

The **ALPHA** Shape

Your Genetically Coded Body Shape



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THE α SHAPE

GETTING IN AWESOME SHAPE

In Africa, in the savannah, the Lion has several Lionesses at his will. Just for him. He doesn't do shit, he just eats, sleeps, fucks and chills. From time to time he has to defend his harem - along with all the privileges - from other aspiring males to the VIP section of the savannah. Pretty cool huh ? He does not hunt, or take care of his offspring. He is just the King.

And it is good to be the King.

And you know what does the King of the jungle NOT have? Love handles and a prominent belly. He is jacked. He is the King. He eats properly, gets his rest, and fucks.

In order to be the best version of yourself, that one version every DNA sequence in every cell in your body says you can be, you have to be in shape.

You can get and maintain in shape. Everybody can. No excuses. If you have been fat all of your life, is because you BELIEVED IT by TELLING yourself over and over again that you were fat. If somebody else told you that you were fat, and you may not like this but, it was YOU WHO finally ACCEPTED the label as *in auto suggestion*, you accepted someone else's frame about yourself.

MINDSET

Being that Man, the one man you want to become is accepting that up to some point you have been living and experiencing the world with someone else's glasses. It is nothing wrong with that, everybody gets imprinted ideas about anything on their brains, but NOW as you have become AWARE of that, you can CORRECT course and keep going.

And going stronger than ever.

In order to get in shape you have to perform some kind of physical exercise. There's no way around that.

If you are good or were ever good at sports you know where you stand at. If you were never good at sports, you can always get in shape. It is a matter of, like everything else in life, vision and taking action. As in *practice*.

It is imperative in my belief to get in shape, to work with self image, AS HARD as you train your muscles at the gym, or the track or the court. You have to see yourself as a perfectly healthy and strong person.

Details man, details¹.

Get impregnated with that idea of yourself. This way, your subconscious gets programmed for that goal, and you start to BEHAVE according to that goal. This way is easier for you to stay on track, to not miss your workouts, to stay on your eating plan.

If you don't know what to do as a workout to get in shape, there are tons programs on the internet, apps, you name it. Just make sure that you are not FOOLING yourself, starting all promising and by the first month already skipping days and derailing from your eating plan.

The problem with bailing early on your commitment to, whatever you commit yourself to do - get in shape in this case - is that you never get to develop

¹ As much as you can picture yourself in your mind, the way you want to look and be seen and how you want to feel. Think as a process that you already accomplished, as if you already have the body shape that you want.

momentum. Momentum is the product of the mass (YOU), times the velocity of that mass (YOUR WILL). It is easier for you to keep up or take breaks (and you will have to) once you have developed HABIT, through DISCIPLINE and REPETITION than at the very beginning. Otherwise it is like starting all over again every time. And that way you don't get results and you feel discouraged.

For every effort to be effective on your body shape, you need to stay on track and focusing on your goals for at least 12 weeks. Then you can evaluate and make the proper adjustments to your program. But before that you are just selling yourself short.

And being disrespectful to yourself. You are betraying your own commitment to get in shape, besides being bad for developing momentum, you are fucking up with your energies because you don't keep your own promises you say to yourself.

VERY SAD MOTHERFUCKER STUFF.

Don't do it. And skipping workout sessions also develops momentum. Do it a few times and with all certainty you won't be stepping inside the gym or doing your thing any sooner.

Every time you don't feel like moving that ass, and take it up to the gym, you are doing a serious CHEAT on yourself, disrespecting your body's need to get in shape. You come up with all this excuses and you don't follow trough.

*And right there is where **SELF IMAGE** can **HELP YOU**.*

Your lame ass excuses will always come. Until you have developed habit. Until you have understood that this part - taking care of your body - is an important part of your life and you have to address it like such.

There is no need to tell you that you are going to sweat it big and is going to claim all your will power and more.

BUT IT IS FOR YOU MAN.

The rewards - that there will be if you don't give up - are well worth the price you pay. Even more because you learn how to live with HEALTH. And you can't put a price on that.

