I took the plunge today and finally gave up coffee, tea, eggs and cheese. I'd been moving in this direction and want to see if this WOE will help with some of my persistent problems: hungry two hours after meals, needing to eat in the middle of the night to get back to sleep, low energy and too high percentage of body fat.

I didn't think I'd need to get this extreme but after reading Charles' post "The Thin Man's Diabetes" from Men's Health and Liz Pavek's article on reactive hypoglycemia (see below), I feel convinced that I need to do something to regain my metabolic health.

This first day was tougher than I thought but I made it. I was pretty lethargic for much of the day but I am very excited that I made it through a second night without eating. The hardest thing was giving up coffee. Here's hoping that this will get easier over time.

Reactive Hypoglycemia
by Liz Pavek

Reactive hypoglycemia is usually the first sign that an individual has reached a dietary point of no return. It is actually the earliest stage of Type II diabetes, but diabetes can be held at bay by hypoglycemics through careful attention to the diet; so far, the only treatment that is available for hypoglycemia.

But there is nothing that will cure RHG once it gets established. The only way to deal with it is to put yourself on a STRICT low-carbohydrate diet, and STAY on it. As Dr. Starlanyl states in her article, this condition will lead to Type II diabetes if it is not carefully managed.

Without carbohydrates to stimulate more insulin, the blood sugar will normalize very soon after this change in the diet is made. If the change continues and the sufferer is meticulous in his avoidance of starchy and sugary foods, the fat cells will begin to respond to glucagon in the blood, and will start to release the stored fat, which is either turned back into glucose and burned for energy or excreted.

Dr. Robert C. Atkins, M.D. and others have all clearly explained the sugar/insulin/fat metabolic process and thousands of people have lost tons of fat by following their prescribed programs, all of which work, to a greater or lesser degree. The Atkins Diet is a very good one for RHG. Dr. R. Paul St. Amand, M.D., Assistant Clinical Professor of Medicine Endocrinology --Harbor-UCLA, says, in a nutshell: "Only a perfect diet will control hypoglycemia." Fasting from carbohydrate foods is a good way to get control of the oversupply of insulin.

Without the carbohydrates that would normally be in the diet, the receptor sites gradually begin to reappear, the insulin is there to take the sugar into the cell for energy. Et voila! The sufferer is suddenly carrying around his very own 24-hour, open-all-night lunch pail. Once the switchover to the combustion of stored body fat is complete, the body will cruise easily and the "feed me!" signals will disappear. One nice thing about this fast is the fact that if it is carefully adhered to, the symptoms will disappear, and the blood sugar will move into the normal range (80-120mg/dl). The more strictly the sufferer follows the fast, the more relief he will get. The individual will immediately know if he has taken in insulin-stimulating foods because he will again feel hunger pangs, something that disappears completely when the body is utilizing its fat stores. Without insulin, the body has no "feed me!" signal.

In the first few days, the receptors on the muscle cells will begin to reappear, slowly at first, but soon in large numbers. The individual might feel some fatigue or lethargy at this time. This is normal. The body
is trying to force itself to switch from consumed sugar to its own sugar, which will take a couple of days. Like your car, when the gas tank is empty, the car chugs and coughs and shuts down until you refill the tank. The same thing happens with your body. When its "sugar" tank is emptied, it struggles for several hours searching for a new source of energy. During this period, glucagon will be released once again and the switchover will be complete.

Soon, all the receptors are restored and over a period of time, if the individual is diligent, all the stored fat will be consumed, and the body will shift into a more normal sugar metabolism. When the blood sugar normalizes, energy is restored, and body temperature is back to normal.

This does not mean that the sufferer can go back to his high-carbohydrate diet, however. His sugar metabolism is broken, and will never be fixed.

This return to "normal" is only because of the stringent diet the sufferer has chosen for himself. But this is a good thing. Carbohydrates are not a part of the natural, prehistoric diet of humans, and they are very difficult for the body to handle because they demand so much from the pancreas and other glands. By removing these carbs from the daily diet and making the change permanent, the sufferer relieves that burdensome metabolic stress and is once again able to enjoy life without the worry of constantly gaining fat no matter how small his meals and portions, suffering from repeated episodes, or dealing with a somnolent metabolism and related glandular insufficiencies.

When the fat is consumed, the sufferer can return to a more normal (but still low-carb) diet, such as the Atkins diet. This process can take days, weeks, or even months, depending on the fat blanket and the amount of insulin stored, but if the sufferer is diligent, the fat will come off and the blood sugar will normalize.

For hypoglycemics, the fat loss is almost secondary to the relief from the terrifying and debilitating symptoms of this disorder. Those sufferers I have talked to all say that it is the ability to sleep through the night without frightening episodes and to be warm and alert at all times that keeps them dedicated.

The fat loss is a wonderful "side effect," but is not the primary reason for the fast. Check your blood sugar once or twice daily with a glucometer to get an idea of what is going on. For hypoglycemics, it will be highest in the morning and lowest in the evening. When it gets down around 90 mg/dl and stays there, you can call your fast a success.

Caveats:

1. Even a small sugar/starch carbohydrate feeding during this fast will shut down the process for about 24 hours and cause the carbs to be stored as fat once more. Only diligent attention to the diet will return the body to the fat-utilization stage.

2. The older you are (especially if you are a woman) the harder this will be to accomplish. Post-menopausal women have a tendency to thickened middles anyway, as a result of the secondary estrogen secretor role of their abdominal fat. If you fast for any length of time and not only don't lose, but continue to gain, the chances are very good that more than your sugar metabolism is at fault. If this happens, get an adrenal and thyroid panel from your doctor. Sometimes hidden problems like hypothyroid or cortisol disturbances can be behind your metabolic problems. Don't hesitate to ask for these tests, and follow your doctor's instructions.

3. The diet must be very strictly adhered to. Meats, poultry, fish, fats, cream, butter, lard, tallow, eggs, and cheese are the only free foods on this control diet (no vegetable oils or shortenings for reasons that are explained elsewhere on this site). Non-starchy vegetables like broccoli and cauliflower may be eaten in small amounts, as well as green beans, cabbage, and asparagus. Eat sparingly, if you wish, but don't starve. Fats are very satisfying if one is not consuming carbohydrates, so don't refrain because you are afraid you will be hungry all the time. Have no fear: This is a very comfortable time as long as no carbs are consumed. And do not be afraid of animal fats in your diet. Rather than being the heart/blood pressure villains they are claimed to be, they are nutrition-dense and highly efficient as sources of energy, besides being like "Roto-Rooters" in your arteries. Steak and butter, if you wish. Fish and cream. Meat and Cheese. Once the normal blood-sugar level is reached, you should be able to add small amounts of other foods (vegetables and small servings of fruits) back into your diet.

Many people won't even attempt this regimen because it is so restrictive. I've had people tell me "But, I can't give up my bread!" "What will I eat??" "I hate fat!" "I'll just die if I don't have my cinnamon roll
every morning." Fine. Nobody is forcing anyone to eat the way I recommend. If their cinnamon rolls mean more to them than life, they should go for it. These people will probably have Type II in another couple of years. They will be the ones who will probably die in their mid-seventies, if not before. But there are some who want to live without needles and Glucophage. They are the ones who will get serious about removing the insulin-loaded fat and untangling the metabolic knot.

4. As long as you have stored insulin in your fat cells, you will continue to have hypoglycemia. The stored insulin spells "no room" in the blood to newly secreted insulin, which means new fat cells must be stimulated for more insulin and fat, and so on ad infinitum. Only by not stimulating any new insulin can the individual begin to use up the fat/insulin stores. I cannot emphasize enough how very important it is not to cheat on this diet. If you want to regain your health, you must, in the words of Clint Eastwood in The Outlaw Josey Wales, "...get plumb, mad-dog mean!" Get mean with yourself, and you will fool your body into using up its store of fat. Stay with it and don't let anyone distract you from your goal, because, for reactive hypoglycemics, this is a matter of life and death.

5. This condition will never go away. It is yours forever, probably as a result of a family history of defective sugar-metabolism genes, so always keep it in mind. (I even went so far as to get a medic-alert bracelet to remind myself when I am tempted that what I have is lifelong, as well as potentially life-threatening.)

R HG is actually a form of diabetes, and you are stuck with it. So stay with your diet, and avoid having to take insulin, which is what will happen if you develop Type II diabetes. You will get your hypoglycemia under control, but it will always lurk under the surface, waiting for you to slip up. If you don't like the adrenalin flashes and the other symptoms, this is what you have to do to get control of them.

6. Do not fail to eat fat with this diet. Three tablespoons of butter or so a day (more won't hurt), whipping cream in your coffee, or coconut oil two or three times a day is the bare minimum. Without it, you might even get ill. You must have some form of saturated fat on any strict fast or high-protein diet. Saturated fats are NOT fattening, no matter what anybody tells you to the contrary. They do not stimulate the production of insulin, which must occur in order for calories to be stored as fat. They are, however, extremely nutritious, biochemically essential, and your body needs more saturated fats than almost any other nutrient, except perhaps water and protein. Do not be afraid of butter, steak fat, whipping cream, cheese, lard, cream cheese, or eggs while doing this diet. Butter and coconut oil are very good forms to use, since they are just about the only foods you can be certain are absolutely carb-free.

RE: Zero Carb / Meat and Water - Charles - 05-07-2008 07:52 PM

Good luck, lady! Make sure to eat plenty of fat so you can gain some energy if you're still feeling bad after two or three days. It's kind of like Induction all over again. Hang in there and you'll feel right as rain shortly!

Best regards,

Charles

RE: Zero Carb / Meat and Water - weirdstuffinmydesk - 05-07-2008 11:27 PM

why no eggs or cheese? most of the cheeses I buy have zero carbs listed. I am still learning about this so bear with me. 😊
So you are basically eating only meat (any seafood?) and water all day?
RE: Zero Carb / Meat and Water - Mary - 05-08-2008 11:35 AM

You go girl. I have been looking for your post.

Mary

RE: Zero Carb / Meat and Water - Lauren - 05-08-2008 02:26 PM

Thanks Charles. I felt much better this morning and my hunger was in check today. The most amazing thing for me is that last night was the third in a row without waking up hungry. I feel very motivated to keep going.

RE: Zero Carb / Meat and Water - Lauren - 05-08-2008 02:35 PM

weirdstuff,

I am trying this because I wasn't getting anywhere eating a more varied LC diet. I really want to keep it simple to see if I can tackle some of my persistent problems. The Liz Pavek quote below got me motivated. That and remembering all of Charles' posts on his success with the all meat and water diet. He had the most success after giving up eggs and cheese. I just want to give myself the best possible chance.

"Soon, all the receptors are restored and over a period of time, if the individual is diligent, all the stored fat will be consumed, and the body will shift into a more normal sugar metabolism. When the blood sugar normalizes, energy is restored, and body temperature is back to normal."

RE: Zero Carb / Meat and Water - Charles - 05-08-2008 05:50 PM

Cheese and eggs are a problem when someone has really bad hyperinsulinemia. Hyper insulin secretion will keep the body constantly hungry and keep fatty acids from being mobilized which leads to fat storage. Keeping the diet clean in this manner should slow the insulin release and allow more fat to be mobilized. For Lauren, it appears to be working if she's sleeping longer and not waking up so hungry.

RE: Zero Carb / Meat and Water - weirdstuffinmydesk - 05-08-2008 11:02 PM

ahhh okay that makes sense. I may go this route eventually. Thanks for sharing Lauren and Charles!

RE: Zero Carb / Meat and Water - Charles - 05-09-2008 09:42 AM

Looking back, I don't know that I really explained. We humans are hyperphagic (eat more than we need) during the day and hypophagic at night (where we live off the excess fatty acids consumed during the day). Hyperglycemia doesn't let you rest, in that insulin levels do not recede low enough between meals to let your body mobilize stored fat.

When you cut your carbohydrates, your body is still accustomed to getting some glucose and it typically does so from your diet. When you cut the carbs, there isn't much to be found so your body begins to really scour your diet to find what it can. People interpret this as "low blood sugar" and they eat carbs and they feel better.

Because hyperglycemics secrete so much insulin in anticipation of meals the "resistant" tissues like the
liver and muscles, do not give up their glycogen quickly enough and gluconogenesis is going at a slow rate initially because there is some in the diet, even on 10 to 20 grams per day. Therefore the person has a "craving" for sugary things to compensate for the large amount of insulin. The cheese and eggs help fill the need because they contain carbs. However, the carbs within them are stored and not burned.

The truly zero-carb diet allows virtually no carbohydrate from the dietary which forces gluconogenesis to step it up a notch and slows the rate of insulin secretion in anticipation and as a result of meals. This is why the cravings come under control within a week of a zero-carb diet because the anticipatory insulin secretion really slows.

With lower insulin, there should be more fat mobilization (burning) and thus higher weight control, unless there is something like cortisol or some other hormone which is causing fat storage rather than mobilization.

Hope this helps,
Charles

RE: Zero Carb / Meat and Water - Mary - 05-09-2008 11:07 AM

Charles,
Everytime I read something you write I understand it a little better. Do you think since I lost 7 lbs in about 10 days when I started a few weeks ago that would be a good sign that my hormones are working correctly or would it take awhile to show up?

Thanks for all the help,
Mary

RE: Zero Carb / Meat and Water - nyteez - 05-09-2008 11:40 AM

This is a great thread, thank you Charles for your info. I was supposed to do Meat & water this week, but didn't. I eat a lot of eggs so I will cut those out too. I lost 10 lbs when I first started Atkins in Feb, but have stalled. I still keep my carb intake to under 5, but maybe that is too many. I don't have any cravings, but I am tired a lot.

Lauren: I noticed coffee makes me have cravings for food. If I don't drink coffee I don't even think about food until lunch, if I have coffee I am hungry all day. I now just take a no-doze (caffeine pill) each pill is like one cup of coffee. I just take one in the morning with water.

RE: Zero Carb / Meat and Water - Lauren - 05-09-2008 11:48 AM

Thanks for the further explanation Charles. Reading things like that really keep me going.

This morning was another tough one. I craved coffee but didn't give in. I felt pretty lousy until about 10:30-11:00 and then I started to perk up and this afternoon I feel good. That's atypical for me because usually I'm up and working by 6 am and those first several hours of the morning are my best and then I go downhill at about 3-4:00.
I've been eating mostly ribeye's and burgers with a little pork and dark meat chicken. I'm not measuring the food or counting calories, just eating until I feel full. I weighed myself on the first day but I'm going to wait a week before weighing again. I want to take it slow this time. I think it will take patience to get where I want to go.

RE: Zero Carb / Meat and Water - Charles - 05-09-2008 02:09 PM

Mary,
Oh, no, that's a great sign. You have every reason in the world to be optimistic. Your body is doing exactly what it's supposed to do. You are not hungry nearly as often, you can sleep better at night, and your body is beginning to regulate your weight. That's what's supposed to happen. It already knows what weight you function best at, you just have to stay out of the way and continue to provide nutrition that your body can use. Eating this way makes it very easy.

If you have to go this far to get your metabolism going, you are much like me and there is not a lot of room for error. Therefore, keep it up and you'll see that it only gets easier especially as the pounds continue to drop and you feel so much better.

RE: Zero Carb / Meat and Water - nyteez - 05-09-2008 02:14 PM

nyteez,
Make sure you eat plenty of fat, not just meat. By fat, I mean fatty protein. There's no need for mayonnaise, butter and coconut oil if you eat fatty protein. Coffee is a major deal-breaker and most low carb plans. Caffeine can cause fatty acid storage. Whatever kind it is, if it has this effect on you, that's a good sign that it's time to return to good ol' water!

RE: Zero Carb / Meat and Water - Charles - 05-09-2008 02:16 PM

Lauren,
You're exactly right. It will also take a little time for your body to adjust. You'll be pumping out more ketones and your body will be making more glucose out of protein so this can slow you down a bit, but hang in there. It may take a little willpower at work, but I think you'll find it's worth it in the end. Just think of those 7 pounds in 10 days and how great you felt when you stepped on that scale. In few days you'll do it again and feel even better!

RE: Zero Carb / Meat and Water - nyteez - 05-09-2008 02:30 PM

Charles,
Fatty Protein? Like the fat on meat? It is kind of hard to find fatty cuts of meat here, all the butchers cut it off. It is a shame because all the flavor is in the fat. Rib eyes are usually OK as far leaving the fat. Is mayo, butter & coconut oil as good as the meat fat? My skin was really dry for a few weeks, so I started adding more fat and it is better. Can you eat too much fat?

RE: Zero Carb / Meat and Water - Charles - 05-09-2008 02:53 PM

nyteez,
Just because they cut off the fat, doesn't mean it's still not fatty assuming we're talking about a ribeye, beef spare rib, ground beef, dark-meat chicken, etc. I don't do mayo because of soy and butter and coconut oil are as good as it gets besides meat. I just don't have anything to put them on. 😊
You cannot eat too much fat!

This is what your body runs on so don't be afraid of it. Embrace it. Once the carbohydrates are removed, your body will handle fat just fine!

RE: Zero Carb / Meat and Water - nyteez - 05-09-2008 03:25 PM

I never noticed the soy in mayo! I just looked and yup, soybean oil #1 ingredient! That might be part of my problem. Soy makes me extremely tired. I eat eggs w/ mayo or tuna w/ mayo for lunch most days. No more mayo for me. We have lots of trout & bass in the fridge. I always wrap the fish in foil w/ lots of butter & bake in toaster oven, yummy. I like the taste of coconut oil, I can just eat it off the spoon, like it's cake frosting 😋

RE: Zero Carb / Meat and Water - Charles - 05-09-2008 06:00 PM

O! Weston A. Price group gets all fired up about soy. I just avoid it in case they're right. I haven't progressed to coconut oil off the spoon, but hey, if it works. The Tokelauans ate tons of coconut and fish before adopting the Australian mainland diet of refined carbohydrates and they became sick. When some of the returned to their traditional diet, they regained their health.

RE: Zero Carb / Meat and Water - MAC - 05-09-2008 06:44 PM

Bought some Nutiva coconut oil last week to see what all the fuss was about. Extremely mild coconut taste. Given that it is 100% pure fat it doesn't taste oily or fatty. If you do eat it straight off the spoon it does taste like frosting!

RE: Zero Carb / Meat and Water - Charles - 05-09-2008 06:58 PM

Are you serious? I might have to go downstairs and try some. My wife uses it on vegetable that they eat. Hmmmm......

RE: Zero Carb / Meat and Water - MAC - 05-09-2008 07:31 PM

Yep I was serious. At least it tastes that way to me. Since I am eating really low carb these days fat doesn't taste fatty. I think you adapt to the taste of fat when you eat low carb.

RE: Zero Carb / Meat and Water - weirdstuffinmydesk - 05-09-2008 08:16 PM

I will have to try it off the spoon too MAC. Frosting YUM!

Charles, I am not sure what my stall is, well actually I am finally moving again now that I cut out the
sugar free stuff. I sleep fine, am generally not craving things (except the sugar free stuff, but the more I
ate of it the more I craved it), have plenty of energy (given my heart condition which can be problematic
occasionally). The more I read your posts the more I am thinking of zero carb.

RE: Zero Carb / Meat and Water - RobinM - 05-09-2008 09:16 PM

Charles, thank you so much for providing the links for the soy info. I've read before that you don't
promote soy and was wondering why.
Now I know!

Again, thank you! 😊

RE: Zero Carb / Meat and Water - Charles - 05-09-2008 09:38 PM

You're welcome, Robin!

MAC, I tried it, but it just tasted like fat to me. I didn't get the frosting bit, but oh well.

RE: Zero Carb / Meat and Water - Charles - 05-10-2008 11:38 AM

MAC Wrote:
What brand did you try? The frosting description was something that a previous poster in this thread had
used to explain the taste and texture. I thought it was a pretty good description. Other posts on CO
although not in this thread seem to indicate that the taste of one brand varies markedly from another.
The one I bought was Nutiva. Lot of people swear it is good for weight loss. I haven't seen that effect
but I am not consuming 3 tbps/day.

You know me, I'm using the brand we found at Wal-Mart. Do you order Nutiva online?

RE: Zero Carb / Meat and Water - MAC - 05-10-2008 12:18 PM

See this thread. Coconut Oil comparisons Buy the CO at Wally World in the vitamin section and not the
food aisle according to this thread.

I bought my 1 lb jar of Nutiva CO at a local Vitamin Shoppe. About $12.50 with tax. You can definitely
get it a lot cheaper online if you buy in bulk via Vitamin Shoppe or VitaCost. Shipping costs almost
force you to buy in bulk.

RE: Zero Carb / Meat and Water - nyteez - 05-10-2008 01:32 PM

Charles: The coconut oil your wife uses is processed to take out the flavor. If you cooked veggies in the
unprocessed coconut oil they would taste like coconut. LOL! It is only good in cooking sweet foods or
baking. I used make the best bread with it. Just look for natural cold pressed virgin or extra virgin
coconut oil. It looks like crisco, but has a low melting point like 80 degrees or something. I get mine
online at puritans pride. It is usually about 7.50 for a 16 oz jar. You can google Tropical Traditions too. There is a ton of info on coconut oil there.

RE: Zero Carb / Meat and Water - nyteez - 05-10-2008 01:38 PM

Also its a great massage oil or skin moisturizer, it is a light oil (not greasy) that absorbs right into the skin, the only bad thing is you smell like coconuts all day. :O)

RE: Zero Carb / Meat and Water - Charles - 05-10-2008 03:38 PM

nyteez,
Thanks for the heads-up, but I think I'll leave that to the rest of my family. I'll just continue you with my fatty protein. It's all good!

Thanks,

Charles

RE: Zero Carb / Meat and Water - Lauren - 05-11-2008 07:36 PM

Well, I made it through the weekend but it was really hard. I felt good physically and I'm thankful for the best sleep I've had in a long time but I REALLY missed eating more of a variety of foods. I especially missed coffee and tea.

To get me through the weekend I've been keeping busy but also reading a 2006 thread started by "The Bear" on the Low Carber forum. Here's a link in case anyone is interested. [http://forum.lowcarber.org/showthread.php?t=287013&page=1&pp=28](http://forum.lowcarber.org/showthread.php?t=287013&page=1&pp=28)

It kind of gave me a little hope that some of these cravings will go away over time. He eats more of a varied diet than Charles (meats and also cheese, cream and eggs). He started his WOE at 20 though so his metabolism probably wasn't as screwed up as mine is. He says that it takes three weeks or so to become keto adapted. I'm just hoping I start to adapt to this WOE so it gets a little easier. I really want to do it long enough so that I can see the true results and decide from there. I don't want to bail early and miss out on knowing if this is something that could really help me.

How have others coped with these cravings and how long did they last?

RE: Zero Carb / Meat and Water - Charles - 05-12-2008 09:28 AM

Lauren, I certainly had cravings too. It wasn't all "smooth sailing" for me. I also started with meat, cheese and eggs and I was going along pretty well that way. I ate three eggs and a steak every morning for months. However, one day I came to the realization that breakfast was my least productive meal. I was hungrier much faster after eating eggs and cheese than I was when I just had meat.

So then, I changed my breakfast to meat only and I was able to go further into the afternoon without getting hungry again. Not only that, but I noticed that I started dropping pounds when I stopped the eggs and cheese.

I made another observation that fatty ground beef made me fuller faster than sirloin steak and I felt much
better after eating ground beef. Therefore, I changed my breakfast to about one to two pounds of fatty
ground beef and it was wonderful. I also lost more weight to get to my current 155 just by changing my
breakfast.

That made it very easy to discontinue cheese and eggs because I was somehow holding on to a few
pounds with them. There is nothing like success to fuel excitement.

I'm not saying you have to eat like me, but you should always be carefully monitoring the effect that the
various foods are having on you and your metabolism. If you feel sleepy after eating something or you
find that you can't go 5 or 6 hours between meals before hunger begins anew, that may be a sign that a
particular food is not working. The goal is to eat the optimal diet for your metabolism.

At the very least, you should want to know what that optimal diet is so that if you get into trouble with
food, you can go back to that way of eating for a few days and correct any issues.

Finally, there should NEVER be any food or drink that you just HAVE to have or you'll feel sick. That's
an addiction and that has no place in anyone's life. Food should always be something you can take or
leave. Variety is all in your mind. After a while with no variety, you'll find that you come to crave what
food you do eat. When I go to a Brazilian steakhouse where they just serve different kinds of meat, I go
out of my mind because of the great variety!

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RE: Zero Carb / Meat and Water - weirdstuffinmydesk - 05-12-2008 09:52 AM

Hey Charles,

So the only seasoning you use is sea salt? I saw you mention Celtic Sea Salt, is plain sea salt okay? How
come iodized won't work or shouldn't be used?

Thanks!

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RE: Zero Carb / Meat and Water - Charles - 05-12-2008 11:41 AM

Weirdstuffinmydesk,

Yes, that's right. This is one of the many things I've read about the subject and it was enough for me to
make the transition. I've also heard that the subject is highly controversial; that there is no difference
between the salts, but I do happen to like the taste of Celtic sea salt (even Kosher rock salt) better and if
it has some extra nutrients than the other stuff, plus the fact that it's not processed, makes it good in my
book:

*The salt that you find in table salt and most processed foods is sodium chloride. Salt in this form has
been processed at high temperatures, which changes the molecular structure and removes vital minerals
from the salt. Table salt also contains additives, anticaking agents, and even sugar. Excess salt
consumption is associated with high blood pressure, fluid retention, heart and kidney disease.*

**Trash It:** Dump out your salt shaker and toss out all other packaged or processed foods with a high
sodium content. This should be pretty easy for most people.

**Stash it:** We have been told for years to avoid salt, but following this advice can lead to even more
problems. We are all salty on the inside--our blood, sweat, tears, and even our urine--it's all salty. It's important to replenish the salt in our body, using the right salt is what makes all the difference in the world. The best way to put salt back into your body is to use Celtic sea salt. This high quality salt contains over 80 balanced minerals from the sea. Celtic sea salt is essential for maintaining proper fluid balance and utilization in the body. It also normalizes blood pressure, enhances digestion, and nourishes the adrenal glands. Celtic sea salt is available at many natural food stores.

I've also learned on my zero-carb diet not to drink so much water. Excess water consumption dilutes your sodium levels and sets you up for that nasty hyponatremia, which can be fatal.

The linked article talks about ADH, anti-diuretic hormone which causes us to retain water. I learned in GCBC that it's actually carbohydrates that make us retain water and therefore we tend to need more water to balance the salt maintained in our kidneys. When we cut the carbs, the kidneys release the salt so we feel like we need more water and salt. I find that if we just drink to thirst --actually, a little bit less than that and also salt to taste, then we consume less of both and electrolytes are fine even after a half-marathon.

