

A Guide for the Fat Ass

Weight Loss and Rebirth for the 300+ Ibers

DISCLAIMER

I do not claim to be a medical professional. On the contrary I claim to be a historian and librarian who has no medical training. Do not apply anything I write here to yourself until you have done extensive independent research from reputable sources and consulted with a doctor. I also do not claim to be a nutritionist (a word we will explore in a bit). Instead you should read this work as you would any personal diary; consider my words as they apply to me, and if you find something familiar in your own situation, may it help you in self-awareness.

Who should read this?

You are at least 300 pounds of fat ass. Maybe you are 400 or 500. You have been fat your entire life. You despise the idea of going out because you can't fit in most chairs. You have tried to lose weight before, but for whatever reason it didn't work. You get winded. You are often depressed. You feel hopeless and can't figure out why you are fat. You haven't been laid or haven't been laid in years. Your attempts at improving the latter have failed horribly. You live in western civilization and are a man. You want to lose weight.

What I write here is applicable to women, but I cannot be so harsh and straight forward to that sex. I also write from a blatantly male perspective.

How to read this

If you have ever read any of my previous works, you will note a distinct shift in language. Brevity will be key here, and I will not infuse the same level of rigorous erudition which is common in my academic writings. It is your responsibility to look up names and concepts I drop and to check my sources. I am an advocate for responsible internet searching and in this regard you are in luck: the internet has the best nutritional data and information available. The nonsense that is on TV sometimes will manifest but it's also often accompanied by good stuff, especially if you check out the websites I am going to suggest to you and avoid commercial sources. I am not going to teach you how to be a critical thinker, for that see

Carl Sagan's Baloney Detection Kit, go to (a good) college, or read *The Trivium: The Liberal Arts of Logic, Grammar, and Rhetoric* by Miriam Joseph and the Platonic dialogues.

You need to become a perpetual student of nutrition and a scientist. This involves, with the former, asking questions everywhere, and reading as much as possible. With the latter it refers to using your body as a chemistry set, within reason, to apply different nutritional concepts until you find something which works for you. Not everything in this guide will work for you, perhaps nothing will. If you take anything away from it, observe the method of skeptical scientific truth seeking, and apply it to yourself. I hope that by reading this you at least develop a disdain for mainstream nutrition and start to seriously explore your health.

No one knows anything

I primarily wrote this guide because no one knows anything about our situation. First, the conventional wisdom of the United States regarding nutrition is nonsense. Contrary to popular belief, the United States did not become obese from fat intake but from excessive carbohydrate intake. As "fat making you fat" is a central theme of mainstream nutrition in the United States you should not bother with any mainstream sources of nutritional advice. The fools calling themselves doctors on Oprah and on TV don't know anything. Otherwise all those middle aged house wives would be slim. Don't listen to your friends; they lied to you your entire life. All the bullshit they told you about "you're just big boned" and "you'll slim out eventually" is destroying you. Wholegrain bread isn't going to save you, and neither is diet soda or sea salt. You need to wake up and hate your disgusting body so you man up and change. Buy a scale and see yourself for what you are: in numbers.

Another important fact is that there is not one doctor in the United States who has a degree in nutrition. Nutrition is not a branch of medicine such as oncology or geriatrics; there are no academic experts in nutrition. This is a major failing of modern medicine, as nutrition is the determiner of all health. As a corollary, it is still considered as such in traditional Asian medicine. While the latter is often incorrect on matters of advanced medical conditions, it is sound in the sense that it approaches an individual's health primarily from the perspective of nutrition. Nutrition is everything – it determines your mental health, your physical health and your quality of life. If you eat the slop everyone else does, you will be tired all the time, you will be depressed and you will be weak. Did you ever notice how all your friends complain about being tired all the time? It's because their blood sugar is constantly spiking and normalizing due to the unnatural shit they put in their mouth. The majority of their diet consists of refined sugars and syrups which did not enter the human digestive track until a few decades ago, and the antecedents of which (grains) did not until thousands of years ago. For millions of years human beings did not eat the slop which now constitutes the vast majority of the American diet. Every single person you know

probably has wretched nutrition and you need to start ignoring them and start going to body building and martial arts forums and reading posts and articles by people who are warriors.