MOVE YOUR ASS

If you have never taken any special training in self defense, you should. Every Man should know how to handle and END a fight.

Not because you can go and get even with your middle school bully, or be the most feared of your friends, but it will give a sense of peace and understanding, makes you even more easy going, and it will develop those balls of yours.

You will develop courage and it will physically and mentally challenge you. It will develop focus, stamina, self control, humility, camaraderie, besides being a terrific aerobic exercise. I personally recommend Boxing or MMA.

If you choose to go to a gym, I recommend to do resistance training², which is the best in a case you have been out of shape from sometime, just remember that the one person you are trying to compete with, to surpass, and to defeat, is the one looking at you from the reflection in the mirror.

He is the man you want to defeat. So check your ego at the door, if you are ashamed of your body NOW, think of it as a STARTING point, that what you are doing is TAKING ACTION to change the *status quo*.

Do not compare yourself to others, it is just you and your WILL to change things around.

² Lifting weights

Do not finish when you are tired, finish when you are done. Intensity means to have LESS time to recover (1 min tops) between sets, so workout with intensity and push your limits.

Do not think that one day of workout is going to count for all the time you were inactive. Give it TIME, PATIENCE AND PERSISTENCE.

You don't need those sissy gloves.

Neither a fancy costume for the matter.

Do not lift beyond your limits. It is better to strive for PERFECT FORM with lower weights first. Heavy weights on inexperienced hands show ego traps, you can get injured and your gains will vanish. Like a virgin on a prom night³.

WINE AND FEED ME

The main key to get in shape is the food you eat. Arnold The Governator said "muscles are built in the kitchen". First I will recommend you to visit your physician and run a series of tests. Specially blood sugar, cholesterol, Liver function. Do not panic if something is not perfect. We'll take care of that. Think of this tests as a starting point in your journey.

If your blood sugar is above the limit - and you are basically not diagnosed as a type II diabetic (if you are a type I diabetic, this doesn't apply to you), your Physician will prescribe a drug called Metformin.

Metformin even though it's mechanism of how it lowers blood sugar levels is unknown, it is the most prescribed drug in the obese-getting world today.

The problem here is that as you may know, pharmaceutical companies are huge and their sales are beyond our imagination. This combined with the fact that every decade, the American Diabetes Association has been lowering the upper normal threshold of blood sugar levels down, so a regular Jane or Joe can be diagnosed as a Glucose intolerant or Insulin resistant - pre diabetic - SOONER, have been allowing this drug to fly off the shelves. The problem

³ From a classic movie

with Metformin, as any other hormone replacement therapy, is that it removes the need of your own body to auto-regulate its blood sugar levels.

The human body has an outstanding ability to regulate its blood sugar level. All by itself. When a foreign substance starts to do that job, the body loses its ability to do this by itself, forcing you to NEED this drug in order to maintain “appropriate” blood sugar levels.

It is not my intention to uncover some conspiracy or talk shit about Pharmaceutical companies and Physicians. And by no means I encourage you to disobey the instructions, current treatments or directions provided by your Physician⁴ but I am here to tell you how things work in the REAL world.

Once you checked your blood sugar, your cholesterol is next. Cholesterol has a bad rep because it can clog arteries that can result in a ischemic condition known as a stroke. Which may leave you dead, or on a wheel chair sucking out of a straw. Not good.

So the time your physician checks out that your cholesterol levels are up, he/she will 1.-Modify your diet (on a format that will NOT help) 2.- Give you another drug (statins)

There are four major actors in the lipid profile (the blood test for this matter) LDL, HDL, Triglycerides, Total Cholesterol. Total Cholesterol is a very general predictor of heart disease, is a sums number of the cholesterol molecules combined.

So, you can have an above the recommended level of total cholesterol, but it may be due to a high level of HDL (*high density lipoprotein*) which is the “good cholesterol” and then you are cruising.

The issues, however, are pointed to the high levels of LDL (*low density lipoprotein*) and its cousin VLDL (*very low density lipoprotein*). The medical literature always talks about how the LDL goes up, and the need to bring it down.

