what works for you

if it works for you, that is the main thing that you should pay attention to

you baseline things that you can control and track those results

and it's actually easier to you do this yourself thing than you might think

and if you were to baseline things and just measure them week on week, and you had no knowledge of different diet methodologies at all, eventually you would come to something that works, just for baselining and measuring, and adjusting where things show no difference week on week

it's about taking the right measurements though, particularly if we're trying to track getting rid of the fat, rather than just weight, and so I suggest that, rather than stepping on the scales as the main measurement, as most people do, we use pictures, callipers and a tape measure, all this priority over the scale, because they all tell the story of the fat loss and the real change that we're looking for, more clearly than the scale does

I say pictures are best, because they're the clearest difference and they're very motivating, as we'll see from a couple of my case studies coming up

the second best, the callipers, because they're they're focused on body fat in all areas of the body we can do that

followed by the tape measure, that's particularly useful if you're trying not to lose muscle while you are losing this fat

and then the scale is very much last

that picture of me on the right, that's a pair of skin fold callipers, they won't cost you very much for plastic ones, it's absolutely fine to use the plastic ones, they'll only cost you about £5, I've been using the same ones this whole time while competing



but I've known people that have competed in this, that have done an entire bodybuilding competition preparation, without using callipers and tape measure at all, just going entirely by the scale, and they won't come in as low body fat as they would want to, because you're not tracking the thing that you're actually looking for

that picture of me on the right there is a presentation I did a couple of years ago, so I've been harping on about this measuring, and how to use callipers for a while now

I also want to point out that a picture of me there, not on stage kind of illustrates that if you do the natural route with bodybuilding, if you do choose to take this competitively, you'll still look very much normal in real life, and not too big or freaky

bodybuilding, yes it's kind of gone the wrong way, it's kind of gone in an unhealthy direction, but if you don't do all that side of things, you can very much still be looking normal the rest of the time

those methods of body composition measurement are really avoiding just looking at the weight loss

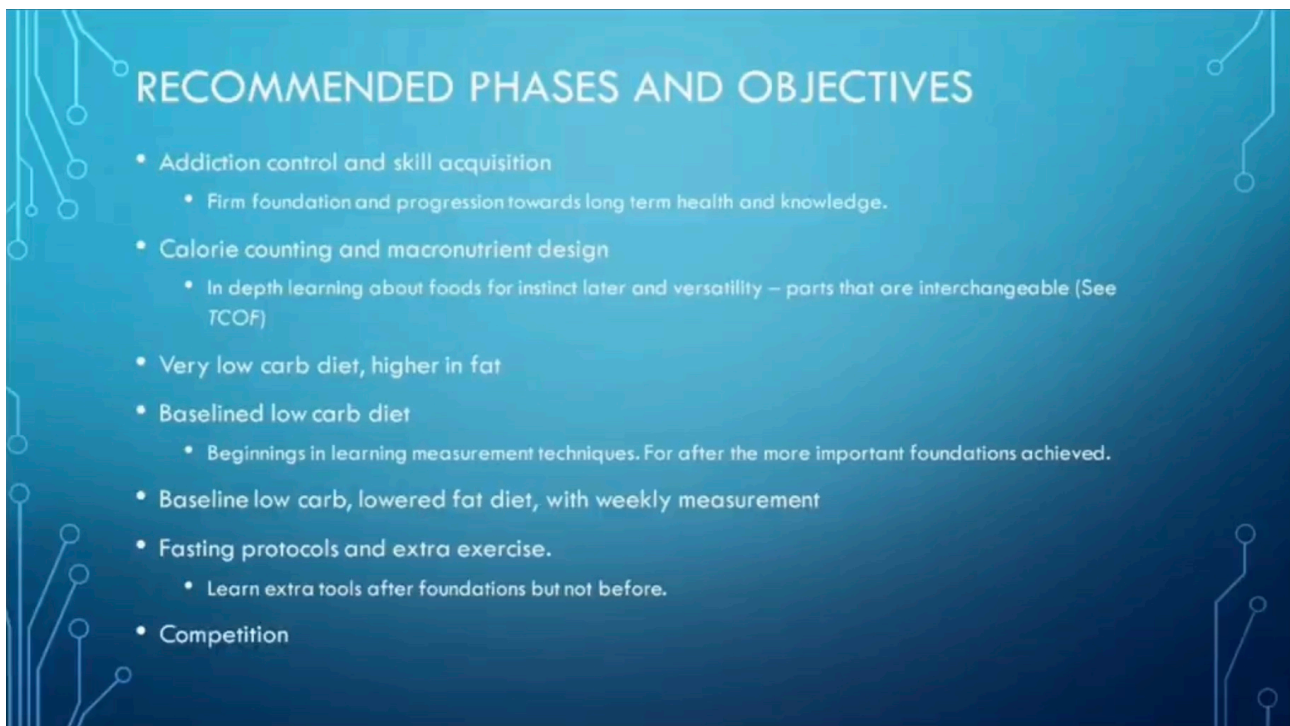
there's some skills that you need to pick up with using the callipers and the tape measure

then the next overall philosophy is making things simple to follow, with understanding which variables need to be strictly baselined, and which will make no difference, so this is where your learning about food comes in

this is where you need to learn about real food and which may be interchangeable, and which things make a difference to you and which don't, so that you've got something that provides you enough variety and interesting recipes to carry on in this way of eating the rest of your life, rather than it being a diet that then falls by the wayside

and that's what leads into making it a habit that you can set, and letting it letting it run on and on

Slide 6 • Recommended Phases and Objectives • 37:49



getting into this, I have several different kind of phases, that I recommend for getting into low carbohydrate diets, for improved body composition

and where you come in, in this list really depends on your previous history with dieting, challenges you may have, and what you're looking to get out of it

at the lowest level, I'd say, that you need to achieve addiction control and skill acquisition

what that means is, if you're very new to these sorts of diets, it's a success just to kick out the fake food and learn about what's in the real food, before you start actually doing a set diet, and measuring week on week, that's your firm foundation

