

# GET UP!

Volume 1, Issue 13

11 December 2002

## Lots of emails about the last issue

We had some readers offer to test drive Jon Edwards' program and get back to us with their results. Also, the article on "mining" one's training journal seemed popular, too.

For those of you who may have missed this at some of the forums, J. V. Askem is struggling with a growing brain tumor and he has let us all know that his time on earth is growing shorter...

As it is for all of us. This month, take a moment to remember the great volume of work that J. V. has shared with the iron game. Maybe dedicate a workout to him, too.

### Our mission? To teach everyone:

1. The Body is One Piece
2. There are three kinds of strength training:
  - Putting weight overhead
  - Picking it off the ground
  - Carrying it for time or distance
3. All training is *complementary*.

### In this issue, we look at "Fat Loss"

#### Winter Time and Fat Loss

Recently, on *crossfit.com's* forum, Robert Wolfe reminded me of the book, "Lights Out," that I recommended a few years ago. It occurred to me that perhaps an issue of "Get Up!" should be dedicated to the art and science of losing FAT! So, let's talk about this. By the way, I'm no doctor, so take all this with that in mind. If you choose to follow any of my advice, talk to your physician first.

Pretty soon, the bodybuilding magazines, as well as the women's physique mags, will be publishing their annual "Get Hard Now for Summer" issues. They will be packed with workout programs involving daily four hour workouts and 90% carb diets ("Skip the cream cheese and save 40 calories on your 1100 Calorie Bagel!").

The problem is that it is too late. Winter...yes, winter, is the ideal time to lose weight. In this edition, we will talk about the easiest fat loss program available to you today at the one time only cost of **FREE**.

You see, that's the problem. The stuff that really works...get more sleep, shiver a little, drink more water, cut your cheap carbs, and lift a little...have no market! Yet, these work the best.

I mean, really, who wants to hear that you should get:

1. More Sleep
2. More water
3. Cut "cardboard" carbs
4. lift a little

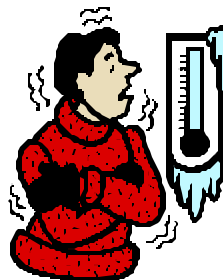
Don't we want something a little more dynamic?



## Shivering

This should be the last topic covered, but since it is so specific to winter, let's talk about this first. "It is fairly well understood that during exposure to the cold, shivering can cause up to a 2.5 times increase in metabolic rate in an effort to maintain core temperature," according to Ellen Glickman-Weiss, Ph.D., FACSM.

Ellington Darden, in his series of waist management and fat loss books, constantly reminds the reader that large amounts of ice water ("superhydration" is his term for this) will result in fat loss...simply because the body will have to burn more energy warming the water up.



Skin is the body's largest organ and up to 85 percent of the heat one transmits a day goes out through the skin.

I once had a person explain to me that the value of aerobic dance was to become "as inefficient as possible" so the body will burn fat.

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(I don't believe aerobics burns fat very well, but let's hold onto the point for a moment.) It is easy to stop shivering: sit down, bundle yourself in blankets in a warm house, turn on the television, and start consuming massive amounts of carbs. *As you become more efficient*, you will stop shivering...and begin to add those wonderful layers of fat that will prevent future outbreaks of shivering.

It is the recipe most Americans have followed since about 1950. Have you been to Las Vegas or a Disneyplace recently? Look at the results of the typical American diet!

So, how can we "shiver" and not put ourselves in danger? A couple of ideas:

1. Train outside in the winter. This may sound obvious, but I forgot about this simple point for decades! I got addicted to the warm confines of the gym. Grab a couple of dumbbells and trudge down the street doing Farmers Walks or Waiters Walks. Scare your neighbors even more! I still toss the 56 pound weight, even in snow. Whatever, get outside and get a little heat burning.
2. Act like my kids: go outside without a coat...or hat...or gloves...heck, even shoes. I still can't figure out why my daughter (and wife) will wear pumps in a snowstorm. Maybe consider lightening the clothes load a little, don't follow this advice to the extreme.
3. What's the traditional way to finish a sauna? A roll in the snow! Dash some cold water into your shower routine. I finish most of my hot tubs with an ice shower. On vacation, we found a spa with a cold pool and I sat in it for...well, too long. ("The water was cold! Doesn't she know about shrinkage?") But, it is a fat burning workout!