⁴ Even though I am. I've been there. And I took for almost 30 years a drug for a condition that I eventually cured myself. Same with allergies. And Metformin, My African-Safari-sponsored-by-Merck-Doctor prescribed it to me. Don't get me wrong I respect Physicians. But definitely not all of them. I have been an Oral surgeon for 15 years and I feel a profound respect and admiration for Surgeons of any kind. But a Doctor Feel Good who just wants to collect ? Fuck Him/Her. Use your own judgement, think for yourself and beware of some white coats.

But the real interpretation here is that LDL goes up because there is no other way that your body can cope with all the crap that you feed into your mouth.

Cholesterol can go up by boozing and chronic sessions of BBQs. But when you eat prepackaged foods, and basically everything that can last a lifetime without expiring, your body is obliged to bind this LDL to that crap you just ate so it can be transported in your blood stream, and after numerous digestive trials (that cost an immense amount of energy and enzymes) it can finally be eliminated through your shit. So, LDL up is a self defense mechanism of your body in order to deal with the crap you feed yourself, and it is an indicator on how you are eating⁵

Liver tests are indicator of your liver functions. And the Liver is a loyal motherfucker, it won't stop working and it won't complain at all. Even when it is down to 20% of its function, it won't leave you alone. But as soon as that threshold is passed, you are fucked. And nobody can live without the liver (liked the sound on that).

The main reason for liver damage, and there are many including hepatitis A, B or C, and abuse of prescribed drugs, is the use and abuse of alcohol.

Alcohol is the favorite distractor of the modern society. It is enjoyed all over the world, it is advertised everywhere. It is signaled as a must in a gathering or a social meeting where the word "fun" is summoned. It's present in sports on the jersey of your football team. It is part of our modern culture.

The problem with alcohol - and it causes several - is that IT IS NOT ENJOYED RESPONSIBLY. It is used more for a sensation of freedom, or escape. It conveys an attitude of carelessness, disinhibition. Well, that's all good to me up to that point.

But when it creates this habit on the way you behave socially you become dependent on it. You cease to enjoy yourself by yourself and without any aid. You start to seek it in order to have fun. And suddenly having fun can no longer be for real without booze.

I am not going to categorize people with regular alcohol intake as drunks or alcoholics.

⁵ Even those foods that advertise "0% Cholesterol" are deceiving. They probably are cholesterol free, but they come packed with all kinds of preservatives, added forms of sugar, and "natural flavors" that eventually WILL make your own cholesterol molecules to raise up on your bloodstream. Not to mention your blood sugar. When the industry started to take the fats off your prepackaged meals in order to make them "light" they have to add several forms of sugars so they would taste better.

The fact is that if you drink like this, and meaning being a party animal, going out 5 times a week and getting hammered all the time⁶, and you are young, if you don't mellow that shit, you will perpetuate that behavior while being an adult, and drinking all those five night a day at least three drinks per night, you are going to develop a few "drunkaholics" traits,

You become emotionally unstable, and you become good at lying - that is when "I promise, last drink", or "I shouldn't drink tonight", or "last one and I'm out" come out.

Feelings of anger starts to build and then polarized with sadness or depressed states.

Alcohol is a strong depressor of the Central Nervous System, and after the habit has been settled, you get to a point where a downward spiral starts to suck you in, and you have to be AWARE, otherwise it is going to cost you. Big time⁷.

And you may not be even aware of it, because, booze is legal, and it's everywhere, and it's supposed to be fun, but beware - not of the booze itself - but of the relationship you start to develop with it⁸.

And all of this stands on your way to a shredded body and flawless health. If you mess up with your liver - it doesn't have to be that much - your blood sugar control will suffer. And with your blood sugar levels out of control, all kinds of unwanted outcomes start to develop, without even mention that building muscle and burning fat becomes almost impossible.