I'd say whatever real food you can get your hands on and eat, if you can manage that for a couple of months consecutively, that's a success in its own right, even if you're not losing body fat, that's the foundation that will get you progressing towards true long-term health and knowledge

another phase is the calorie counting and macronutrient design

now, even though I've said this huge problem with the calories in calories out paradigm, this calorie counting and macro nutrient design phase is very useful for just learning about the real foods, and learning about which ones will provide you more protein, which will provide you with more fats, which have which vitamins and minerals in, and so, it is actually very useful for a time to follow something where you are setting the numbers on these things

now, I don't expect anyone to do that for very long, it's very much like taking up a musical instrument, and if you were to pick up the piano, just for fun, you would play your scales, and it's not because playing scales is the objective, it's just to get your mind and your ear, and your hands familiar with the different keys, and where the flats and the sharps are in the different keys, so that whenever you pick up a new piece, it's not alien to you, and you've built some skill in that training ground

in a similar way, this calorie counting needn't go on, but you will in the process of doing it, you will know which foods are interchangeable, so that you have that variety, for the rest of your life

just as an example, a shortcut you might have, if you were trying to eat in a way that's taking you in a certain direction with your body, or you're trying to maintain your body in a certain way, if you've had this phase of counting all of the macronutrients in the food, you would know that salmon and mackerel are more or less interchangeable, you would know that chicken and turkey breast would be more or less interchangeable, you would know that all of the green vegetables would be more or less interchangeable, you would know that's all of the non starchy vegetables would be more or less interchangeable, you would know which of the herbs and spices you're fine to eat, and could use any mix of any of those, and just with that knowledge, you've got an infinite number of recipes that you can do to keep your healthy food interesting

another phase or level that you can come in at this, is doing a very low carb diet and higher in fat, now that's a kind of diet I'd recommend someone that has problems with addiction control and needs something tasty, to get across from the other side of fake food and high carbohydrate food

that would be really addressing this carbohydrate addiction, and to make it tasty, which higher fat, rather than leaner proteins tend to be, just switch across to, your nice cuts that higher in fat, so your beef ribeye, your pork shoulder, that kind of thing, that's excellent, if you want something that's gonna be pleasurable and not too harsh, just so you make this sort of transition

now, if you've done all of those three phases, or you've done one of those phases that was appropriate to you, and you want to take your body fat loss to a more pronounced level, that's where you're in a good place to do some kind of baseline to low carb diet, so that's where you will use the kind of measurement techniques, and the kind of weekly review that I would talk about after those foundations

you would then take your low carbohydrate diet, you would eat the same, or things that are equivalent the same, so you know, things like broccoli and spinach in roughly the same amounts can be interchangeable, and you've learned which things are interchangeable, but the actual format and the rough numbers stay the same every day, and you measure that week on week, that's the next level, the next way to try it,

and then when that takes you to a certain point you're in a position where you could lower the fats in the diet as well, gradually, and with weekly measurement, that's the next stage for taking your body fat lower

your body is then acclimatised to using fat as its energy source, but then you start taking out the dietary fat gradually, and that's when your body is quite happy to use its own fat, and you can use lose body fat very quickly when you're in that sort of position, and that sort of phase when you're ready for it

now, I'd just like to point out at this this point that, I understand that low low fat is not healthy, and none of the diets that I recommend, and none of the diets in this presentation, are any lower than the the PHC suggested minimum fat intake

when I say lowered fat, I don't mean low fat, I don't mean the standard Western diet conception of low fat, I just mean lower than when you're getting used to this, with your tastier meats basically

then the next phase if you want to take it further than that, the cherry on the top as it were, is fasting protocols, and putting in extra exercise, now with any kind of endeavour you find that the beginners are always the ones that want to look for the shortcuts, or the fancy tricks, and so you'll see people that haven't got over the early phases, or the early objectives I've suggested, like, just addictions to strange and unnatural foods, are already curious about intermittent fasting, or really hardcore workouts that are gonna work like magic, and these things are just the extra on top, they're not the foundation, they're just add a little bit extra later, so they're the next stage that you can do from there

and then really the last phase is just if you want to take it as far as possible and do this competitively

I'm not saying it should at all, I just thought in my case it was something I was interested in, and the arena where I would be able to raise money for the PHC, and demonstrate how effective this way of eating is

Slide 7 • How to measure body composition changes yourself and track progress • 45:10

HOW TO MEASURE BODY COMPOSITION CHANGES YOURSELF AND TRACK PROGRESS

- Advanced scans expensive and impractical for continued usage (DEXA Scan)
- Warnings about weight: not the main thing to consider.
- Using tape measure at home.
 - Widest and narrowest technique for consistency
- Using callipers at home.
 - Big pinch, little pinch technique.
- Taking pictures and videos.
- Writing and recording all of this somewhere
 - Include skinfolds, measurements all over, pics and weight.

20 DAYS PROGRESS

Programme by @Sam_jdh - details in post 🤓

getting into the measurements, once you are getting into a baseline diet, where you're eating a diet that's more or less the same, each day, or foods that are interchangeable each day, how do you measure that progress, week on week

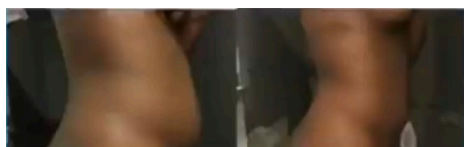
the most effective way of measuring your body composition, or your level of body fat, is the DEXA scan, but that's impractical, because it's going to be expensive and you're not going to be able to do it every week

now if you want to keep progressing, you to make sure that you identify, every week, whether things are still going in the direction that you want them to or not

otherwise you've wasted a week there if you haven't identified that you weren't still moving forward

you need a measurement method that's gonna allow you to identify quickly if things aren't going in the right direction

it needs to be practical, it needs to be something that can be done weekly, I would recommend, and avoiding getting on the scale, it's about the pictures, the callipers and the tape measure primarily as we said before



so this picture here, is someone that I designed a diet for, we're gonna look at that exact diet in a moment, it will say low carbohydrate diet, but not a very low carbohydrate diet, it was a very versatile diet, it was an entirely real food diet, and a pleasant diet, but with the absence of the fake food,

you see that the bloating disappears, and we've achieved some level of loss of body fat just within 20 days

let's describe the techniques of measuring, what makes sure that we're on track with this, because these methods are discovered, are very different to how you might read about using

something like callipers, or tape measure, so, any kind of measurement has got to be done in exactly the same way each time, otherwise the way that you do it differently each week, is going to completely confound the results

pay no attention to how a tailor would use a tape measure, for example, and just find a way that you can do it exactly the same each time, so what I would do with the tape measure, is I would measure at the very top of the leg, and I would make sure that I would measure them in the middle and just above the knee, so that they're going to be measurements in exactly the same place each time