"Body-composition studies of arctic explorers and military personnel who exercise intensely in cold climates show unusually high levels of fat loss and muscle preservation. According to a study in the Journal of Applied Physiology, this is the result of calories being lost to the body's demand to heat itself."

<http://www.slimmingsolutions.co.uk/toptips.htm>



The downside of shivering? Well, recently Professor Grant Gwinup studied the role of swimming in a fat loss program. He found: "*Presumably, swimming in cold water stimulates the appetite to increase caloric consumption.*" (Gwinup, G. (1987). Weight loss without dietary restriction: Efficacy of different forms of aerobic exercise. American Journal of Sports Medicine, 15, 275-279)

Which makes sense...the body gets cold, kicks on the hunger, and we reach for... Carbs in cardboard!

## Cardboard Carbs

The pendulum has been swinging recently in the favor of the low-carb diet folks. Whether or not you favor low carb is your own business, but I found the last quote by Gary Taubes in his recent article featured by the New York Times amazing:

"This is the state of mind I imagine that mainstream nutritionists, researchers and physicians must inevitably take to the fat-versus-carbohydrate controversy. They may come around, but the evidence will have to be exceptionally compelling. Although this kind of conversion may be happening at the moment to John Farquhar, who is a professor of health research and policy at Stanford University and has worked in this field for more than 40 years. When I interviewed Farquhar in April, he explained why low-fat diets might lead to weight gain and low-carbohydrate diets might lead to weight loss, but he made me promise not to say he believed they did. He attributed the cause of the obesity epidemic to the "force-feeding of a

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nation." Three weeks later, after reading an article on Endocrinology 101 by David Ludwig in the Journal of the American Medical Association, he sent me an e-mail message asking the not-entirely-rhetorical question, "**Can we get the low-fat proponents to apologize?**"

Whether you low carb or eat whatever, I think most people would agree that to *lean out*, you have to reconsider reaching for boxes of insta-carbs and glasses of sugar laden carbonated drinks. Remember the candy bar commercial a few years ago with the exhausted skier? He found that Brand X Candy gave him that instant energy to get him back on the slopes. The bar had 453 Calories...more than two cans of tuna, almost three of some brands!

Call me when you get hungry after two cans of tuna!

So, let's at least agree to avoid the

## ***Evil Axis of Foods:***

1. **Soft drinks (Some argue that even "sugar free" drinks cause an insulin surge)**
2. **Candy bars, candies, candy coated, sugar coated, sugar filled...by God, grow up and eat food!**
3. **Chips, cookies, and all the cardboard carbs.**

Cardboard carbohydrates are the carbs that come in boxes. They are processed, packaged and purified to go right to your hips and butt.

Once you can consistently avoid the *Evil Axis of Foods*, you are well on your way to leaning out this winter.



Let's add one area that Brian Oldfield explained as "one of the keys to performance." Simply, it is to learn what foods cause you to

have an allergic reaction, or at the least, bother you a bit. If you ask the Lung Association, who has a long history with battling allergies, they will answer you simply: "**Peanut, fish, egg, milk, wheat and soy** cause most food allergies." Indeed, in the early 1980's, a popular muscle mag published an article that simply stated that 90% of Americans are allergic to wheat or milk.

I told this to a "nutritionist" and she told me that this information is "stupid," because you will find wheat products in everything, even McDonald's shakes. My first thought was: "What kind of nutritionist thinks that wheat products are in steak? Does a steer digest?"

In an earlier edition of Get UP!, we published this quote: "Dr. Elson Haas notes in an interview with "Mind and Muscle Power" that the least allergic foods are: **rice, pears, lamb, kale, salmon (and other deep sea fish, like halibut and sole) trout, turkey, rabbit, sweet potatoes, and honey.** He goes on to recommend **cabbage, carrots, cauliflower, broccoli, apricots, beets, squashes, olives, olive oil, cranberries, herbal teas and tapioca.**"

There are a number of books that give some ideas about eliminating problem foods. Many of us know from experience that this or that food causes long term problems.

Any one who has had trouble with allergies understands the need to stay clear of the "troublemakers."

This isn't a judgment on certain foods. Recently, Men's Journal published a list of foods for muscle building:

### **The Superfoods**

**Eggs**  
**Almonds**  
**Salmon**  
**Yogurt**  
**Beef**  
**Olive oil**  
**Water**  
**Coffee**

(The list looks like my diet...save yogurt!) While eggs may be poison to one person, they may be another's ticket to athletic success. Take some time to study your reactions to certain foods, consult a doctor who specializes in allergies, and fine tune your diet.