I also don't drink during exercise because it leads to cramping (just as it did in the old days when we were told not to eat and drink during exercise!)

Hope this helps,

Charles

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**RE: Zero Carb / Meat and Water - Mary - 05-12-2008 12:41 PM**

*Quote:*
I made another observation that fatty ground beef made me fuller faster than sirloin steak and I felt much better after eating ground beef. Therefore, I changed my breakfast to about one to two pounds of fatty ground beef and it was wonderful. I also lost more weight to get to my current 155 just by changing my breakfast.

Charles,

You eat 1-2 lbs of ground beef at a time. No wonder I didn't get full I would eat 1 patty. How funny!!! I'm starting zero carb in the morn. Will stop and get ground beef on the way home tonight. Love it.

This has been a hard 10 days and will be really ready to zero carb. Have gained back about 3 of the seven pounds but at least not all seven of them.

Lauren, It sounds as if you are doing very well. I am not looking forward to all the craving. Hopefully we will be so busy this week that it will be a non issue.

Mary

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**RE: Zero Carb / Meat and Water - Charles - 05-12-2008 01:44 PM**

Mary,
I get the 73/27 ground beef roll at Wal-Mart. I make it into patties and fix two of them in the morning. I just kind of eyeball them and they are thick.

If I eat leaner ground beef, such as the 85/15, I can eat more of that because it takes more to get me full. On weekends, we buy the family pack of 85/15 patties and typically have them for Saturday afternoon lunch. I eat about 5 or 6 of them. I eat until I'm full.

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RE: Zero Carb / Meat and Water - Mary - 05-12-2008 02:22 PM

Thanks Charles,

It worked this time. Are you talking about the preformed patties at Wal Mart. I will look into those. Since now you weigh less that I do I will follow your lead as to the amount of meat unless of course I'm full sooner-ha.

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RE: Zero Carb / Meat and Water - Lauren - 05-13-2008 04:59 AM

Charles Wrote:

[Lauren, I certainly had cravings too. It wasn't all "smooth sailing" for me. I also started with meat, cheese and eggs and I was going along pretty well that way. I ate three eggs and a steak every morning for months. However, one day I came to the realization that breakfast was my least productive meal. I was hungrier much faster after eating eggs and cheese than I was when I just had meat.

So then, I changed my breakfast to meat only and I was able to go further into the afternoon without getting hungry again. Not only that, but I noticed that I started dropping pounds when I stopped the eggs and cheese.

I made another observation that fatty ground beef made me fuller faster than sirloin steak and I felt much better after eating ground beef. Therefore, I changed my breakfast to about one to two pounds of fatty ground beef and it was wonderful. I also lost more weight to get to my current 155 just by changing my breakfast.

That made it very easy to discontinue cheese and eggs because I was somehow holding on to a few pounds with them. There is nothing like success to fuel excitement.

One thing that I got from this post Charles is that your diet is the result of an evolution. That, through trial and error, over time, you have found the diet that works best for you. I can say that the things I've given up in the past- alcohol, cigarettes, diet soda- were not especially hard to give up once I made up my mind. I tried giving these things up unsuccessfully at first but over time, I became ready and then it was relatively effortless.

I can tell that I'm not at that point with the meat and water diet. Yesterday, I had some herb tea and eggs. I may need to make this more of an evolution rather than a big jump in diet. Although I believe that I'd get the best results with all meat and water, I'm going to just have to work towards that until I'm ready.

Because I've liked the effects so much, I'm still going to go the almost zero route but I'm adding back herb tea, eggs and cheese. One thing this effort did for me though was to break my taste for sweet which
I used to satisfy with stevia in black tea and occasionally, stevia in plain yogurt.

So I will continue, eating as near zero as I am able. I will strive for an evolution of a diet that works best for me. I'm still thrilled about the great sleep I've been getting and also the reduction in my hunger throughout the day. I now really see how important eating fat is and also taking away carbs, the trigger of hunger.

I'll be following the zero carb threads for inspiration. Good luck Mary. I'm thankful that people post their experiences. If it weren't for the GCBC posts, I never would have gotten even this far.

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RE: Zero Carb / Meat and Water - LindaSue - 05-13-2008 05:14 AM

I find that I'm gradually learning to love zero or nearly zero carb. Lately whenever I've eaten something with a lot of veggies or sweet things, all I can think about is how much better I feel without those things. I feel bad for those who visit my site looking for new recipes, but I really look forward to my boring burger and steak meals so I haven't been doing much recipe testing these days.

My son took my husband and me out for dinner to Chili's on Mother's Day and I had the Mushroom Jack Chicken Fajitas. They were good but the plate was about 80% veggies and 20% chicken. Yesterday my stomach was gassy and bloated and I felt miserable. Today I will stick with ground beef and steak and maybe some eggs. I don't eat eggs every day like I used to but I'm not sure yet if they are a problem food for me.

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RE: Zero Carb / Meat and Water - Lauren - 05-13-2008 06:35 AM

That's great to hear LindaSue. I know you didn't enjoy all meat and water the first time around so it gives me hope that you are enjoying it more and moving in that direction. Thanks for posting the update.

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RE: Zero Carb / Meat and Water - Mary - 05-13-2008 07:12 AM

This gives me hope, Linda Sue because you had some problems when you began the meat experiment. I love meat and want this to work so much. It sounds as if patience is a necessary ingredient. How much meat do you think you eat at a time. I did start with the ground beef this morn. Took my last meds yesterday morn and am still feeling icky from them. Very bloated but hopeful that the meat will help. Have a great day everyone.

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RE: Zero Carb / Meat and Water - Charles - 05-13-2008 08:46 AM

Mary,

No, for breakfast, I get the big roll and make patties myself. The roll is the best because it's 73/27 (more fat). It's to the left of the pre-formed patties. I do get the pre-formed patties from time to time but I try to get the 80/20s. However, they sell the 85/15 in a big family pack and it's cheaper to get them, even though they are leaner. However, I find I have to eat more of them to get full than I do the 80/20s.
Lauren Wrote:

One thing that I got from this post Charles is that your diet is the result of an evolution. That, through trial and error, over time, you have found the diet that works best for you. I can say that the things I've given up in the past - alcohol, cigarettes, diet soda - were not especially hard to give up once I made up my mind. I tried giving these things up unsuccessfully at first but over time, I became ready and then it was relatively effortless.

This is very, very true and I have to always remember that as well. I'm usually better when I deal with people in person. Just this morning I started a young lady and her husband on a low-carb diet and I actually given them the Atkins Induction food list. I tell them to just eat what they want from that list, but stay on the list. After a week or so, I find out if they are losing. If they are, I tell them to continue because even though they are eating more carbohydrates than I would eat, they are coming from a high-sugar diet. If they are not losing, we begin to look closely at how many carbohydrates they are eating and then I might have them start to cut down or remove things.

It's all an evolution. Because of my Atkins background, I figured everyone looked at it like that but I'm beginning to see that's not necessarily the case.

I do understand that it's difficult to go from 30 carbs to zero and it can feel pretty miserable and uncertain for a time. It's just hard to remember those feelings now that I've gone through it. It's now truly effortless after all my months of trial and error. Gary Taubes described it perfectly. Sugar is simply an addiction. Addictions are hard to shake.

I hate the feeling that I've been eating something for a long time and I don't lose weight or feel better until I remove it. Once I remove it, it's gone and I wonder what took me so long to figure that out. However, it is a learning process.

The thing that LindaSue described also happened to Stefansson's fellow explorers. When they got back to civilization, they would immediately go for the carbohydrates. After a while, they would voluntarily go back to the all-meat diet because of the way it made them feel, despite the fact that it was so "boring." When your body gets accustomed to the meat, it won't want you to go back to less nutritious food. Let this be a fair warning!

It can truly be a safe haven.

Mary Wrote:

I think it may be an evolution for me this week. Wow, I am addicted to carbs again, darn!!! Headache all morning. Still bloated from the meds and feel icky.

Am looking forward to the safe haven and your way of life.

Mary
If you feel bad when only eating meat, then try some vegetables. You can certainly come off of carbohydrates slowly if going whole hog is too much at one time.

If you go this route, I recommend that you eat your carbohydrates and don't succumb to the kind you drink. The ones in liquid are much harder to get rid of and you consume so many more grams of liquid carbohydrates than those naturally present in foods. A few veggies might make some of the "ickiness" go away and perhaps you can cut those down over time.

This weekend, I'm going to buy some steak from Whole Foods to get a taste of the grass-fed kind. I'm not really convinced it's so much better for me than my factory-farmed stuff. I think it's better for the animal, but the jury is out on how much better it is for me. The expense kind of settles the argument though!

I'd be worried that they would taste so good that they would spoil me and I'd never be satisfied with the cheap stuff again. Those ribeye steaks that I cooked last night were wonderful. My husband went nuts over them too. Now I'm going to be tempted to pay full price for rib eyes instead of the cheaper chuck eye steaks that I've been buying but maybe the indulgence won't break my budget too badly. I do find that I'm spending a lot less on food these days now that I'm buying mostly just meat. All those veggies and other things really add up. Now I just need to convert my husband to zero carb and I'll only need to shop one part of the store for food!

That's a great point. Unfortunately for me, my grocery budget is way too high so expense will always be a factor. The funny thing is, I don't eat most of what comes in my house. My wife and children eat eggs, cheese, and vegetables and the kids get additional items for their lunches such as low-carb wraps. These things really add up. I so wish I could get my whole family to eat zero-carb instead of low-carb, but I guess it's better than nothing.

Once upon a time I worked in Argentina. That was over twenty years ago. If I remember correctly most of their beef is grass fed. It tasted pretty good to me. At the time I thought it tasted better than grain fed beef. But the cost here is the US means I am probably not going to go that route. My uncle who went on business trips to Argentina said he preferred good old grain fed US beef. Might be an individual thing. I
had some frozen Australian grass fed ribeye a month or so ago and didn't much care for the taste. Might have had something to do with it being frozen.

RE: Zero Carb / Meat and Water - Mel - 05-14-2008 09:10 AM

I recently bought some grass fed ribeye steaks from a local ranch that specializes in non-factory style meat. I cooked them up along side some ribeye steaks from Costco. Two things: (1) the Costco meat tasted better than the grass fed by a bit and that might be because the grass fed is catering to the low fat market so the good fat mouth feel was missing and (2) the grass fed had been frozen and I can't get it fresh. I very much prefer fresh so I won't be buying a freezer. I pay $7.99 per pound at Costco. The grass fed was more like $13/lb. So, in my experience, don't worry about getting "hooked" on the expensive grass fed beef. Another beef trick I do is buy the organic ground beef that, once again, is low fat. I add an equal amount of ground lamb, which is "naturally" grass fed because that is what they eat but is too fatty to grill! Mixed together, the fat is just right. I pay $4.99/lb for each.

RE: Zero Carb / Meat and Water - Lauren - 05-14-2008 01:29 PM

WEEK 1: Update

The good:
1. Great sleep, no night eating (first time in probably 25 years that I've slept through the night for a week without waking up to eat something). It feels miraculous to me.
2. I'm experiencing the feeling of not being hungry on a regular basis. I got hungry earlier this afternoon and thought I might have to eat something between meals (which I really didn't want to do) but I drank a glass of water and have felt full ever since. I know this is an old trick but it never worked when I was eating carbs.
3. Although I didn't stick to the all meat and water goal, I didn't eat any nuts, berries, plain yogurt, stevia or vegetables all week. These had been hard to let go of completely but I feel good about it now. I'm still eating meat, poultry, fish, eggs, cheese (a bit), butter, coconut oil and herb tea. It's a work in progress.

The not so good:
1. I weighed in this morning and I'm exactly the same as last week:
   119 lbs 27% body fat 50% water 5'4"
   I know I'm in ketosis because I use the keto strips. Maybe the fat in adipose tissue is just not on the move yet? I know I'm on the right track though and metabolic health is most important. I believe fat loss will happen if I stick with it. I will continue as is and if nothing changes, I will have to move closer yet to meat and water.

Anyway, I enjoy the detective work in all of this.

RE: Zero Carb / Meat and Water - realityjunkee - 05-14-2008 07:34 PM

Wow Lauren, how tall are you? Your weight does not seem too high. How are you measuring your body fat %? How fit are you? If you are using a Tanita scale, you may need to set it on an athletic setting to get a more accurate body fat %. If your resting pulse rate is less than 60 and you exercise 7-10 hours weekly you should be weighing with an athletic setting. I know I'm a fat lady telling you this, lol, but I have been struggling with the same issues. I lost 30 lbs in the past 3 months, have been working out 5-6 days a week by jogging and lifting weights and the Tanita scale only showed a 2% reduction in body fat.
My resting pulse rate is 58. When measured on an athletic setting the difference is 10% less. So...long story short, I just don't trust those scales. If you are doing a caliper method or water measurement, then I'd believe it.


RealityJunkee makes an outstanding point. How tall are you? Are you at the size you want to be at but not the weight? I know that I am 10 pounds more than what I was as a senior in high school, but I wear the same size.

Weight really does not mean much!

The fact that you're sleeping through the night means your body is burning fat throughout the night and your insulin is low. If someone were to inject you with insulin in the middle of the night, you would wake up and go find something to eat.

The key to all this is to remember that your body regulates weight, not you. All you have to do is listen to it and eat when it tells you. Please do not drink water when you're hungry. If you're hungry, you should always eat.

Hunger is not a bad thing. Even if you eat too much, the weight gain will be very temporal. It will vanish after a day or two. For example, I ate a big Hardee's 2/3 pound Monster and another 1/3 pound Thickburger for lunch yesterday. Last night, I went to Golden Corral and ate way too much. This morning I was up 1.6 pounds. However, today, I'm not really hungry and I only ate two patties for breakfast and at lunch I'll have a steak. It's already been 5 hours and I'm not quite hungry for my steak yet.

Tomorrow I will get on the scale and I will likely be down a pound or two. That's how it works. Just keep eating properly and let your body do its thing.

**RE: Zero Carb / Meat and Water - Lauren - 05-16-2008 05:05 AM**

RJ & Charles,

I am 5'4" and do use a Tanita scale.

I agree that it's not the number on the scale that's so important. The thing for me is that I do not feel lean. I have excess BF on my hips and thighs, no doubt from losing muscle and gaining BF from all my high carb/low protein dieting in the past.

I'm trying not to focus on the scale too much and let my body regulate my weight (and not my brain). It's hard to let go of all the years of conditioning. Hunger not being a bad thing is very new for me- it was my enemy for so many years! It didn't even occur to me that drinking water to quell hunger could be bad but I get your point Charles.

I think the key for me is patience and persistence.
Well, this is where the zero-carb way of eating will shine. When your body is not making glycerol phosphate there is no reason to store fat in those areas. I find my waist and other areas shrinking while the scale stays the same. It's almost magical.

When I lost weight on low fat my love handles persisted while the rest of me shrank. Now, the love handles vanished and my overall body composition gets more balanced.

If you check out my journal, you can see the leaner and muscular me and compare it with pictures just from a year ago. There isn't that much scale difference but there is clearly a difference in body composition.

Wow, I just checked out the photos and that is a real transformation.

A couple of years ago I was able to keep my weight in the 108-111 range for a while on a low fat starvation regime but I did not feel thin because of BF in those areas.

I was wondering what you think about this quote from The Bear?

"Ketone metabolism is not a 'rapid response mechanism'. Full keto-adaptation takes several weeks, and until that has been done, a slowly reducing level of ketones will spill into the urine. Once adapted, the ketones are barely present in the urine, having been used by the body (in place of glucose). "

I was wondering if this is why my energy level isn't more constant. I'm not feeling lethargic like I was but I've yet to feel like exercising. I've always hated to force myself to exercise but look forward to wanting to since I usually feel very good after doing so.

I was wondering if this is why my energy level isn't more constant. I'm not feeling lethargic like I was but I've yet to feel like exercising. I've always hated to force myself to exercise but look forward to wanting to since I usually feel very good after doing so.

It sounds to me like he's explaining why the keto strips may stop changing color after a couple weeks or so. At first your body will make more ketones than it needs but will eventually adapt by only making as much as necessary. Even though the sticks no longer change color, you are still in ketosis and burning fat.

Personally, I thought that Dr. Atkins put too much emphasis on using keto strips to test for ketosis. Not everyone will produce enough ketones to change the color of the sticks and that can be discouraging if your diet plan says that they MUST change color or you're not in ketosis. It's simply not true that you're not in ketosis if they don't change color.
Here is a link to a paper about a number of studies involving keto-adaptation titled "Ketogenic Diets and Physical Performance"


Here is a short excerpt:

Adaptation
The most obvious of these is the time allotted (or not) for keto-adaptation. In this context, the prescient observation of Schwatka (that adaptation to "a diet of reindeer meat" takes 2–3 weeks) says it all. None of the comparative low-carbohydrate versus high-carbohydrate studies done in support of the carbohydrate loading hypothesis sustained the low carbohydrate diet for more than 2 weeks [5], and most (including the classic report of Christensen and Hansen [2]) maintained their low-carbohydrate diets for 7 days or less.

There are to date no studies that carefully examine the optimum length of this keto-adapataion period, but it is clearly longer than one week and likely well advanced within 3–4 weeks. The process does not appear to happen any faster in highly trained athletes than in overweight or untrained individuals. This adaptation process also appears to require consistent adherence to carbohydrate restriction, as people who intermittently consume carbohydrates while attempting a ketogenic diet report subjectively reduced exercise tolerance.

Here is an interesting explanation by The Bear:

Ketosis is the situation in which ketones are voided in the urine. It takes place within a few hours of blood glucose stabilising and no glucose entering from the diet. At this point many of the body-structures, such as the brain and deep dense tissues like cartilage and tendon will still require glucose and will not take up the ketone byproducts of fat metabolism. So the excess ketones are voided and the necessary glucose is obtained from glycerol and liver glycogen. If carbs continue in small amount, this condition will persist. If however carbs do not reappear in the diet, then the body begins to adapt to using the ketones as food hence the term keto-adaptation. During the period of adaptation, energy levels are subjectively low. As the body begins to run most of the glucose-dependent tissues on ketones, energy increases several fold and some additional benefits are realized, such as a lack of 'hunger pangs', increased endurance time, increased strength, a feeling of well-being, and rapid bodyfat loss. Keto-adaptation takes time, from a very minimum of about 2 weeks in a very remarkable person, to from three to six weeks in most people. This is a very hard but very important first hurdle to overcome in getting comfortable in the all-meat dietary path.

Sorry I have been out of the loop for several days. There is something that I wanted to ask Charles about this whole process.

It seems like you put a LOT of thought and energy into what you put into your body, the quality (ie iodized sea salt vs. celtic). What confuses me is why you would put any meat from walmart or low grade E type meat into your system. They are proven to have tons of hormones and anti-biotics which many authors/doctors are now stating are a HUGE part of the weight gain issue in America.
I have been rolling this around in my brain quite a bit. It really makes me worry for your safety, if this is all you are eating for your diet. I am not in any way criticizing or judging, I am truly concerned and confused. Maybe you have already talked about this and I missed it.

We buy local beef from the meat market that is free range, hormone, chemical free and have been doing so for a few years now. We can really taste the difference in the meat. It is WAY more expensive and I cringe sometimes at the bill, but in the end know that it is the better choice for our bodies.

Thoughts?

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RE: Zero Carb / Meat and Water - **Mel** - 05-17-2008 11:27 PM

One example doesn't make the exception but if our factory meat is as bad as you describe, and it's a HUGE part of the weight gain issue in America, how come Charles is lean and healthy? I was trying to find an article I recently read about factory beef that pointed out its good points but I can't find it tonight. I'll look for it tomorrow and post it when I find it. It made me feel a better about consuming it since I don't like the flavor or leanness of grass feed beef.

I just like to question everything now that I've read GCBC including the notion that our beef supply is inferior.

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RE: Zero Carb / Meat and Water - **weirdstuffinmydesk** - 05-17-2008 11:35 PM

I don't think it is one instance but many that have brought this info to the public awareness. I guess I should say long term accumulative effects. Charles may be healthy today, but what about the long term effects say in 10 or 20 years?

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RE: Zero Carb / Meat and Water - **LindaSue** - 05-18-2008 06:35 AM

The Bear Wrote:
Keto-adaptation takes time, from a very minimum of about 2 weeks in a very remarkable person, to from three to six weeks in most people. This is a very hard but very important first hurdle to overcome in getting comfortable in the all-meat dietary path.

That's very interesting, Lauren. It's also interesting that most of the low carb plans say that keto-adaptation will take place during a 2-week induction period and one that's not zero carbs at that. I wonder why The Bear believes that this adaptation takes longer for those eating zero carbs than for those eating 20 carbs or less on plans like Atkins Induction.

Maybe I'm missing his point. Is he saying that if you're getting the keto sticks to change color then you're not really in ketosis and are still sort of in between using glucose for fuel and using fat for your primary fuel? Is he saying that once the strips stop changing color, that's the sign that real fat-burning has begun?? If that's what he's saying then it contradicts the idea that you are either in ketosis or you're not. I've heard it said that you can't be sort of in ketosis any more than you can be sort of pregnant.
Thousands of people have been losing fat with the Atkins diet all these years and they're not eating zero carb and they are in ketosis. How does The Bear explain that?

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RE: Zero Carb / Meat and Water - **Charles** - 05-18-2008 06:38 AM

Sorry, Rachel. I'm in Asheville for a 15k race this weekend so I haven't checked in. I'm on my
Blackberry so it's hard to type. I may have to answer better tomorrow.

I simply don't buy the whole grass-fed is better argument for humans. I do believe it's better for the animals but the effect to humans is minimal. Why do I say this?

Well, first of all, my ancestors and even the Inuit ate meat at "levels of decay that would horrify a European." They didn't have stainless-steel pots and pans or convection ovens yet they were so much healthier.

Yes, the animals get hormones but they also eat grass or grain which I can't. Of course they also have four stomachs. I don't.

More to the point, as we learned from the Frenchman LeMagnen's work, our bodies simply do not care if our fat and protein comes from food or tissue, it just takes what it needs to keep us going. The rest is up to our immune system.

If people get sick from meat, it's more likely the carbohydrates that ruin the digestive tract and thus weaken the immune system which is rooted there.

Doctors clearly know very little about nutrition or they wouldn't continue to recommend we eat that which makes us sick.

Finally, I don't buy the "longterm argument" either. The fact that a diet change can make such a drastic difference in health, there is simply no reason to believe that my health will change as long as I continue to eat that which made me well.

If I don't and I return to the high-carb lifestyle, then you and I have every reason to believe that I will suffer any or all of the diseases of civilization just like every other people who eat more than approximately 70 pounds of sugar each year.

There is a suggestion that perhaps those on a zero-carb diet may not live as long. I'm okay with that because they will have been active and healthy years! Besides my great grandmother made it to 94.

Regards,

Charles

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RE: Zero Carb / Meat and Water - weirdstuffinmydesk - 05-18-2008 08:30 AM

Thanks Charles! I hope you did great in your race.

I think I am going to have to agree to disagree w/you on this one though. I just don't think that long term exposure to potentially toxic chemicals can be good for anybody long term. That is okay though, it is really good to see your thoughts on it. More food for thought so to speak. 😊

Either way here's to a long and healthy life may you reach 94 and beyond! 😊

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Charles Wrote:
The thing that LindaSue described also happened to Stefansson's fellow explorers. When they got back to civilization, they would immediately go for the carbohydrates. After a while, they would voluntarily go back to the all-meat diet because of the way it made them feel, despite the fact that it was so "boring." When your body gets accustomed to the meat, it won't want you to go back to less nutritious food. Let this be a fair warning!

It can truly be a safe haven.

I found your statement to be very true. I had been eating ZCHF and had become accustomed to it. I went off of it for several reasons, while I've been caring for my terminal sister in her home. I can't stand the return of carbs and it's effects on my system, so I have returned to what my body wants. My stress level has greatly decreased since I resumed eating the way that I should.

Thanks, Charles, for all of your informative posts.

RE: Zero Carb / Meat and Water - Lauren - 05-18-2008 12:40 PM

LindaSue,

I agree that it's confusing. What it sounds like to me is that you don't get the full benefits of increased energy until keto adaptation takes place. He doesn't mention how it effects weight loss. Did you read the linked study? It seems to support his idea. I posted it here to see if Charles would respond since he unquestionably be keto adapted.

My husband is on LC compared to what he used to eat but he still eats a few WW crackers, vegetables, nuts and even a bit of chocolate every day and still has managed to lose 25 pounds. I on the other hand could never lose weight eating what he eats. I'm assuming it is because he has quite a bit of weight to lose while I do not.

I'm sticking with the meat/eggs/cheese to see what keto adaptation feels like if it is, in fact, different from ketosis. A lot of people make different claims and I guess there is only one way to find out- to experiment ourselves!

RE: Zero Carb / Meat and Water - LindaSue - 05-18-2008 03:40 PM

I just finished reading the study, Lauren. The findings are pretty consistent with what Dr. Atkins and others said in regard to being keto-adapted. It normally takes place after a week or in as little as two weeks. For some people it may take a couple weeks longer. Since the study doesn't deal with weight loss, it doesn't explain why some people can become keto-adapted while eating 20 carbs or more per day while others must eat nearly zero carbs to achieve the same thing. Maybe Dr. Atkins was right when he said that 20 carbs per day is virtually the same as zero carbs for most people. He also said that those who can't lose on 20 carbs per day must gradually reduce their carbs until they figure out what level works for them.

And, those who claim that if you're not eating around 20 carbs worth of vegetables per day that you're not really "doing Atkins", are wrong because Dr. Atkins never said that. He said over and over that his diet was meant to be customized to the carb level that would work for each individual. What he DID say was that most of the carbs that are eaten, at whatever level, should come from the lowest carb veggies
and not from sugar and other junk. Of course he assumed that we needed the nutrients that are found in vegetables and can’t be found in sugar and junk food. We now know that we can get the nutrients we need without veggies as long as we eat enough fat and protein. Perhaps if Dr. Atkins had lived longer he would have learned that his patients wouldn’t need all those supplements that he prescribed so much if they cut their carbs to the barest minimum rather than gradually increasing them over time.

RE: Zero Carb / Meat and Water - Charles - 05-19-2008 08:07 AM

The Bear Wrote:
Keto-adaptation takes time, from a very minimum of about 2 weeks in a very remarkable person, to from three to six weeks in most people. This is a very hard but very important first hurdle to overcome in getting comfortable in the all-meat dietary path.

I'm sorry, Lauren. I went away for the weekend to run a race. Stephen Phinney had the same opinion in this article where he tested athletic performance on cyclists following both a high-carb and then a high-fat diet. Two weeks is the about the earliest it can happen, but it generally takes a bit longer. Two weeks is likely under controlled conditions in a metabolic ward because there, the subjects ate the same meals and they were not trying to lose weight. These people were in peak physical condition and that fact didn't make a bit of difference.