I would do my measurements, when I've done no workout for 24 hours, so I'd do it cold on a Monday morning, so that nothing's pumped up from blood going into the muscles, and with the chest measurement, I would do it as big as possible, by breathing in, because your temptation, especially if you're doing it the bodybuilding way, is that you want that area to be bigger, and so I just make sure that it's always gonna be the same, it was always gonna be as big as I could make it, and that the arm measurements, you flex your arm, and measure around there for the biggest measurement that you would have out of it, that creates the consistency, that you're measuring it in the same way each time

similar problem with the callipers, if you get a set of those plastic callipers, you'll see that they have instructions about using two sites on your body, or four sites on your body, that you then combine the numbers in the table, and that gives an estimate of the body fat percentage

we're not looking to do that, because we're not interested in that number, and just measuring those four sites, you're gonna accidentally measure it in a different way each week and not know what's going on

the way I recommend to do this, I call the big pinch and the little pinch technique, take the area of your body where you're interested in losing the most body fat, and have a way of making sure that you're measuring in the same area every time

I always do it on my stomach next to my navel, so it's always gonna be in the same place, because right next to the navel, and then I'll do the biggest pinch I possibly can, and the littlest pinch I possibly can, because when they teach you how to use callipers, they'll say that the pinch your fingers should be an inch apart, you can't guarantee that's gonna be the same every time, you have your fingers and the callipers will slip on it, it's very awkward, just do the biggest you can, write down that number in millimetres or centimetres, and the most small pinch you can take, and write that down in millimetres or centimetres, and you'll see that go down, it's really encouraging, you'll know that you're losing body fat, if you lose a millimetre off either of those measurements, seven days later, then a millimetre the next week, and then you just keep on going, and the way this works is that when you have seven days have gone, where those numbers haven't changed, and you know that you're measuring it in exactly the same way each time, then something needs to be changed

that can either be a little bit more exercise, a little bit less carbohydrate, a little bit more of a fasting window between your last meal of the day and the first meal at the next day

just change something, and see if that works on the following week, that's why anyone can do this for themselves,

but definitely take pictures and videos because as you see in this one, it's highly motivating, you have someone that the numbers on the scale are meaningless because they can't actually see the difference in themselves in that space of time, if you have a picture comparison like this, that you can show after 20 days, that's all the motivation that's needed to just carry on with the method that's working

record it all somewhere, and you'll know what's happening, and it will motivate you, that's how we do it, anyone can do that for themselves

Slide 8 • Sample Diets • 51:11



here's a few sample diets, before we get into a couple that I've done for people, with a low carbohydrate method, and this is coming back to the list of principles I suggested, these sample ways of doing a low carbohydrate diet are going to be more or less applicable to you, depending on what your goals are, what your challenges are, what your preferred foods are, and that sort of thing

most of my beginners, people I show how to do this, will start on a natural food and macronutrient controlled

now the reason I jump into the controlled, is because they want results straight away, where I need it baseline as quickly as possible, so that I know when I change something that's being eaten, the next week, that I knew what we're changing that against, what the baseline was, so if I'm beginning someone on getting their body fat down, I'll switch them immediately to all natural food, on the low carbohydrate end, but not necessarily super low, and I'll get control of that,

then, another example, and this is one that some of the guys like in particular, where they want to build muscle with a low carbohydrate diet, so they're eating nutritious food while doing this, and they're not feeling bloated, and they're retaining some kind of definition, while still growing, would be meat and vegetables unlimited

there are formats of doing this without measuring anything, and seeing how you get on, so I'd just say, meat and any amount of non starchy vegetables, and that was the offseason, the diet that I used at the end of 2018 into 2019, before I started the fat loss phase with a baselined ultra low carbohydrate diet

another similar diet with no measurements of things, just doing the carnivore unlimited, that's particularly good in the context of someone who's metabolically unhealthy and has addictions around sugary foods, there your main objective is just to get them off the sugary high carbohydrate fake food

the easiest way to do that, getting through the first phase, as I would see it, is to make it tasty, and that's gonna be higher fat meats for most people, that's what they're gonna prefer, so you give them carnivore unlimited there, that's gonna be the easiest way to switch one thing that they find pleasurable, for something different that they find pleasurable, their body will get used to, to

functioning differently, to using energy from a different source , and then, when the addiction slides off, you can you can do something else with their diet from there

another one is meat and green veg, we're gonna look at that in an example to follow, that was baseline, that's beginners fat loss, I'd say, meat and green veg

and then the last stage of a sample diet that we're going to look at, in my example, is meat and limited greens, calorie and macro-nutrient controlled, with some intermittent fasting, so that's basically everything we can keep control of, in a very low carbohydrate context, with less food than you might want, and just taking a pause from it when needed, and with fasting, and with all the exercise, and everything, so that's the most extreme level, that's putting it all together, and we'll look at the results of that as well

Slide 9 • A Beginner Low-Carb Controlled Diet (Case Study) • 55:02

A BEGINNER LOW-CARB CONTROLLED DIET (CASE STUDY)