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## Get Some Sleep!

Not long ago, I must have come off as the internet frontman for a book, entitled "Lights Out." Let's look at two of my posts:

**Question: I've never even heard of "Lights Out." What is it?**

Answer: One of the most "insightful" books on making low-carb work!

A quick review of "Lights Out" by T. S. Wiley with Bent Formby, Ph.D.

The title promises that nine hours sleep a night with help you lose weight, curb your carb cravings, eradicate depression, lower blood pressure and stress levels, reverse Type II diabetes, minimize risk of heart disease and help prevent cancer.

This is how:

**A. Long hours of artificial light = summer in your head**

**B. Winter signifies famine to your internal controls**

**C. Famine on the horizon signifies instinctive carbohydrate craving to store fat for hibernation and scarcity.**

This is accomplished by:

A. Increasing carbohydrate consumption until your body responds to all the insulin by becoming insulin-resistant in muscle tissue:

B. Ensuring that the carbohydrates taken in end up as a fat pad;

C. Prompting the liver to dump the extra sugar into cholesterol production, which will keep cell membranes from freezing at low temperatures.

Huh? Basically this: the body stores fat in the summer to deal with the winter. Once winter rolls around, we are made to eat what we can get: meat and some veggies. NOT fruit and sugar!!! Two things then: in the winter, sleep and eat meat and hard veggies. This will make you burn fat for energy.

In essence, if you want to burn fat. Make your body think it is winter.

If you fight this, you convince your body that it is still summer, so to speak.

I thought this was a load until I tried it. The weight (by the scale) fell off me in one week. 226 to 210 this morning. I took my

supplements (fish oil, K, Mg, and Vitamin E), slept 9 hours a night (13 one night) and ate meat, eggs, chicken and two salads. I played in a football game, scored only one TD, lifted three times. I felt very good.

Try it before you comment negatively about this.

Really... Put really dark shades on the windows, hide the LCD projector on your alarm and go to bed. By the third day of nine hours of sleep, you will toss your creatine, HMB, and all that other crap into the garbage and have the best workouts of your life.

**And, the original post about the test:**

I decided to test a concept I read in "Lights Out." This week, I ate only meat (eggs, chicken, red meat), drank water and coffee BUT, with my new wooden window shades, slept up to ten hours a night. On Wednesday, I ate some steamed veggies for lunch and had a salad or two throughout the week. My usual supplements: fish oil capsules, Mg and K, and Vitamin E.

On Sunday, I weighed 226 with a "not so good" waist measurement. On Friday, I weighed 214 and my daughter, Kelly, was able to tighten the waist tape to 34 and a half. (I'm age 43) My training, peaking for a meet, was some easy sets of overhead squats, a couple of snatches, and some lock out work on my jerk.



**My point: sleep may really be the secret.** I have always wondered what would be the world's cheapest diet. Nobody campaigns for:  
**1. More sleep (it is free; no market)**  
**2. Really, few argue for more water (again, no market)**

The same holds true for Mg supp's. If you read the Eades' book, "Protein Power

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Lifespan Program," they have a whole chapter on miracle magnesium. Again, this is a very inexpensive supplement.

Eggs are pretty cheap, too. At Costco yesterday, I bought five dozen for around three dollars (I think). My next book, "The really cheap discus throwing Olympic lifter poor guy diet," will be on the shelf soon. Look for it. Or, just take it and run out of the store.

I was really surprised to see how extra sleep carried over to more weight (simple scale) loss. True, I didn't measure fat save for waist measurement, but I really found this short experiment worth thinking about for athletes.

#### Why does extra sleep work on fat loss?

1. It is hard to eat when asleep.
2. (More important) You don't crave carbs when you get your sleep in.
3. (Maybe more important) You get a better recovery, so you can train harder.
4. Maybe the key: Your body stops thinking that it is in a "fright or flight or famine" and quits fighting so hard to hold on to the fat. All of the people I talked with in the "100 pound Club," dieters who have lost at least 100 pounds promise that stress reduction (often through just lifting weights) is one of the keys to fat loss.