Most experiments like this one don't last long enough. These athletes were able to match their performance after keto-adaptation but who knows, they may have exceeded it after a couple of months of keto-adaptation.

My experience was similar to this. I was able to run a race two or three weeks after beginning my zero-carb diet, but it only got easier over time and now I don't think about it at all. All of this talk about using up your glycogen stores and carb-loading is complete and utter crap.

I did not turn my keto-strips purple at any point. I did show ketosis a few times when I checked on zero-carb but it's not something I really think about very often.

Quote:
Maybe I'm missing his point. Is he saying that if you're getting the keto sticks to change color then you're not really in ketosis and are still sort of in between using glucose for fuel and using fat for your primary fuel?

Whenever you drop your carbohydrate level, your body has to adapt to the fact that there is less glucose available. It adapts by over-producing ketones and many of them are wasted because there is still adequate glucose available for tissues that use it. Our bodies always address things from a "long-term" perspective. It tries to anticipate needs rather than reacting to what we do.

Therefore, your body excretes the extra ketones through urine and they make the strips turn color. The Bear is saying that the body is not keto-adapted at this point; meaning, that most tissues are NOT using the newly-formed ketones and they are being wasted. The purple strips only show waste, not whether your body is using ketones.

The "lack of energy" you feel is your raised insulin level that is high because your body is used to dealing with higher glucose levels. It takes time for your body to scale the machinery back and not store so many fatty acids during the day. It's usually looking for energy because glucose keeps it from dealing
with the fatty acids you already have on hand. Now, your body will be free to deal with fatty acids without starting up the storing mechanism called "glycerol phosphate."

Quote:
Is he saying that once the strips stop changing color, that's the sign that real fat-burning has begun???

Yes, assuming you've kept the carbohydrates low enough. That means the tissues that can use glucose have now adapted to using ketone bodies.

Quote:
If that's what he's saying then it contradicts the idea that you are either in ketosis or you're not. I've heard it said that you can't be sort of in ketosis any more than you can be sort of pregnant. Thousands of people have been losing fat with the Atkins diet all these years and they're not eating zero carb and they are in ketosis. How does The Bear explain that?

The Krebs cycle has shown us that this idea is totally false. We all burn fat at a reduced rate during the day, and we burn fat exclusively at night. The only question is if we are mobilizing more fat than we are storing. If we are mobilizing more, then we are said to be "fat-burning" and if we are storing fatty acids, then people think we're "running on glucose" which isn't true at all. This just means our bodies are efficient at removing it. All those skinny people out there on high-carb diets just happen to have bodies that can get rid of glucose more efficiently than others. That doesn't mean that it's healthy to do so. This is why they get disease later in life despite their lean bodies.

The way we burn fat for fuel is something that far too many of us don't understand and this needs to be corrected. If you understand what I wrote in the last paragraph, you also understand why things like intermittent fasting seem to work. Our bodies live off of a long-term food supply that constantly cycles fatty acids through our bodies. We all store some fat during the day but at night we live off of what we have stored. This is why your weight will fluctuate during the day. At night, we stop eliminating carbohydrate from the body and we only burn fatty acids.

So the ideal situation would appear to be to just stop eating so much so our bodies are forced to burn fat. The problem is that during the day our bodies have become accustomed to eating and storing. If you cut calories during this time, your body will compensate at some point so the gains that intermittent fasting seems to engender are only temporary.

The other key point to understand is that our bodies simply do not care whether the fat and protein come exogenously or indigenously. This means that if you don't eat enough, your body will get its fat and protein from your lean muscle mass. This may make your scale go down but it just means you'll lose muscle not fat. Eating fat and protein to appetite insures your body gets its fat and protein from your diet and leaves your muscles alone.

The key is to restrict eating things that cause fat storage (carbohydrates) and to maximize eating fat during the day giving your body the fuel it needs to mobilize fatty acids at night. It doesn't matter how much is eaten, it just matters whether we're mobilizing fat or we're not.

This post from Dr. Eades nails the point home:

It's looking like the intermittent fast is another of those ideas in science that looks good in animal studies then not so good in human studies, proving once again that rats and mice aren't simply furry little humans. And it appears - for humans, at least - that the intermittent fast is indeed beginning to look like the reality of a late-night gimmicky infomercial: long on promises, short on delivery. I suspect that
it is also a cautionary tale about the applicability of caloric restriction studies to humans. Sorry to be the bearer of bad news, but that’s the way science sometimes works. Lab results and reality are often two different animals.

Guest writer biography: Dr. Michael Eades is one of the best-known bariatric (obesity treatment) doctors in the US and was the first doctor to introduce insulin resistance to the mainstream via his books, including the national best seller Protein Power.

for fuel if you are not burning fat either?


Lauren Wrote:
Thanks for answering my questions (and also Linda Sue's).

You're welcome, Lauren and Linda Sue!

That's just it. There's never a time when you're not burning fat. There really is no "fat-burning mode." That's bad information that's out there. What they're describing is the period where there's still too much anticipatory insulin being secreted and this causes you to burn fat (mobilize fatty acids) at a slower rate than you otherwise might.

So your next question should be, "well, if I've always been burning fat for energy, why was I fat?" Because your body was preoccupied with glucose throughout most of your days and at night your body could not mobilize enough fat to make up the difference. Therefore, you were stockpiling a small percentage of fatty acids from each meal that your body could literally not get to.

This is why people always say "if you burn more than you take in." That's the observation and I understand why they make it. Unfortunately, it just doesn't work in the way they are saying it.

It's not that you "burn more than you take in." Rather, you store slightly more than you are able to mobilize. A low carb diet works by changing the balance to mobilizing more than you store. It does this by gradually reducing your body's anticipatory insulin response to the food you're about to eat.

My body still secretes insulin before a meal, but not nearly as much as it did three years ago. Now, I get more of the benefit of the foods that I eat whereas before, I only got the benefit of 90% and I stored the other 10%.

Does this help?

Charles

RE: Zero Carb / Meat and Water - Lauren - 05-19-2008 12:03 PM

Yes Charles, thanks- it does help. How do you know that your body still secretes insulin before a meal? Do you just know the science or are there symptoms that you experience physically?
P.S. I hope that you had a good race.

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**RE: Zero Carb / Meat and Water - Charles - 05-19-2008 01:01 PM**

*Mel Wrote:*

One example doesn't make the exception but if our factory meat is as bad as you describe, and it's a HUGE part of the weight gain issue in America, how come Charles is lean and healthy? I was trying to find an article I recently read about factory beef that pointed out its good points but I can't find it tonight. I'll look for it tomorrow and post it when I find it. It made me feel a better about consuming it since I don't like the flavor or leaness of grass feed beef.

I just like to question everything now that I've read GCBC including the notion that our beef supply is inferior.

Mel, I just debated this with Jimmy yesterday when we went to lunch. I hadn't read his blog post, but after reading your comment, I read it and I figured I'd take this post to argue it a little better.

First, I wholeheartedly reject any "toxic environment" claim that so many like to make. To blame obesity on factory meat is really a stretch because most of us don't eat that much meat. This argument really hints at the low-fat nonsense because grain-fed animals are leaner. All low-fat diets advocate lean meat. However, we know that the healthiest peoples in the world ate fat in large quantities. If the American factories have found a way to add more fat to animals, then they should be commended!

While in Asheville, NC this weekend, I looked through a stack of menus so that we could meet the Moore's for lunch. We rejected most of these restaurants because they did not serve fatty protein. 90% had the meat wrapped in some sort of sauces, gravies, bread, flour, you name it. Very few eat any meat in this country without bread so it's very difficult to blame it on meat. When we remove the bun from these burgers, we find we can eat them every day and be quite healthy. So why doesn't anyone go after the bread industry?

In developed nations, the poorer people are likely to obese. The NHANES study confirmed this observation. This was first documented in 1965. Albert Stunkard and his colleagues at New York Hospital reported that they surveyed 1,660 New Yorkers and found that obese women were six times more common at the lowest socioeconomic level than at its highest.

These observations have been confirmed repeatedly throughout the world in both children and adults. The less wealthy people are not eating meat. Sure, supermarket meat is less expensive than grain-fed, but it's still far more expensive than the cheap carbohydrates that line supermarket shelves. Not only that, but we can eat supermarket meat and become healthy as long as we restrict sugar consumption.

And this "long-term" argument really makes me scratch my head...Let's see: If I eat carbohydrates today, I get fat tomorrow, but somehow, over the long term, I'm going to be healthy. If I eat supermarket meat today, I get lean, but over the long term, I'll get sick?

John Higginson was the founding director of the World Health Organization’s International Agency for Research on Cancer (IARC) for two decades. In the 1950’s he compared cancer incidence between the United States, Denmark and African populations. Cancer in African natives was remarkably uncommon which led Higginson to conclude that cancer had an environmental cause and diet and lifestyle were the primary suspects. In 1963, the WHO concluded that “the majority of human cancer is potentially preventable.”
Higginson suggested that perhaps 70 to 80 percent of all cancers could be prevented. Richard Doll and Richard Peto published a 120-page analysis in the *Journal of the National Cancer Institute* and they concluded that **75 to 80 percent of cancers in the United States might be avoidable with appropriate lifestyle and diet changes.**

In the last twenty-five years, the fundamental implication of their work has been lost. They essentially said that man-made chemicals such as pollution, food additives, and occupational exposure played a minimal role and that diet played the largest role causing 35 percent of all cancers though the uncertainties were considered so vast that the number could be as low as 10 percent or as high as 70 percent.

Higginson said “The release of industrial chemicals could not explain, for example, why the non-industrial city of Geneva had more cancer than Birmingham in the polluted central valleys of England or why prostate cancer was ten times more frequent in Sweden than in Japan.“

Nevertheless, this focus on carcinogenic chemicals as the primary cancer-causing agents in the environment also carried over to nutritional-related cancer research in the laboratory. In September 1976 at the Cold Spring Harbor Laboratory, cancer researchers held talks focused on chemicals shown to be carcinogenic in animals and the possibility that they might be found in infinitesimal or great amounts in human diets, drinking water, or pharmaceuticals.

In the mid-1970s cancer epidemiologists began to convince politicians and the public that many cancers were caused by what Peto and Doll called the “gross aspects of diet” instead of the ingestion of trace carcinogens and the like. Food became the focus and the low incidence of cancer among Seventh-day Adventists and vegetarians was often cited as evidence that meat is carcinogenic and that green vegetables and fruit are protective although colon cancer, for instance, among Seventh-day Adventists was no lower than among Mormons, described by Doll and his colleague Bruce Armstrong as “among the biggest beefeaters in the United States.”

By the end of the 1990s, clinical trials and similar investigations failed to demonstrate that dietary fat, meat, fruit, and fiber hypotheses of cancer played any role. Meanwhile, cancer researchers made little attempt to derive alternative explanations for those 10 to 70 percent of diet-induced cancers, other than to suggest that over-nutrition, physical inactivity, and obesity perhaps played a role.

As you can see, we've been down this road before. There is nothing new under the sun.

Jimmy cited these reasons to eat grass-fed on his blog. I'll tell you what I think of them.

Jimmy Wrote:

**THEY ARE LOADED WITH OMEGA-3 FATTY ACIDS**

Yep, unlike their factory farm counterparts, grass-fed meats only eat grass from a pasture rather than the forced diet of grains, grains, and more grains. There's a reason the big farms feed their cattle grains--IT MAKES 'EM GET REALLY FAT! You avoid the nasty side effect of all those omega-6s and instead reward your body with omega-3s when you choose grass-fed instead.

Why does this bother us? The fact that they get really fat? This is a good thing. The factory-farmers should be commended. Have you ever had a well-marbled ribeye? Man, it's amazing and healthy because I eat one practically every day for lunch.
Any time there is a "deficiency" argument you have to first wonder why any particular nutrient is "deficient." People put this argument on every bad food out there and it is really surprising that we now have low-carbers citing this same argument against factory meat.

The reason we are deficient on Omega 3's is because we eat a diet heavy in Omega 6. We have removed saturated fat from our diet and we have consumed excess oils and trans fats as Drs Enig and Fallon so beautifully explain. We eat a diet rich in Omega 6 at a cost to our Omega 3. If we cut down on Omega 6, our Omega 3 will surprisingly be just fine, without the fish oil!

Drs' Enig and Fallon identify the problem well but their prescription requires a little thinking:

In summary, our choice of fats and oils is one of extreme importance. Most people, especially infants and growing children, benefit from more fat in the diet rather than less. But the fats we eat must be chosen with care. Avoid all processed foods containing newfangled hydrogenated fats and polyunsaturated oils. Instead, use traditional vegetable oils like extra virgin olive oil and small amounts of unrefined flax seed oil. Acquaint yourself with the merits of coconut oil for baking and with animal fats for occasional frying. Eat egg yolks and other animal fats with the proteins to which they are attached. And, finally, use as much good quality butter as you like, with the happy assurance that it is a wholesome—indeed, an essential—food for you and your whole family.

Let's consider a factory-porterhouse steak with a quarter-inch layer of fat. After broiling, this steak will reduce to almost equal parts fat and protein. Fifty-one percent of the fat is monounsaturated, of which 90 percent is oleic acid. This is the same stuff found in olive oil! The same is true for red meat, eggs, bacon and lard! All of this suggests that eating a porterhouse steak in lieu of bread or potatoes would actually reduce heart-disease risk although virtually no nutritional authority would say so publically. The same is true for factory or grass fed beef.

Jimmy Wrote:

BETTER TREATMENT FOR THE ANIMALS

Again, the big factory farms just don't care about how the animals are treated. It's a business about making meat as quickly as possible so they can make a buck. But organic, grass-fed animals are treated very humanely and not subjected to the poor treatment that is part and parcel of what happens on those other farms.

I agree with this, but this has little to do with me. Some people can't stand to see animals slaughtered for any reason and I can empathize, but let's not get it twisted. These animals are here to benefit mankind, not the other way around. If there is a way to be more humane, we should be. However, if it comes down to providing healthy and cost-effective food for human beings, then bring on the factory. I'm sorry! Save the children, leave the whales!

Jimmy Wrote:

THERE ARE NO ANTIBIOTICS USED

Grass-fed animals don't need any antibiotics in them like their grain-eating counterparts do because they don't deal with the health complications that high-carb diet brings on.

Animals consume many things that are not healthy for me such as grass, manure, you name it. They also have four stomachs and we don't really know the extent to which the anti-biotics are transferred from the meat to humans and how well it survives the cooking process.
Consider the !Kung Bushmen of the Kalahari. The prevailing opinion of anthropologists is that hunting and gathering allow for such varied and extensive diet that includes large and small game, insects, scavenged meat (often eaten at “levels of decay that would horrify a European”) and even occasionally other humans, that the likelihood of the simultaneous failure of all nutritional resources is vanishingly small. When there was a drought, they would relocate to the watering holes where the game would also congregate out of necessity. This resiliency is thought to explain why hunting and gathering survived for two million years before giving way to agriculture.

John Higginson of the World Health Organization looked at the problem of carcinogenic effects in 1976 at the Cold Spring Harbor Laboratory. They concluded that "only a very small part of the total cancer burden could be directly related to industrialization." They tested drinking water, human diets, and pharmaceuticals. They concluded that cancer was more related to diet, but their clinical trials consistently produced zero. They've been trying to call meat carcinogenic and fruits and vegetables safe for years but no trial has ever proved this. Even the Mormons, who are among the biggest beefeaters in the United States had lower colon cancer than the Seventh Day Adventists who are vegetarian.

Quote:
YOU GET LOTS OF CONJULATED LINOLENIC ACID

Conjugated linolenic acid, or CLA, is a powerful fat that is created in the stomach of a grass-fed animal which is extremely healthy as an anti-cancer agent.

As I already stated, even 51 percent of a supermarket porterhouse is oleic acid, which is also found in olive oil. Grass-fed beef may have more at the cost of lower fat, but clearly there is adequate oleic acid in factory beef.

Quote:
SAY BYE BYE TO E. COLI

When you select organic meats, the risk of consuming E. coli tainted meat is next to nil. E. coli generally exists inside of animals with a highly acidic environment which is typical of grain-fed cattle. The lack of acidity in grass-fed beef make it less likely that E. coli could even exist there.

This is another one that's been floating around and used against raw milk and anything else they don't want us to eat. E-coli naturally occurs in raw milk and in red meats. However, our immune systems normally render this harmless. However, when you feed this meat to a sick population with poor immunite response due to the high-carb nature of their diets, it should not surprise us that this happens. This society is germaphobic and we get sick at the same time every year. This isn't normal.

However, studies that have tracked individuals on very low-carbohydrate diets show that they typically do not get sick as often as the larger society. We've heard that reported on this forum that immune response is much greater since they have restricted carbohydrates in their diets. I rarely go to the doctor. In fact, I haven't seen her since she told me she was going to put me on a statin a couple of years ago.

Quote:
NO NEED FOR STEROIDS OR GROWTH HORMONES

You want a cow to get bigger, you inject it with steroids or growth hormones. This has become so routine these days that nobody stops and thinks about the consequences of what happens when humans begin ingesting all that into their bodies. Again, it all comes down to trying to make a buck as quickly as possible instead of insuring the safety of the food supply.
Again, growth hormone may not be so great for the cow but there is no proof that this is bad for me. Americans are all shorter now than we were 100 years ago so this growth hormone sure hasn't helped! If this is what causes them to get fatter and provides that beautiful marbling that I love so much, give them some more! Mankind has always enjoyed the fattier cuts of meat from an animal and this fat is the key to saving us from disease, along with restricting or even eliminating carbohydrate from our diet.

Quote:
NO ADDITIONAL ANIMAL BY-PRODUCTS FED TO THEM

An organic meat farmer does not risk contaminating his cattle with animal by-products which can subject the meat to things like Mad Cow Disease. Just the grass, man, just the grass.

We've already been through this.

The proponents for grass-fed beef believe that grain should be used to feed the world's children. We've already seen the effects of this. It doesn't take long for the effects of grain to show up on a child. Obesity is growing and it exists alongside the poorer people all over the world. Cheap food is killing us. They hate grain-fed beef because it makes the animals fatter. This fat is what they believe causes obesity and causes poor health. However, we all know that fat is not unhealthy and in fact is more beneficial for humans.

Grain-fed beef has more fat, tastes better, is cheaper, and much healthier than lean meat. If you're afraid of deficiencies, stop eating that which creates deficiencies in the first place!

RE: Zero Carb / Meat and Water - Charles - 05-19-2008 01:52 PM

I know my body still secretes too much insulin because if I wait too long to eat, I have cravings. That's what made me try brie this weekend. I was in the store late at night on Friday and I had this urge for a snack. I walked by the ice cream, the Hershey's and even the cheesecake. I picked them up, read the ingredient labels and put them back down. I found the brie and I found this uncured sausage roll in the fancy cheese section and it didn't have any garbage in it. It was wonderful! If I can remember the name, I'll tell you what it was. It was some fancy summer sausage with no MSG, nitrates or nitrites, which I'm allergic too.

RE: Zero Carb / Meat and Water - Mel - 05-19-2008 02:09 PM

Thanks for the nice long answer, Charles.

I still haven't found the beef article that I read recently that I wanted to quote. It was a report about a recent beef industry conference. One speaker pointed out that the reason there is no need to fear the growth hormone (and other additives) is that it is administered very early in the feedlot process. It does it's boosting job, gets metabolized out and is no longer in the animal months before slaughter. If drugs are needed or used later then there are rules for how long the animal has to stay alive to wait for everything to get metabolized out. Also, the first half of life for all our factory beef is played out on the range, eating grass, for up to a year, raised mostly on family owned ranches. The second half, 6-18 months, is spent at the feedlot eating mostly grain, "finishing". They have to get to a certain weight,
about 1200, to be selected for slaughter.

I would guess that some quality/price differences of our grocery beef would come from the quality of the feedlot feeding and medical practices.

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**RE: Zero Carb / Meat and Water - LindaSue - 05-19-2008 03:26 PM**

Thanks, Charles. I know that I will probably never be able to afford to buy grass-fed beef and must be satisfied with marked down supermarket meat. You've eased my mind considerably with your logical explanation. I very seldom buy into the scare mongering that says that any single food is going to kill us or make us sick. Although I'd never say that things like Splenda are actually good for us, I'm also not so sure that they're as bad for us as some people would like us to think. I think it's more likely that those who tell us that grain-fed beef is bad for use and grass-fed beef is the only beef that is good for us are saying it for financial reasons more than anything else.

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**RE: Zero Carb / Meat and Water - Charles - 05-20-2008 07:44 AM**

Thanks, Mel. I wish I could say things as succinctly as you did. That was quite a paragraph you wrote because I didn't know any of that! Fantastic stuff. If you find the article, please post a link.

I really wish the beef industry would get their act together. They should be the leading proponents of a low-carb lifestyle. I can see it now: Carbs cause disease and death. Eat Beef for life!! or "Fat does a body good!" or "Got Beef?"

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**RE: Zero Carb / Meat and Water - MAC - 05-20-2008 07:53 AM**

Agreed. And they could be joined by the pork industry and the chicken trade group. I wish the heck the pork industry would go back to a fatter hog too. The hogs have gotten way too lean and butchers need to leave a bit more of the fat on the meat. Bring back lard!!

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**RE: Zero Carb / Meat and Water - Charles - 05-20-2008 08:08 AM**

Well, I never told you. On Friday, I went to Earth Fare for the express purpose of buying two grass-fed steaks for dinner. I got to looking at this meat and it was the smallest, leanest bit of beef I had ever seen. It was about $21.00 each and it wasn't worth it at all.

I left there and went to INGLES and found two big ribeyes (yes, I ate both of them). I spent $22 for both of them and they were amazing. They were every bit as good as the ribeye that I had at Flat Rock Grill with Jimmy on Sunday. They were well-marbled with plenty of fat on them.

As far as Splenda is concerned, that's very much wait and see. I'm not going to be a guinea pig while they figure out if Splenda is healthy or not, that's for sure. I do think it's harmful to the regulation of metabolism. When our cells make a request for something, I believe it's that "something" that they're after. When we fool our appetites with sweeteners and starches our bodies don't get what they were after in the first place which likely causes us to eat even more carbohydrates as many studies are starting to
Therefore, if I'm going to have something, let it be cheesecake or ice cream with real ingredients. The 6 grams of sugar in a piece of regular cheesecake is far less harmful than the tons of chemicals in the fake kind. For me, it would probably be so sweet it would overwhelm me after the first bite! And whatever you do, make sure you eat your sugar (should you choose to), please don't drink it. Drinking causes you to consume far more sugar than you would if you ate it baked in something. What was it, one would have to eat 60 apples to equal the sugar in one Coke?

Regards,

Charles

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RE: Zero Carb / Meat and Water - LALINDA - 05-20-2008 08:25 AM

Morning, Charles!!! Long time no see!!! Morning to everyone else as well. I have a couple of questions and I figure Charles can answer them as he is so knowledgeable about eating this way.

First, I keep reading articles that say not to eat but 3 times a day so that our insulin doesn't spike unnecessarily. Then, I read articles that say to eat 5 or 6 small meals a day as it is better for you and keeps your insulin from spiking. (it stays more on an even keel) SO....which is it? Should I eat 3 or 6 times a day?

Second, I have been eating approximately 1700 to 1800 cals a day and am still not losing. I have looked back on my menus and it seems the only time I have lost a little bit is eating 1300 or less calories. I am still not exercising very much because of back troubles and my menu is at least 60% fat and no more that 5% carbs.

I went to a Dr. yesterday and he said my blood work shows that I am an extremely healthy individual. (YEA, ME!!!) So, what more can I do?
I know that I cannot expect to lose a lb a day, but a couple a week would be nice.

Any thoughts would be appreciated!!

HUGS

LA LINDA

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RE: Zero Carb / Meat and Water - Charles - 05-20-2008 08:53 AM

LALINDA Wrote:
First, I keep reading articles that say not to eat but 3 times a day so that our insulin doesn't spike unnecessarily. Then, I read articles that say to eat 5 or 6 small meals a day as it is better for you and keeps your insulin from spiking. (it stays more on an even keel) SO....which is it? Should I eat 3 or 6 times a day?

I don't think it matters. What matters is your hunger. I think they're mostly wrong about "insulin spikes"
because that doesn't jibe with biochemistry. Our bodies secrete insulin BEFORE our meals, not after. Our bodies anticipate that we're going to eat, either because you see food, you think of food, you smell food, etc. When these events happen, our pancreas goes to work secreting insulin.

Insulin clears our bloodstream of EVERYTHING, fatty acids, glucose, amino acids, nutrients, and anything that could possibly be used for fuel. This is why you feel such acute hunger right before you eat. After food digests, insulin ebbs and fatty acids and all other nutrients slowly return. The food you ate gets added to your food supply. This "food supply" of amino acids, fatty acids and glucose goes through your bloodstream and gets offered to every cell and tissue until something gobbles it up.

In a person with insulin-resistance, the pancreas oversecretes because it simply doesn't know how much glucose you're about to load up on. Because there is so much insulin, it takes longer for fatty acids to return to the bloodstream because the muscles have to be given a chance to eliminate the glucose from the bloodstream. Because of insulin-resistance, there are not as many takers so the fatty acids can't get released as fast as they should. This results in weight gain.

The low-carbohydrate diet works by working on your anticipatory insulin over time. When you cut your glucose consumption, the pancreas gets the hint and begins to secrete less and less until you get a normal insulin response. Hyperinsulinemia may always make the pancreas oversecrete, but not nearly as much as it used to.

Now that you understand that, does this answer your question?

You have to rely on hunger. If you're hungry, you should eat a low-carbohydrate meal. If you delay eating, you get more insulin in your bloodstream for a longer period of time which means fatty acids are not going to be mobilized for a longer time. This of course, means more fatty acid storage.

If you want to go longer periods of time between eating, eat more fat and protein. If you want to eat in two hours, eat less fat and protein. It's really that simple.

LALINDA Wrote:
Second, I have been eating approximately 1700 to 1800 cals a day and am still not losing. I have looked back on my menus and it seems the only time I have lost a little bit is eating 1300 or less calories. I am still not exercising very much because of back troubles and my menu is at least 60% fat and no more that 5% carbs.

How much protein do you eat? You can lose weight on a 1200 calorie diet as long as the majority of those calories are fat and protein. If you attempt to balance that equation by eating 400 calories of carbohydrate and 800 of fat and protein, you will be eating an Ansel Keys starvation diet which he described in the "Biology of Starvation." However, if you eat 1000 calories of fat and protein and only 200 of carbohydrate, you have a 50% chance of losing weight as Blackburn and Bistrian found out. This is only from a dietary perspective. If a hormone is being prevented from doing its job because of a physiological problem, then fatty acids will not be mobilized, but stored.