- 1850 calories. 40% protein, 40% fat, 20% carbohydrate.
- First thing in morning, on waking: drink 1 litre of water.
- Breakfast (after walking as much of work journey as possible): 3 boiled eggs, 1 cucumber, 1 avocado, 3 cups of spinach, 6 cherries.
- Lunch (ingredients stir-fried with no oil and/or microwaved... Can be microwaved cooked or reheated that way after meal-prep): 300g chicken breast, 10 medium mushrooms, 100g courgette, 1 cup cabbage. This may do for two lunches, or lunch and snack, but you get to eat it all in a day. Seasonings, if required, may be bought.
- After training: 1 banana. 1 tin of tuna optional.
- Dinner: 250g approx of steamed salmon, 2 cups of raw kale, one medium bell-pepper.
- Drinks: nothing but water. Water may be flavoured with fresh chopped ginger, cucumber, or mint. Perhaps try similar herbal teas. No soft drinks or juices. Aim for 3L total of water each day to begin with.

they begin a low carb controlled diet

this was the first one on the list, here's an example, it's 1850 calories, so it's only marginally below what would be normal for an adult female, and it falls within the bracket of a low carbohydrate diet, as most of the medical world sees things, obviously people that are into the low carb, high fat kind of paradigm, or they're looking at keto diets and stuff, would still say that this is higher carbohydrate than they would desire, but this is like the first level of a low carbohydrate diet, and it fits in with the most broad recommendations of the PHC stuff

it's a real food diet, we're looking at 40% protein, 40% fat, 20% carbohydrate, and in this example, they start every day a little bit dehydrated, so they're starting the day with them some water, the breakfast is 3 boiled eggs, some cucumber, avocado, 3 cups of spinach and 6 cherries, then the lunch is 300 grams of chicken breast, and some non starchy vegetables, 10 mushrooms, 100 grams courgettes, some cabbage, seasoning if required,

I instructed this trainee on which seasonings they could switch around, and which of those vegetables they could switch around, that's a stir-fry kind of format for lunch, or prepare it on bulk and take it into work, is very manageable for variety there, then after training, tin of tuna optional, and a banana, that was a food that they still wanted to keep eating, when they got the first few weeks of benefit out of this, and their fat loss trailed off a little bit, the banana was gone as well, that probably comes as no surprise to anyone into low carbohydrate diets here, and then the dinner was 250 grams of steamed salmon, with some raw kale and bell pepper,

and then the drinks, this is sometimes the Devils in the detail with people that think that they can't lose weight, they'll say that they're not eating too much, but then all the drinks that they're having are crazy, or excessive amounts of alcohol, that kind of thing, so we'd wound things back to nothing but water, green tea, that sort of thing, definitely no soft drinks or juices here


looking down that, that's quite a pleasant diet, I would suggest, highly nutritious diet, entirely real food diet, low carbohydrate diet, as most people would see things, but if you want to speed things up, or things things don't go as far as you want them to in terms of fat loss, you could

move on from an outline like that, by removing the banana, removing the other fruits, switching things around a little bit, very versatile,

Slide 10 • Unlimited Diet Examples • 58:19

UNLIMITED DIET EXAMPLES

- Carnivore unlimited
 - Steak and egg, twice a day.
 - Other meats and organ meats as desired.
- Meat and vegetables unlimited
 - 10 eggs
 - Half kilo of chicken with broccoli and spices
 - Half kilo of beef with aubergine, peppers, mushrooms and seasoning
 - Fish or pork



here's a few examples with an unlimited diet

this is where we're not measuring everything, but it is lower carbohydrates, so the carnivore method, carnivore unlimited, you've got steak and egg twice a day, that's a really old-school bodybuilding diet, the Vince Gironda one, and then just add in other meats, and organ meats, as you may want them,

and then another unlimited diet example, we've got meats and vegetables unlimited

the list that follows that is what I was doing in the off season from competing, where I was trying to grow a little bit, but without adding any fat noticeably, and I was having having 10 eggs for breakfast, half a kilo chicken for lunch, and half a kilo of beef with vegetables for another lunch, and then fish or pork for dinner, and yes, it seems like quite a lot, but this was bodybuilding,

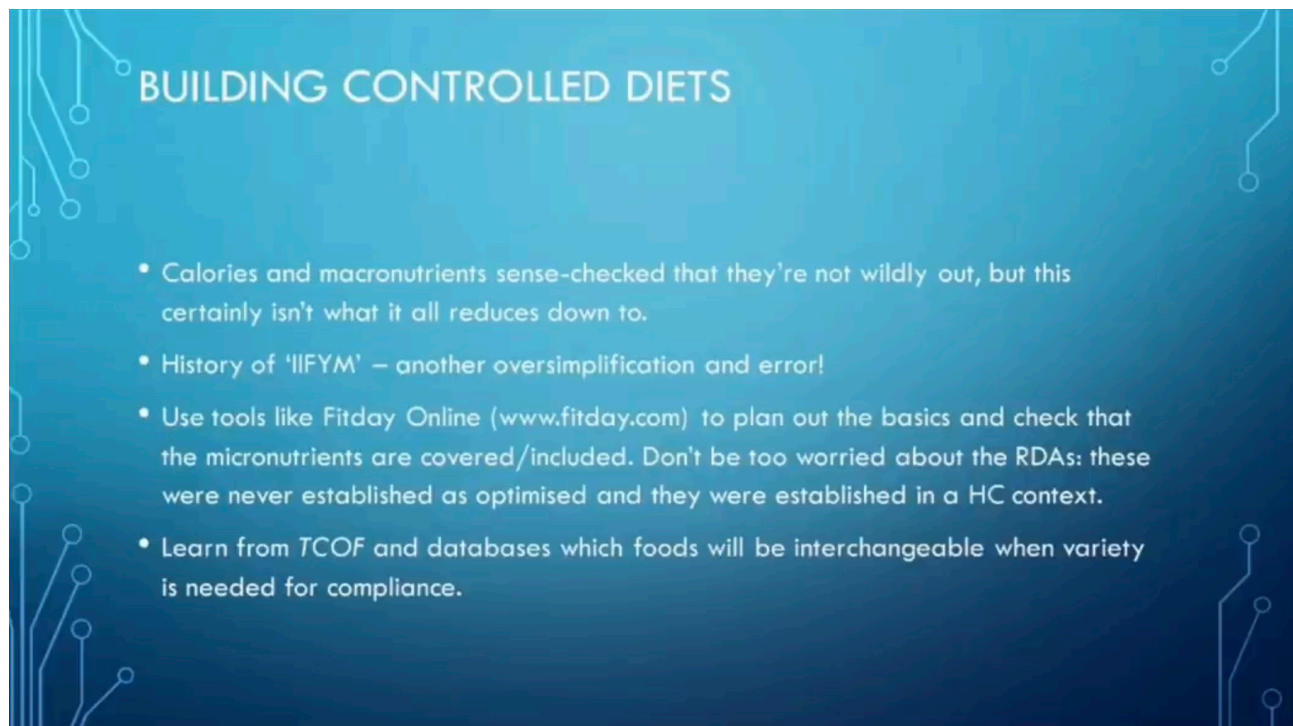
the example on the right is someone that did the meat and vegetables unlimited, but they were only having about half that much