First, alcohol's main metabolite aldehyde is toxic, and it's the accumulation of this substance that gives you that dried as a poisoned animal feeling the next day - aka hangover - so your body makes it a PRIORITY over all the other nutrients to digest it first - your liver doing this, no sweat - and all the other

⁶ And you don't have to end up licking the floor kinda wasted, you could be perfectly able to follow instructions or so, for those who may be saying - I never get "that" hammered.

⁷ Do not get me wrong. Alcohol is there to enjoy it, to celebrate, but not to make it equal to fun. We have all been wasted, totally intoxicated. But as you grow up and old, those behaviors need to change if you want to be that powerful, magnetic, sexy and HEALTHY man. Drink with style.

⁸ Do not think that I am going all morale with the booze. I drink from time to time. I get drunk also. But I used to be really into it during a period of my life and it fucked up my health, it fucked up some relationships, it fucked up my mind. Up to you man.

nutrients that your body needs, because of the overload of the empty calories of booze, get stored as body fat.

ESPECIALLY THE FATS YOU EAT IN YOUR MEALS.

There is no way around it. And second, high acute doses of alcohol (more than 5 drinks) can lower your testosterone levels down until 28%, making fat burning a fairy tale.

And there's more. As your testosterone goes down the shaft, your estrogen levels go up, providing a hormonal environment that simply forbids muscle gain and fat loss, and provides other negatives issues as well⁹.

Hello Man-boobs.

The bottom line with alcohol is this: You cannot expect to drink all you want, whatever you like, and whenever you like if you want to stay in shape.

If you are going to commit to be the best version of yourself, meaning a cool ripped bad ass holding a glass of bourbon, over a chubby pathetic drunk spilling beer everywhere, you have to PROGRAM your booze escapades, acknowledge them on your diet or meal plan, and sometimes you will just have to pass.

If your social life is THAT demanding, then you are going to have to be very AWARE not to let the pressure of the event or your own inner chatter say "Oh well fuck it" and derail you from your goals.

If you are used to drink regularly over meals, remember that is ok to have a glass of wine over a meal, in fact it does really good for your health, but if that glass turns into a whole bottle with your sweetheart every night over movies or series on TIVO or Netflix, you are just fooling yourself.

⁹ Besides man boobs, high estrogen levels in men are linked to infertility, stroke risk, heart attack, prostate cancer.

DISCIPLINE my man, that is the word.

Following are **THE GOLDEN RULES** of alcohol drinking to stay in shape.

1.- Don't (can't be simpler than that), but if you can't help it,

2.- Once a week if you want to get smashed. Prefer spirits like vodka, whisky, bourbon or rum. Straight or mixed with diet soda. I'd recommend three tops, but you and I already know that you will be as thirsty as a bandit's horse, so go on, get smashed ... BUT ... The day you PROGRAMMED your booze fiesta (you obviously programmed this one) you will consume your proteins as usual but you will limit as much as you can your fat and carb intake.

You will be under a caloric restriction (We are dieting here. To get in shape ... remember?) but you have to make this modification. Get your protein from meats, fish, poultry) and plenty of veggies, as they will help you digest the proteins. Over the next day, replenish all the lost fluids - alcohol is a strong diuretic, so, to avoid the mighty hangover, hydrate as much as you can.

I recommend to visit the gym later the next day as you will have more time to recover and replenish fluids. Don't go to the gym on the prime of your hangover, you will just sacrifice your performance because of the feeling of guilt.

3.- If you like to drink over your meals, meaning more than once a week, you have to remember to sum up your calories of alcohol to the total calories of your meal plan. One glass of wine adds up an average of 120 calories. Just remember that you can't do this, drink everyday a bit, get smashed once a week AND be in shape. It simply won't happen, even if you stay in your overall calories. Remember the drop on testosterone ? it also happens if you are on a regular (chronic) drinking habit. Alcohol is an expert on spiking your insulin levels, and with your insulin high all the time, acquiring your dream physique is a fantasy.

We cannot survive without air more than a few minutes (master your breathing), drink for a few days (master your drinking), and food for a few weeks (master your feeding).