LALINDA Wrote:
I went to a Dr. yesterday and he said my blood work shows that I am an extremely healthy individual. (YEA, ME!!) So, what more can I do?
I know that I cannot expect to lose a lb a day, but a couple a week would be nice.

Try what I've outlined above and be patient. Don't keep jumping around changing foods and diets.
because hyperinsulinemia takes time to cure. It takes consistently eating fat and protein to convince your pancreas to decrease your anticipatory insulin response. Every time you cheat or increase your carbohydrates, you basically start this process over again because your body does not want to be caught with not enough insulin in circulation to account for your eating habits.

LALINDA Wrote:
HUGS

LA LINDA

Thank you!

Best regards,

Charles

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RE: Zero Carb / Meat and Water - LALINDA - 05-20-2008 09:29 AM

Charles, thanks for your answers. I guess you believe that I am insulin resistant or hyperinsulinimia(sp)? So what do I do? I am eating low carb and just waiting for the scale to drop. I am eating properly and haven't had a cheat in a month. Not really doing anything that I shouldn't be. Is this what you are saying? And if so, what happens now? Does it at some point reverse itself or can I do something to change it?

Sorry, I am just so dense to the science behind all of this. I am not a technical person.

I just looked at some of my menus and find that the most calories from carbs is only about 160 or so. Mostly fall into the under 100 calorie file.

65 to 75% of my cals come from fat. 25 to 35% of cals come from protein. The rest are from carbs...salad, broculli,cauliflower,etc. Under 10%. I keep it that way so that I am not indulging in too many carbs. I don't want to do that. I want to lose weight. And I am trying very hard, but it doesn't seem to be working. I am just doing Atkins induction. Nothing else. Not cheating, not drinking. Not eating anything I shouldn't be eating.

All bloodwork for my thyroid was good. Does that mean that my metabolism is okay? Just slow because of my age...56? Or, could it be off?

If you remember, I tried to do zero carb and couldn't. I lost 4 lbs the 1st week and never lost another lb the rest of the month.

Thanks for your patience with me, Charles.

Lana, Good to see you. Sorry about your sister. PM me sometime.

LA LINDA

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RE: Zero Carb / Meat and Water - Lauren - 05-20-2008 09:40 AM
Charles Wrote:
Try what I've outlined above and be patient. Don't keep jumping around changing foods and diets because hyperinsulinemia takes time to cure. It takes consistently eating fat and protein to convince your pancreas to decrease your anticipatory insulin response. Every time you cheat or increase your carbohydrates, you basically start this process over again because your body does not want to be caught with not enough insulin in circulation to account for your eating habits.

Yes, this is a very helpful reminder. I sense that when I do my 2 week weigh in tomorrow that there won't be a loss so I will keep my focus on working towards a healthy insulin response through diet and trust that the weight will work itself out.

RE: Zero Carb / Meat and Water - LALINDA - 05-20-2008 09:42 AM

Charles, this is today's numbers. What do you think?

LA LINDA

Total: 1330  
Fat: 96 861 67%  
Sat: 27 245 19%  
Poly: 4 36 3%  
Mono: 20 177 14%  
Carbs: 21 64 5%  
Fiber: 5 0 0%  
Protein: 91 364 28%  
Alcohol: 0 0 0%

I am going to stay on Atkins as I feel I can live with this for the long term. I like to eat my veggies and enjoy them. On this plan, I can have them.

Thanks, Lauren.

RE: Zero Carb / Meat and Water - Charles - 05-20-2008 12:20 PM

LALINDA:

I have nothing against the Atkins diet at all. However, to do Atkins, you have to be willing to make adjustments. You cannot continue to do the same things and expect the result to be different. I agree that what you're doing appears fine, but for some reason, we're not getting the results we want so we have to search very hard to find what does and what does not work.

On Atkins, if someone is not losing, they have to drop their ACE down by 5 grams each week until they begin losing again. I'm not very good at numbers like that, but give me an idea of the foods that you eat. Particularly, when you lost the 4 pounds on the zero-carb, what exactly did you eat?

You may need to build a diet around those foods. I don't care if you have to eat the same foods for weeks at a time. If your body responds to those things, then that is what you should eat. I know you love
veggies but if you cannot lose weight with them, they must go. You have to feel this way about ANY food out there. If it doesn't work with your metabolism, it has to go.

This may sound harsh, but you've already invested a great deal of time and energy into losing weight so it may take some real digging in to find out the issue. I have a small list of foods that work for Charles and I eat them 95 percent of the time. I know my weight will stay under control if I regularly eat these foods. You must develop the same type of list.

You're 56. Are your menstrual cycles regular? Are you approaching menopause? These issues are extremely important because they involve hormones. If there is a hormonal issue, nothing you eat (or don't eat) is going to matter one iota.

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**RE: Zero Carb / Meat and Water - Charles - 05-20-2008 12:24 PM**

By the way, you didn't answer my query concerning hunger. How do you feel eating this much? I eat that many calories for one meal so I can't identify with this. But the question is, is your hunger controlled eating this many calories?

When you tried the zero-carb and lost 4 pounds, how many calories did you eat each day?

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**RE: Zero Carb / Meat and Water - LALINDA - 05-20-2008 12:45 PM**

Charles, I don't remember what I ate when I tried ZC. I don't remember when it was. Just before the old board went down.

I now eat lots of baked fish, chicken, ribeyes, ground beef, salad, fresh broccoli, cauliflower, green beans, broussel sprouts, zucchini, yellow squash. All fresh, not canned or frozen. I use coconut oil, olive oil, and butter.

I am not hungry. I am hardly ever hungry. In fact, I usually have to make sure I eat because I can go a long time without eating. Hours. I can drink coffee in the morning and not eat until 2 or 3 pm. I don't do that, but I could.

No menstrual issues, Hysto at 35. Left ovaries, but they are dead now. Hormones were off, but Dr. said not enough to warrant HRT. BUT, he is a family dr. Maybe I should see another Dr?

I had asked you about metabolism if thyroid #s are okay. What can you tell me about that? Is it possible that I should see an endocrinologist?

Anything else you can tell me to try, I appreciate it. Maybe I am just going through a long stall as some others have done. I would love to lose about 40 more lbs, but, as long as I am eating foods that are good for me and keeping me healthy, I will continue to do so.

After all, being healthy is what this is really all about.

Thanks,

LA LINDA
Charles, I also take Vicodin once or twice a day. Sometimes I don't take it at all. I don't know a lot about drugs or their interactions with things. Have been taking it for over a year. Could this be the unknown?

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RE: Zero Carb / Meat and Water - Charles - 05-20-2008 12:59 PM

LALINDA Wrote:
Charles, I don't remember what I ate when I tried ZC. I don't remember when it was. Just before the old board went down.

I now eat lots of baked fish, chicken, ribeyes, ground beef, salad, fresh broccoli, cauliflower, green beans, brussel sprouts, zucchini, yellow squash. All fresh, not canned or frozen. I use coconut oil, olive oil, and butter.

I am not hungry. I am hardly ever hungry. In fact, I usually have to make sure I eat because I can go a long time without eating. Hours. I can drink coffee in the morning and not eat until 2 or 3 pm. I don't do that, but I could.

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Anything else you can tell me to try, I appreciate it. Maybe I am just going through a long stall as some others have done. I would love to lose about 40 more lbs, but, as long as I am eating foods that are good for me and keeping me healthy, I will continue to do so.
After all, being healthy is what this is really all about.

Thanks,

LA LINDA

I think the thyroid is fine. I would investigate the hysto issue first and foremost. My wife has the same issue. She had the procedure early and it's been awful trying to find the correct hormone. These female parts may have been bothersome, but they are part of a complex homeostatic system and their absence is duly noted! At least you have your ovaries and if they are still secreting estrogen, that's probably a good thing. I know of studies where they removed the ovaries from rats and they gained weight no matter what they ate. However, when they were infused with estrogen, they lost weight.

I'm not saying it's that simple for you, but knowing that balance may be critical to your body's ability to regulate your weight. I respectfully disagree with your doctor. I would want to know what my levels of the different hormones are in my body. Jackie Eberstein told me that if a woman is heavy on testosterone or high on estrogen, any one of these would certainly affect their weight. My wife's doctor advises her to keep trying an HRT for two months at a time and then switch to a lower dose or whatever to facilitate weight loss.

I know there were studies that linked HRT to various cancers and what not, but we don't know if that was more related to their diet. All that said was that HRT did not keep people from having cancer, not that it caused it.
RE: Zero Carb / Meat and Water - LALINDA - 05-20-2008 01:25 PM

Thanks so much Charles. I am going to make an appt with the ob-gyn and see what they have to say. Maybe it will be as simple as that. I really hope so.

I didn't even think about the hormone thing. And if your wife had not had the same problems, you probably would not have known about it either.

Thanks so much Charles. I will let you know how things go.

LA LINDA

RE: Zero Carb / Meat and Water - Charles - 05-20-2008 02:12 PM

LALINDA Wrote:
Thanks so much Charles. I am going to make an appt with the ob-gyn and see what they have to say. Maybe it will be as simple as that. I really hope so.

I didn't even think about the hormone thing. And if your wife had not had the same problems, you probably would not have known about it either.

Thanks so much Charles. I will let you know how things go.

LA LINDA

I just noticed the end of your earlier post about the vicodin. That's some powerful stuff. Basically anything that you put in your body has the potential to affect some hormone in some way. It's hard to know the potential effect but you have to assume that it will show up somewhere.

Weight regulation is a part of homeostasis just like internal body temperature, blood pressure, etc. They are all connected via the central nervous system and therefore any effect on one part will more than likely affect another system.

That's important to remember for anyone reading this. Don't for a second think that your weight loss efforts do not affect other systems in your body and vice-versa. If you're eating zero-carb for a significant period of time and you're not losing weight and getting healthier, then you have to look at all other bodily systems and you'll likely find your culprit.

Unfortunately, our medical profession does not appear to be interested in going after root causes. They are too preoccupied with symptoms!

RE: Zero Carb / Meat and Water - LALINDA - 05-20-2008 03:02 PM

Charles, I only take 1/2 of a pill at a time. I don't take it every day. Only when I am in a lot more pain that I can take. I am going to a pain management clinic soon. Hopefully to learn to deal with the pain and not take the pills. I hate taking them. I do not like how they make me feel. I wouldn't make a good drughead. I don't know how people do it.
HUGS,

LA LINDA

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RE: Zero Carb / Meat and Water - Lauren - 05-21-2008 07:58 AM

Charles Wrote:
You may need to build a diet around those foods. I don't care if you have to eat the same foods for weeks at a time. If your body responds to those things, then that is what you should eat. I know you love veggies but if you cannot lose weight with them, they must go. You have to feel this way about ANY food out there. If it doesn't work with your metabolism, it has to go.

This may sound harsh, but you've already invested a great deal of time and energy into losing weight so it may take some real digging in to find out the issue. I have a small list of foods that work for Charles and I eat them 95 percent of the time. I know my weight will stay under control if I regularly eat these foods. You must develop the same type of list.

I really like this attitude of focus on the goal with a willingness to change as necessary.

Since I feel good and stable, I am going to continue eating as I have been for six weeks (four more) before I make any changes. At that time I will make any necessary revisions.

My Two Week Progress Report:

Meat/Cheese/Eggs/Herbal Tea/Water

Start weight/BF/Water 119.6 27% 50%
Week 1 119.6 27% 50%
Week 2 119.4 27.5% 49.5%

It looks like my weight is staying pretty stable for now. My hunger, sleep, and body temp also are stable. I'm feeling comfortable eating this way and have no sugar cravings. I even walked down the cereal aisle with no desire- sweet cereal was always my downfall. I’m getting less interested in cheese and have all but given up the CO and fish oil- mainly because I just forget to take it. I feel good- rested, no bloating, generally physically comfortable. I have adequate energy but have not yet felt like exercising. I have some minor cravings for fruits and salads- light foods- but they are manageable.

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RE: Zero Carb / Meat and Water - Charles - 05-21-2008 09:43 AM

Lauren Wrote:
It looks like my weight is staying pretty stable for now. My hunger, sleep, and body temp also are stable. I’m feeling comfortable eating this way and have no sugar cravings. I even walked down the cereal aisle with no desire- sweet cereal was always my downfall. I’m getting less interested in cheese and have all but given up the CO and fish oil- mainly because I just forget to take it. I feel good- rested, no bloating, generally physically comfortable. I have adequate energy but have not yet felt like exercising. I have some minor cravings for fruits and salads- light foods- but they are manageable.

This looks very, very good to me. I like how you notice other bodily systems working well such as sleep and body temperature. Weight is another one of those things.
Now that you have things stable, you should be able to influence your energy levels. How so? It's absolutely true that more consumption equals more energy expenditure. Less consumption equals less expenditure. You are clearly at equilibrium because everything is stable and you're maintaining your weight. I assume you can also go 5 or 6 hours between meals.

Here are two scenarios you can try. It doesn't matter which one you do.

Scenario 1: You can go for a nice walk this afternoon or evening. This should make you hungrier either tonight or tomorrow at one of your meals. This means you've shifted the equilibrium balance and your body now wants to compensate with a bit more food. Make sure you allow this to happen. Eat a little bit more meat. Never go hungry.

Scenario 2: Let's say you have two ground beef patties for breakfast. If you are hungry enough, you might try eating three and keep the other meals the same. You should notice that you can go an additional hour or so before needing lunch.

This means that your body is making efficient use of your long term fuel supply as it should. Depending on how much more you ate, you may feel like you have a bit more energy. You may do more housework or feel like taking the stairs or some other little thing that causes you to expend a bit more energy.

It's important to find out whether or not either of these are true for you. If so, you know everything is functioning as it should. If you notice no change, then you have to examine whether or not you're truly getting what you should from your meals. If you don't experience the things I describe, that's OKAY. Try the experiment again in a few weeks.

It's natural to have mild cravings. I have them from time to time too but they're very manageable. What used to be a shouting match, is now a mild conversation in my body. I can usually say something to myself like "I don't eat those things" and that's the end of it.

I'm usually not hungry during my usual routine. When I go out of town or I do something different, then I'm more susceptible to being hungry at a weird hour or something. With more activity, you should get hungrier. It's called "working up an appetite."

Regards,

Charles

**RE: Zero Carb / Meat and Water - Charles - 05-22-2008 01:33 PM**

Lauren Wrote:
Since it's been raining, I'm going with scenario 2. I just bought some beef patties for tomorrow morning. One of my biggest problems has been finding the right thing to eat for breakfast. I was eating eggs and sausage but apparently not enough because I could not go 5-6 hours until lunch. I would then eat an early bigger high fat lunch and then could go all afternoon until dinner. With all of the years of dieting and portion control, it is still a real challenge to feel okay about eating enough. I'm doing better though and trusting more in the process but notice that I backslide with insufficient portions on some days. On the up side, I threw away my food scale.

Thanks for your suggestions Charles. I will try them both.
You can do it, Lauren.

**RE: Zero Carb / Meat and Water - Lauren - 05-23-2008 01:25 PM**

Hi Charles,

I tried this today. I started out with a hamburger patty for breakfast but it didn't seem very fatty so instead of another, I had some leftover beef short ribs. I ate until I didn't want to eat anymore. It wasn't a huge amount of food but it was definitely more than I'm used to eating.

It was pretty amazing. I wasn't hungry all day and just decided to eat at 3:00 because when I thought of meat, it seamed appealing. I tried this earlier in the day and the thought of eating meat was nauseating. I like that little trick to figure out the difference between hunger and cravings.

It feels like magic to have my appetite and food consumption in tune like that. I always thought that my hunger was completely divorced from what I ate- that no matter how much I ate, I'd always be hungry.

I'm noticing that eating properly for my morning meal seems to be the most important for keeping my hunger in check. In reading the other ZC thread, I'd really like to work on keeping my food and mealtimes consistent. I can see why when you find something that works, you stick with it.

**RE: Zero Carb / Meat and Water - Charles - 05-23-2008 06:35 PM**

You have no idea of how proud I am of you today! That's fantastic. The best part is that you were not afraid to try it and to make a change. You're definitely on the right track.

Identify those super foods and eat them regularly. You'll condition your body to expect them and you'll also find yourself actually looking forward to those "boring" meals. It's an amazing thing!

Best regards,

Charles

**RE: Zero Carb / Meat and Water - Lauren - 05-24-2008 07:00 AM**

Thanks for the ideas and encouragement Charles. I also appreciate that you post your progress pictures. Seeing it work for someone else really encourages me to keep going.

**RE: Zero Carb / Meat and Water - LindaSue - 05-24-2008 07:18 AM**

Lauren, I'm glad it's working so well for you!

Yesterday I made an effort to stick to just three meals but didn't quite make it. I had breakfast around 8:00 (2 eggs, 1 tablespoon butter, 1 sausage patty) but couldn't quite make it to 1:00 for lunch (6 ounce
hamburger patty - 8 ounces before cooking). I ate lunch around 12:30. By about 4:30 I was too hungry to put off eating until 6:00 so I had about 3 ounces of ground beef (cooked weight). That did the trick but shortly after that I got terrible acid reflux. That surprised me because I hadn't eaten very much and had only eaten meat. Around 5:00 I ate 1/2 ounce of cheddar cheese which seemed to ease up the reflux. After that I got busy with some computer club work and didn't end up eating my dinner until 6:30. I had another 4 ounces of ground beef (cooked weight).

I thought that eating smaller meals would help with my reflux problem but apparently it doesn't always help. I haven't been weighing myself so I have no idea if I've lost any weight or not. I'm going to wait until I've been eating like this for a week or two before I weigh myself again. I want to work on getting my hunger under control. Today I'm switching things around a bit. I'm eating a 6 1/2 ounce hamburger for breakfast (1/2 pound raw weight), will have 4 ounces of ground beef for lunch and will have my lighter egg and sausage meal tonight for supper. Maybe by having my bigger meals for breakfast and lunch, I'll be able to go longer between meals. I just hope that reflux isn't going to be a constant problem.

I'm also trying not to eat cheese but for some reason it sounded like something that would make me feel better when I had that terrible reflux. I was going to eat a whole ounce of cheese but could only manage half an ounce. I have no trouble eating a lot of cheese when it's melted in a casserole or on a pizza but it's hard for me to choke it down "raw". I kind of nibble at a chunk just to make it easier to get down and a tiny piece fills me up very quickly.

It's just after 9:00 and I've just finished my hamburger. We'll see if I can make it until 1:00 before eating again. Four hours seems like an eternity though. I have to make a quiche for my husband so I'd better do that now while I'm feeling full. Otherwise it might make me want to eat again before lunch.

RE: Zero Carb / Meat and Water - Lauren - 05-24-2008 09:40 AM

LindaSue Wrote:
Lauren, I'm glad it's working so well for you!

Yesterday I made an effort to stick to just three meals but didn't quite make it. I had breakfast around 8:00 (2 eggs, 1 tablespoon butter, 1 sausage patty) but couldn't quite make it to 1:00 for lunch (6 ounce hamburger patty - 8 ounces before cooking). I ate lunch around 12:30. By about 4:30 I was too hungry to put off eating until 6:00 so I had about 3 ounces of ground beef (cooked weight). That did the trick but shortly after that I got terrible acid reflux. That surprised me because I hadn't eaten very much and had only eaten meat. Around 5:00 I ate 1/2 ounce of cheddar cheese which seemed to ease up the reflux. After that I got busy with some computer club work and didn't end up eating my dinner until 6:30. I had another 4 ounces of ground beef (cooked weight).

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a tiny piece fills me up very quickly.

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Hi Linda Sue,

I can tell you that two eggs and a sausage patty wouldn't keep me full until lunch either. For that filling breakfast yesterday, I ate a 6 oz. hamburger patty (pre-cooked weight) AND some boneless short rib slices which are extremely fatty (unfortunately I didn't weigh this- it wasn't a huge amount but it wasn't a small amount either).

I'm always surprised at how much food it takes for me to stay full. I'm working on figuring that out on a daily basis but often I misjudge and have to have a meat snack. I keep wondering, because of your acid reflux, would it be bad to have say, six small meals instead of three? If one eats the right foods in the right amount to fuel one's body, would it matter how many meals this was split into? I forget if it's been discussed on this board but I've been wondering about it.

One day I got up very early and had eggs at 5am, a steak at 8:30 and another steak at 3:30. I was full for the rest of the night. It seems that once I get the right amount of food, no matter the time, that's it for the day. I'm working on trying the biggest meal for breakfast too. This learning how to trust my hunger thing is difficult because it always seems like so much food. The reason I feel so trusting of this process is my new found ability to sleep through the night without eating. This had plagued me for at least 25 years. I'm looking forward to seeing other changes too but I will remain patient.

RE: Zero Carb / Meat and Water - **LindaSue** - 05-24-2008 11:17 AM

Lauren Wrote:
I keep wondering, because of your acid reflux, would it be bad to have say, six small meals instead of three? If one eats the right foods in the right amount to fuel one's body, would it matter how many meals this was split into? I forget if it's been discussed on this board but I've been wondering about it.

After what happened yesterday afternoon when I got reflux after eating a very small meal, I'm starting to wonder if that makes much of a difference. In any case, it's gets pretty tiresome to have to scrounge for food all day long which is why I'm going to try and train myself to eat three meals. I think I'm eating enough at each meal that I shouldn't need to eat more than three times a day but still not enough to cause the reflux all the time. Maybe four meals per day would be more realistic for me but I'll at least give this a shot for a while and see what happens. Any more than four meals gets to be a bother.

RE: Zero Carb / Meat and Water - **Mel** - 05-24-2008 12:44 PM

LindaSue,

In the spirit of self-experimentation and my limited knowledge of digestion: I know that the stomach will not empty it's contents unless the pH of the contents is just so. I think eating mostly meat makes the stomach contents push toward the acidic end on the range. If the stomach won't empty then I'm pretty sure it will put pressure on the inlet, hence reflux. Here's where you might experiment: try finishing your meal with a few ounces of seltzer water OR a tablespoon of vinegar in a few ounces of water OR some beverage that you associate with a calm stomach. Your goal is to "aid digestion" and bring your stomach
contents into the sweet spot of pH. It's possible you'll need to try these ideas preceding your meal.

Best of luck to you in figuring this out.

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**RE: Zero Carb / Meat and Water - LindaSue - 05-25-2008 01:48 PM**

Mel, isn't vinegar acidic? It seems like that would be the last thing I'd want to drink if I'm having acid reflux.

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**RE: Zero Carb / Meat and Water - Charles - 05-25-2008 03:23 PM**

LindaSue:

Don't be so hard on yourself about the cheese. I have recently added it back on an experimental basis. I can eat brie and it's no problem. I even had my Hardees Monster with cheese last week and everything was fine. I removed cheese from my diet along with eggs because breakfast was my least filling meal of the day, plus I immediately lost 5 pounds when I discontinued the eggs. I realized that I never tried cheese without the eggs, so their removal was premature.

I went all of last week without cheese, but I had plenty of brie yesterday morning, I had cheese on a double-cheeseburger for lunch, and I ate way too much at Golden Corral last night. This morning I was the same weight, so the cheese stays for now! The fact that I can take or leave it makes me feel pretty good about it.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - Mel - 05-25-2008 09:03 PM**

LindaSue,

I think that is true about vinegar but I just didn't want to assume that the problem could only be fixed by adding a base like seltzer. I'd try the seltzer first or something else you associate with a happy tummy but lots of people swear by vinegar in water to aid digestion. It's possible that your stomach has a pH problem that vinegar might fix, go figure. Just in case, I'd wait until you're rested up before experimenting with it.

Melinda

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**RE: Zero Carb / Meat and Water - LindaSue - 05-26-2008 06:54 AM**

I really don't think that cheese is a problem food for me, at least not in the quantity that I eat. I'm certainly not addicted to it and can take it or leave it. It just goes well with certain things, like on a burger.

Melinda, I'm not sure that my stomach's pH is any different than most peoples' or in any way abnormal.
It's just that I've got a defect in the "valve" that should keep my stomach acids in my stomach where they belong and not up in my esophagus.

**RE: Zero Carb / Meat and Water - lowcarbscott - 05-26-2008 08:42 AM**

Wish I would have read this thread before I bought all of that grass fed beef 😞
Just my own expierence, The more meat I eat the more I look forward to eating it.

Thanks
Scott

**RE: Zero Carb / Meat and Water - Charles - 05-26-2008 09:34 AM**

lowcarbscott Wrote:
Wish I would have read this thread before I bought all of that grass fed beef 😞
Just my own expierence, The more meat I eat the more I look forward to eating it.

Thanks
Scott

Sorry, Scott, I just wasn't impressed with the grass fed. I do appreciate the concept and I understand the push towards it, but I just don't see fattening the animals up before slaughter as such a big deal.

I just wish these hypocrites would look at the fattening process and understand why the same thing happens when humans eat grain as well. They get all wound up about animals not eating their natural diet but they don't even give it a second thought when they advise humans to eat the very thing they don't want animals to eat.

Then they turn around and say, well, eating grain-fed beef causes obesity. It's not the beef, it's the grain!

**RE: Zero Carb / Meat and Water - lowcarbscott - 05-26-2008 10:03 AM**

I hear ya,

My summers as a youth were spent on Grandpa's farm. We fattened up the pigs by feeding them corn and leftovers.
I just cooked up 1 lb cube of ground beef on the grill and washed it down with cool glass of ice water.
Yum 😊
I have spent a lot of time this weekend reading about Zero Carb life style. The more I read and try it the more I like it.

**RE: Zero Carb / Meat and Water - Lauren - 05-26-2008 11:16 AM**

I WILL NOT EAT WATERMELON!

I have been really liking the simplicity of Zero Carb and my cravings have been minimal lately. But today is beautiful, warm/hot, sunny and I just want to stick my head into a watermelon.
For many years after I quit drinking/drugs, on the first warm day of the year (when students played frisbee and dogs ran freely), I would always want to smoke pot. Of course I never think about this anymore but now my new pot may be watermelon :-)

I'm so glad it's going to rain tomorrow!

In spite of these cravings, I am determined to see this keto adaptation through.

---

**RE: Zero Carb / Meat and Water - **Charles **- 05-26-2008 11:48 AM**

Lauren Wrote:
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I'm so glad it's going to rain tomorrow!

In spite of these cravings, I am determined to see this keto adaptation through.

That's the spirit!

However, if you do fall off the wagon, there are worse things than watermelon. I think it's relatively low glycemic because it's mostly water, but check with LindaSue to know for sure. I think Laura Dolson keeps a low-carb fruit and vegetable list on her site and melon is okay for most low-carbers if I remember right.

---

**RE: Zero Carb / Meat and Water - **Lauren **- 05-27-2008 05:40 AM**

Charles Wrote:
That's the spirit!