theoretically, this example here, this person who's clearly gained muscle in five weeks, was actually in a calorie deficit theoretically, so it flies in the face of needing huge amounts of food, or huge amounts of carbohydrate to build muscle, we can look at this example of this trainee who after five weeks we can see that the trapezius, the deltoids, much more development in the body there, and they've been eating basically eggs for breakfast, chicken for lunch and fish for dinner, and it's very effective

that's another example there, but without putting a strict measurement on things, we didn't need to here



Slide 11 • Building Controlled Diets • 1:00:16



BUILDING CONTROLLED DIETS

- Calories and macronutrients sense-checked that they're not wildly out, but this certainly isn't what it all reduces down to.
- History of 'IFYM' – another oversimplification and error!
- Use tools like Fitday Online (www.fitday.com) to plan out the basics and check that the micronutrients are covered/included. Don't be too worried about the RDAs: these were never established as optimised and they were established in a HC context.
- Learn from TCOF and databases which foods will be interchangeable when variety is needed for compliance.

when you do build controlled diets, you can do it for yourself, or you can get someone to do it for you

when I design these things, and I do baseline it, so it's the same every time, I'm mainly getting those calories, just to check that they're not wildly below what you'd expect an adult to have, so they're not going to be desperately hungry, it's just to sense check it because, I don't believe in the calories in calories out whole paradigm there,

and I also find that the more nutrient-dense food you have, the less you can eat, and still feel full, because sometimes I believe that when we're over hungry, it's not that the body's telling us to eat more per-se, is telling us to eat more of the right stuff, to get more of the nutrients that we need in

when you are eating things like liver, regularly, you find that you don't really have to eat huge amounts of it before you kind of feel full, and don't think about eating again for the next 5 or 6 hours

when people did start controlling these diets in the world of bodybuilding, they called it 'if it fits your macros' and you may have seen this acronym for it, it's another oversimplification and error, if you look at work in the low carbohydrate kind of world, people like Dr. Robert Lustig, where they've changed people from the same diet in terms of calories and macronutrients, the macronutrients being protein, carbohydrate and fat of course, but they changed all of the carbohydrate content from the sugars, the sucrose and fructose, over to starch, which just digests down to glucose, they did notice improved health, improved health markers and reduced body fat, reduced weight

I think they're only measuring weight, just from switching the carbohydrate source to the starch, so it isn't all going to be equivalent just if it fits your macros, if they call them, the reason this sort of view that things could be reduced down to just grams of protein, fat and carbohydrate, is a mistake that happened after people used to post online on bodybuilding forums, and people would ask more experienced people, 'will this be okay to change this with their diet', and people got sick of answering in detail and just say 'oh if it fits your macros' and it kind of took on a life of its own, where people thought that things would be interchangeable just based on the macros

well they're not, unfortunately, there's a little bit more going on with these things

your protein sources are very different to each other, what we in bodybuilding usually call **complete proteins** are the ones that can include all of the amino acids that the body can't produce on its own, and they're almost always found in animal sources, although some other foods that aren't animal, like buckwheat, do have them all in small amounts

it's about the quality of the protein, the carbohydrate and the fats, so for body composition we want complete proteins

that's almost always animal proteins, and if we are going to have any carbohydrates at all it would be preferable for it to be a starch rather than a simple sugar, and then with the fats we want to focus on fats that occur in natural foods, rather than trans fats and the dangers that come in there

we are building controlled diets where we're fitting in these numbers, but making sure to do it with these particular healthy foods, and not just anything that on the packet it says it will fit, if it fits your macros, if it will fit the numbers

and the way that we do this, is with a calculator to do it all, when I first started training and first did all this, I did it with pen and paper, because we didn't have these things, but I would use a website called fitday.com to plan out this thing on online, because it includes all of its own food database, and it will work out what I'm aiming for there

now sometimes when you build a controlled diet, you'll see that it doesn't meet the exact recommended daily allowance of different micronutrients, but, we have to remember that those were established in the context of a high carbohydrate diet, which is a completely different paradigm, the calories in calories out model, the fattest fat is bad model, and so, if you observe good health, while having real food, real food like low carbohydrate diet and the RDA's are not exactly what you were aiming for, I personally won't worry about it too much,

learning about which foods are more similar to each other, in detail, is worth looking at the databases within something like fitday.com or a very big book called 'The Composition of Foods' by McCants and Widdowson, that contains all of the data that we have tested, on all of the the foods, both real food and nonsense food

Slide 12 • The Super-Controlled Pre-Contest Protocol • 1:05:34

THE SUPER-CONTROLLED PRE-CONTEST PROTOCOL

- Fast 16 hours and walk for 1 hour before breakfast (skipping or HIIT instead of walk to speed up progress). Water and black coffee.
- 5 eggs for breakfast
- Green tea
- 250g chicken breast for lunch (2 spoons of broccoli optional)
- Weight training:
 - Mon: chest + back, Tues: shoulders + arms, Wed: legs (mostly quads), Thurs: back + chest, Fri: arms + shoulders, Sat: legs (mostly hams + calves), Sun: walk/HIIT.
- 250g chicken breast after weights
- 2 mackerel fillets or a steak or ZC re-feed.