Returning to the topic at hand: all nutritionists are just people who studied nutrition, came up with their own conclusions, and now call themselves nutritionists. Professionally nutritionists offer nutritional guidance, but their medical conclusions are often quite different. In fact, there are thousands of nutritionists who call themselves nutritionists and do not even have a medical degree. I cannot stress how important this fact is: there are no doctors who have a concentration in nutrition, as nutrition is not a branch of medicine as of the time of this writing. Most doctors have to take a few classes on nutrition in medical school in order to graduate, but nutrition is not central to the conception of health. For instance, most doctors would not consider blood sugar and carbohydrate intake in the causation of feelings of being run down, depressed or tired – they would more likely direct you to a psychiatrist so you can be drugged and “fixed.” Orders to change your lifestyle (What you actually need to do) are rarely made by doctors. The relevance of this fact is that what should matter most to you when judging if something is bullshit or not is on the DEMONSTRATED RESULTS and peer-reviewed scientific evidence cited by the expert.

One final point is that there ARE nutritional experts who you should pay attention to. When I think of people who know their shit the first names which come to mind are Martin Berkhan (leangains.com) and Lyle McDonald (bodyrecomposition.com). These are contemporary names, and I do not mean to insult the memory of past greats by omitting them here; Jack LaLanne knew what he was talking about. Great, so these guys know what they are talking about, so I just read their articles, get a clue, and then I lose weight right? Wrong. Martin and Lyle were never 400 lbs – most of their clients were not 400 lbs, and they do not write with the complexities of being 400 lbs in mind. I would not be so bold as to suggest that they do not understand being THAT fat, only that they do not write for that audience. And who does? No one. At least no one I have run across. That’s part of the reason why I’m writing this. No one understands that you can’t “just jog around the block” – you are so fucking fat that you would kill yourself trying to do that, and even if you could physically do it, you would not be seen in public doing so.

Why am I fat?

There are two possibilities. Either you are a fat ass due to gluttony, in which you should amend your character rather than your nutrition, or you are a fat ass due to genetics and poor nutritional choices. This guide focuses on the latter, if your problem is gluttony, binge eating or other psychological problems, you need to see a therapist. I know some of you reading this binge eat in response to occasional feelings of hopelessness or pain, but if it’s one of those things you can control, then continue

reading. If you are so weak-willed that you can't control yourself from eating shit, you should work on that before you come back here.

Fact: genetics is the single most important factor in weight. You know people, those tall and skinny sons of bitches, who can eat anything and remain skinny. Yeah, that's genetics. It also could be why you are fat. In my case, I am insulin resistant, which results in me immediately putting on weight whenever I eat excess carbohydrates. Most genetically fat people fall into this category and this is for whom I primarily write. Is your entire family fat or have people had weight management problems? It's probably you then. I did not know I was insulin resistant until I, on a whim, decided to cut out all carbohydrates from my diet out of desperation. When I did so I noticed two things: I was losing 5-15 lbs a week and was horribly constipated (we'll get into that in a bit).

But having a genetic issue such as insulin resistance does not doom you, it just makes it a lot harder to stay at a normal weight. You can reach a normal weight by going insane in the gym every day, or you can reach it by radically changing your diet and going to the gym sometimes. I was far too lazy to attempt doing 2 hours of cardio a day, so I changed my diet so that the insulin resistance was no longer a factor. That the obesity rate has soared in the United States in recent decades is because a myriad of insulin and blood sugar destabilizing foods have become a staple of our diet – namely refined sugars. This new diet is associated with heart attack, stroke, obesity and other complications of what is known as metabolic syndrome. Look up metabolic syndrome on Wikipedia. Sounds like your life, right? That's because you're eating garbage which you never evolved to consume and need to stop.

For a good overview of the science for the layman start with the documentary Fathead (2009) and then advance to the lecture "Sugar: The Bitter Truth" by Dr. Robert Lustig. Both are on YouTube. If you really want to get into the science check out Good Calories, Bad Calories by Gary Taubes. Go check it out, then come back here. If you want a 15 minute overview of the science watch this interview with Dr. Lustig: http://www.youtube.com/watch?feature=player_embedded&v=m8dWNbEscOw

tl;dr: Some people can't eat carbs to any appreciable amount on a regular basis and remain at a healthy weight. You can eat carbs to excess, but you will retain water, and you will gain body fat. It's ok to eat carbs every once in a while, but you will need to work it off over 2-3 days. For this reason I recommend pasta or other forms of "cheat meals" once a week or every two weeks. Sorry, but there is no way around this; you can't change your genetics. You might be able to eat carbs regularly if you seriously bust your ass in the gym, but then what is the point of living? Its way better just to change your diet, occasionally indulge in the crap your society does, and routinely eat food which is good for your body and will not raise your blood sugar.

You did not fail in the past, your diet failed you.