#### The 100 Pound Club Rules:

##### Eat meat.

- Drink water.
- Fat is your friend.
- Eat more meat.
- Drink more water.
- Friends don't make friends eat carbs.
- A steak is a terrible thing to waste.
- When in doubt, FLING IT.
- When you crave carbs, eat MUCH MORE meat.
- Drink more water.
- From "[The Thinagogue](#)"

They also push "sipping oil," whether it is olive oil, flaxseed oil, or fish oil capsules. It seems to work to help stay away from "rabbit starvation," that problem of eating a lot of food (rabbits) which take more energy to digest than you get back. Also, the oil is great for your skin.

#### Training for Weight Loss

Put weights overhead. Pick them off the floor. Carry them. Squat them. Throw them.

Well, what did you think? Aerobics??? This is Get Up!

#### To Sum:

There goes my money making cash flow empire: you know all the "secrets."

1. Sleep
2. Eat low carb and food that agrees with you
3. Lift
4. Shiver a little
5. Drink Water

I can't make a nickel on any of this stuff...

#### A Review of the "Clubbell Training For Circular Strength" Video

**Jim Smith**

*Jim Smith lives in Yorktown, Virginia. Jim has been lifting for years and is always ready to experience new techniques and ideas. Jim's forum, "Animal Ability," is a place where people meet for polite conversation about all kinds of health and strength questions.*



First, off let me state that when I asked Dan John about putting this review in his newsletter he said okay, but to think about the type of people that read Get Up! People that basically eat, throw, lift and do not want to spend \$\$ plus I wanted to relate it to "our" mission.

Well, a few years ago when I was linked to some Indian Club sites I saw them and thought "yes, they worked fair back then but now we know a lot more and have better equipment". This year when people started to talk about them on the Animal Ability forum, RMAX.tv, and Tom Black's site I decided to do a little research. A member of the Animal Ability

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forum made me some plate loading clubs to play with.

Once I started to use them I realized that using Clubs was not for sissies. My shoulders and grip got the worst of it, but the rest of my body surely got a workout too. I found a few sites that showed some exercises and made up some for myself. After a few weeks of club work I could feel a big strength difference. I was convinced that clubs were not just a piece of history. Then Nikolay from RMAX.tv asked me to review their Clubbell video. I said I would so here is the deal.

The video arrived and I immediately put it right into my VCR, I had seen a couple of Scott Sonnon's videos (he is the coach/instructor for RMAX.tv) so I was kind of excited to see what he would do with the Clubbells. As usual he did a great job of explaining and demonstrating different concepts and techniques. Scott starts off with a safety talk, then he goes into a little history which is interesting. Next comes the "meat & potatoes" of the video. Scott demonstrates around a variety of exercises going into great detail about proper performance. He does this while making the movements look very smooth and coordinated. Let me say from experience that when you have weight moving around your body in complex patterns things get hard pretty quick. Some of the exercises are:

**Basic Swing**

**Clean to Order**

**Pre-Swing Clean to Order**

**Snatch**

**Extended Snatch**

**Pre-Swing Snatch**

**Torch Press**

**Forward Leverage Press**

**Lateral Leverage Press**

**Pendulum lots of variations even**

**incorporating lunging & side stepping**

**Circles**

**Wrist Cast**

**Arm Pit Cast**

**Drumming**

**Shoulder Cast**

**Iron Cross**

**Head Cast**

**Shield Cast**

## Parry Cast

After the exercises Scott shows how to combine them into different combinations. So in reality even though there are enough exercises and combinations of exercises to keep you busy for a long time you are only limited by your imagination. As you can tell from the names many of these exercises are going to compliment your Olympic lifting. Something you may not have noticed is there are a few exercises that lend themselves to throwing. The circular motions are very difficult to duplicate with conventional equipment. So these give you a another way to train throwing type movements and skills inside during bad weather. As most people who read this are athletes or train like athletes using the Clubbell movements will build strength, flexibility and coordination.

What I plan to do now is replace my "old club exercises" with exercises from the Clubbell video. Reader's of the Animal Ability forum know that I like to train a variety of modalities in my routines. So these are right up my alley.

*Jim, thank you for reviewing this video. Anyone who wants to review lifting, throwing, or whatever books and videos...drop us a line!*

### Next Issue of Get UP!

Lane Cannon reviews the "100

Rep Challenge;" Injury

Recovery Ideas...*who knows?*

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Daniel John, Editor

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