To be in shape you have to avoid every food or drink that comes on an advertised container. Period¹⁰.

Although there are lots of food that are labeled as low calories but are flooded with artificial scum that all it does is get your body on full detox mode, instead of using the energy you consume on the proper function of your body organs, repairing damaged or normally worn out tissue, or strengthening your immune system.

That way you get sick more often, your mood swings, your stress levels goes up and your testosterone levels go down. Meet Cortisol, a bad motherfucker you don't want to mess with, and guess what it's bad for muscle building and fat loss.

I tend to talk a lot about muscle building, this is because if you build muscle you will burn fat. And staying in shape becomes much easier. A body with a higher lean body mass will consume more calories at rest, than some other body with more fat. It will have a "higher metabolism".

Besides our previous discussion on alcohol, the drinks that are best to meet your goals are: water (lemon water, fruits water, no artificial anything), tea or other infusion drinks, coffee and that is pretty much it.

I know, it **SUCKS¹¹. At least when I first started, sounded pretty lame to me.**

¹⁰ Not because I am uncovering another conspiracy here. Everything on a plastic container which is advertised, comes from an industry. And the primal focus of some industries is to make money, and not precisely your best interests. Everything that comes on a plastic container that can be stored forever in your cabinets has too much preservatives, colorants, and all kinds of synthetic mild poisons. I suggest you avoid eating ANYTHING with more than four ingredients that you can't pronounce.

¹¹ Pass me that .. Hey Where are the ice cold long necks !?

Your water intake should be at least 1 gallon of water everyday. This is crucial. Water makes life possible and makes up the 70% of your body, so you have to replenish fluids as if your life depended on it. And it does. Proper amount of water intake will make your goals possible each drink at a time.

Most sodas have sugar and colorants and shit. And sugar, if you haven't already heard is a deadly poison that is linked to many of our modern times diseases (diabetes, cancer, heart disease, alzheimer, tooth decay, besides its historical shame) So sodas are a no-no.

Once you get used to this idea, once you **acknowledge that they are not good for you, you will have no problems avoiding them completely. Same with diet sodas. Instead of sugar they have artificial sweeteners that your body cannot digest either, and some are linked also to cancer. Stick to them only to decorate your rum or vodka.**

To add sweet flavor to your drinks switch to Stevia.

Beer is the same thing. And beyond. Beer has estrogens on its molecular structure - that's why we love beer so much, it's female energy - and that means it is going to lower your testosterone. You can have beer, but stick it to the plan laid out above.

Fruit Juices are a trap too. For example. I used to love orange juice in the morning. But in order to make a full glass of orange juice you need about 4-5 oranges. That is the SUGAR of 4-5 oranges. How many times when you crave an orange you eat 5 of them.

Other complete story is green juice.

GREEN JUICE IS THE SOURCE.

It detoxifies your body, sums up the enzymes you need to digest all the protein you will eat to build your new body, and it raises the pH of your whole system, makes it more alkaline. With this alone it's terrific preventing

all kinds of diseases, helps control your sugar levels and aids on your digestion.

One hundred percent recommended.

Green juice sources are: tomatoes, celery, zucchini, cucumber, lemon, kale, spinach. You can add a quarter of a fruit to add just enough sweetness.

Other killer juice ingredients are half a lemon and ginger¹².

When you think about what your body needs to survive you think of air, water and food. And exercise also. But your body doesn't need food, it needs nutrients. It needs proteins, it needs carbs, it needs fats, minerals and vitamins.

You can get all your vitamins and minerals from a multi-vitamin of a fair price at a local store. Buy it. There is a great chance that you are not getting ANY of this essentials out of the food you have been eating.