Nutrition

Time to beat a dead horse. Nutrition is central to your weight. You hear idiots talking about how they need to “hit the gym” or “go to the gym” in order to lose weight. They go for a bit, remain fat, and then stop. Wrong. Exercise should be considered a supplement to your health, not a foundation of your health. Nutrition is the foundation by which all things health related stand; no matter how much work you do in the gym, you will still be fat if you eat food which is metabolically at odds with your body chemistry, extremes excepted. You could in theory eat whatever you want if you did 2-3 hours of INTENSE, continuous, Rocky-style cardio a day, but who wants to live like that?

When I first tried to lose weight, I did what everyone said to do. Stop drinking soda, eat stuff like chicken breast, eat wholegrain breads and exercise. I did an hour of boxing a day, which is pretty much the most intense form of cardio you can do (and something I highly recommend), and only drank water. I did not lose weight. Why? I was still eating 2-4 slices of bread a day, plus pasta, noodles and other carbohydrate rich foods. All the good progress I made from boxing was essentially erased by the food I was eating. It is incredibly easy to destroy days of progress made by disciplined eating by consuming one meal comprised of carbohydrates (such as pasta). For people with different genetics, it is not a factor, but for us, it determines our weight.

Nutrition is great for you because it doesn't require much effort. Unlike going to the gym, you just get up and eat good food, and you don't eat bad food. It's pretty easy and you WILL lose weight. A lot of people fail because they think they want to lose weight, so they go to the gym for one day, spend \$60, realize they are pieces of shit and that the gym is brutal, stop going to the gym and binge. That's ok though, because you don't need to jump right into the gym, and if you are really big you will rapidly lose weight just from rethinking your diet in a radical way. You need to focus on diet, and once you are at a more manageable weight and you have confidence, then you can start working out like a madman. Don't let me stop you from working out, but focus on your diet more so than anything. It's much better in all ways to skip working out for a day, or even five, than it is to eat food for one day, in a single meal, which is not in your best interest. Exercise's goal should be to strengthen and invigorate your physical systems; it is not the most important factor in determining body weight. Cardiovascular exercise can help you lose weight, but it does not compare to the importance of nutrition.

A final point: eating dietary fat does not make you fat. Eating dietary cholesterol will not raise your cholesterol. Ignore every idiot who says otherwise. There has never been a single peer-reviewed study which creates a connection between a high fat diet and heart disease. The idea that dietary fats are bad from you comes from the debunked lipid hypothesis and a marriage of commercial and government interests in the United States. This is covered in the scientific sources I listed before, but do your own research as well. Bottom line is: we will be eating a lot more meat and fat, and we will lose weight, feel better and no longer be depressed and tired all the time. Trans fats are still no good.

Effortless factors for losing weight

A number of measures can be taken which will make you lose weight and are entirely effortless. You should adopt these immediately, and work on everything else slowly and progressively as you feel comfortable.

Water. Water is the most important single factor in one's nutrition for losing weight. You need to buy a 32+ ounce water bottle (Nalgene is a nice company). From now on, you only drink water. Don't drink diet soda, don't drink Crystal Light. Only drink water. When you wake up, eat breakfast while drinking one bottle of water, then slowly drink another bottle of water leading up to lunch, then drink another bottle of water with the meal, then slowly drink another bottle leading to dinner etc. You should drink at least 150 ounces of water a day. This is more than the standard wisdom of "8 cups a day." Why? First, excess water gets pissed out, so drinking more water is of no harm. Second, the amount of water you need as a giant fat ass is way more than someone who is 150 lbs. Drinking an absurd amount of water will help you rapidly lose weight, and it will also help you shed retained water weight. If you hold back on water, you will retain water and this turns into water weight. And wanna know something cool? A huge amount of your weight right now is probably water weight. When you first start eating right and replace juice/soda/crap with water, you will rapidly lose weight.

Sleep. Get a full night's rest, at least 8 hours. And wake up naturally without an alarm. If this means you need to go to bed earlier, wake up earlier and play less video games at night, so be it. Don't worry; if you eat the way I do, you won't have a problem with energy anymore anyway.

Intermittent fasting (IF). The benefits are too many to summarize here, and to do so would be outside the scope of this guide, but rest assured, eating in a 4-6 hour window a day and fasting the rest of the day will greatly improve your health. It is a myth that you have to be eating all day to keep your metabolism going. "Starvation mode" is a real thing, but it takes weeks of deprivation to enter, not hours. I benefit IF with the majority of my weight loss and my increased health. IF not only helps with fat burning but it also boosts your immune system and gives you an insane amount of energy. I'm too lazy to summarize it here, but just do your own research and you'll see it's a good choice. See: Martin Berkhan. Also search for "John Berardi's Great Fasting Experiment."