However, if you do fall off the wagon, there are worse things than watermelon. I think it's relatively low glycemic because it's mostly water, but check with LindaSue to know for sure. I think Laura Dolson keeps a low-carb fruit and vegetable list on her site and melon is okay for most low-carbers if I remember right.

I made it through without watermelon or any other non-meat foods. Actually, I treated myself to a nice fish dinner which helped me get over the hump.

Tomorrow will be three weeks but I'm seriously considering skipping the weigh in this week. It's just before my TOM and I feel bloated. I never weigh at this time because I find it too depressing. As much as I'd like to be losing weight, I really want to keep the focus on health and repairing (as much as is possible) my metabolism. I'm sleeping great, good body temp, aside from fruit and salad cravings, no
sugar/starch cravings.

I'm focusing on the concept of "Patience and Persistence". I don't even want to consider any changes until at least 6 weeks. My energy is still up and down so I know I'm not there yet. On the up side, I already cleaned the entire house this morning. Now it's time for work.

**RE: Zero Carb / Meat and Water - bows** - 05-27-2008 06:00 AM

Morning, Charles and everyone!

I have not posted in a very very long time and have been 'walking beside the zero-carb wagon' since my son's graduation party, but that's another story for a different day!

I've made a couple of changes, after losing my first portion of weight and stalling (lost 75#), and would like your opinions please*

I only drink 3 cups of decaf coffee every morning now instead of regular, each w/ a teaspoon of CO in them..the CO wakes me up in the same way that caffeine (sp?) used to. Then throughout the day I drink water and decaf iced tea (usually totaling at least 64 oz). What is the verdict, Charles, on drinking decaf stuff? NOT instead of water, but in addition to it?

Thank you SO much all!
Debbie

**RE: Zero Carb / Meat and Water - Charles** - 05-27-2008 08:06 AM

bows Wrote:
I only drink 3 cups of decaf coffee every morning now instead of regular, each w/ a teaspoon of CO in them..the CO wakes me up in the same way that caffeine (sp?) used to. Then throughout the day I drink water and decaf iced tea (usually totaling at least 64 oz). What is the verdict, Charles, on drinking decaf stuff? NOT instead of water, but in addition to it?

Thank you SO much all!
Debbie

I'm sorry Deb, I just don't have any personal experience with decaf coffee. Since there is no caffeine, what is in it that makes it so compelling?

All I can recommend is that you try it for a week without it and see what happens. If you stay the same, then keep it. If you notice changes then you can certainly re-program your taste for water instead of coffee with sufficient time.

Regards,
Charles

**RE: Zero Carb / Meat and Water - LindaSue** - 05-27-2008 08:41 AM

Some people just like the flavor of coffee. I enjoy a cup of decaf on cold mornings in the winter now and
then. Caffeine never did anything good for me anyway. However, decaf does have some caffeine, it just doesn't have as much as regular coffee. I suppose if you drank enough of it, it could still adversely affect you if you're sensitive to caffeine for whatever reason.


I looked up coffee on the USDA site to see how much caffeine there is in regular and decaf. Here's what I found:

8 ounces regular coffee: 95mg caffeine
8 ounces decaf coffee: 2mg caffeine
8 ounces brewed tea: 47mg caffeine
8 ounces Coke: 14mg caffeine

RE: Zero Carb / Meat and Water - Charles - 05-27-2008 09:30 AM

LindaSue Wrote:
I looked up coffee on the USDA site to see how much caffeine there is in regular and decaf. Here's what I found:

8 ounces regular coffee: 95mg caffeine
8 ounces decaf coffee: 2mg caffeine
8 ounces brewed tea: 47mg caffeine
8 ounces Coke: 14mg caffeine

So it appears that the critical issue is how sensitive the individual is to caffeine whether or not it makes a difference, right?

RE: Zero Carb / Meat and Water - Lauren - 05-27-2008 10:02 AM

I'm not sure if it's true but this is from a post by "The Bear":

"By the way, the oils in fresh coffee seem to have an ability to stimulate insulin release. Not the caffeine, nor will defatted instant, only whole brewed coffee. I have had to stick to just one cuppa in the early morning, drat it."


Lauren Wrote:
I'm not sure if it's true but this is from a post by "The Bear":

"By the way, the oils in fresh coffee seem to have an ability to stimulate insulin release. Not the
caffeine, nor will defatted instant, only whole brewed coffee. I have had to stick to just one cuppa in the early morning, drat it.”

Very interesting.

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**RE: Zero Carb / Meat and Water - Lauren - 05-28-2008 04:36 AM**

Week 3 Progress Report: Meat/Cheese/Egg/Herbal Tea/Water

Start weight/ BF 119.6 27%
Week 1 119.6 27%
Week 2 119.4 27.5%
Week 3 121.6 27%

Well, I got up enough courage to weigh myself. Since this is the usual TOM when I gain, I'm not going to worry about the two pounds. Hopefully it will be gone by next week.

Charles, I have a question for you. I've noticed that during these past two weeks, I have experienced high energy and appetite suppression at times and low energy at strong appetite at times. Do you think that this means that sometimes I am burning fatty acids and other times not? Would it be logical to go in and out like that or do you think that once you adapt to burning ketones, then it's more consistent? Not that I know exactly what to make of the keto sticks, but they are sometimes purple and sometimes trace. There are no new additions to my menu so if anything, I am going closer to zero since my egg and cheese consumption is getting less and less.

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**RE: Zero Carb / Meat and Water - Charles - 05-28-2008 07:40 AM**

Lauren Wrote:

Charles, I have a question for you. I've noticed that during these past two weeks, I have experienced high energy and appetite suppression at times and low energy at strong appetite at times. Do you think that this means that sometimes I am burning fatty acids and other times not? Would it be logical to go in and out like that or do you think that once you adapt to burning ketones, then it's more consistent? Not that I know exactly what to make of the keto sticks, but they are sometimes purple and sometimes trace. There are no new additions to my menu so if anything, I am going closer to zero since my egg and cheese consumption is getting less and less.

We always burn fatty acids, period. The only time you don't is when your insulin rises either in response to a carbohydrate meal or in contemplation of one. So in a sense, you do burn fatty acids sometimes and sometimes not.

Low energy generally means you're not eating enough. Strong appetite should follow these periods of low energy and it's important to feed it. When you're feeling the hungriest, I wouldn't eat cheese or eggs at that point. That's when you want to some fatty beef and you should eat as much of it as you want.

The longer you are on this, the keto sticks should be trace or nothing because that will indicate that you're using all your ketones and not wasting any. I would imagine that during times that your insulin is raised, your sticks might turn purple at that time. Your brain and many tissues use ketones, but your muscles don't use so much. They will burn fatty acids and they will "spare" any glycogen you have in your muscles like they're supposed to.
You're doing fine. Just keep it up. One day soon you'll feel like exercise and we'll get to that. Once you begin some weight training, you'll get the body that you want. Your weight is not the issue at all. You just need some muscle on that frame and you'll be just as shapely as you're envisioning. You won't bulk all up unless you take steroids!

Regards,

Charles

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**RE: Zero Carb / Meat and Water - Mary - 05-29-2008 08:32 AM**

Good Morning Charles,

Have a question and just need a little reassurance. I ate alot of ground beef for dinner last night. I probably ate about 14 ounces of meat and it was well done. It just turned out well done and have to admit I kind of loved it. I also had another burger for breakfast which was about 7 oz. Right now (10:30) I am stuffed and probably won't want much for lunch at 12:30 or 1:00. We will see. Both times I ate till the beef didn't taste good to me anymore. I usually eat my beef med rare so dinner will be med rare rib eye so I can get my vitamins. Is this right and does it matter if not all the beef is on the med rare side. I kind of like the ground beef on the done side.

Thanks Charles,

Mary

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**RE: Zero Carb / Meat and Water - Charles - 05-29-2008 09:12 AM**

Mary Wrote:

Good Morning Charles,

Have a question and just need a little reassurance. I ate alot of ground beef for dinner last night. I probably ate about 14 ounces of meat and it was well done. It just turned out well done and have to admit I kind of loved it. I also had another burger for breakfast which was about 7 oz. Right now (10:30) I am stuffed and probably won't want much for lunch at 12:30 or 1:00. We will see. Both times I ate till the beef didn't taste good to me anymore. I usually eat my beef med rare so dinner will be med rare rib eye so I can get my vitamins. Is this right and does it matter if not all the beef is on the med rare side. I kind of like the ground beef on the done side.

Thanks Charles,

Mary

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No, Mary. Eat your ground beef on the done side. That's what I do. I like my steaks medium to medium-well, but I don't play around with ground beef, ground pork or chicken for that matter. I cook it.

---

**RE: Zero Carb / Meat and Water - Mary - 05-29-2008 09:26 AM**

[quote]

No, Mary. Eat your ground beef on the done side. That's what I do. I like my steaks medium to medium-
well, but I don't play around with ground beef, ground pork or chicken for that matter. I cook it.
[/quote]

Oh Good!!!!!! I baked the burgers at 250 because I was leaving for awhile and wanted something warm to eat at 8:00 when I got home. Wow, I am making them again they were yummy. We only eat well done chicken and pork, also.

Still a little nervous eating this much but it looks like I lost 1/2 pound this morn. I am almost done loosing the 7 pounds I regained.

---

**RE: Zero Carb / Meat and Water - Lauren - 05-29-2008 01:33 PM**

Mary Wrote:
Oh Good!!!!!! I baked the burgers at 250 because I was leaving for awhile and wanted something warm to eat at 8:00 when I got home. Wow, I am making them again they were yummy. We only eat well done chicken and pork, also.

Still a little nervous eating this much but it looks like I lost 1/2 pound this morn. I am almost done loosing the 7 pounds I regained.

Hi Mary,

How long do you cook your burgers at 250? I always pan fry them- do you prefer baked?

Was that 14 oz. of cooked beef that you ate for dinner? I know what you mean about feeling nervous about eating so much. It makes me feel like I'm jumping off into the abyss. One day I ate a steak for lunch- it was fairly small and I was still hungry so I ate a large hamburger. I was full for a LONG time.

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**RE: Zero Carb / Meat and Water - Charles - 05-29-2008 01:41 PM**

Mary Wrote:
Still a little nervous eating this much but it looks like I lost 1/2 pound this morn. I am almost done loosing the 7 pounds I regained.

Lauren Wrote:
I know what you mean about feeling nervous about eating so much. It makes me feel like I'm jumping off into the abyss. One day I ate a steak for lunch- it was fairly small and I was still hungry so I ate a large hamburger. I was full for a LONG time.

That's the spirit, Ladies. You were full for a LONG time? That's exactly what's supposed to happen. That's why I don't believe in "overeating." If you eat a lot of food, you'll just wait longer before you eat the next time. If you eat a little food, you'll just eat that much sooner. Soon you'll be in control of the situation and you'll decide how full and how long you want to wait until the next meal.

I will probably grab a piece of lunch meat or something on the way to the gym tonight, but it won't be much because I know I'll eat dinner after working out.
You are now living proof that it's not about calories, but about getting full!

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**RE: Zero Carb / Meat and Water - Mary - 05-29-2008 01:51 PM**

Lauren Wrote:

Hi Mary,

How long do you cook your burgers at 250? I always pan fry them- do you prefer baked?

Was that 14 oz. of cooked beef that you ate for dinner? I know what you mean about feeling nervous about eating so much. It makes me feel like I'm jumping off into the abyss. One day I ate a steak for lunch- it was fairly small and I was still hungry so I ate a large hamburger. I was full for a LONG time.

Hi Lauren,

I made really large patties and then baked them for about 2 hours. I didn't really plan to do them quite that long but it just worked out that way. They tasted wonderful to me. Like little meat loaves even though I didn't put a darn thing on them. Yummy at least to me.

Yes, 14 oz of the cooked ground beef for dinner. I was really hungry and this morning I ate 3 1/2 oz at about 6:30 and another 3 1/2 oz at 9:30. Nothing since then and I'm still really full. We won't eat dinner till 7:00 so I might have to snack on a little of the ground beef but right now my tummy feels full. Yes, eating a big quantity at one time makes me a little scared. This is a fun experiment.

How are you doing today? Still feeling good and lots of energy?

Mary

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**RE: Zero Carb / Meat and Water - Mary - 05-29-2008 02:01 PM**

Thanks Charles for all the advice and the reassurance.

P.S. The idea to bake meat at 250 came from Casey. (BlackPhase)

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**RE: Zero Carb / Meat and Water - Lauren - 05-30-2008 04:09 AM**

Mary Wrote:

Yes, 14 oz of the cooked ground beef for dinner. I was really hungry and this morning I ate 3 1/2 oz at about 6:30 and another 3 1/2 oz at 9:30. Nothing since then and I'm still really full. We won't eat dinner till 7:00 so I might have to snack on a little of the ground beef but right now my tummy feels full. Yes, eating a big quantity at one time makes me a little scared. This is a fun experiment.

How are you doing today? Still feeling good and lots of energy?

Mary

Hi Mary,
I do feel good. My energy is up and down but overall I still feel very encouraged to keep going. I'm surprised at how much I don't miss other foods most of the time. It sounds like you are doing straight meat and water- that's great. I seem to need a little cheese, eggs and herbal tea now and then.

Besides really great sleep, I am dreaming like crazy. I hadn't remembered my dreams for a long time (I think because I never used to sleep long enough to get to that state) and now I wake up remembering vivid dreams. Also, my hair is no longer falling out. When I was on low fat, it was terrible. It wasn't noticeable but it would scare me how much I would lose when I brushed my hair. My teeth also are improving and stay a lot cleaner.

Even though I'm not losing any fat yet, these improvements are really keeping me going and convinced that my body is responding positively to this diet. I look forward to hearing about your progress as well. I'm motivated when I read Charles and The Bear since it has worked so well for them and has kept them at their ideal weight. I really want to see it work that way for some women.

I am going to try baking some burgers today.

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**RE: Zero Carb / Meat and Water - Lauren - 05-30-2008 04:24 AM**

Charles Wrote:
That's the spirit, Ladies. You were full for a LONG time? That's exactly what's supposed to happen. That's why I don't believe in "overeating." If you eat a lot of food, you'll just wait longer before you eat the next time. If you eat a little food, you'll just eat that much sooner. Soon you'll be in control of the situation and you'll decide how full and how long you want to wait until the next meal.

This is such common sense but it feels like a revelation to me.

Charles, were you ever a grazer or did you always eat three meals a day? I used to be a constant snacker and rarely ate big meals. I still have a hard time eating enough to get me through 5-6 hours on a regular basis. I often eat a little, feel full and then stop to find myself needing to eat a few hours later. I'm going to consciously eat a larger lunch today to try to get to dinner at 7:00. It's easy when I'm hungry but sometimes I just don't feel hungry for a big meal but then need to eat again too soon.

---

**RE: Zero Carb / Meat and Water - Mary - 05-30-2008 06:31 AM**

Lauren Wrote:

Hi Mary,

I do feel good. My energy is up and down but overall I still feel very encouraged to keep going. I'm surprised at how much I don't miss other foods most of the time. It sounds like you are doing straight meat and water- that's great. I seem to need a little cheese, eggs and herbal tea now and then.

Hi Lauren,

I feel well also. I slept very well last night and usually wake up at least once so that is a good sign. No, I am not at the only meat and water stage yet. I have at least one cup of real coffee and a diet coke a day. Some days two cups of coffee but today I'm trying to have de caff for one of the cups. I know that coffee
is a bad thing but I am addicted and love it and will work on that. I have had american cheese this week and will stop that because it's not working well for me. Also, when we go out I pick at a salad. I don't like to call attention to the fact that I'm not eating veg because everyone then wants to give advice. If a person just takes a bite now and then no one says a word. So you see it's a long journey to pure meat and water but that's ok because I tell myself that I'm not in a hurry and good health is the main thing. HA-I WOULD LIKE TO LOOSE THIS WEIGHT IN A WEEK, WHO AM I KIDDING.

Have a great meaty day,
Mary

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**RE: Zero Carb / Meat and Water - Divine Miss M - 05-31-2008 12:07 AM**

Charles, Linda Sue, Lauren, Mel, Mary:

Hello! I just got a chance to read thru the entire thread and I'm very intrigued. I've been experiencing 'stall-gains' since November and notice that, of late, I only lose when I do the m/e deal - specifically, lots of eggs. (I can only guess I crave eggs due to sulfur content).

Anyway, I lost 100 lbs. in 6.5 months but I am not yet at goal. I simply can't get past that marker. In fact, I get very close and then bounce right back up, have to go to mostly m/e to lose it but then bounce as soon as I'm 'this close' to the 100 lb loss. I've gone thru that same process so many times I've lost count.

Diabetes runs in my family - mostly from mom to daughter, for at least three generations. Due to what I've read in this thread, my own experience indicates I'm now at the point where I 'have' to eat only protein and fat, so I'm going to join you and get even tougher with myself.

First, I want to be sure I have this 'woe' straight:

- all proteins, including their natural fat  
- however, avoid eggs and cheese and dairy products  
- no caffeine; drink water  
- no 'artificial sweeteners' [not even stevia or Splenda]  
- use Celtic sea salt, if at all possible  
- have lc veggies only if I feel weak or dizzy, but keep the amt scant  

In fact, that is exactly what I've done with some of my 'cycling' but I do use stevia, I do eat eggs, and sometimes cheese. I've basically given up all veggies.

This week, I did m/e and lost 6 lbs., but I'm not overly excited because these are the same numbers I always see.

However, if I understand the guidelines for this lifetime woe that Charles and LindaSue have been following, and I see that it works for me, also, I'll definitely be very excited!

Thanks so much for the interesting thread and the motivation!

---

**RE: Zero Carb / Meat and Water - LindaSue - 05-31-2008 06:45 AM**

Divine Miss M, if you are losing weight while eating eggs, I wouldn't give them up just yet. They may not be a problem food for you. Losing six pounds in a week seems to indicate that eggs are fine for you.
I would keep things the same as you're doing and if you stall then leave the eggs out and see what happens.

How much more weight do you need to lose? Just curious.

---

**RE: Zero Carb / Meat and Water** - lowcarbscott - 05-31-2008 08:18 AM

I have been lurking on this thread all week. I dropped the vege's and fruit last sunday.

I have been eating the following.
Main courses of: beef, chicken, pork, eggs
Snacks: franken food snacks, red wine
Drinks: coffee, water, ice tea, limited diet soda
Exersize, 4 days 30 to 45 minutes

I have seen a dramatic increase in energy. I also don't feel deprived of anything, except maybe beer 😞

Down 4.8 lbs as of this morning.

Thanks all for your posts here.

---

**RE: Zero Carb / Meat and Water** - LindaSue - 05-31-2008 09:36 AM

lowcarbscott Wrote:

I have been eating the following.
Main courses of: beef, chicken, pork, eggs
Snacks: franken food snacks, red wine
Drinks: coffee, water, ice tea, limited diet soda
Exersize, 4 days 30 to 45 minutes

I have seen a dramatic increase in energy. I also don't feel deprived of anything, except maybe beer 😞

Oooh, frankenfoods. Care to elaborate? It sounds like they're working for you, so far at least. I do use them on rare occasions but they scare me.

---

**RE: Zero Carb / Meat and Water** - lowcarbscott - 05-31-2008 11:17 AM

Linda Sue

Atkins bars and some low carb ice cream bars. I am using one or the other per day.
I also forgot to add that I am still eating butter and limited amounts of cheese.

Scott

---

**RE: Zero Carb / Meat and Water** - lowcarbscott - 06-01-2008 11:32 AM

Well, My 7 day Near Zero experiment yeilded a 5.5 lb weight loss.

I celebrated by grilling a 1lb cube of hamburger for lunch today 😞
DW thinks i have lost it.

Scott

---

**RE: Zero Carb / Meat and Water - Charles - 06-01-2008 06:05 PM**

Lauren Wrote:
This is such common sense but it feels like a revelation to me.

Charles, were you ever a grazer or did you always eat three meals a day? I used to be a constant snacker and rarely ate big meals. I still have a hard time eating enough to get me through 5-6 hours on a regular basis. I often eat a little, feel full and then stop to find myself needing to eat a few hours later. I'm going to consciously eat a larger lunch today to try to get to dinner at 7:00. It's easy when I'm hungry but sometimes I just don't feel hungry for a big meal but then need to eat again too soon.

Oh no, Lauren. I used to be a big grazer. On my low fat diet, I ate every two hours. I would really be hungry. I had popcorn, nuts, apples, etc. I was just like the people I observe in my office, they eat every two hours without fail.

One of the things that let me know that low-carb was correct was that I remembered my youth. I used to eat my mother's food and I was always full. I never remember going to bed even a little bit hungry. We weren't rich by any means but we were a meat and potatoes type of family and we always ate to satiety.

When I began low-fat dieting, it didn't feel natural because the food tasted terrible and I was always hungry. I got skinny (221 to 178) and everyone said I looked gaunt and too skinny. When I got to 178 on my low-carb diet, everyone talked about my muscles which they still do at 156. I'm never hungry anymore unless it's time to really eat.

When I finished my race this morning, a guy was talking to me and he was remarking how he could now go and eat breakfast and not have to feel guilty about it because we just ran a 6.2 mile race. I thought to myself, I never feel guilty about my breakfast and I can always eat as much as I need to get full.

The zero-carb lifestyle is about not having to make apologies.

---

**RE: Zero Carb / Meat and Water - Charles - 06-01-2008 06:09 PM**

Lowcarbscott Wrote:
Well, My 7 day Near Zero experiment yeilded a 5.5 lb weight loss.

I celebrated by grilling a 1lb cube of hamburger for lunch today 😊

DW thinks i have lost it.

Scott

Great job, Scott. If eating those things is working for you, I can only look on fondly with jealousy. I used to love the Atkins bars and I really use to put away some low-carb ice cream. I just reached a point were I couldn't go any further so I dropped them to continue on. I always said I would have something like that rarely, but I never seem to get around to it.
Regards,

Charles

RE: Zero Carb / Meat and Water - Charles  06-01-2008 06:14 PM

Divine Miss M Wrote:
However, if I understand the guidelines for this lifetime woe that Charles and LindaSue have been following, and I see that it works for me, also, I'll definitely be very excited!

Thanks so much for the interesting thread and the motivation!

Welcome and I hope that something here inspires you not to give up and that hopefully we can plug up what's missing and you'll be on your way to a lasting solution.

It sounds like a life sentence, but it really is that, a life-sentence and not a doorway to an early disease. If you can find the right combination of foods that lead to good health and your whole body works better as a result, then you would be following what is by definition a healthy diet. When you get on board, you will find that you don't even miss the old things, especially those things that will make you feel less than you feel when healthy.

I know I can have any number of foods. I could have a piece of cake or whatever it is. I could just go back to my stable of established foods for the next few days and everything would be fine. However, as I go on through life, I find that I don't want to put these things in my body even for a short period of time because I love how I feel on my healthy diet. I love how I look, how I feel, how all my bodily systems work just like a college student, and there's no need to mess with that.

Again, welcome and best regards,

Charles

RE: Zero Carb / Meat and Water - Divine Miss M  06-04-2008 02:04 AM

Charles, thanks for that encouraging note! I have to say that there is 'no way' I'm giving up! I have come too far to do that, and I really don't consider eating 'this' way a sentence. I'd be happy to do it to feel better and be at goal wt. for the rest of my life. That's been my attitude since Icing last May, despite what others may say to me - e.g., that 'it's impossible' to low carb for life. Baloney - it's all about mindset and metabolism, which I am convinced is the real battle.

My problem is discovering what is stopping me from finishing this journey to goal, so I can continue my low-carb lifestyle at maintenance. I am fully aware that this lifestyle isn't until goal but forever. And honestly, that's fine by me. :>

I do know I have a serious problem with water retention, but my doc is no help except to say it's due to the arthritis or the fibromyalgia and I just have to learn to endure it. [Not!]There 'has' to be a solution to getting water retention under control. Something is 'seriously up' when a person can lose and drop it like the proverbial hotcake within a week [we're talking stuff like a 7 lb. overnight gain or loss, or 15 - 18 lbs. total gain in a week, followed by losing it when going to all fat/protein]. The last time I had my kidneys checked, doc says all was ok, but that doesn't answer 'why' I have such severe water retention when the weather changes, here in Michigan, where Mother Nature seems to have perpetual mood
Lemon water helps me with that water retention difficulty, btw, but it seems I have to swim in the stuff to keep it manageable.

Linda Sue, thanks for the advice about the eggs. To answer your question, I have quite a way to go yet. According to various charts, I should be anywhere from the 140's to 155. Now I know from experience that I'd be super-thin at that weight; I'm small-boned but I have the classic figure 8 figure which means I can carry more wt. that I seem to be. At any rate, I'll be happy at 165 or at a wt. close to it - if I feel great and have 'good' tone at a higher wt., I'll be happy with that, too. So for now, I'm aiming for 165 but I am more concerned about measurements at goal, since wt. is a 'relative' thing.

As of today, I am 228 [again] after a bounce to 234, which means I'm once more in the downward trend [which never lasts; the up and down cycle has been my experience since Nov. 2007]. My lowest was 214 [the 100 lb. marker] but the wt. will not even stay there much less drop further. Instead the scale just bounces right back up as soon as I'm at 215-216, regardless of sticking with m/e or exercise. I think a 6 month bout of 'stall-gains' is enough already!

So here we go again; in the meantime, I'm starting a new regime, including a natural cleanse that especially supports the liver. Some reading on fibro indicates a lack of sulphur may be the cause of the illness, so I'm also adding a few more supplements, in addition to everything else I already take. (The extra need for sulphur may also explain my recent cravings for eggs, eggs, eggs, which is what had me wondering 'why'. I mean, whoever heard of a craving for eggs, of all things?)

As I wrote earlier, I also suspect candida is a culprit or 'roadblock' to my final success of regained health. [I've come a long way, not only with weight but in getting off all meds, and that is something I will always keep in mind.] Due to a year of low-carbing, I think candida is under control but not eradicated, which would also account for the bounces, as well as some other symptoms that keep resurfacing when I least expect it.

So that's the quick fill-in on yours truly..

Thanks for the warm welcome!

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**RE: Zero Carb / Meat and Water** - Clabbergirl - 06-04-2008 07:18 AM

I am sort of proud of myself and just had to tell someone. I think I can count yesterday as the first full day of eating this way that I've managed. I ate nothing but meat or cheese at every meal/snack. I was super busy so I didn't have much time to think about things, and I had precooked some ground hamburger so it made transporting to work easier, both obstacles I am very worried about on a continued basis. I didn't even have a chance to see any TV, which probably made it easier to hold back on cravings for carbs. (Those Pizza Hut commercials KILL me!)