I support #realfoodday

finally, putting it all together, is the example of my pre-contest diet, my fat loss diet, that I used to win heavy weight natural bodybuilding competition in 2019 to raise money for PHC

that's the picture of me when I was coming to the end of my fat loss phase, which I posted on real food day, promoted by PHC, and this is putting together everything that works, this is the end stage, after doing all of you measurements

I would fast for 16 hours from the dinner the night before, and walk for an hour before breakfast, if I wanted to speed things up and get more exercise as cardio, I would do skipping or high-intensity interval training instead of that walk, in the morning I'd have water and black coffee, after the walk or workout are done and the 16 hours have elapsed I would have 5 eggs for breakfast, any style, boiled or scrambled, either

my drink through the morning would be green tea, and then my lunch would be 250 grams of chicken breast, two spoons of broccoli optional, but usually I was doing none, because I wanted to be able to eat more on the days where I perhaps did feel more hungry, and I wanted a complete absence of carbohydrate on those days where I did that, because of our remarks earlier about about glucose, and how triglycerides are formed, and what might be happening in the total absence of glucose

then after that lunch, and after work, I'd get into weight training, and just a touch on this, I know it's off the diet topic, but it ties in, as we've seen from the Volek study

I might as well mention what my routine was, I would do Monday chest and back, Tuesday shoulders and arms, Wednesday legs, mostly the quadriceps, Thursday back and chest, so you'll see it's repeating now, but the muscle groups are the other way round, so that everything gets a chance to be first in the workout, to create balance in the physique

everything's the other way round for the following three days of the week, it's back and chest, then arms, followed by shoulders, and then a legs day of mostly hamstrings and calves, and then a little walk on a Sunday, or some more interval training,

and then straight after that exercise, I would have another 250 grams of chicken breast, then wait a couple of hours and have a dinner of two Mackrell fillets, and I've put there, or ZC re-feed, or zero carb re-feed, it's what I mean by that,

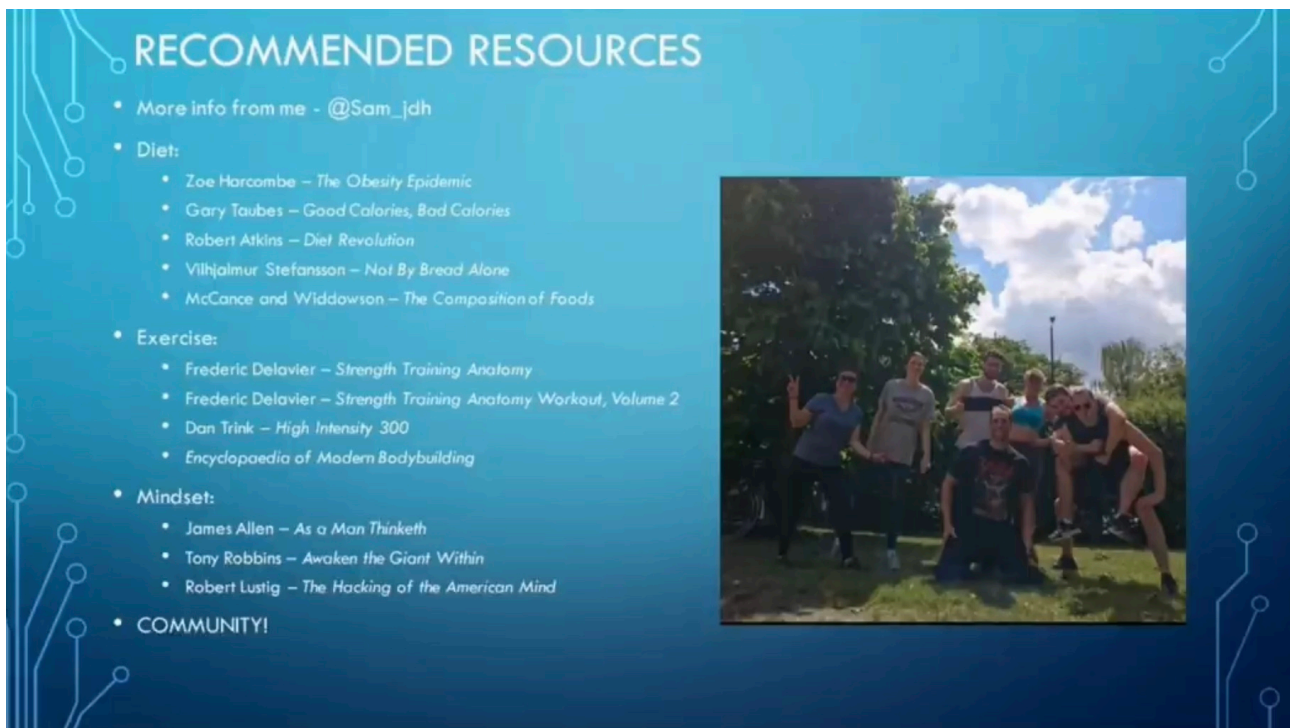
what I said about my own Vermont prison study, where I felt hungry on this, I have to say on most days I didn't, this diet, even though it looks quite severe, still falls within the bounds of what the PHC recommendations would allow

I've done lower fat than this, the year before, and I have felt too hungry, but I'd achieved this level of fat loss with the 5 whole eggs and the 2 Mackrell fillets and the fat there, but if I did feel like even more, and just to be taking a pause, without sliding back because of our theory we've covered earlier, I would just throw in another 2,000 calories worth of pork shoulder, or something tasty like that, just to keep me going

and, a few other remarks about this diet and why it's structured as it is, we know that food digests slower when it's mixed with fats, as opposed to protein on its own, so you have the protein that's on its own around the weight training workout


it's 250 grams of chicken breast with nothing else, you're very lean protein, like after the the weights workout, and then the slower digesting one, the one that's going to provide that protein overnight, is the the fattier one, so the 2 fillets of Mackrell, highly effective diet, I was very pleased with the fat loss phase that I did this competition, and it's a cheap diet as well, cheap, convenient, effective, low carb, healthy, brilliant