Eat less sodium and try to reduce your stress. Sodium and stress are associated with the retention of water. Your muscles and bones don't know the difference between fat and water weight, it weighs you down the same, so you need to minimize the amount of water weight you retain, at least at this point. Once you are down below 250 lbs, you can make weekly concessions to retention, but at this point you are so fat you really need to be strict with yourself and only indulge occasionally. How can you reduce stress? Most effective means is to do cardio exercise, but getting a dog, doing Vipassana meditation or reading some Seneca works too.

Let's eat healthily

First off, we already went over the water. That's step 1 – make sure you drink at least 150 ounces a day. Don't drink all the water at once, pace it throughout the day, so that your piss is always clear.

Next you need to learn how to read labels. Everything you eat should be calculated and scrutinized - there's no more of just leaping in the dark and eating food without scientifically dissecting it. If you don't know what you are putting in your mouth, spit it out. The only time you should ever eat things without knowledge of what is inside is when you are having a scheduled "cheat meal," a pre-planned time in which you go off the diet and indulge. Any other time is unacceptable. An invaluable resource for finding nutritional data on any food is nutritiondata.com – a website which shows nutritional labels for virtually everything. You can also google "x food name nutritional data" or "x nutritional label" and it'll usually come right up in an image search.

Second, forget what you heard about eating 1 gram of protein per lb of weight, or anything about how many calories you should eat per day. All those metrics ONLY apply to people who are not horribly obese like you are, and if you try to eat 4000+ calories a day as calculated, you will never lose weight. Eat as many calories, grams of protein and etc as your target weight. 2000 calories a day for most of you is fine, and the 1 gram of protein rule only applies to lean muscle weight, not fat, skeletal or water weight. As a rule of thumb, the more protein the better, but don't let it violate your calorie restriction. As far as what ratio of macronutrients (carbs/protein/fat) you should maintain, see Lyle McDonald. Ideally you should be consuming less than 100 grams of carbs a day (The average American consumes 300), I would recommend less than 50 and I personally eat less than 20-30 grams on most days. This allows me to enter into ketosis (a term coming from ketogenic diet), a state in which ketone bodies are converted from fat and used as energy, thus greatly reducing the amount of body fat you have. Ketosis, combined with responsible carb cycling (also known as refeeding), like IF, also has a number of associated benefits in excess of mere weight loss. Ketosis + IF = unlimited energy, positive mood, boosted immune function, lean body and a great affect.

Third, we are going to stop eating and drinking some things. We aren't eating bread anymore, and we aren't eating pastas, noodles or macaroni, and we aren't eating wraps and tortillas. We aren't going to eat anything that is made from grains or rice. We aren't eating anything with more than a few grams of sugar in it, and that includes a complete prohibition on cookies, soda, brownies, chips, and everything else made in a lab from high fructose corn syrup. We aren't going to eat most fruit, as most fruit is loaded with sugar. Where we eat vegetables, we are going to shoot for low amounts of sugar and high fiber and a lot of micronutrients. We are going to eat certain fibrous nuts and seeds in moderation, but we are going to be careful, because the carbohydrate count on some nuts is quite high. Not all foods are created equal, as you shall learn. We aren't going to eat anything that isn't naturally occurring, but what is natural doesn't inherently mean what is good. Arsenic is natural, and so is sugarcane. We aren't drinking bovine milk, because it's loaded with sugar! This is what I mean when I refer to the importance of reading labels as what is commonly referred to as "healthy" rarely is. In the same vein, whole wheat bread typically has a higher impact on blood sugar and glycemic values than sugar, and has a much greater mass. All breads are horrible for you.

So what are we going to eat? Meat. Chicken is the king. Fish is amazing, especially salmon. Unfortunately salmon is quite expensive and a more economical option is tuna – but be careful not to eat more than a couple cans a week, as mercury poisoning is possible in excess. Beef is great. Do not fear fat; fat is good for you and will make you strong and mentally robust. The exception is trans fat, avoid at all costs. You