This morning however, I'm having cravings well before the time I usually do. Is this pretty normal? I just ate a bunch of beef jerky, then read the empty package and saw it had sugar in it, although a small amount. So am I left with making my own jerky on top of cooking for breakfast, lunch and dinner the night before? I want to do this, but I'm drawing a blank on how to stay ahead of my meals and hunger, and keeping things portable. I cooked 6 lbs of hamburger the night before last, and already 3lbs of it is gone. The other 3 will be gone by lunch, and I will have to find something for dinner, which won't be happening until around 7 for me considering my schedule. I boiled a dozen eggs over the weekend, then consumed 10 of them (with mayo) the next morning in one sitting, and only stopped myself because I
felt guilty that I ate so much. At that rate, I will have to buy 5 or 6 dozen eggs a week. Is this excessive, or is this the norm for those eating eggs on this lc/zc diet?

I'm feeling very glad that I made it one day, but also very unprepared to continue, and that's setting myself up for failure. My husband has been helping prepare meals for the family lately, but he won't be able to do that forever, and I'm worried about fixing their meals and then not eating them (because I hate cooking and see eating what I cook as some sort of weird reward for making the meal in the first place). How do others cook carb meals for their family and not eat them? Sheer willpower? I feel like an alcoholic in a liquor store in that kind of situation.

This forum is great, and thanks for any suggestions. I have a lot of mental blocks on this whole eating plan, and if my questions seem childish or contrary, I do not mean them to be that way. I'm not even sure I know what hunger is half the time, it's probably a lot of compulsion to eat carbs, carbs, and more carbs.

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**RE: Zero Carb / Meat and Water - [Charles](#) - 06-04-2008 12:52 PM**

Clabbergirl Wrote:
I am sort of proud of myself and just had to tell someone. I think I can count yesterday as the first full day of eating this way that I've managed. I ate nothing but meat or cheese at every meal/snack. I was super busy so I didn't have much time to think about things, and I had precooked some ground hamburger so it made transporting to work easier, both obstacles I am very worried about on a continued basis. I didn't even have a chance to see any TV, which probably made it easier to hold back on cravings for carbs. (Those Pizza Hut commercials KILL me!)

I am very proud of you. Sorry it took me a while to see your note. I've been having so much fun over in the Eades discussion thread that I've neglected to check my favorites.

The cravings are due either to the cheese, eggs, or both. Those things both give me cravings and weight gain so I had to eliminate them from my diet. I really like cheese too, but for now, only brie gets in occasionally. You may try your ground beef without the cheese and eggs and see what happens. If you weigh a lot, you should eat a lot. Don't apologize or feel bad. You don't want to eat at the level you're going to, you want to eat according to your appetite and as you shrink down, your appetite will adjust some. Either way, you won't notice it. Just eat until you're full and that's it.

If you're not hungry, don't eat. Don't think you have to eat three or four times or whatever. I just don't want you to go around feeling hungry. By the same token, you don't need to eat "just because."

Clabbergirl Wrote:
This morning however, I'm having cravings well before the time I usually do. Is this pretty normal?

It may be for you due to the level of hyperinsulinemia you experience. You should be able to last 5 or 6 hours. If not, then you have to eat more often. Eliminate the cheese, eggs and sugar loaded jerky and see if that takes care of the cravings and allows you to stay full longer. Jerky shouldn't really be that bad in spite of the sugar, but the nitrates and nitrites bother people as well so that's something you'll have to watch.

Clabbergirl Wrote:
So am I left with making my own jerky on top of cooking for breakfast, lunch and dinner the night before?
If that's what you want. I do cook breakfast and I make lunch in the morning before I go to work. Fortunately, I don't have to worry about dinner. You could always get a Monster plain at Hardees. Fabulous sandwich. Their burgers are the most flavorful in my opinion than any others, although I wouldn't hesitate to get any burger if that is what was available and I was hungry.

Clabbergirl Wrote:
I want to do this, but I'm drawing a blank on how to stay ahead of my meals and hunger, and keeping things portable. I cooked 6 lbs of hamburger the night before last, and already 3lbs of it is gone. The other 3 will be gone by lunch, and I will have to find something for dinner, which won't be happening until around 7 for me considering my schedule.

Hopefully, LindaSue or some of the others will chime in here with ideas. Unfortunately, I eat the same things most days. I do bacon and ground pork for breakfast (experimenting by substituting from my ground beef since the pork has more fat) and for lunch I have a ribeye from Wal-Mart.

Clabbergirl Wrote:
Is this excessive, or is this the norm for those eating eggs on this lc/zc diet?

There is no "norm." The questions only concern you, your appetite, how long you can go between experiencing hunger, and whether you are losing weight. That's it.

Clabbergirl Wrote:
This forum is great, and thanks for any suggestions. I have a lot of mental blocks on this whole eating plan, and if my questions seem childish or contrary, I do not mean them to be that way. I'm not even sure I know what hunger is half the time, it's probably a lot of compulsion to eat carbs, carbs, and more carbs.

You're welcome. I love your questions and please don't hesitate to ask them. I'll make sure to check this thread each day to see if you have asked any more. Hopefully some of the others will chime in with ideas.

Best regards,

Charles

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RE: Zero Carb / Meat and Water - LindaSue - 06-04-2008 01:57 PM

Clabbergirl Wrote:
I want to do this, but I'm drawing a blank on how to stay ahead of my meals and hunger, and keeping things portable. I cooked 6 lbs of hamburger the night before last, and already 3lbs of it is gone. The other 3 will be gone by lunch, and I will have to find something for dinner, which won't be happening until around 7 for me considering my schedule.

I'm not in the situation where I have to pack food to take with me. Any time that I have had to in the past, I was eating more carbs so I had a lot more options (salads, etc.). Since I eat hamburgers or just cooked crumbled ground beef most of the time now, that's what I'd pack in my lunch. Any kind of leftover meat would be good. If you don't mind using some mayonnaise, you could make egg salad, tuna salad or chicken salad. Hard boiled eggs are easy to pack as well.
Clabbergirl: Well, it helped me to imagine a skull and bones on certain foods...cuz that's what they are, especially for us. In the beginning, when I was still honestly hungry, I had more protein. Didn't need much, since it fills one up so quickly, and the tummy is happy for hours [as my littlest one phrases it].

I also got to a point where dinner is simply protein and salad, for all concerned. We kept it simple when I started out with lowcarbing - intending to make it work, no matter what - but I'm also fortunate that my dh is not super-picky and doesn't demand certain foods. Also, most of my kids are older now, so if they want something that I will no longer make, they will make it. Those occasions are fewer and farther between - mostly, it comes down to times when they want mashed potatoes or rice pilaf. We no longer buy potatoes, rice, etc., on a regular basis, and the kids are converting to low-carb tortillas when they want bread. One of my older boys still wants the bread and that is hard to control with a 21 yo young man. 😞

There was a time when I fixed a meal of protein, veggie or salad, two starches for my large family...now, as I noted earlier, it's down to 2 dishes for dinner. Breakfast and lunch are also super-simple, like eggs and Canadian bacon (if you can handle the eggs), or no-nitrate 'fried' Italian salami (like Genoa, if you can find it). Sometimes, if we're in the mood, we make homemade low-carb cheesecake with an almond-meal/flaxseed crust for a dinner dessert. I don't do indulge often, since I usually maintain my wt. the next day but it's a nice treat for the family and it's still low-carb. (I'm trying to slowly convert all of them to a low-carb lifestyle; it's not perfect yet but everyone is much more conscious of sugar, sugar products, anything that ends with 'ose', MSG, and other things not good for us.)

Simple, but it worked. I think that's what they call KISS - Keep It Simple, Sweetie!

I made it another day without succumbing to the carb monkey on my back - whew! This is half way into Day 3. I hope it gets easier with time. Charles, I do weigh a lot for my frame, so maybe my appetite is to be expected at this number. In the last 4 years I've gradually switched from a pear shape body type to an apple shape (or maybe an apple and pear combined!), to my frustration. A lifelong friend who has watched me yo-yo through the years told me some time back that this weight gain looks different on me from the others - I look 'puffy'. I'd had an inkling there were insulin/metabolic issues for some time, but when I was tested for diabetes then, it was negative.

My mother was a newly diagnosed Type I diabetic when she was pregnant with me, and I was born a full month early weighing in at 10lbs 9oz, and we are not big-boned people. They told her diabetic babies were usually overly large because of the disease. Every doctor I've mentioned that to writes it off like it has nothing to do with how my body processes sugars, but I have always wondered how could it not?

This high protein/high fat diet really is my last ditch attempt at control. I have the desire, and am working on the motivation, now I just need the skills. I may be carting a 30 gallon cooler with me to work for awhile, but hey...

One question: How do you handle eating at a pizza restaurant or pizza buffet? Scrape things off the top and eat just that, or live off the shredded cheese from the salad bar (provided you can handle cheese OK)?
Clabbergirl Wrote:
I made it another day without succumbing to the carb monkey on my back - whew! This is half way into Day 3. I hope it gets easier with time.

Congratulations! It does get easier, but you have to stay out of your body's way. It will adapt but it takes a little time. Your body is accustomed to predicting what you're going to do. Once it sees that you're not doing those things anymore, it will attempt to adapt to your new diet.

Clabbergirl Wrote:
Charles, I do weigh a lot for my frame, so maybe my appetite is to be expected at this number.

I think so. I only weigh 156. I can't imagine a 200 pound person eating less than what I eat. I don't feel like I eat less than I did when I was 207. I suppose maybe I do, but I don't really think so. I certainly feel full when I stop eating just as I always have. I never go hungry, at least not for long anyway.

Clabbergirl Wrote:
I look 'puffy'. I'd had an inkling there were insulin/metabolic issues for some time, but when I was tested for diabetes then, it was negative.

If you read the article, "Thin Man's Diabetes" then you know that by the time the test reads positive, the major damage has already been done. Those tests are fasting tests and they don't tell you what your bloodsugar level is most of the time.

Clabbergirl Wrote:
My mother was a newly diagnosed Type I diabetic when she was pregnant with me, and I was born a full month early weighing in at 10lbs 9oz, and we are not big-boned people. They told her diabetic babies were usually overly large because of the disease. Every doctor I've mentioned that to writes it off like it has nothing to do with how my body processes sugars, but I have always wondered how could it not?

You are very wise not to ignore this.

Clabbergirl Wrote:
This high protein/high fat diet really is my last ditch attempt at control. I have the desire, and am working on the motivation, now I just need the skills. I may be carting a 30 gallon cooler with me to work for awhile, but hey...

Hey, some people pay thousands of dollars to get their weight reduced. They endure surgeries, tortures, liquid diets, you name it. The diet industry is a billion dollar industry. I'm not suggesting any products and I'm not getting paid to tell you anything either. I'm telling you to eat real food that your body was designed to easily and efficiently handle. When you do this, your body will regulate your weight just as its supposed to.

All you have to do is listen to your body and eat when it tells you to.

Clabbergirl Wrote:
One question: How do you handle eating at a pizza restaurant or pizza buffet? Scrape things off the top and eat just that, or live off the shredded cheese from the salad bar (provided you can handle cheese OK)?

I would not go to such a place 😞 But, if I had to... I would see if they have chicken wings. I really can't imagine what I would actually eat there. I don't eat cheese or tomatoes or their products so I'm not sure. I suppose I would look for any meat and just scrape it off.

Actually, to be honest, I probably wouldn't eat anything there. There have been times where I just wanted to socialize with my friends so I would go to a restaurant with them and just get a glass of water and chat. Then, I would go and get some real food later. Alternatively, I would eat a big, juicy steak before I go and just drink water at the place.

Regards,

Charles

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Thanks for such a quick response.

I have teenagers, and imagine I'll find myself at a pizza parlor or movie theater sooner rather than later. I can hardly stand to eat raw vegetables anymore (IBS supposedly) so even a salad can be excruciating. Right now I don't trust myself to ignore the carbs in a "carb-rich environment", so maybe I should do my best to ignore these kinds of minefields. Bread and meat are pretty much the only things I have left, and a diet of starches has gotten me nowhere.

I know you recommend cutting out coffee, diet drinks, etc., but I'm honestly not ready for that yet. One thing at a time. This forum is a great place - wonderful info and support!

Thanks so much.

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RE: Zero Carb / Meat and Water - Charles - 06-05-2008 10:56 AM

Clabbergirl Wrote:
Thanks for such a quick response.

I have teenagers, and imagine I'll find myself at a pizza parlor or movie theater sooner rather than later. I can hardly stand to eat raw vegetables anymore (IBS supposedly) so even a salad can be excruciating. Right now I don't trust myself to ignore the carbs in a "carb-rich environment", so maybe I should do my best to ignore these kinds of minefields. Bread and meat are pretty much the only things I have left, and a diet of starches has gotten me nowhere.

I know you recommend cutting out coffee, diet drinks, etc., but I'm honestly not ready for that yet. One thing at a time. This forum is a great place - wonderful info and support!

Thanks so much.

You're welcome. I have three children also so I completely understand. Try Golden Corral instead. They
have pizza and stuff too, but they also have some much better food on their buffet.

I know, the drinks sound harsh, but what I've found is that they are like gateway drugs. One can ingest far more sugar through a drink than they can if they were eating sugar. Not to mention, recent studies show that those zero-calorie things actually raise your insulin and cause cravings which leads to a person eating more of these frankenfoods than they would if they just ate the real thing.

When you have a "taste for the sweet" in your mouth, it makes everything else so much more difficult. You will gravitate towards the saucy meats, the cheeses and even nuts and other spices. All of these things tend to keep your insulin elevated and when its elevated, you are not mobilizing fatty acids.

Don't worry, you're perfectly fine doing it "one thing at a time," but give some thought to what's going on in your body. It's a small price to pay when your health is at stake and I want to see you succeed.

Best regards,

Charles

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**RE: Zero Carb / Meat and Water - Lauren - 06-05-2008 06:22 PM**

Clabbergirl Wrote:
I know you recommend cutting out coffee, diet drinks, etc., but I'm honestly not ready for that yet. One thing at a time. This forum is a great place - wonderful info and support!

I still drink herbal tea so I'm not there yet either but I just wanted to give you some encouragement about giving up diet drinks. My husband and I used to go through a case every day. Our whole fridge was full of cans of Diet Slice and Diet Coke. I also used to put about 12 packets of Splenda in our morning oatmeal. We're now soda, artificial sweetener, and sugar free. I still can hardly believe it because I used to feel life would not be worth living without it. If we can do it, anyone can. I can honestly say that I don't miss it. It feels really good to have that monkey off my back.

When you're ready, you will be able to do it. Good Luck!

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**RE: Zero Carb / Meat and Water - Clabbergirl - 06-05-2008 08:33 PM**

How did you ever get over that much of a sugar addiction? Holy cow!

I'm not that bad, but I drink about 2 cups of coffee before work with splenda (and now heavy cream & a tbsp of coconut oil). I don't drink many diet cokes during the week, but the weekend is heavy with diet coke. I believe wholeheartedly that diet cokes make me hungrier than if I don't drink one, or hungry sooner. I drink herbal teas throughout the day and I've started taking stevia with that...otherwise it's water or maybe Crystal Light for a treat. I have to do things one at a time, at least right now. But I'm amazed if you had that much sugar substitute in your life, how you did it...cold turkey or gradually?

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**RE: Zero Carb / Meat and Water - Charles - 06-06-2008 06:24 AM**

Clabbergirl Wrote:
How did you ever get over that much of a sugar addiction? Holy cow!
It was easier once I read this:

**Stomach cramping and diarrhea are certainly not as serious as the conditions associated with some of the non-nutritive sweeteners, but the sugar alcohols can cause other more serious problems. One of these conditions is metabolic acidosis, which can lead to acid reflux and an increased risk of cancer of the larynx. And diabetics and hypoglycemics should be aware that sugar alcohols do raise blood sugar levels, although not as much as sugar. Sugar alcohols also promote dehydration and loss of electrolytes, creating feelings of excessive thirst. This is a potential concern to those who consume a lot of low-carb, energy bar types of foods. Exercising after consuming these types of products may put one at risk for heat stroke, muscle cramping and cardiovascular problems. Those who are trying to avoid carbohydrates and burn body fat should also know that sugar alcohols will immediately take the body out of ketosis, the state wherein fat reserves rather than dietary calories are being metabolized. . . assuming that the body was in a state of ketosis to begin with.**

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**RE: Zero Carb / Meat and Water - Clabbergirl - 06-06-2008 06:39 AM**

Ah, but I shouldn't believe everything I read, now should I? 😐

I'm kidding, or rather, secure in my denial at this point. Even if none of things were true, and they probably are, I can logically see how the taste of sugar will just make a person want more, making a carb-free way of life even harder in the long run. I didn't see that Agave nectar on the list - is that an "okay" one?

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**RE: Zero Carb / Meat and Water - Charles - 06-06-2008 08:28 AM**

Clabbergirl Wrote:

Ah, but I shouldn't believe everything I read, now should I? 😐

I'm kidding, or rather, secure in my denial at this point. Even if none of things were true, and they probably are, I can logically see how the taste of sugar will just make a person want more, making a carb-free way of life even harder in the long run. I didn't see that Agave nectar on the list - is that an "okay" one?

You got me on that one....I'm not sure, but I doubt it 😊

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**RE: Zero Carb / Meat and Water - Lauren - 06-06-2008 10:27 AM**

Clabbergirl Wrote:

How did you ever get over that much of a sugar addiction? Holy cow!

I'm not that bad, but I drink about 2 cups of coffee before work with splenda (and now heavy cream & a tbsp of coconut oil). I don't drink many diet cokes during the week, but the weekend is heavy with diet coke. I believe wholeheartedly that diet cokes make me hungrier than if I don't drink one, or hungry sooner. I drink herbal teas throughout the day and I've started taking stevia with that...otherwise it's water or maybe Crystal Light for a treat. I have to do things one at a time, at least right now. But I'm amazed if you had that much sugar substitute in your life, how you did it...cold turkey or gradually?
The first time we "kicked" diet soda, we got a water cooler. It helped to have cool, clean water to drink. I think we paid off a credit card balance quickly with the money we were no longer spending on soda. We were off it for about a year but then moved and the stress weakened us.

This time, we quit again cold turkey and it's been over two years. We had to go cold turkey both times since we were so out of control.

Starting LC was the beginning of the end with the artificial sweeteners. For that, I tapered off to using 1-2 packets of stevia per day. I have only been completely AS free for about a month- as long as I have been eating near zero carbs. I sometimes still crave a sweet but I don't want to open that door again. The taste for sweet is such a downfall for me and it seems easier to just to not have any at all.

As for Agave, I think that it's just as bad.

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**RE: Zero Carb / Meat and Water - Vesna - 06-06-2008 06:13 PM**

Hi, gang, I found this thread earlier today and have been reading through it.

I started meat and water earlier this week and am struggling through it! No coffee. No cream. I was soooo tempted to get coffee out of the vending machine yesterday afternoon and the day before that. I think the reason I was able to not obsess this afternoon was mainly because I was getting energy just from the fact that it's Friday.

I just feel weaker and more tired as the day and evening wears on. Maybe I'm not making myself enough to eat? Maybe the mistake I made in my whole foods + salad experiment, where my calories dipped to 1200-1500/day with <20g carbs, was not eating enough? Maybe I have this reactive hypoglycemia that I've been hearing so much about lately? I get hungry, but it takes so long and so much energy to prepare anything to eat...

Ain't that a cranky how-dee-do!

Here's my public Fitday URL in case anyone is interested: [http://www.fitday.com/WebFit/PublicJournals.html?Owner=weasel%21](http://www.fitday.com/WebFit/PublicJournals.html?Owner=weasel%21)

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**RE: Zero Carb / Meat and Water - Lauren - 06-08-2008 12:27 PM**

Vesna Wrote:

Hi, gang, I found this thread earlier today and have been reading through it.

I started meat and water earlier this week and am struggling through it! No coffee. No cream. I was soooo tempted to get coffee out of the vending machine yesterday afternoon and the day before that. I think the reason I was able to not obsess this afternoon was mainly because I was getting energy just from the fact that it's Friday.

I just feel weaker and more tired as the day and evening wears on. Maybe I'm not making myself enough to eat? Maybe the mistake I made in my whole foods + salad experiment, where my calories dipped to 1200-1500/day with <20g carbs, was not eating enough? Maybe I have this reactive hypoglycemia that I've been hearing so much about lately? I get hungry, but it takes so long and so much energy to prepare anything to eat...
Ain't that a cranky how-dee-do!

Here's my public Fitday URL in case anyone is interested:
http://www.fitday.com/WebFit/PublicJournals.html?Owner=weasel%21

Hi Vesna,

How are you doing with the meat and water? I'm always interested in how it's working for people (especially women). I haven't been able to stick to all meat and water yet but my diet is very meat-centric and my carbs are less than 10 per day. Thanks for sharing your fit day info.

RE: Zero Carb / Meat and Water - Clabbergirl - 06-09-2008 08:01 AM

Vesna I can relate on it taking a long time to prepare things. I struggle with this too. To those who think it doesn't take long to broil a steak or fry a burger, what is your secret because that is more time than I have some days. Frying or broiling a steak not only involves defrost & cook, but then clean up - which is probably the real reason I dislike cooking. I bought myself a toaster oven this weekend so I could broil steaks maybe easier/quicker, but didn't use it yet. I almost hate to get it dirty!

I am very new so I can't give much in the way of advice. I would like to ask you how the quality of your sleep has been during this first week, and commend you on the great job you've done on a very tough task. Have you been getting good sleep and drinking lots of water? Water consumption seems to directly affect how much energy I have..meaning if I get dehydrated, my legs feel like they are moving through sand.

RE: Zero Carb / Meat and Water - Vesna - 06-09-2008 08:09 AM

I'm working on a much longer post. Meantime, I've been feeling awful, but better today. My sleep has been awful, but better last night. Walking through sand: good description. I love to cook, but not so much when the ingredient list is so narrow.

Later!

RE: Zero Carb / Meat and Water - MAC - 06-09-2008 08:11 AM

Clabbergirl Wrote:
Vesna I can relate on it taking a long time to prepare things. I struggle with this too. To those who think it doesn't take long to broil a steak or fry a burger, what is your secret because that is more time than I have some days. Frying or broiling a steak not only involves defrost & cook, but then clean up - which is probably the real reason I dislike cooking.

Just put the frozen meat in the refridgerator a day or two ahead of time to thaw out. Saves the time of having to defrost. With respect to cleanup, get a cast iron pan to cook with. Once it is well seasoned you just have to wipe the interior with a paper towel. No cleanup. The heat will kill any bacteria.
MAC Wrote:
Just put the frozen meat in the refrigerator a day or two ahead of time to thaw out. Saves the time of having to defrost. With respect to cleanup, get a cast iron pan to cook with. Once it is well seasoned you just have to wipe the interior with a paper towel. No cleanup. The heat will kill any bacteria.

I second this advice. I do the same thing. I just put my lunch ribeyes in the fridge the night before then in the morning, I put them in the oven on "broil" and they don't take too much time. I've gotten to wear I can put them in on low/broil as I get into the shower. I flip them after the shower, then I run up and get dressed (assuming I don't have to iron) and the steak is done.

I put foil in the pan so clean up is just carefully removing the foil and tossing it away. The pan is already clean. For breakfast, I cook my ground beef (I'm back to that now since it's fattier than the ground pork) on a cast iron griddle and I just melt the fat and wipe it off. I tell my children not to touch it when they clean the kitchen!

RE: Zero Carb / Meat and Water - Charles - 06-09-2008 10:19 AM

Vesna Wrote:
I'm working on a much longer post. Meantime, I've been feeling awful, but better today. My sleep has been awful, but better last night. Walking through sand: good description. I love to cook, but not so much when the ingredient list is so narrow.

Later!

You may feel bad for a few days, but hang in there. It will pass and soon you'll feel better than you have in a long time. Just make sure you're eating fatty protein, not lean stuff. Try not to overcook the meat too much. It doesn't have to be medium-rare or anything like that, but you want to get the nutrients from it. There is no need for supplements of any kind.

Keep us posted!

Charles

RE: Zero Carb / Meat and Water - Vesna - 06-10-2008 05:25 AM

One week completed.

Cold turkey. Nothing but meat and butter and water since Tuesday, with the exception of mayo (homemade -- essentially just 1 cup peanut oil + 1 egg = 10 oz. mayo, so no soy or chemicals) Sunday and Monday. No coffee, no tea, no veg, no salad. No cheese, no cream, no eggs, no cream cheese, no sour cream. I'm using butter to increase the fat ratio. (I can't afford steak and other expensive (= higher fat) cuts each day.)

It's been rough, no kidding. A shock to the system. If it weren't for the recent discussions on reactive hypoglycemia and hyperinsulinemia, I wouldn't know how to begin to interpret what's going on.

I'll feel fine until I eat, and then, while I'm eating, I'll begin to experience a tremendous drop in energy, so that if I'm home I can only collapse onto the couch, or if I'm at work after lunch, I fight the exhaustion, trying just to keep my eyes open and my brain focused enough to stay on task.
I've been sucking down bottle after bottle of water (I refill my 20-ounce bottles; I'm no water-buying sucker). Not because I believe in consuming 8x8 or other mass quantities of water (I don't), but because I feel dry -- the water is just going down.

Sleep has varied from OK to horrible.

The suffering was compounded by TOM that arrived on Friday. Awful cramps through Saturday and keeping me awake most of Saturday night. Usually I eat a few squares of dark chocolate and they magically make the cramps melt away. That cure was not available to me. I tried aspirin, but it didn't seem to do anything. Also my leg muscles ached, helping to keep me awake. Also stayed awake most of Monday night.

Sunday I felt fine until I ate sirloin steak with butter for breakfast. The more I ate, the hungrier and weaker I got, until I was just full and completely attenuated. I gradually felt better by mid-day, when I felt OK, but still weaker than my usual energetic, bouncy self.

Then I had lunch. Available was part of a chicken we'd roasted the night before, and nothing was left but the white meat. I couldn't bear the thought of eating all that lean protein. Then I thought of chicken salad. I diced the meat and seasoned with some fresh herbs from the garden and a squeeze of fresh lime, then stirred in about a half cup of mayonnaise. After eating my half and then the half I'd prepared for my husband, I felt better than I'd felt for a days. I was taken aback later to see, in Fitday, that was nearly 1000 calories of mayo! I took in about 3500 calories that day, according to Fitday.

Weight: I started at 150 last Tuesday. By Sunday morning I weighed 145. On Monday morning (the day after big mayo day), I weighed 146. This morning I weigh 147.

What I miss: coffee, tea, cream and its descendants (sour cream, cream cheese), eggs. Without cream cheese and eggs, I can't make Oopsie rolls. Cream and eggs are so malleable; I can get creative with the cookery.

Basically, I feel like I'm doing time.