You can get all your protein from:

- **Beef: Eye Round, Filet Mignon, Flank Steak, Ground beef, New York Strip, Ribeye, Sirloin, Skirk Steak.**
- **Poultry: Chicken Breast, Leg thigh, Wing. Same as Turkey, breast, leg, sausage.**
- **Pork, Lamb: Bacon, Ham, Pork Chop, Loin, Tenderloin, Lamb leg, chops,**
- **Sea Food: Clams, Crab, Lobster, Oysters, Scallops, Shrimp**
- **Fish: Anchovy, Bluefish, Cod, Flounder, Sole, Haddock, Halibut, Herring, Salmon, Sea Bass, Tuna canned, Tuna Fresh.**
- **Eggs, Dairy: Egg whites, whole eggs, Non fat cottage cheese, mozzarella, protein powder.**

You can get all your carbs from:

- **Legumes: Chick peas, Green peas, kidney beans, lentils, lima beans, navy beans, white beans.**
- **Fruits: Blackberries, blueberries, cantaloupe, cherries, cranberries, grapefruit, grapes, honeydew, kiwi, mango, orange, peach, pear, plum, raspberries, rhubarb, strawberries, apples, watermelon, apple, pineapple.**

¹² Ginger has LOTS of health benefits for you, anti-inflammatory properties, colon cancer protection, boosts immune system performance, gastrointestinal relief - you won't need antacids ... you just need green juice.

- **Veggies: Carrots, pumpkin, rutabaga, squash, sweet potato, yam.**
- **Whole grain breads: Oat Bran, Pita, Rye. Make sure you have the right nutritional information.**
- **Other grains: Oat Bran, Oatmeal, Quinoa, Rice (preferentially brown).**

Bananas are not listed because they have high GI (glycemic index or the property of a substance to spike up your insulin levels) however is ok to have them. Grapes are also excluded because of their high sugar content. These fruits can be enjoyed but they have to be consumed sporadically.

You can get all your fats from:

- **Eggs & Dairy: Cheese, butter, cream cheese, feta cheese, mozzarella cheese, parmesan, ricotta, gouda, whole milk, whole eggs, sour cream.**
- **Oils: Canola, coconut, extra virgin olive oil, fish oil capsules, flaxseed oil, hemp oil, krill oil, pumpkin seed oil.**
- **Nuts & seeds: almonds, walnuts, hazelnuts, cashews, flaxseed, pecans, sunflower seeds, pistachios, chia seeds¹³**
- **Fruit & veggies: Avocado, olives.**

All other vegetables like: arugula, asparagus, brussels sprouts*, cabbage*, cauliflower*, broccoli*¹⁴, cucumber, eggplant, lettuce, mushroom, okra, onion, peppers, radish, snow peas, tomato, watercress, zucchini, kale, they all can be consumed freely at all quantities. And everyday.

You wanna grow big ? eat your veggies.

As you can see, there are PLENTY of delicious choices you can pick from the list above. There is no way you are going to starve doing your eating from that selection. And beware, because eating say 2500 calories of regular, normal, nutritious, earth given food, is A LOT of food. Let's not forget that

¹³ Absolutely a must if you want to poo like a pro. Chia seed is a super food with all kinds of beneficial oils and vitamins. And it allows you to have healthier vowel movements.

¹⁴ Cruciferous vegetables are known to be T boosters as they help you get rid of the estrogen in your body.

once you have established your meal plan, you have to eat your goal calories, do not exceed, but neither come short.

Now that we are clear what you are going to eat, let's figure when.

One of the most common phrases we will ever hear about nutrition is that breakfast is the most important meal of the day.

How this became a rule of thumb is debatable. It comes more of a paradigm based belief than an actual scientific fact. Some say that it was the food industry that started this trend, so you can keep on buying all the "healthy" and "delicious" choices of the insane amount of cereals that are sold today.

That idea along with eating small, frequent meals is usually the told story about the way to go for fat loss. Although this approach may have worked for some people, there is another healthier easier way for you to get the nutrients you need and get rid of fat.

Our bodies, as I have addressed before, are in need of nutrients, not food. And when we are not eating, those nutrients are used in the different functions our systems perform, being this protecting against diseases, detoxing, or repairing tissues.