can eat cheese, but do so in moderation and check the sugars. Butter: yes. On everything. Olive oil. Bacon: yes, a lot of it. Cottage cheese, heavy cream. Fibrous greens, beans, nuts and plants like artichoke, guacamole, lupini beans, spinach, peppers, almonds, pumpkin seeds, brazil nuts, broccoli, brussel sprouts and the like: carbohydrate foods high in fiber and micronutrients. Golden flax deserves its own separate mention and you should eat it. Golden flax is a carb, nearly 100% fiber, which has amazing health benefits due to the omega 3, omega 6 fatty acid and antioxidant content. You can get it in a pre-ground format and it has a consistency similar to fine rice or millet. Peanut butter, high in fat, protein and fiber. Consume with cinnamon to minimize the glycemic spike from the sugar. Eggs are perhaps the most important staple in a low-carb diet. Extremely low in price, eggs offer protein, calcium and fat – and taste damn good. Egg can be prepared in a myriad of ways and serve as an important component in cooking. Eggs can also be prepared in the morning in about 10 minutes. Cheese omelettes with bacon, fuck yes. Coconut milk. More food in this vein; high protein, high fat, high fiber, low carb. If you are ketogenic and consuming less than 30 grams of carbs or so a day, you will need an especially high amount of fat, so eat a lot hamburgers and butter.

If you want to learn more about a practical low-carb diet, google “LCHF for beginners” from dietdoctor.com – it’s an excellent primer on all aspects of eating responsibly.

Constipation

An easy mistake to make when going low-carb is not eating enough fiber due to decreased carbohydrate consumption. This results in chronic constipation. In order to avoid constipation:

- Eat more fibrous carbs – nuts and seeds are quite high
- Take psyllium husk supplements daily
- Take a daily magnesium supplement (the best ones also combine vitamin d and calcium; calcium is good for weight loss and vitamin d for immune system and mood).
- Drink water
- Do cardio exercise/move around a lot
- Reduce stress
- Eat more fat, fat will delay bowel emptying but will decrease constipation

What’s the deal with fiber? Fiber is a carbohydrate that does not digest in the GI tract, it just passes through it and in doing so, binds together your shit. You need fiber to shit. More importantly for purposes of this discussion: fiber does not “count” as a carbohydrate in nutritional terms because it does not break down into simple sugars in the stomach like non-fibrous carbohydrate. Accordingly when you eat fiber, you will not commonly experience a glycemic spike and your blood sugar will remain stable. The spikes are what contribute to insulin resistance and associated fat storage.

So you might be one of those people who say “I can never live without X.” You may think that now, but eventually the foods you eat will make you nauseous and you will dread the spike of insulin you feel after a feeding. Regardless, there will be times when you want to eat crap in order to remain sane and keep fighting the good fight. If you are going to do this, it needs to be regimented, not at random. If you do it at random times, your diet will shatter. Remember that a diet is not a “get skinny plan” – it’s a lifetime nutritional plan that will be with you for life; if you switch back to consuming vast carbohydrates when you slim down, you will gain all that weight back! With this in mind, we can schedule a specific time of the week in which you will have one (1) decadent cheat meal.

Pre-plan a time of the week in which you will have a cheat meal. A cheat meal is by definition a meal in which the laws of your dietary plan do not apply. I like to eat until I am stuffed, and I like to eat crap that I would never even consider eating during the rest of the week such as Taco Bell, Chinese food or the like. An important rule: a cheat meal does NOT become a cheat day; it is one meal, and you should follow your normal meal plan for the rest of the day. I would not recommend any cheat meals during the first two weeks of adaption to a low-carb diet, but after that you may introduce them slowly and deliberately.

This leads me to the holidays. You should eat whatever you want on holidays and very special occasions (anniversaries, friend’s birthday parties etc) and if obliging family members try to make special arrangements for you, assure them to not waste their time and that you will merrily eat whatever is available. This new lifestyle and diet should not negatively impact your social life or limit you from doing things with your family: you should enjoy the holidays. How is it possible to enjoy the holidays and still lose weight? 90/10.

The 90/10 rule says you should eat 90% of clean, good, nutritionally sound food and you can eat 10% of crap. The implication of this is that what you do the vast majority of the time determines your health and wellbeing, not the few exceptions which diminish you. If you keep this as a “golden rule” in nutrition you will do well.

Facing the scale

Something you need to do every day is face the scale. The first thing you should do is buy a good scale, and most scales will not support your weight so make sure you check maximum weight in the specifications. The Eatsmart Precision Plus is a great buy and it supports up to 440 lbs. At the beginning of every morning, try to go to the bathroom and have a bowel movement, and after that, weigh yourself. You weigh yourself now because you are dehydrated and hopefully have an empty stomach and thus will have the lowest weight out of the day; you may be as much as 5 lbs heavier when you go to bed. Record your weight. If you have Microsoft Word or another program with graphing ability like OpenOffice (free) you should create a line chart of your weight values. Eventually you will be able to understand the direct impact of foods on your weight on a daily basis. Soon you will know what food will exactly do to your body, and it will no longer be a mystery. One of your problems right now is that you

probably don't understand why you are fat, or how eating X or Y will impact your weight. Now you will learn.

