Guide to Weight Loss

I was thinking about this as of late. I have done everything from the all plant diet, to paleo, to vegetarianism which covers all the main diet spectrum. I have also done exercise routines that would drop a lot of people to light stuff, and seen a lot of trends come and go. I got wise over the years.

I have seen people get fat on paleo, veganism, vegetarianism and every type of diet. Look at how fat people are promoting their paleo books right now, and fat vegans promoting veganism as healthy. It really does come down to calories, in calories out on the baseline. If you are eating more than you're burning too much of the time then that is going to get stored in reserves as fat. That's how the body is designed; not for six pack abs, but for survival. A good example is the low fat, high carb vegan crowd which is the biggest industry online at this moment with the most views and most mainstream media promotion. However, this diet was causing many people to gain weight up to 100 pounds overweight. A lot of people got fat on this diet because they were told to eat twice the amount of a daily calorie intake for themselves, or they were under-eating. When they naturally got fat, this was explained as metabolic damage. However, metabolic damage does not exist as doctors that these Vegans subscribe to (such as McDougal [who is not vegan] and the author of the Vegan bible, The China Study) have stated themselves. However, overeating and putting on weight does exist.

Paleo people get fat because they are eating high fat foods which contain a massive amount of calories in them. The reason people lost weight on vegan or paleo diets is because in many cases they were eating lower amounts of food daily and lower calories as these foods are filling and fat seems to be slow burning. The starch vegetables for the vegan style diets that work for weight loss are the same, and they are low calorie. You can eat four pounds of potatoes in a day and not be even close to maxing out daily calorie intake. Same with a small amount of just animal food; it can act like a diet pill. That's it. People get fat when they go past their daily intake on such diets. This is why a body builder can literally eat at Wendy's or McDonald's every day and not get fat. They are burning up the calories in these three to four thousand calorie meals.

The average person is fat because they are eating high calorie food and drinking high calorie drinks all day, and don't exercise much.

With the "calories in, calories out" philosophy, you obviously want to look at the quality and the quantity of the types of food groups you're eating. I agree with McDougal as the evidence shows this in his recommendation that 70% of a person's diet should be plant food. Carbs are not all bad, and they are not going to make you fat and sick. Otherwise the healthiest people on earth, the Okinawans,

would not be such as they eat a lot of their diet in carb based plant foods such as potatoes and white race. They live for one hundred years on average in great health. However, all plant food diets do not work for very long. Vegans are dependent on vitamin supplements or else they will literally die on an all plant diet. Just the lack of B12 alone results in stroke and heart failure. That is just one vitamin missing in this diet. The average person has enough B12 reserves for two to three years before they are in the red. The reason for this is because it's so vital to life that your body keeps massive stores in case of shortage. Vegan diets are fatal on their own without artificial vitamins. And with that, long term vegans develop health problems.

With people on the paleo diet I have seen this after a few years; they start to look bad and sallow, almost jaundiced like in some cases. It's just bad to overeat on meat all the time and have little to no serious plant food in your diet. Most people don't do either paleo or veganism for more than a year, or three if they are pushing it. There have been paleo diet promoters that have gotten cancer and had strokes and heart disease, and become overweight from this diet in all reality.

With exercise, Hatha Yoga is the best. Its purpose is to spiritualize the human being. Low impact exercise on a normal basis is great; it's sustainable with low to no injury. If you have a sport that you enjoy then that is good as well. I think the mainstream fitness community should be avoided as it's a fad driven consumer culture which is all about promoting fake claims in many cases, and giving bad advice and taking your money. They will say anything for a buck. There are also a lot of unhealthy attitudes promoted. The current craze right now is selling false self-esteem to egotistical people. Not just having them over exercise and in general exercise wrong, but also putting some Macho Man sounding title on it like Navy Seal, Spartan, Commando, Boot Camp, Ninja Master and such to try and grant it authority. Pseudo militarism seems to be the trend at this moment. It's just a gimmick where grown men pay thousands of dollars to do hours of boring calisthenics and general cardio while being woofed at in incoherent bark tones by other men, and in some cases being sprayed with a garden hose. Normally people would not pay money or care to do this, but call it "Spartan Ninja Academy" and they line up. It's obvious as to why. Marketers have known this for a while, and they keep using this trick. You get the point; this highlights the culture of the mainstream fitness world and why it should be avoided in my opinion.

Macho, Macho, Man... This is basically all it is. Do you want to put on the soldier dress? Or how about the Police Officer suit? Why not rough it up and be the cowboy for a weekend, or do it dangerous and be the biker? It's like totally spiritual and stuff, go with the Indian. How about real life stuff, the construction worker.

P.S.

The only time when calories don't count is Hitler ice cream time!

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