When you follow a nutrition plan that involves breakfast and several meals a day, you are conditioning your body to be almost the entire part of the day when you are awake, on a FED state. And when you are on a fed state all the time, your body is directing a good part of its energy and attention to digest the food that you are constantly eating. So, when you eat breakfast first thing in the morning, have lunch, dinner and 2-3 snacks during the day, you are practically eating all day long.

You are on a **perpetual fed state.**

There are two key ideas that I am going to show you, that can change your relationship with food forever:

- Eat when you need to eat. Same with the quantity. Sounds almost stupid, but consider that up until this day you have eaten almost your entire life based on social norms (breakfast "time", lunch "time", dinner "time") and not precisely when and how much your body requires to be fed.**
- Fasting is good for you.**

Let's suppose you have a clean diet, and you exercise. You have dinner at night, and then you go to bed. Chances are you won't be spending too much energy while sleeping so when you wake up, you are still on a fed state. Your liver and muscles are all packed and fueled with glycogen (the way these organs store the carbs you eat) so you are ready to go. You are all set to go and start off your day. During the night your body broke down all the nutrients you had at your dinner and in the morning you are all ready.

Why would you eat breakfast then ?

If you are now saying: well I tend to get really hungry within an hour of waking up.

Yes, you may have the hunger sensation, but I assure you that instead of that being hunger (and in no way that sensation is close to REAL hunger) is dehydration.

You are thirsty.

And because up until now, as you have probably acted on that feeling of "hunger" you have conditioned yourself to eat instead of hydrate.

When you drink plenty of fluids you start to feed your body when it requires you to do so, and you will not have any need of food until pass mid day.

Most of the morning you can hydrate (which is of HUGE importance, since your body is made mostly out of water) and green juice to set the pace. Then have your lunch, packed with REAL food, a snack or too, whatever you prefer, then your dinner, and that's it.

You can probably be saying: dude, that's not brainier, you just crossed out breakfast.

Yes, true. But the bottom line here is that you can still have and enjoy breakfast, but it will do more good for you if it really IS a break-fast, and by that I am saying that ideally the night before you didn't go to bed with a full stomach.

The idea behind this way of eating is allowing your body to full focus on other functions instead of being constantly directing energy to digest food. Fasting for a few hours a day, allows your body to:

- **Rests and resets your digestive system (your second brain)**
- **Improves brain function via BDNF (Brain derived neurotrophic factor)**
- **Improves Insulin sensitivity**
- **Provides a optimal hormonal environment**
- **Helps weight loss**
- **Helps develop healthy eating habits (no binge eating)**
- **Improves your immune system**
- **Anti-aging effects (yes, the more you eat, the shorter you live)**
- **Lead to a feeling of physical lightness, increasing energy level**
- **Promote an inner stillness, enhancing spiritual connection**

By fasting, and specifically by fasting in the morning you promote a greater function of two hormones that are essential for weight loss, growth and overall well being: Insulin and Growth Hormone.

Insulin is released by your pancreas and it works as a sentinel, that regulates the blood sugar levels. Whenever you eat/drink something, insulin is secreted according to the amount and type of food you eat. It will first begin to load up your muscles and liver with glycogen - the storable form of carbs. Once that storage is full, whatever else you eat is stored as fat.

What fasting does is that allows your body to have MINIMUM amounts of insulin monitoring your blood sugar levels, so it help your muscles and liver cells to remain SENSITIVE to insulin.

Think of it like this: when a wino is becoming one, he needs to consume more alcohol for him to experience the same level of intoxication. He develops tolerance to the substance. In order to obtain the same effect, he needs more substance. Kind of something similar happens to insulin sensitivity when you eat too frequently and over many hours in the day.

By eating breakfast first thing in the morning, and a series of meals throughout the day, ending up in dinner at night, you are keeping your insulin levels high during the whole day. And when you do this day after day, year after year, your muscles and liver cells start to need more insulin in order to perform the action that insulin requires from them (store carbs in form of glycogen), and as a result what you eat gets stored as fat more easily. It is absolutely impossible to build muscle and burn fat with your insulin level through the roof all the time. Not to mention that the first step to become a type II diabetic is insulin resistance.