An important note of caution: weight may fluctuate a few lbs a day, and if you don't have a bowel movement before weighing in this can further compound things. It is for this reason that some people advocate only weighing yourself once a week but I find this to be foolish. If you carefully consider what the scale tells you, and listen to your body (meaning: if you feel like you are retaining water or haven't had a bowel movement you can expect to see some extra weight) then daily weight measurements are invaluable. I want to stress that your weight WILL fluctuate on a daily basis; just use the scale as a strategic aid and a tool for self-awareness of how you are advancing. Also note that you may increase weight when you begin weight lifting, as muscle bleeds and heals (grows) rapidly for beginners.

I think I'm dying!

So you decided to go low-carb. Holy shit, what is this? Headaches. Nausea. Shakes. Am I going through heroin withdrawal? Not quite, your body chemistry is changing rapidly, and there's virtually no way around this period of adaption. If you are following a ketogenic diet like me, the adaption will be especially brutal. How long will it last? For me it was a week for the most brutal conditions and two more weeks of milder conditions.

Lucky for you once it's over you will no longer be chronically tired, depressed, weak and sick, especially if you are following a ketogenic diet plan. You will find an abundance of energy and you will begin to immediately lose weight, even if your activity level remains the same.

Getting active

Eventually you are going to going to be at a point where you feel like you can become active. Your energy level is going to be soaring and you are going to start feeling good about yourself. Time to start actually using your body! Of course you probably looked at a bunch of exercises on the internet and can't imagine yourself doing most of them. Here's some fat ass friendly advice:

What we need most is cardiovascular exercise, as that will tone our muscles to acceptable standards and more importantly strengthen our cardiovascular system. This translates directly into increased metabolism, general improvement in standard of life and stamina. Once we can tolerate basic cardio, which will probably be relatively soon after you start working out, we can advance to weight training. One important note: you will feel horribly sore when you start to get active – I promise that this will eventually be replaced by a much more temporary and less acute soreness following workout sessions, just keep at it. Your cardio sessions should be at least 20 minutes of intense work and 10 minutes of "sort of" work/warm up and cool down. Double the duration of both once you get healthier.

The simplest form of cardio we can start off with is running in place (RIP). It's like running, except its lower intensity, won't destroy your knees because you don't have to stride, and you can do it inside (and if you are a giant fat ass like I was, you don't want to be seen outside). You just stand in one spot, and run by raising your knees as high as possible and bringing them down quickly. Make sure you land on the ball of your feet, not your heel. A more advanced form of RIP is jump rope – but don't try to start off with jump rope, you will fall on your ass horribly. If you have stairs in your house or somewhere nearby you can also just walk up and down stairs – it doesn't sound like it's that effective but after five minutes or so, you will feel the effect! Fast walking is fine but in order for it to be effective you shouldn't be able to talk while doing it; if you can have a conversation while doing cardio you are doing it wrong.

Once you can RIP for longer than ten minutes without gasping like a fish out of water, I would advance to boxing. This requires a bit of a monetary investment and research on how to hang it, but it shouldn't cost more than \$200 for a nice bag, the hardware to hang it and a pair of good gloves. It's not a good excuse that you can't hang it in your house, you can buy a stand and bag combo on walmart.com for like \$150-160. Protip: don't buy plates to weigh the stand down, just buy 50-100 lb bags of sand from your local home improvement store and use those instead. Make sure you get large 18-20+ ounce gloves; the size of the gloves is directly proportional to your body weight. DO NOT use the gloves which come with the bag, as they are 2-6 ounce pieces of crap and you will fuck your hands up if you try to box with them. Also make sure you wrap your hands properly and learn some basic form from the interwebs so to avoid injuries.

Boxing is by far the most intense cardio you can do, and it's great because it scales depending on ability level. You can start off by just doing footwork, light punches and bobbing and weaving, and then you can advance to power punches, and when you are good at that, advance to very fast power punch combinations. Boxing will not only improve your cardiovascular health, but it will teach you how to defend your friends and family, strengthen your bone structure, function as a full body muscle toning exercise and greatly improve your stability and balance. Boxing is the best overall thing you can do for your health in terms of exercise. If you do kick or Thai boxing you will especially work your core muscles as well.

If you start getting really fit I would introduce burpees, although they are not a very fat ass friendly exercise. As I said, only if you really start to get fit. Also once you get to a point where you are no longer a land monster the best thing you can do for your health is join a boxing gym. Avoid gimmicky martial arts studios where you have to earn "belts" and do "kata", stick with western or Thai boxing or other styles which will strengthen your body, teach you a reasonable combat skill and do not cost you a fortune.