Slide 13 • Recommended Resources • 1:10:00



RECOMMENDED RESOURCES

- More info from me - @Sam_jdh
- Diet:
 - Zoe Harcombe – *The Obesity Epidemic*
 - Gary Taubes – *Good Calories, Bad Calories*
 - Robert Atkins – *Diet Revolution*
 - Vilhjálmur Stefánsson – *Not By Bread Alone*
 - McCance and Widdowson – *The Composition of Foods*
- Exercise:
 - Frederic Delavier – *Strength Training Anatomy*
 - Frederic Delavier – *Strength Training Anatomy Workout, Volume 2*
 - Dan Trink – *High Intensity 300*
 - *Encyclopaedia of Modern Bodybuilding*
- Mindset:
 - James Allen – *As a Man Thinketh*
 - Tony Robbins – *Awaken the Giant Within*
 - Robert Lustig – *The Hacking of the American Mind*
- COMMUNITY!



and that brings me to the end, that's as far as I've taken it, and I'd just like to mention a few resources that you'll be able to use, there's more from me, particularly on home workouts at the moment on my Instagram account @sam_jdh, if you've got any questions about this presentation you're welcome to get in touch

then my recommended books on diet would be

The Obesity Epidemic by Dr. Zoe Harcombe, that I've already mentioned, excellent book that illustrates how we've got to the position we're in

a book with loads of detail on the history of low carbohydrate diets and the science as it progressed throughout all of the the 20th century is Good Calories Bad Calories by Gary Taubes

then we've got the infamous Robert Atkins Diet Revolution, that's an interesting take on it, one of the most well known, in terms of eating almost all meat, which you'll have noticed one or two of the diets in my presentation were

we've got Vilhjálmur Stefánsson's Not by Bread Alone, that would be the classic study there

and then for just data bases on all of the food that's useful while you're learning about all this would be McCance and Widdowson Composition of Foods - [Web resource here](#)

then that exercise that works very well in combination, as we've seen, would be Frederic Delavier's Strength Training Anatomy

and the workout addition, volume two of the Workout addition, shows you all of the variations and all of the Anatomy charts and targeting all of the muscles of the body

now, I think that in the real food lifestyle, where we're saying be active every day, if you want to be intensely active every day, I think bodybuilding is a great way to do it, because everything gets its turn to rest before it goes again

we find with some activities, like running, it's very repetitious and puts the same kind of pressure on the same joints, if we're doing that same activity every day, I find bodybuilding very nice

because, usually the body's muscle groups are split into different areas and everything comes around in the rotation

if you like you like exercising every day, as parts of your routine, for well-being, which a lot of people do, I find bodybuilding an ideal choice

another resource on all of those exercises is the Encyclopaedia of more modern bodybuilding

mindset is incredibly important, I'd like to point out the works at James Allen have been particularly influential to me, while I was doing my morning walks and those final diets

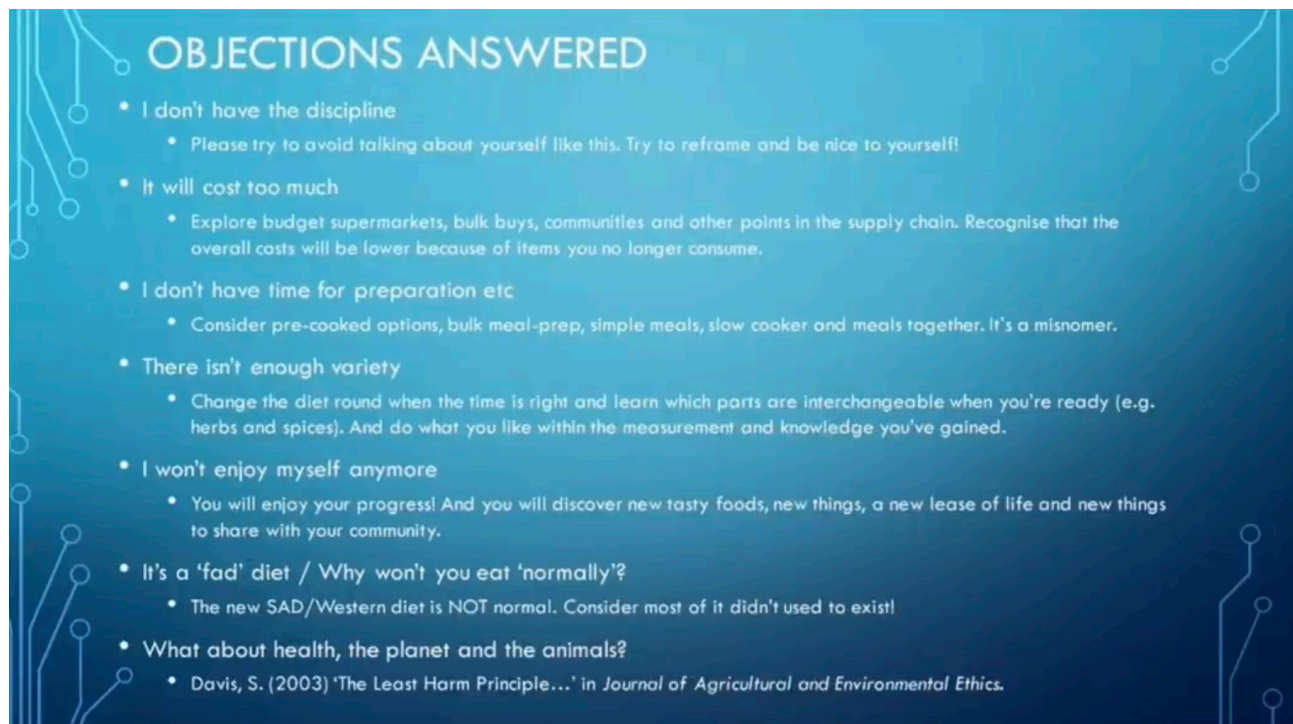
while doing my fundraiser I was listening to the audiobook of as a man thinketh every day, the rest of James Allen's works are fantastic as well