The reason you have not probably heard of this before is that, fasting is bad for business. If everybody is fasting, well, nobody is buying food, right ? And why are doctors and nutrition experts always praising the benefits of breakfast and small meals ? Well, the exact reason is hard to point at, but mostly out of accepting the dogma, industry standards, misinformation.

It is true that eating burns calories, because of the thermogenesis effect of food. But from there to say that eating numerous times a day will eventually accelerate your metabolism to help you burn fat is debatable. Especially if the hormonal environment that this approach provides is not the best.

The second hormone that benefits for fasting is the growth hormone. GH is secreted by the pituitary gland. Its primary function is to stimulate growth and repair on every tissue, so it is essential to build muscle. It also has anti aging properties, stimulates differentiation of cells, promotes lipolysis, increases protein synthesis. It has a circadian rhythm - it peaks at different times during the day - although specially at night, and it starts to diminish its plasmatic concentration upon your first meal.

The third component to get healthy, and ripped is rest.

Getting enough hours of sleep per day is of tremendous importance for fat loss, muscle gain and overall health. Sleeping less than six hours per day is counterproductive with all your other efforts in the gym and dieting. You just won't get results.

While you sleep, your body goes to anabolic mode, which means it recovers, repairs damaged tissues, and it gives you the rest you need to perform everyday at your best.

Resting poorly can have serious detrimental effect on your health. Lack of sleep is linked to diabetes, hypertension, you don't give your hormones enough time to perform their duty (GH) and raises your stress levels.

With the latter, another key player on the hormonal field comes to play. And its name is cortisol. Secreted by the adrenal cortex, cortisol is released during periods of stress, and if its plasmatic levels are kept high, it will promote proteolysis (breakdown of proteins) and muscle waste. It will also suppress lipolysis (breakdown of fat), can weaken your immune system, lower your testosterone, reduces bone formation (risk of osteoporosis), inhibits collagen - a proteins that makes up almost our entire bodies - bone, connective tissue, tendons, joints.

And if I did not mention it before, continuous consumption of alcohol over an extended period of time has been shown to raise cortisol levels.

So, you better keep your cortisol levels at bay, and you do this by:

- Getting enough sleep**
- Supplementing with Omega 3 fatty acids**
- Music therapy**
- Laughter and all kinds of humor - fucking loving life and women basically.**
- Massage therapy (with or without happy ending)**
- Proper nutrition**

LAST WORDS

So far I have listed the most important pillars for you to obtain the physique you dream of.

I have done this myself, after years of inactivity, a huge belly, two systemic conditions and a drinking habit. All because of this approach.

Remember that a fit body is a reflection of how you see yourself. It isn't something you were born with, or inherited, or bought it somewhere. It's something you invested time and love in it. You worked for it, it costed hours of effort, habit changes, sacrifice, and with patience, persistence, determination, and sticking to it, you finally got it.

I spoke as if you already achieved your dream physique. And that is my intention. Start to see yourself as if you are already fit. In your mind's eye see yourself getting that six pack abs, that muscular and toned body.

There is no secret for six pack abs. There are just enormous amount of information that is either useless or misleading.

There is only a limited quantity of muscle that you can add to your body, and it's determined by your genetics, especially your height. So don't go around comparing yourself with dudes in magazines. Or dudes that are packing enormous amounts of muscle. Fact is that they are probably all juiced up, and I don't recommend at all messing up with your hormones with foreign substances. Besides cheating your way to a fit body you are seriously putting

your health on the line. Plus, you will get bigger as long as the drug allows you to, and this works the other way also; if you stop taking the drugs, you will literally deflate.

Up to you man.

I have outlaid a complete blueprint to get an awesome body. Everything you need is here, no BS. From now on is up to you where are you going to take your new found knowledge. Remember, vision (yourself in your dream physique, with the feeling of “you are already getting” the physique) and action, and by action I mean workouts, proper nutrition and proper rest. That’s it.