What about weight lifting? Well, first let's get the bicep curl out of the way. Ever see a movie, TV show or your stupid friends featuring the gym? They are probably doing bicep curls. Just one problem: the bicep is an essentially worthless muscle and is rarely used in feats of strength – its physiological function is to support other muscles which actually do work, like the deltoids and triceps. So we aren't going to be doing any bicep curls, and we aren't going to be doing a huge laundry list of exercises to target

specific muscles either. Instead we are going to do a few complex, heavy lifts which target the majority of your muscles and translate into everyday feats of strength.

Before we continue, I am going to refer you to an invaluable website. Exrx.net has an index of virtually every exercise imaginable and has animated gif images showing you the proper form. Each exercise on the website has a full list of the muscles involved in it, risks, how to decrease or increase difficulty and much more. Use it to look up all the shit I am about to mention.

The most important lift is the squat. The squat works the entire lower body. The simplest squat is against body weight. You simply stick your hands out in front of you, then keep them level and squat down as low as you can go without putting strain on your knees. See exrx for proper form, all weight lifting needs to be done with proper form or you may seriously injure yourself. **Proper form is much, much, much, much, much, much more important than how much weight you can do: cheating in weight will just mean injuries and less functional strength.** Also keep in mind as a fat ass you are doing a deceptively large amount of weight due to your body weight.

Once you can do squats against body weight, it's time to bring in a barbell and plates. Go onto Craigslist and get a used weight set for \$25 or for free. You can also buy bags of sand and use those to squat, that'll cost you only a few dollars. I have used a box filled with plates when I first started. One problem with the squat: you can't do it, at least if you are very fat and have poor flexibility. If you are especially flexible, you might be able to do a standard squat, but I never could. Another problem is that you need a squat rack to do standard squats, and they aren't cheap. There are two squats you are more likely to be able to do: the hack squat and the Zercher squat. Neither require a squat rack. The former is when you put the bar on the ground, squat down and grab it from behind. It's another squat which requires some flexibility which might be impossible for you when you first start. If so, do not fear, the Zercher squat is amazing and I recommend it.

Next the core muscles need to be worked. For this you do the deadlift. A deadlift is very easy to perform as far as flexibility is concerned, so don't stress out, but make sure you keep immaculate form or you can injure yourself. Both the squat and deadlift will make your testosterone soar. You will experience something happening that hasn't happened in a long time: getting boners all the time and generally feeling more confident and greater sex drive. Turn that drive into effort and work! Be proud to be a ballsy bad ass.

The two aforementioned lifts are the ones most important for your general health. While upper body is important, it pales in comparison to doing your squats and deadlifts. The standard solution to upper body is the bench press but I personally hate it, and it's also dangerous without a spotter; it's very awkward for someone as fat as we are. I would argue it also does not improve your stability and functional strength as well as the alternative. Instead I recommend dumbbell press and flies. Do both, because the different motions hit different parts of the deltoids (shoulder muscles).

That's it guys – no huge intimidating introduction to weight lifting, that's literally all you need to do unless you become a body builder. 3 lifts, and that's all.

There may be times when you can't work anymore for whatever reason (injuries, sickness, weather, moving, bitch breaks your heart etc), and you may feel like you are failing. Always fall back on sound nutrition. Remember that it requires no effort, and as long as you keep your nutrition solid, you will never gain fat again – it's that simple.

Supplements

For the most part, supplements are snake oil. To determine if something is snake oil or legit, you need to find peer-reviewed studies demonstrating their efficacy. One great website which summarizes these findings is informationisbeautiful.net – under the “play” section check out “snake oil?”

Some supplements you might want to seriously consider:

- Multi-vitamin: Very important for low carbbers because we sometimes have daily gaps in our micronutrient requirements. This will cover small gaps and generally ensure you have the right nutrient levels. Opti-Men makes an excellent one for men.
- Calcium: Get one which has vitamin d and magnesium. Calcium will stimulate weight loss and will make up for the lack of dairy in your diet, for more on that see Martin's website.
- Fishoil: Omega 3 acids have been linked with decreasing risk of certain cancers and increasing cardiovascular health.
- Psyllium husk: Will keep you regular.
- St. John's Wort: I cannot fully endorse this supplement, as I don't know how it will react with some people – for me it greatly improved my mood. In studies it is found to be as effective as SSRI anti-depressants but without the toxicity and side effects.
- Vitamin D: Just to stress the point above by “calcium” – make sure you get Vitamin D. Vitamin D is arguably the best supplement you can take for all cause health. It will greatly boost your mood, immune system function and general health.