another one for mindset, Tony Robbins Awaken the Giant Within, and finally one from the low-carb community Dr. Robert Lustig's The Hacking of the American Mind, is a very interesting take on how all of this material on diets fits in with what's problematic for us at the moment more generally

and then most important, is community, I recommend that you get involved with other people, even more so than all of the resources, because I've been running a free workout class every weekend, and at least once a week, for the last two years, which I've been able to share the PHC material with, of course the PHC and PHC ambassadors themselves have been a fantastic community as well, all of that, and sharing all of that, like this weekend, in the current situation, will help you more than you know, sharing it all

make sure to get involved with some kind of community and share this

Slide 14 • Objections Answered • 1:13:55



OBJECTIONS ANSWERED

- I don't have the discipline
 - Please try to avoid talking about yourself like this. Try to reframe and be nice to yourself!
- It will cost too much
 - Explore budget supermarkets, bulk buys, communities and other points in the supply chain. Recognise that the overall costs will be lower because of items you no longer consume.
- I don't have time for preparation etc
 - Consider pre-cooked options, bulk meal-prep, simple meals, slow cooker and meals together. It's a misnomer.
- There isn't enough variety
 - Change the diet round when the time is right and learn which parts are interchangeable when you're ready (e.g. herbs and spices). And do what you like within the measurement and knowledge you've gained.
- I won't enjoy myself anymore
 - You will enjoy your progress! And you will discover new tasty foods, new things, a new lease of life and new things to share with your community.
- It's a 'fad' diet / Why won't you eat 'normally'?
 - The new SAD/Western diet is NOT normal. Consider most of it didn't used to exist!
- What about health, the planet and the animals?
 - Davis, S. (2003) 'The Least Harm Principle...' in *Journal of Agricultural and Environmental Ethics*.

getting onto some objections, around some of the diets we've suggested, and whether you can do this or not, I'd just like to quickly whip through a few misconceptions a lot of people have in mind particularly when they're new to this

first one I hear a lot is people saying that they don't have the discipline, and I just don't believe them really, I think they know that they've achieved things in other kind of areas of life, and if they concentrated on that, and things they have achieved, they would they would have the confidence themselves just to move into another domain, doing a diet and learning about foods is just another domain of doing something, so if you've ever done something before, you will have the discipline to do this, you just have to make sure that you talk to yourself in a more charitable way

other things people think it'll cost too much, really it doesn't because with this you're omitting a lot of things that quite frankly you shouldn't be consuming, so it means your overall costs are down, then you can knock the budget down further by buying in bulk, cooking and sharing with your friends and that community, budget supermarkets, can be found a lot in Aldi and Iceland etc,

preparation time, you can pre cook on bulk, you can focus on simple meals like the ones we've looked at here, you can get it done for you overnight with your slow cooker, you can share with friends even more, if you want to do these diets I've recommended, I can guarantee you it doesn't take take too much time to prepare

I don't even bulk or pre-prepare, I even buy the chicken that's precooked and then frozen, there's quick ways around this, I'm not into cooking particularly, but if you are, and you want that variety and you're worried that there isn't the variety, you just need to spend more time with the spreadsheets and the books like composition of foods to see what's interchangeable, and then play with it and make your own recipes and share them with people

I've already hinted at which things may be more interchangeable, and which won't, but you'll discover that and you'll enjoy the process, that's part of things that you will enjoy instead of not going on, not knowing what's going on with your body composition, which can lead to new things to share and perhaps a goal that you've had in mind for a while

another objection is that it's a fad diet and people might say well why wouldn't you meet normally, I would turn that around and say that our new way of eating, the new Western diet is not normal,

consider that most foods, or most things that are packaged as foods, and described as foods haven't existed until very recently, certainly not for the most of human history

you can look at books like the obesity epidemic for why we've ended up in that new way of eating, but quite frankly, the standard American diet, or the standard Western diet, whatever you want to call it, base your meals on starchy carbs and stuff, that is the fad diet, because that is the new diet and if things can change into that they can jolly well turn back again

and then lastly, there are a lot of well-meaning people that are worried about health, the planet, and the animals, I think that it's clear some of the low carbohydrate diets in particular are going to lean more on animal products, and I understand the concerns of these people

it's a much bigger topic than I can get into in this presentation, but I would just recommend the paper by Davis 2003, the least harm principle, in the Journal of agricultural and environmental ethics, that covers this notion that other sentient beings are going to be harmed greatly by our omnivore dietary practices, and I think, that's just a starting point for questioning the idea that omitting those animal products from the diet is necessarily going to be the best way around those concerns

Slide 15 • Final Thoughts • 1:18:32



And that's it

I'd like to thank Sam Feltham and all of the other presenters from this weekend, everyone I've met through the PHC and low carb community, that's the picture of me in the middle at the conference last year, I look forward to meeting you all again very soon, as soon as we can, hopefully a conference 2021

And those other two pictures were the results of my low carbohydrate diet for body composition, with that body building competition that I won last year

I've certainly achieved what I really dreamed of doing, with a diet, and I hope that whether it's a health concern, or a weight loss thing, whatever it is you're looking to achieve with a low carbohydrate diet, is something that comes to you from all the help this weekend

Thank you

Embedded Video

VIDEO



The graphic features a desktop monitor, a tablet, and a smartphone, all displaying the event information. The text on the screens reads: "Public Health Collaboration", "VIRTUAL CONFERENCE 2020", and "#PHCvcon2020".



The video player thumbnail shows a man with glasses speaking into a microphone. A timer in the top right corner of the thumbnail displays "1:18".

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