I'll keep this up another week, then decide what to do next. Thanks for the encouragement!

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RE: Zero Carb / Meat and Water - Clabbergirl - 06-10-2008 05:57 AM

Oh dear, Vesna. That sounds like a tough way to go. I hope it gets better for you. I've been slugging through the last two days as well, but I'm not doing as restrictive of a plan as you are. I'm not sure if my issue is food-related or sleep-related (I have sleep apnea and am using an old mask until a replacement arrives).

I want you to know, there have been several moments when the thought of eating another piece of meat makes me sort of depressed - so you aren't alone in that hesitation. You said you are usually energetic - how would you rate your energy level on a scale of 1 to 10 (ten being super energetic) now, and how would you rate it before you started this w.o.e.? I'm curious because I'm hardly ever 'energetic', no matter what I eat, so while this walking dead feeling I'm having isn't all that far off from normal for me. But for someone who normally feels good, I have to think this is a serious adjustment. I think it says a great deal about your personal resolve and dedication to stay with this through the rough spots. I'm behind you!
Clabbergirl, thanks for the encouragement.

I guess I'd say that normally my energy range is 7 or 8, occasionally 9. I'm not one of those people who has endless reserves of energy and gets tons and tons of things done. On the other hand, some people think I am. So I guess I'm somewhere in between.

These days, my energy range is more like 6 at the top -- for a few hours in the morning -- and 2-4 the rest of the time. This afternoon, for instance, I'd call it a 5 while I was at work. Then it plummeted to 3 by the time I'd gotten home. I managed to get back up to a 4 and take my son with me to hoe and mulch in the evening, at the community garden at my workplace. I was surprised I could do it, but I was moving slowly and methodically. However, when my son (4) wanted me to chase him around the grass, I couldn't run; I could only walk. Usually I don't have to think about breaking into a run.

(This is on a scale of 1 to 10, where 1 means you can't drag yourself out of bed and 10 means you have the pep of an infomercial host.)

I'm finding myself thinking, "This had better pay off." If I keep losing pounds, that'll give me a motivation to suffer through, hoping to get to the point where, as Charles says, I'll feel better than I've felt for a long time. Because right now, I feel not so good. If I don't lose pounds, it will be very, very, very hard to stay motivated.

Is homemade stock -- as from chicken bones or beef bones -- OK on this plan? Does that count as meat and water, if I've simmered bones in the water for several hours? Or will the amines slow me down, or something like that?

No, that's fine. What worries me is what you are eating? I know you're eating meat, but what kind? If you're eating chicken it should be the dark meat, the fatty stuff. Sirloin steak is also very lean. I would much rather see you eat some fatty ground beef or some beef spare ribs or even a ribeye thrown in there. I rarely eat the kind of meat you're describing and I've never felt the way you're describing. Do you have any pork or beef spare ribs or some ground pork?

I don't put butter and oils on my meat, I just use the naturally occurring stuff that comes from the meat itself. Lean protein will make you feel like you're describing. It's called rabbit starvation and it saps your energy. The Inuit were very familiar with this in the springtime when there were only rabbits available.

Try to get some fattier stuff. I wish you ladies were in my low-carb meetup group. I would take you out to Golden Corral and get you some good meat to eat!
Okay, this is Day 9 for me and I'm feeling pretty tired too. I still keep thinking it's a CPAP issue, but I can't rule that out until later in the week. I'm hoping it's that and not this diet. Here's an example of what I ate yesterday:

- coffee w/heavy cream & 1 tbsp coconut oil
- 2 tbsp peanut butter
- approx. 5 oz ham
- 1 oz cheddar cheese
- 4 Arby's Roast Beef sandwiches (no buns of course)
- 3 cheddarwursts

This isn't in the order I ate things in, but you get the idea. There's fat in everything except maybe the roast beef. I'm hoping Arby's sandwiches are OK because this is a new thing that has really saved me the last couple of days while I've been running from one place to another.

This morning I went to work late and at 10am had 5 fried eggs (in coconut oil) and 4 slices of canadian bacon (in the leftover coconut oil and their own juices). I wasn't hungry until almost 3. I can't say I was full of energy, but I was OK.

How bad am I doing on this? I know Charles recommends losing the cheese and dairy stuff, but I'm not ready to do that, yet. Or coffee. It's easy to blame those things, I understand, but they may not be the problem for everyone that they are for Charles (or maybe they are). I'm hoping the steps I'm taking will have some positive effects before I start getting all nuts with the dairy - surely? I haven't weighed myself during this so I have no idea if anything has been lost - that will come later too.

dear clabbergirl,
I've been trying zero carb for a short time myself also. Giving up so many foods isn't easy!!!!!! I noticed that the meats on your menu were a highly processed and cured and therefore "overcooked". One thing that helped me was not eating until I was hungry for meat and then cooking fatty fatty real not processed meat so that just the outside was seared and the inside was still quite rare. Suddenly it tasted wonderful compared to overprocessed or overcooked meats. When I'm not hungry the thought of fat and meat is nauseating but when I'm hungry it is the most delicious thing in the world. The Bear on his site states that when meat is cooked in this way every nutrient we need is present. I'm guessing that a lot of nutrients are destroyed in the curing or cooking processes.

c

Clabbergirl, what's CPAP?

Hi, everyone!
I'm starting this tomorrow.
I remember a very long and fascinating discourse between Charles and someone else on the old forum regarding why zero carb is effective and why plant materials are not necessary in the human diet. I've thought on that quite a bit, and after reading this whole thread over the past 45 minutes or so, I know it's time to "go there". I love green veggies, I really do, but I'm ready to make this step to get myself in control and to get some sleep for crying out loud! That is my biggest problem. I wake nightly between 2 and 4 am, struggle to get back to sleep, wake like a zombie in the morning to receive the children I keep--and about die the rest of the day trying to keep myself upbeat and alert. I have no issues other than being morbidly obese and tired, so I don't foresee any issues.........

On the limited food side of things, I don't feel I'll have a hard time. I despise eggs, they nauseate me entirely. I have tried to begin my day with eggs for three days now and throw some remainder away gagging every day. ICK. However, I love love love beef, in all forms. Matter of fact I crave doubles and triples from Wendy's all the time, it's crazy. But that brings me to a couple of questions...

First, and this may be a societal brain wash I must get rid of, but I thought beef could really stall weight loss?? Thoughts on this? I'd be happy eating beef day in and out. When I think of the hunting/gathering people of old, I must consider that a great deal of what they ate was beef or beef like. So..?

Secondly, what's the deal with things like breakfast sausage and beef sausages? Bacon? Should I leave them due to nitrates, etc.?

Third, what about grilling? I love a slab of grilled meat or fish.....is this ok? Someone told me recently something about carcinogens released when grilling?

Thanks for any advice! I'm going to eat some ground beef. Mmmm.

---

**RE: Zero Carb / Meat and Water - LindaSue - 06-11-2008 04:27 PM**

Clabbergirl, I have to agree with con. Just about everything you're eating is processed and loaded with carbs and other junk. I think that the only carb-free thing in the menu you posted was the coconut oil.

Clabbergirl Wrote:
coffee w/heavy cream & 1 tbsp coconut oil
2 tbsp peanut butter
approx. 5 oz ham
1 oz cheddar cheese
4 Arby's Roast Beef sandwiches (no buns of course)
3 cheddarwursts

Depending on the brand of ham you're using, and how many carbs are in the Arby's roast beef, that menu contains about 20 carbs. Since I didn't count the roast beef, it could be even higher than that. I just went to the Arby's site and the roast beef has zero carbs. I read a post somewhere today that said that the cheddarwursts have 3 carbs each so you got 9 carbs just from those.

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**RE: Zero Carb / Meat and Water - caroline - 06-11-2008 04:34 PM**

Clabbergirl,

I don't know how this affected other people, BUT...not to make you feel more possessive of your foods you love...I absolutely LOVE peanut butter (which according to Charles is suspicious--indicative of addiction-meaning you feel compelled to eat it.), but I noticed not so great symptoms eating it. I almost bought it again at Trader Joes, but decided against it.

Peanut butter has aflatoxins and is known to be moldy. Peanuts are notoriously moldy, and if you look at the info on mold, which Jimmy had when he interviewed Matt Kaufman, it's the cause of all kind of
problems. I agree with the other people, that you would benefit greatly to move into less processed foods. You won't feel deprived when you're eating some yummy fatty meat.

Hope this helps...

RE: Zero Carb / Meat and Water - **Vesna** - 06-11-2008 05:35 PM


However, I avoid MSG. It sets off cravings and is just no good for ya. I'm including processed meats this go round, but only if they have a short and clean enough list of ingredients.

Charles, thanks for all the advice. It is encouraging. I would love to take you up on your invite! We don't even have Golden Corral around here.

I thought I was getting plenty of fat -- according to Fitday, ranging from 61% to seventy-something. I suppose that's not enough. The day I got 84%, I felt pretty good! However, I feel pretty good today, although Fitday thinks I only got 65%. (Their database is a little screwy and it takes forever to customize things.)

Problem with the ground beef is, the ground beef available around here is leaner than what you describe. However, I think I've figured out how to deal with that. Yesterday for breakfast, I mixed my ground beef half and half with some really fatty ground pork sausage -- a brand DH just discovered that has a beautifully short ingredient list. Breakfast tasted better and I had good energy to lunchtime. This morning, we were out of the sausage, so I minced a slice of bacon into my ground beef. It was pretty darn good. I'm thinking of putting bacon through the meat grinder and mixing it with GB later.

Here's what I figured out for the chicken: instead of buying another whole bird for roasting, I bought a package of quarters -- cheaper even than legs or thighs on their own! Buttered and herbed it when I came home for lunch, and we had it roasted for dinner. Luscious. Without any of the white meat that I never liked anyway.

A question: What do you all think about including cream in this regimen? If cream is OK, then what about cream cheese and sour cream, which are made from cream. If cream is not OK, then what about butter, which is made from cream?

And what about eggs?

Oopsie fans will know where I'm going with this -- if cream cheese and eggs are OK, that opens the door to Oopsie rolls!

Regardless, though, I'm going to try to tough it out without cream or eggs until I've put in two whole weeks.

RE: Zero Carb / Meat and Water - **Clabbergirl** - 06-11-2008 08:02 PM

Vesna Wrote:

Clabbergirl, what's CPAP?
CPAP machine = Continuous Positive Airway Pressure machine for sleep apnea.

I have sleep apnea (and it's not weight-related) that is correctable by using a CPAP nightly in my sleep. It's not glamorous, but makes a world of difference in my waking hours.

Now, what are Oopsie Rolls?

😊

RE: Zero Carb / Meat and Water - Clabbergirl - 06-11-2008 08:26 PM

con Wrote:
I noticed that the meats on your menu were a highly processed and cured and therefore "overcooked". One thing that helped me was not eating until I was hungry for meat and then cooking fatty fatty real not processed meat so that just the outside was seared and the inside was still quite rare. Suddenly it tasted wonderful compared to overprocessed or overcooked meats. When I'm not hungry the thought of fat and meat is nauseating but when I'm hungry it is the most delicious thing in the world.

Everything I ate was pretty processed, but I guess I'm resisting what's starting to sound like a life of ground beef and steak. I like steak, but I've never liked fat on anything, even before I was old enough to know what dieting was. I can't get that stuff out of my mouth quick enough if I accidentally eat some on a piece of meat, and the suggestions here to eat yummy fatty meat make me kind of squeamish because all I can picture is the spongy, gets-bigger-as-you-chew-it fat on a steak. <shudder> I do not know if I can swallow that, literally and figuratively. Link sausage I can stomach, but sausage patties are something I have turned down in the past. Maybe if I ate them with butter or something?

The cheddarwursts are microwaveable in 1 min. I added the Canadian bacon for breakfast because I'd read someone else on this board used them, and it seemed like a nice option. I was afraid 5 eggs wouldn't fill me up (it hasn't before, yes I sound like a glutton) and I had to leave right after eating. The Arby's roast beef is just darn convenient (and thank you LindaSue for looking up the carb content).

If I have to cook every night and pre-pack pounds and pounds of meat, I don't think I'm going to be able to do this. If I get to work and I didn't bring enough, I'm screwed until I get home. I get a very short lunch break, can't make it somewhere and back for take out on the break, and there's no cafeteria. I'm starting to feel like I should carry half a side of beef just in case I get hungry and I try to 'eat to fullness'. People are saying just defrost a steak and cook it later. I have 4 steaks that have been defrosting in my fridge for 2 days, but I haven't cooked them because by the time I'm at home and done with the laundry, it's 11 and I'm the walking dead. I work full time, am a full time college student, the parent of 2 teens, and I volunteer as a CASA. There isn't a lot of room for me to grill, bake, fry, or package, let alone grocery shop. I'm getting the feeling the only people doing this type of plan are those who have leisure mornings, or who have a kitchen at their disposal 24/7. I realize most of you probably work outside the home, but I need/want things that are portable, non messy, and can be eaten cold about 40% of the time. I can't even have heavy cream? I thought I read people here were putting it in their coffee or tea.

I know everyone is busy these days, I'm not asking for special treatment. I read back over this and realize I sound like one big excuse maker, but all the things I've brought up are problems I'm facing that I'm trying to work through. Folks are saying here that this is an easy way of eating, but I think it has been a very difficult way of eating so far, and I'm not even to zero carbs yet.

Had to vent & whine a little. Thank you all for your help and support in this.
Clabbergirl,

I think those are reasonable questions and not whining.

Maybe you should start by stepping back from your current plan and choose to eat low to low-low carb for now instead of very, very low carb, just until you get the hang of food provisioning. You could buy a bunch of 73/27 hamburger at Walmart and make patties up and cook them just until safe, so most of the fat stays in the meat instead of the pan. Make a quick batch of mayo, low-carb ketchup, and a bit of dill relish for your special sauce and take a safe amount of the above with you to work. Change up the flavor of the hamburger patties by putting different spices on each. Always have a ziplock of nuts with you to get you by in a hunger emergency.

I personally use very heavy cream in my coffee but I'm not in a big hurry to drop my extra pounds. I just love this way of eating because I feel so much better. I average about 15-30 carbs per day and I still slowly get lighter. I used to just slowly get heavier.

Oopsie Rolls are an updated version of Dr. Atkins's ('72) Revolution Rolls. They are a magical ersatz bread consisting entirely of eggs (separated, with the white beaten stiff) and cream cheese. They can be augmented with seasoning and protein powder.

http://livinlavidalocarb.blogspot.com/2008/03/cleochatras-amazing-low-carb-oopsie.html

Thanks for the explanation of CPAP.

The bit of horrid sponge that gets bigger as you chew it is not the fattiness that I'm referring to. I share your ick take on that. I mean fattiness that's evenly and, for the most part, invisibly distributed throughout. Like the way a croissant or doughnut is fatty, but you don't experience chunks of butter when you eat it.

You do realize that a sausage patty is identical to a link sausage, just not stuffed into a casing?

Low maintenance, non-perishable fast food: Do you like sardines? (Flavor and quality varies wildly among brands, so experiment.) I keep a stockpile in my desk drawer at work. My co-workers think it's odd and wrinkle their noses, but on the other hand, many of them keep a stockpile of crackers and breakfast cereal. So who's the odd one? My department manager, as soon as he got promoted to manager, decreed that I had to eat them in the break room, or at least not in the workroom. Fair enough!

😊

Clabbergirl, I understand that your situation makes it difficult for you to prepare a lot of food in advance so you're doing the best you can. Since you're already paying for things like lunchmeats and sausages, how about spending about the same amount of money to buy frozen pre-shaped hamburger patties? At least you'd save the step of having to divide up ground beef and make it into patties.
I don't see any reason for not using cheese, cream, cream cheese and sour cream on this WOE as long as you've determined that they're not problem foods for you. Two Oopsie rolls have less than 2 carbs, 15 grams of fat and 8 grams of protein. Those are very good ratios.

**RE: Zero Carb / Meat and Water - onlyabtrfly - 06-12-2008 06:41 AM**

Sitting here eating my half pound burger with bacon and an ounce of cheddar, something keeps going through my brain that I can't shake. I need some education and support, please! 😞

The Dr.'s Eades expound a little in all their books, and on Dr. Eades' blog, on how if your calories don't have a deficit between what you need and what you have, that regardless of being low carb you won't lose weight.

Now, please understand I'm not being argumentative, but I would like to question this with Charles if I may. Charles, you look absolutely amazing, fit, healthy, well muscled, and your color is vibrant. However, you are maintaining, are you not? Your muscle mass also calls for a great deal more "food" than someone's body would were it not so well muscled. What about those of us who have a considerable amount to lose? That thus far are pretty sedentary? I don't feel we should watch calories, or even count calories per se, but shouldn't there be a common sense balance? In other words, as long as I feel satisfied I should not push myself to necessarily want everything simply drenched, right? I am well aware of how rabbit starvation feels, as that is precisely where I was one year ago when I bowed to some temporary insanity and followed Kimkin's K/E. I have never felt that bad in all my life...however I notice if I eat too much fat, I feel somewhat ill. I feel there is a delicate balance to our bodies that we must be aware of, and I just don't see pushing fat on myself...does this make sense? I would love to hear Charles' opinion on this because I know he'll share a great deal of "why" with me, which is what I need--but I'd love everyone else's input as well. Thanks so much. 😞

**RE: Zero Carb / Meat and Water - Vesna - 06-12-2008 06:46 AM**

Anne Marie, may I suggest that you first read the thread about Dr. Eades and calories in General Low-Carb Discussion? Your question is explored at great length there, by Charles and others.

Then, if you still wonder, come back and ask more, either on this thread or that, or wherever it seems best. 😊

**RE: Zero Carb / Meat and Water - onlyabtrfly - 06-12-2008 06:47 AM**

Thanks, I appreciate that! 😊 Haven't learned all the ins and outs of this new forum yet, so this is very appreciated. Thanks again!

**RE: Zero Carb / Meat and Water - onlyabtrfly - 06-12-2008 08:02 AM**

Okay, I had read the first few parts of that thread the other day but didn't get so far as Charles' excellent explanation. This is great informational support and it gives me a lot of resolve to stick to this.

Further, in recalling other information from Charles I've read at length, it appears to me that any carb bearing food, no matter how small an amount (like eggs, cheese, cream), is going to have serious and
negative impact on me. My insulin response prior to food is probably very extravagant. As such, anything I put in my mouth with carbs in it is going to immediately be attacked and keep that insulin response going at full speed. And therefore keep my fatty acids from flowing. So I'm going all out. It's meat and water for me baby. I'm going to try this for four weeks. If calories indeed don't matter, let's see how much weight I lose in that four weeks. There should be nothing to hold me back if I don't eat any of the above mentioned items, ingest no caffeine or diet drinks, or other extras.

Hopefully ya'll won't get tired of seeing me post. 😊

Is it just me or does anyone else think Charles should write a book of his own???

P.S. No one has answered my question about grilling...anyone out there have thoughts? I don't have the beef question anymore because I'm pretty sure I'll be told it's pure and fatty protein and that's not what holds people back, it's all the stuff they're eating with the beef or something like that. 😊

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**RE: Zero Carb / Meat and Water - nyteez - 06-12-2008 08:19 AM**

Hi everybody! I haven't been on a while, I've been crazy busy, but still sticking to no carb. I am learning cheese/dairy is a problem. After reading that Charles tried Brie and really liked it, I had to go out & get some. I have always loved brie so I ate the whole wedge in 2 days! LOL. Well, I gained back 2 lbs that week. I guess I can't eat cheese. 😢 I have since lost the 2lbs again and another lb, since banning cheese from my house.

clabbergirl - I am a really busy person too. It took me about 2 months to get my eating plan down and it took about that long to make my cravings go away. I craved cheese mostly and ate too much. Cheese sticks are so convenient. Now I eat mostly hamburger patties, eggs & meat. My george forman grill is a major life saver. It takes 3 mins to cook a frozen hamburger patty, 6 mins for a thick ribeye steak, 4 mins for a small frozen chicken brst. It is such a time saver.

Here are some of my favorite quick foods to go:

Cold chix brst are great dipped in ranch dressing!
Hard boiled eggs or egg salad
Tuna salad
chicken salad
sliced cold steak with salad mix and blue cheese or ranch dressing. I put the dressing in the bottom of the container, then the meat on top, then the salad mix. That way the salad doesn't touch the dressing and get soggy.
Bacon is a great snack, I'll cook up the whole package at a time to have the bacon ready to eat.
Cheese sticks
rolled up ham slices with cream cheese inside

Just stick to low carb foods and eventually it gets alot easier and you will be less hungry and have more energy. Adding more fat gave me more energy and got me out of my 6 week stall and I eat less. My typical day:

I am not usually hungry in the mornings anymore, but if I am I have a hamburger patty w/ 2 eggs.

Lunch - either a hamburger patty or 2
or sliced chicken or steak w/ dressing & salad mix
Dinner - meatloaf, or a hamburger patty, steak, shredded pork cooked in the crockpot topped with cheese & green onions & avocado, or a couple of nice big sausage links.

Just stick with it! It will get easier

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**RE: Zero Carb / Meat and Water - Charles - 06-12-2008 08:52 AM**

Clabbergirl Wrote:
coffee w/heavy cream & 1 tbsp coconut oil
2 tbsp peanut butter
approx. 5 oz ham
1 oz cheddar cheese
4 Arby's Roast Beef sandwiches (no buns of course)
3 cheddarwursts

The dairy and coffee aside. The Arby's sandwiches are the only decent thing on your menu, unfortunately. Peanut butter, cheese, cheddarwursts? Are you able to go to the bathroom with all of this? Just reading this makes me constipated. 😞

There aren't many "energy" foods on here except the Arby's, but it's still processed and leaner than what you could buy in a store. The best deli roast beef only has 5 grams of fat per 6 ounces. That's not much. Ham is pretty lean as well. It has 15 grams of fat but it also has 38 grams of protein. You want to find food that has a higher fat to protein ratio.

It's not surprising that you feel this bad. You have to find some fatty protein to give your body some energy. It's takes fat to burn fat and there isn't a lot here. Fatty ground beef should be cheaper and provide far more energy.

Keep working at it.

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**RE: Zero Carb / Meat and Water - Charles - 06-12-2008 09:02 AM**

onlyabtrfly Wrote:
First, and this may be a societal brain wash I must get rid of, but I thought beef could really stall weight loss?? Thoughts on this? I'd be happy eating beef day in and out. When I think of the hunting/gathering people of old, I must consider that a great deal of what they ate was beef or beef like. So..?

The Inuit in one part of the world ate Caribou. The Indians of the Great Plain ate buffalo like it was going out of style. I'm about 8 pounds under my goal weight and I did it primarily eating beef so I say, "so much for stalls!" It would cause you to stall if you were on a semi-starvation diet because your poor body would store every bit of fat and protein it could get from beef to save you from yourself! 😞

Onlyabtrfly Wrote:
Secondly, what's the deal with things like breakfast sausage and beef sausages? Bacon? Should I leave them due to nitrates, etc.?

I avoid these foods with nitrates and nitrites. They give me a headache and make me nauseous. I have been able to find uncured bacon without nitrates and nitrites but sausage is harder. Hormel makes a good brand of bacon and I found some very good beef bacon at Whole Foods.
Onlyabtrfly Wrote:
Third, what about grilling? I love a slab of grilled meat or fish.....is this ok? Someone told me recently something about carcinogens released when grilling?

This is garbage. Grill to your heart's content. It's probably always best not to overcook so you can benefit from the nutrients in the food but I know that the Inuit cooked their food and Stefansson and Anderson ate cooked food during the all-meat trial in the 20s. They were all just fine!

Onlyabtrfly Wrote:
Thanks for any advice! I'm going to eat some ground beef. Mmmm. 😊

This is great. More of us reading this thread should eat more ground beef, as fatty as you can get it. This is perfect energy food! I can eat this stuff for breakfast and I'm not hungry for lunch for 6 hours. Let hunger always be your guide. If you can't go 5 or 6 between meals, then the food you're eating may be too lean or you may not have eaten to appetite.

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**RE: Zero Carb / Meat and Water - Charles - 06-12-2008 09:14 AM**

Onlyabtrfly Wrote:
What about those of us who have a considerable amount to lose? That thus far are pretty sedentary? I don't feel we should watch calories, or even count calories per se, but shouldn't there be a common sense balance? In other words, as long as I feel satisfied I should not push myself to necessarily want everything simply drenched, right?

First of all, despite my "well muscled look" which I thank you eternally for saying, I have to tell you that I'm also pretty sedentary. You wouldn't believe it but I promise you, I really am. I sit at a desk from 9 to 6 every day. I do run but I only run on Sunday and Wednesday. I lift weights on Monday and Thursday. That's about it. I don't walk fast (old women out-walk me all the time), and I'm not always moving. When I go home in the evenings, I play XBox 360 with my 16-year-old if I can get him to play me a game. I should not look the way I do.

As far as the "common-sense balance," that balance is hunger, plain and simple. I'm not asking you to eat fat until you're sick. I'm asking you to eat fat until you're sated. I can only go up to the buffet at Golden Corral two or three times and I'm finished. I don't stuff myself but I never leave the table hungry.

This will vary between people. A large person should have a bigger appetite than me, I'm sorry, but it's true. If you're 300 pounds, you should not be eating like you're 150 pounds. That's what got you fat in the first place. Your body was not getting the proper flow of nutrients to its cells so it was necessary to blow you up to 300 to get the flow right. You must increase the flow of readily useable fuel and your body will reset the "crimp" in the hose which means weight loss. That's the way it works.

Restricting calories is as bad as eating carbohydrates because they both serve to restrict the flow of fuel.

You can't ask too many questions. I welcome all of them. I know I tend to repeat myself but when I read the comments that some make I'm quite sure that they still don't understand how our bodies actually work.

Regards,

Charles
Thanks so much, Charles. How do you like my new avatar? Hee hee. I absolutely get this and I appreciate your response. I'm somewhat in shock right now. I ate an 8 oz burger this morning topped with 3 slices of bacon, with an ounce of cheddar (which I'm omitting b/c of the small carbs-I want this body to get NOTHING to hang on to and "crimp" me further!) at about 9 this morning. Usually by now, even low carbing, I'd be a starving manic, foraging in the the pantry for something forbidden to eat because of the hunger. This is unreal. I don't feel out of control. I'm so chill right now it's beyond belief, and I'm also not sleepy. Usually right now I'm fighting sleep while the kids are napping. This makes me utterly overjoyed. This is only with two meals this way. Wow.

All I can say is yippeeeeee! 😊

One other thing for right now, if you don't mind, Charles--what about the wafer thin beef, you know, the philly cheese steak type? It says it's 100% pure beef. Are they ok? I love the taste. My husband likes Hardee's like you, but I prefer the taste of Wendy's beef. Those steak um types taste the same....help?