Join the community

So you are losing weight in a controlled fashion now but you have some hiccups, some micromanagement issues, and are looking to discuss things. Your friends are useless, and your family even more so – they are all fat, and if they aren't, their apparent svelteness is probably not due to lifestyle choices, it's more likely of being handed a choice card in the genetic lottery. You need to get on some forums son – and some good forums. There is a lot of crap out there, and part of your process of discovery will be finding a community to post in which represents your beliefs. I post on the sherdog.com forums, primarily in the nutrition sub-forum – the community there is serious minded, cosmopolitan, scientific and involves discussion of nutrition applied to physical activity. Other websites exist which are dedicated to nutrition and bodybuilding such as bodybuilding.com. My main gripe about

bodybuilding.com is its cliquishness, general fixation on aesthetics and immaturity. That being said, if you avoid the “misc” section you will find a wealth of information and guidance there.

The bottom line is: find a community which suits you; they aren't very hard to locate by googling. It's also important to find a community which will accept fat asses, some are very judgmental and will just make fun of you if you post and be honest. Scout them out and look for people like you. You will feel like you are besieged in your everyday life by idiocy, misconceptions and bad advice and coming online and discussing good nutrition and health with people who are knowledgeable is a godsend. Eventually you will be able to give back by helping out new guys and giving them some good info. Whenever I have a very specific question that I can't answer with a google search I post on a forum.

A word from the wise: when posting on nutrition and bodybuilding forums, make sure you use scientific evidence to back up any claims you make and always attempt to demonstrate that you have searched the forum or other spotlighted resources for answers before posting.

Inspiration and character building

I know most of this will be fairly contentious which is why I left it for last.

I firmly believe that in order to succeed in life, and especially in weight loss or a consistent workout plan, you need to become indifferent to all the negative influences surrounding you and introduce positive influences. This does not necessarily entail a hiding or removal from the world, but training in becoming indifferent to it, and developing a love of what is good. For the former, I would recommend studying the philosophy of Stoicism. It's a practical virtue philosophy for life which focuses on developing indifference to factors outside of your control and developing a joyful life of service to those around you. It'll help you not get angry when you have setbacks in your quest to lose weight and improve your health, to see those setbacks as what they are and to focus on what is within your power to change. Stoic wisdom will help you confront feelings of inequity, inadequacy, betrayal, attack and misfortune. Your desires for irrational things and for things not in your best interest will evaporate and be replaced by a love of what is good. Start with Epictetus (the Enchiridion) and then check out his discourses, Marcus Aurelius and Seneca. Shakespeare also serves this purpose.

I also think it would benefit you to commonly think on the greats who have come before and try to imitate them. Our societies overwhelmingly pay worship to whores, weaklings, criminals, addicts, and charlatans in two thousand dollar suits. Instead of dotting on those who drag us down look to the bad asses whose sacrifices allowed for this system of abundance and waste we now squander.

No one is more bad ass than James Stockdale. Dude was shot down over Vietnam and tortured in Hoa Lo prison for seven years. When they tried to use him on Vietnamese state TV as a propaganda piece he scalped himself. They broke his legs a ton of times, and he refused to betray his country. When they tried to force him to give a confession he slit his wrists. All the while he upheld the military chain of command amongst his fellow prisoners, instilled in them hope to continue fighting in their own way and

served as president of the Naval War College following his release. Whenever you bitch about “but I want to eat that pizza everyone else is” think of Stockdale in a puddle of his own shit and piss, alone in the dark, with broken legs. Is your life really that hard?

Warriors like that should be your inspiration and your role models. The classics are a good place to start. You will find powerful role models in stuff like the Iliad, the Bhagavad Gita, Odyssey, and Aeneid, and historical heroes in accounts such as Plutarch and Livy. Cato the Younger and Cincinnatus, such god damn bad asses. If you’re an American you might find some inspiration from George Washington, Thomas Paine and the like. Find some dudes who you can look up to, and who make you swell with feelings of admiration. Be proud of being like them, and of living with no apologies for your own manliness. Surround yourself with others who appreciate the good life, health, restraint and other virtues which are important for the heroic, self-realized man. You should be proud of your friends, not have to apologize for or rationalize their behavior. Banish the negative, destructive and unhealthy where possible, and where not possible, become indifferent to it.

Go out in the world, grab it by the neck, shoot your gun into the mouth of doubt and do what you want.