

REBOOT#5

WHY HAVEN'T I LOST WEIGHT?

OR,

MY WEIGHT LOSS HAS PLATEAUED, DAMN IT!

If this you, relax, it can happen, and there's usually a good explanation.

More so, there's usually a simple answer to breaking the stall.



Firstly, a quick review of the Reboot Program Principles.

- 1) Cleaning out the gut with higher dietary fibre.
- 2) Loading up the gut with healthy probiotic real food.
- 3) Lowering near all refined sugars and minimising grainy and root veg carbohydrates.
- 4) Enjoying fitting protein and good fats along with veggies to satisfy an enduring appetite.
- 5) Practicing lowering portion size with appetite suppressing strategies yet avoiding extraordinary hunger.
- 6) Intermittent fasting during phases 4&5, choosing traditional dinner as the fasting period.
- 7) Exercising at a conversational pace only, with no limit to the volume.
- 8) Calming the mind with regular breathwork.

So, relative to weight loss, this means,

Balance the Gut >> Maintain Robust Immunity >> Formulate ideal carbohydrate & caloric volume.

More simply,

Back off the sugar, eat less and move regularly but comfortably.

A primary result of the Reboot program is changing (healthy) innate food behaviour, and as a consequence, the ideal body weight. Maintaining one's ideal weight should be free from stress.

Secondly, regardless of Reboot compliance, please know,

- ‘Changing’ hormonal balance can slow the fat-burning process in females over men.
- Females, 16-20yrs can often experience challenges in weight management, generally always passing.
- Mental stress can limit fat-burning.
- Carbohydrate tolerance changes from person to person and does influence fat-burning and weight balance.

Question; Brad, I want or need to lose some weight. What is more influential towards dropping some pounds;

Lowering my carbs (and therefore insulin), reducing my total calories, or increasing my exercise, so my ‘out calories exceed my ‘in calories?’

Answer: Well, know this. Regardless of carb (insulin) tolerance or activity, never in 23 years has a contestant on the hit TV show, Survivor NOT lost weight. The contestants surviving deeper into the show live on rich carbohydrates; rice, barley, millet, and a little protein from eggs. They don’t exercise. In fact, for the most part, they sit around all day talking gibber. So, it would appear the consistency of the ‘meagre portion size’ (and free from processed, refined unreal food) works every time on everyone towards losing unnecessary weight.

*For 99% of people, if you lower calories, change the appetite over time,
and minimise sugar, it is impossible not being lead to the ideal sustainable weight.*

My data shows,

The top three reasons for ‘obvious’ weight-loss plateaus are:

- 1) Challenge defining appropriate caloric balance – and employing the Hunger Games Laws.
- 2) Exercise is too hard too soon.
- 3) Spiking insulin with masked dietary sugars.
- 4) (Temporary) Hormonal imbalance.

The Counter,

- 1) Caloric Balance
 - ✓ Practice the appetite suppressing tricks.
 - ✓ Concede for a shorter period; meals will be consistently ‘boring’.
 - ✓ Maintain a (handwritten) food diary – if you eat it, write it!
 - ✓ Report your weekly practice to an Allie.

2) Exercise

- ✓ When weight loss is your motivation, acknowledge the influence of exceeding your DTI (aerobic threshold).
- ✓ Concede for a shorter period; exercise will be consistently 'boring'.
- ✓ Throw in an 'Enduro-Train' session. High volume, low intensity.
- ✓ I strongly recommend appropriate postural strength activity.

CASE STUDY – Going too hard too soon.

I tested the following subject via a stationary bike test via **blood lactate testing**.

Blood Lactate Testing accurately shows the point of change from favouring predominately fat to sugar.

Starting stats of interest.

- 10+kgs over his ideal living weight.
- Carries excessive weight around the stomach and face.
- Red facial colouring.
- Typically a bigger eater and drawn to sugary choices post-exercise.

A summary of his test.

Time	Watts	HR	BL	Perception
5	150	117	2.1	It's super easy like the chain is off.
10	200	136	4.0	I could go all day at this, it's too easy.
15	250	146	5.2	While I'm warmer, this is not a challenge.
20	300	175	6.7	At least now I feel like I'm going, but I'm fine.
25	350	183	8.2	I'm working, but I'm good for it.

Of interest,

4.1 BL (Blood Lactate) marks the point of change from fat to sugar burning – his aerobic threshold.

163 HR (Heart rate) he burns 99% sugar.

300 Watts (Power) he claims feeling OK, yet, he is well past his aerobic fat-burning threshold.

10+ minutes beyond his aerobic threshold will significantly influence his post-exercise appetite towards excessive volume and refined sugar.

Summary,

The subject is undoubtedly strong and can perform beyond his DTI. However, the test tells of (surprisingly) poor aerobic health and fat-burning adaptation.

If fat loss is his prime motivation, I'd suggest, for now, he;

- 1) Train solely policing his DTI (Default Training Intensity – his easy conversational effort), or
- 2) If he can't practice DTI training, I'd recommend employing the reboot dietary principles and not train at all.

3) Minimising Sugar.

- ✓ Avoid so-called healthy packet food, typically endorsed by a celebrity.
- ✓ If it tastes like sugar, it's usually sugar.
- ✓ Know fat-adaptation (favouring fat over sugar for daily energy) tolerates 'sometimes food'.
- ✓ If you're not sure, ask!

Subliminal suggestions influence human behaviour, mostly.

Increasing exposure to advertising drives hunger towards the food that amplifies hunger. Damn it!

Prioritising the Reboot principles for 35 days shows enduring appetite changes.

Breaking a weight loss plateau - Going Long...

Double the length of time of your current exercise session while policing your DTI.

The Practice.

1. Choose 'your' possible rhythmic & continuous activity.

E.g. Walking, Running, Riding, Swimming, Electronic Gym Cardio Machines.

2. Know your DTI (Default Training Intensity).

E.g., either your all-day conversational aerobic effort pace or calculate your DTI Heart Rate in beats per minute – Click the '3 Key Components' on the Reboot#5 program main page.

3. If your typical exercise session runs 45 minutes, you will press up to 90 minutes of non-stop activity, again policing your DTI.

E.g. Swimmers push up to a 1.45 session, Walkers clock 2.00 hours, Cyclists will log 3-5 hours.

The Enduro-Train Laws.

1. Police DTI rules.
2. You aim to negative your output, e.g. you should be feeling good enough to push a fraction harder in the second half of the exercise session.
3. Consume a natural, simple carb immediately on completion, e.g. banana, grapes, pineapple juice.
4. Consume a hearty but lower portion of good fat and leaner protein within 15 minutes of finishing your exercise session, e.g. wholemeal wrap, egg, avo, sea salt.

What you can expect.

- ✓ Two days after your Enduro-Train, you will assess further body fat loss – this KETOSIS playing out.
- ✓ You will have shifted up to 3 ½ kilos at weeks end if you have the kilos to lose.

Establishing true sustainable weight is a Test Match!