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RE: Zero Carb / Meat and Water - **Charles** - 06-12-2008 09:29 AM

Vesna Wrote:
However, I avoid MSG. It sets off cravings and is just no good for ya. I'm including processed meats this go round, but only if they have a short and clean enough list of ingredients.

I definitely agree with this.

Vesna Wrote:
I thought I was getting plenty of fat -- according to Fitday, ranging from 61% to seventy-something. I suppose that's not enough. The day I got 84%, I felt pretty good! However, I feel pretty good today, although Fitday thinks I only got 65%. (Their database is a little screwy and it takes forever to customize things.)

It's hard to go by ratios and things like that because they use averages. The only way to know how much fat is in something is to look at it. If you see fat, it's there. If you don't, it's a crapshoot. Your energy level has to be your guide. If you have good energy, a good sense of well-being and you're full for 5 or 6 hours, you know that you got good fat.

Vesna Wrote:
Problem with the ground beef is, the ground beef available around here is leaner than what you describe. However, I think I've figured out how to deal with that. Yesterday for breakfast, I mixed my ground beef half and half with some really fatty ground pork sausage -- a brand DH just discovered that has a beautifully short ingredient list. Breakfast tasted better and I had good energy to lunchtime. This morning, we were out of the sausage, so I minced a slice of bacon into my ground beef. It was pretty darn good. I'm thinking of putting bacon through the meat grinder and mixing it with GB later.

Whatever works. I get my ground beef from Wal-Mart and it's in the roll that Mel described. It's inexpensive and it's perfect. Matter of fact, I'm going there about 6 pm to get some more!!!

Vesna Wrote:
Here's what I figured out for the chicken: instead of buying another whole bird for roasting, I bought a package of quarters -- cheaper even than legs or thighs on their own! Buttered and herbed it when I came home for lunch, and we had it roasted for dinner. Luscious. Without any of the white meat that I never liked anyway.

I should have mentioned this. We buy leg quarters at Wal-Mart also. That's one of our favorite meals.

Vesna Wrote:
A question: What do you all think about including cream in this regimen? If cream is OK, then what about cream cheese and sour cream, which are made from cream. If cream is not OK, then what about butter, which is made from cream?

I don't have anything to put these things on since I only eat meat. If they allow you to continue losing weight and they don't cause cravings, then you should include them.

Vesna Wrote:
And what about eggs?

They make me gain weight and despite eating three for breakfast, I can only last about 3 hours until I'm hungry again. That, for me, was unacceptable. Plus, I think they "lock me up" if you know what I mean. Since I removed them from my diet, everything was smoother. If you can avoid all these issues then eggs should be fine. The key is you have to always be paying attention to the effect on your body. If you stall or gain, you have to be strong and take the questionable thing out of your diet or limit it.

It makes sense to leave those things out for a couple of weeks to get your weight loss moving. Once you've established some regular weight loss, then I would add those things to one meal per day for a week. At the end of the week you can assess any change that may have occurred. At that point you can decide whether it stays or goes. I wouldn't add them all at the same time. I would add one thing for a week and see what happens.

Keep your diet fairly monotonous and it can become a very powerful tool to assess additions to your diet. That's how isolated peoples would have lived. Their food supply didn't change for hundreds of years so when they added something, it was obvious if people got sick.

nyteez Wrote:
Hi everybody! I haven't been on a while, I've been crazy busy, but still sticking to no carb. I am learning cheese/dairy is a problem. After reading that Charles tried Brie and really liked it, I had to go out & get some. I have always loved brie so I ate the whole wedge in 2 days! LOL. Well, I gained back 2 lbs that week. I guess I can't eat cheese. :O(. I have since lost the 2lbs again and another lb, since banning cheese from my house.

Dana:
My brie experiment didn't go so well either. I finally isolated for it and it just didn't work. I only gained two pounds but it was a consistent two pounds so it had to go. I tried American with brie and thought maybe it was the American but it turned out it was both.

I also tried using bacon and ground pork for breakfast but I went back to the ground beef because it has
more fat and I can go about an hour longer without hunger eating it.

I think I'm finished experimenting now. My body clearly wants to stay at 156 so I'm happy with that. We'll see what happens when the fall comes if I have some seasonal weight variation.

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RE: Zero Carb / Meat and Water - Clabbergirl - 06-12-2008 09:42 AM

Charles Wrote:
The dairy and coffee aside. The Arby's sandwiches are the only decent thing on your menu, unfortunately. Peanut butter, cheese, cheddarwursts? Are you able to go to the bathroom with all of this? Just reading this makes me constipated. 😁

LOL. 😁I'm doing fine in that department, better than ever actually. Not eating raw vegetables and wheatey high fiber products has been wonderful, gastrointestinally speaking. I can't stomach raw veggies anymore (I love them!) and that's what sort of led me in the lo-carb/no-carb direction in the first place.

I think the light bulb is starting to flicker at last. Hamburger, hamburger, hamburger. If nothing else, hamburger. Crumbled, pattied, formed into a meatloaf, barely cooked - doesn't matter as long as it's the fatty 73/27 ratio of fatty hamburger meat. Cheap and plentiful at most markets - okay. What can I safely season it with? Remember, I'm a cooking novice who dislikes the whole process, so be gentle with me on seasoning ideas.

I entered my menu from yesterday into an online calculation tool and did a little better on ratios than before: 4g carbs, 150g fat, 153g protein for a grand total of 1977 calories. Most of this was bacon and eggs. What kind of ratio of fat to protein am I going for? More fat than protein, right?

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RE: Zero Carb / Meat and Water - Charles - 06-12-2008 09:52 AM

AnneMarie Wrote:
Thanks so much, Charles. How do you like my new avatar? Hee hee.

Love the avatar! That should have been the title of Gary Taubes' book, in my opinion. People should know this is much more than just about diet and weight loss. This stuff can kill you!

AnneMarie Wrote:
I'm somewhat in shock right now. I ate an 8 oz burger this morning topped with 3 slices of bacon, with an ounce of cheddar (which I'm omitting b/c of the small carbs-I want this body to get NOTHING to hang on to and "crimp" me further!) at about 9 this morning. Usually by now, even low carbing, I'd be a starving maniac, foraging in the the pantry for something forbidden to eat because of the hunger. This is unreal. I don't feel out of control. I'm so chill right now it's beyond belief, and I'm also not sleepy. Usually right now I'm fighting sleep while the kids are napping. This makes me utterly overjoyed. This is only with two meals this way. Wow.

That's it. I wish this for everyone in the world. When you're not hungry your mind is free to delve into so many other things. You can be creative, athletic, whatever you want to be. I'm very happy for you!

AnneMarie Wrote:
One other thing for right now, if you don't mind, Charles--what about the wafer thin beef, you know, the philly cheese steak type? It says it's 100% pure beef. Are they ok? I love the taste. My husband likes Hardee's like you, but I prefer the taste of Wendy's beef. Those steak um types taste the same....help?

Sounds fine to me. I eat this kind of beef sometimes especially when I'm some place like King's Dominion Amusement Park. I think any of the fast food burgers are just fine. When you get them plain, that forces them to make it fresh so it's always hot and delicious. I love Wendy's triple!

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RE: Zero Carb / Meat and Water - Charles - 06-12-2008 09:59 AM

Clabbergirl Wrote:
What can I safely season it with? Remember, I'm a cooking novice who dislikes the whole process, so be gentle with me on seasoning ideas.

Just use salt and pepper. I love Celtic sea salt and I put that sh-- on everything! (That's a funny commercial I heard on the radio. There's an old lady and she's talking about hot sauce, I think)

Clabbergirl Wrote:
I entered my menu from yesterday into an online calculation tool and did a little better on ratios than before: 4g carbs, 150g fat, 153g protein for a grand total of 1977 calories. Most of this was bacon and eggs. What kind of ratio of fat to protein am I going for? More fat than protein, right?

That's not as important to me, really. The ratios are irrelevant. The point is having plenty of fat. If you overdo it on the protein, your body can handle that just fine. The problem comes from too little fat. Try to listen to your body more than you do the online calculator. If you lack energy, increase fat. Protein should always be present at every meal so there's really nothing to worry about there.

Also, listen to your hunger. If you can go for long periods then everything is fine. If you can't, then make adjustments. Fat is the key and I think that's the reason that history says people on very low-carb diets with high calories lose more weight than people who eat a smaller amount of calories. More fat equals energy so you're likely to be more active and your body will need to power those activities. If you don't satisfy your hunger then you'll be working against your body.

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RE: Zero Carb / Meat and Water - Clabbergirl - 06-12-2008 10:34 AM

I must admit, yesterday I wasn't very hungry. I am finding that I'm not really looking forward to eating. That sounds odd maybe, but for the first time in my life, eating is starting to become a chore of sorts (for lack of a better word). I don't hate doing it, believe me, but I haven't found myself looking forward to dinner or where we might go out to on the weekend. That is groundbreaking for me - really. I suppose it will get more like that too, knowing there are only a handful of things I need to eat. The lack of variety might be a good thing for me in the end because maybe I will be freed up to focus on other things. It's a very foreign concept to me. I don't know what I weigh exactly, but do you think 150g of fat is decent for a 250+ person?

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RE: Zero Carb / Meat and Water - LindaSue - 06-12-2008 10:45 AM

onlyabtrfly Wrote:
One other thing for right now, if you don't mind, Charles--what about the wafer thin beef, you know, the
philly cheese steak type? It says it's 100% pure beef. Are they ok? I love the taste. My husband likes
Hardee's like you, but I prefer the taste of Wendy's beef. Those steak um types taste the same....help?
I buy the Wal-Mart brand of Steak-Umms now and then and they're pretty good and zero carbs and no
additives. They have a lot of fat in them, which is also good. I don't drain off the fat that's left in the pan.
I pour it over the meat.

RE: Zero Carb / Meat and Water - LindaSue - 06-12-2008 10:49 AM

Clabbergirl Wrote:
I entered my menu from yesterday into an online calculation tool and did a little better on ratios than
before: 4g carbs, 150g fat, 153g protein for a grand total of 1977 calories. Most of this was bacon and
eggs. What kind of ratio of fat to protein am I going for? More fat than protein, right?
I find that a good ratio of fat to protein is when the number of grams is close to the same for each, just
like your example. With your carbs that low, I'd guess that your fat intake is about 75-80% of your
calories which is great.

RE: Zero Carb / Meat and Water - Charles - 06-12-2008 11:09 AM

Clabbergirl Wrote:
I must admit, yesterday I wasn't very hungry. I am finding that I'm not really looking forward to eating.
That sounds odd maybe, but for the first time in my life, eating is starting to become a chore of sorts (for
lack of a better word). I don't hate doing it, believe me, but I haven't found myself looking forward to
dinner or where we might go out to on the weekend. That is groundbreaking for me - really. I suppose it
will get more like that too, knowing there are only a handful of things I need to eat. The lack of variety
might be a good thing for me in the end because maybe I will be freed up to focus on other things. It's a
very foreign concept to me. I don't know what I weigh exactly, but do you think 150g of fat is decent for
a 250+ person?

Carbohydrates have an awful lot to do with emotions and it's not surprising when you consider that high
insulin also causes lower "insulin growth-factor" or IGF. IGF is used to destroy amyloids in your brain.
When those amyloids are not destroyed, it leads to dimentia and Alzheimer's. It's like insulin has more
important functions but when it's used to try to stave off carbohydrate addiction, other chores get left
undone.

I don't believe that eating was supposed to be as social as it's become. I think it was only supposed to be
a small part of our lives but instead it's all we think about and it tends to consume us. I feel bad
whenever I read that someone "doesn't look forward" to eating and it depresses them some to think of
more meat, but this also lets you know how psychological it has become.

Stefansson's men had the same observation as you. But, there's good news ahead. Here's a sample from
Stefansson's book:

Stefansson Wrote:
Not so long ago the following dietetic beliefs were common: To be healthy you need a varied diet,
composed of elements from both the animal and vegetable kingdoms. You got tired of and eventually
felt a revulsion against things if you had to eat them often. This latter belief was supported by stories of
people who through force of circumstances had been compelled, for instance, to live for two weeks on
sardines and crackers and who, according to the stories, had sworn that so long as they lived they never
would touch sardines again. The Southerners had it that nobody can eat a quail a day for thirty days. […] 

During the first few months of my first year in the Arctic, I acquired, though I did not at the time fully realize it, the munitions of fact and experience which have within my own mind defeated those views of dietetics reviewed at the beginning of this article. I could be healthy on a diet of fish and water. The longer I followed it the better I liked it, which meant, at least inferentially and provisionally, that you never become tired of your food if you have only one thing to eat. I did not get scurvy on the fish diet nor learn that any of my fish-eating friends ever had it. Nor was the freedom from scurvy due to the fish being eaten raw—we proved that later. […] 

On reaching the ship each does get all he wants of what he wants. The food tastes good, although not quite so superlative as they had imagined. They have said they are going to eat a lot and they do. Then they get indigestion, headache, feel miserable, and within a week, in nine cases out of ten of those who have been on meat six months or over, they are willing to go back to meat again. If a man does not want to take part in a second sledge journey it is usually for a reason other than the dislike of meat. 

These things are very psychological and if you can get past 6 months, you'll find that you just don't want carbohydrates. Even if you have them, you'll only go back to the meat because you loved the way you felt and how healthy you were!

RE: Zero Carb / Meat and Water - **ValidRouge** - 06-12-2008 11:16 AM

I have a question for you guys. Do you drain any of the fat off after cooking the ground beef??

(that's my favorite part, btw)

RE: Zero Carb / Meat and Water - **MAC** - 06-12-2008 11:19 AM

ValidRouge Wrote:
I have a question for you guys. Do you drain any of the fat off after cooking the ground beef??

(that's my favorite part, btw)

Not I. I pour it over the ground beef and use it as a sauce. I make sure I consume all the liquid fat.

RE: Zero Carb / Meat and Water - **Charles** - 06-12-2008 11:23 AM

ValidRouge Wrote:
I have a question for you guys. Do you drain any of the fat off after cooking the ground beef??

(that's my favorite part, btw)

Gosh no! 😊
RE: Zero Carb / Meat and Water - onlyabfly - 06-12-2008 11:26 AM

NO WAY!!

Seriously...are ya'll for real? I would throw up if I did that. *chuckle*

RE: Zero Carb / Meat and Water - Clabbergirl - 06-12-2008 12:25 PM

I've been tossing all of it down the sink, and giving the colander an extra shake!

I don't know if I can use that as a 'sauce', but maybe I'll be less diligent in getting rid of it.

(Oh, by the way, in ref to a previous comment, I know sausage is sausage no matter how it's packaged, but I just can't take it in patties for some reason. The taste, texture, I don't know what it is.)

RE: Zero Carb / Meat and Water - LindaSue - 06-12-2008 12:49 PM

ValidRouge Wrote:
I have a question for you guys. Do you drain any of the fat off after cooking the ground beef??
I don't drain it either unless I'm using the meat in a casserole or something like that where it might be too greasy if I left it in. When I pan fry my hamburgers, I pour the fat from the pan over them too. I would never pour grease down the kitchen drain or my landlord would have a fit. Plus, I'd rather eat it anyway.

RE: Zero Carb / Meat and Water - Clabbergirl - 06-12-2008 01:05 PM

LindaSue Wrote:
I would never pour grease down the kitchen drain or my landlord would have a fit. Plus, I'd rather eat it anyway.

I've lived in this house 6+ years with no drain problems...is this a bad thing to do? You have to remember, I'm a complete amateur in Le Kitchen. I always follow it up with super hot water, but so far so good. Either way, hopefully now there will be less to go down it.

RE: Zero Carb / Meat and Water - Charles - 06-12-2008 01:09 PM

Clabbergirl Wrote:
I've lived in this house 6+ years with no drain problems...is this a bad thing to do? You have to remember, I'm a complete amateur in Le Kitchen. I always follow it up with super hot water, but so far so good. Either way, hopefully now there will be less to go down it.

I don't think I would pour it down the sink either. I think it's against the law in Raleigh. I let it get mostly hardened and just either put it in a can or put it in the trash. The plumber is just too expensive! 😞

RE: Zero Carb / Meat and Water - LindaSue - 06-12-2008 02:04 PM

As far as I know, grease should never be put down the drain. Hot water may help wash it down from the pipes under your sink but the fat will harden up once it cools farther down the line. I've even read that
using a garbage disposal for food scraps isn't such a great idea either.

Because we already have issues with the plumbing in our kitchen, I put nothing but water down the drain and almost never use my garbage disposal. A few years ago we had a plumber come who ran a special camera down the pipes in our kitchen. He had a monitor where you could see what the camera was "looking" at. There is a bend in our pipes (perhaps caused by a tree root or something) that is causing water to back up in that spot and there was a huge glob of grease floating on top of that water. I should point out that I have ALWAYS been very careful never to purposely put grease down the drain and only the residue that was left on our dinner plates got rinsed down and yet we still had that big clog of grease. Since the landlord isn't willing to put in new pipes, it's up to us to keep anything but water from going down the drain and causing nasty, disgusting water to back up into the sink.

Our case is rather extreme but it could happen to anyone. We have to wipe down every plate, piece of silverware and cookware with paper towels before rinsing them and putting them in the dishwasher. It's a royal pain but it beats having to have the plumber out once a month to snake the drain.

The moral of the story is to eat your grease and save your plumbing!

RE: Zero Carb / Meat and Water - caroline - 06-12-2008 02:44 PM

Good idea, LindaSue!

After you mentioned that you drink your liquid, I made sure to drink mine from my burger meal. And we have had the exact same experience with the pipes. I NEVER put grease down there, or even food scraps b/c we can think of a lot better ways to spend money than on unnecessary plumbing!

RE: Zero Carb / Meat and Water - Vesna - 06-13-2008 04:10 AM

Charles Wrote:
These things are very psychological and if you can get past 6 months, you'll find that you just don't want carbohydrates. Even if you have them, you'll only go back to the meat because you loved the way you felt and how healthy you were!

I wonder what Stefansson's WOE was like after the 1-year experiment and throughout the rest of his life, in light of this remark.

RE: Zero Carb / Meat and Water - onlyabtrfly - 06-13-2008 05:09 AM

Happy Friday morning, everyone! 😊

On day 3 of this all meat and water regimen, I am down from 320.6 to 316.4 pounds today. The funny thing is that I feel so much better. I guess maybe b/c I had switched to low carbing again anyway, so I was kinda over some of the starting hurdle as it were. My sleep has improved somewhat. I woke at 4:30 this morning very hot but fell back into a pretty comfortable sleep until 7.

I've seen mention of others on here waking up hot, what is that about? While I never wake up hungry, I often toss and turn as I get too hot, then too cold, then hot again. What is this phenomenon? I'm looking forward to it going away, that's for sure.
Hope everyone has a wonderful meaty day and is looking forward to a nice summery weekend.

**RE: Zero Carb / Meat and Water - Charles - 06-13-2008 06:49 AM**

onlyabtrfly Wrote:
On day 3 of this all meat and water regimen, I am down from 320.6 to 316.4 pounds today. The funny thing is that I feel so much better. I guess maybe b/c I had switched to low carbing again anyway, so I was kinda over some of the starting hurdle as it were. My sleep has improved somewhat. I woke at 4:30 this morning very hot but fell back into a pretty comfortable sleep until 7.

This is a very good sign. Because we store fat during the day and utilize it at night, the fact that you are able to sleep demonstrates that you are mobilizing fat at night and your insulin is low. It should only improve!

AnneMarie Wrote:
I've seen mention of others on here waking up hot, what is that about? While I never wake up hungry, I often toss and turn as I get too hot, then too cold, then hot again. What is this phenomenon? I'm looking forward to it going away, that's for sure.

I have this too, but I never really attributed it to my way of eating. That's interesting. I go from covers, to no covers and I used to wake up in a sweat. It's much better now, I don't have the sweating, but I do need it cooler in my room and I only need the sheet!

**RE: Zero Carb / Meat and Water - onlyabtrfly - 06-13-2008 07:02 AM**

Hi Charles!

At the beginning of this thread there are several mentions of this waking up hot or drenched with sweat as part of a problem. Hyperinsulinemia or something? I was just wondering if that was some sort of symptom. Either way, I'm feeling better than I have in forever by the hour and I just can't shake the joy I feel from it. It's crazy, I know so much about the low carb world, and have for years....but it took reading this very thread to really make it all make sense to me in terms of why nothing but meat and fat are needed--and why they alone are so helpful to me personally, having such an insulin whacked system. 😊

I wanted to tell you, I went back and forth several times with the meat at Walmart last night, but finally buckled down and bought the 73/27 beef. I cooked it up in patties this morning with sea salt and pepper, and IT WAS DELICIOUS! It tastes soooooooooo much better than the lean 94/6 or so that I usually get. I'm amazed. LOL!

**RE: Zero Carb / Meat and Water - Vesna - 06-13-2008 07:16 AM**

onlyabtrfly Wrote:
I wanted to tell you, I went back and forth several times with the meat at Walmart last night, but finally buckled down and bought the 73/27 beef. I cooked it up in patties this morning with sea salt and pepper, and IT WAS DELICIOUS! It tastes soooooooooo much better than the lean 94/6 or so that I usually get. I'm amazed. LOL!
Welcome to tasty wonderfulness that is fat!

What a crazy, mixed-up world, eh? Where even in the world of low-carb, so many of us are still brainwashed about fat. Not only are we brainwashed to believe that it's bad for you, but we're brainwashed to believe that fatty food tastes icky. It's not easy to push past the social conditioning just to try it.

And at the same time, there seems to be a push to exonerate sugar. Drink some pop and chow down some gummi bears -- they're fat free, so how bad could they be?

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RE: Zero Carb / Meat and Water - Lauren - 06-13-2008 07:21 AM

I used to wake up drenched in sweat and feeling intense hunger and need to eat something to get back to sleep. I can only guess that I was pumping out insulin even at night and consequently my blood sugar would plummet and then the adrenaline kicks in.

"Eventually, the blood sugar will normalize (thanks to the adrenalin/cortisol, which stimulates a sudden removal of glycogen from the liver) and he will regain his comfort level once more until the next episode." (from Liz Pavek)

I'm not sure of this explanation but it's the best I've been able to piece together.

Amazingly, it's been over a month and I'm still sleeping great...no hunger...no eating...no sweating.

I still have not been able to budge that proverbial 10 pounds that I would like to lose so I've been working on blood sugar stabilization by eating small protein and fat meals 6X per day.

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RE: Zero Carb / Meat and Water - travis t - 06-13-2008 07:28 AM

Charles,
Could the night sweats have been caused by nocturnal hypoglycemia. You said you saw this sometime ago but it has gone away now. Your liver could have been a little short on the glucose production and allowed your blood glucose to drop to low. This could cause a release of stress hormones to regulate blood glucose. Now that your liver is fully on line you don't need the stress chemicals to make your blood glucose and all is running smoothly.
travis

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RE: Zero Carb / Meat and Water - Charles - 06-13-2008 08:28 AM

onlyabtrfly Wrote:
At the beginning of this thread there are several mentions of this waking up hot or drenched with sweat as part of a problem. Hyperinsulinemia or something?

Yes. One of the studies we read in GCBC regarded rats and a discussion of hyperphagia. Humans and rats store fat in the day time and live off of that fat during the night which keeps us from waking up every two hours looking to eat. If you inject sleeping rats or humans with insulin while they are sleeping, they will wake and search for food.
With hyperinsulinemia, if you are having insulin secretions during the night, it's a sign that your insulin is poorly controlled and you're not mobilizing fatty acids at a time when most people do. This will keep weight on. By the same token, if you eat during the day and you can't go 5 or 6 hours without hunger, that means you are hypersecreting insulin, not hypoglycemia as many believe. Any method of weight loss has to involve conditioning the body to increase periods where you fat is mobilized and not stored.

AnneMarie Wrote:
I wanted to tell you, I went back and forth several times with the meat at Walmart last night, but finally buckled down and bought the 73/27 beef. I cooked it up in patties this morning with sea salt and pepper, and IT WAS DELICIOUS! It tastes sooooooooooo much better than the lean 94/6 or so that I usually get. I'm amazed. LOL!

I'm glad you liked it. I had it this morning as well. I tried to substitute ground pork and bacon instead of ground beef for a couple of weeks but I'm back to the ground beef. It leaves me sated about an hour longer and I bothered to read the label and found that the ground beef has more fat than the ground pork.

RE: Zero Carb / Meat and Water - con - 06-13-2008 09:06 AM

Hello ZCers,
So i've been VLCing for 4 months and finally was able to give up cheese and eggs a few weeks ago. An interesting observation about how conditioned my thinking is; after Charles mentioned how isolated people ate the same foods daily and therefore easily noticed the effects of any change immediately, I FINALLY started paying greater attention to my body's voice. After a big breakfast of 1 lb. meat, I noticed was hungry 1=2 hrs later. I had been forcing myself to wait 4-5 hrs. to my next meal(after all, that's what Charles said, wasn't it?) Sooooo....finally consciously noticed that although I WAS forcing myself I still was hungry. So today I fixed a huge amount of meat(2-3 lbs.) with 1/2 cup fat/pan drippings over it and ate until I couldn't look at another piece! I don't feel stuffed-- I just can't eat another bite of meat or fat. SO we'll see what the hormones have to say now if anything. Can I really trust them with my health? I never thought of carrying out the research on myself before although that is what Charles has been telling us all along. duh....

RE: Zero Carb / Meat and Water - Charles - 06-13-2008 09:18 AM

Vesna Wrote:
And at the same time, there seems to be a push to exonerate sugar. Drink some pop and chow down some gummi bears -- they're fat free, so how bad could they be?

Yep, I saw this in Men's Health this month. They observe correctly that diet soda causes more cravings and leads people to consume more carbohydrates but they recommend the regular stuff instead! AAARGHHHH!

I was in Wal-Mart last night and noticed that they have a new Three Musketeers Bar and a new Snicker's Bar with less fat in them.

The Three Musketeers Bar has about 40 grams of sugar whereas the original had 31. The new Snickers had 31 grams of sugar whereas the original had 27. However, I just read a press release that Snickers has a new bar with a low-glycemic index but it has caffeine in it to give you a boost without affecting your blood sugar. (If it were just that simple....) We must understand that it's not just the amount of sugar, but
the taste (real or just imagined) also leads to insulin secretion and only re-enforces hyperinsulinemia.

A “Snickers Charged” bar has 25 grams of sugar (only 8 less then the original) but it has 60 milligrams of caffeine! Just to give you an idea of how much that is:

1 - 8-ounce soft drink contains 20-40 milligrams (about 150-170 calories)
1 - 8-ounce regular coffee contains 65-120 milligrams (5-100)
1 - 8-ounce energy drink contains 72-80 milligrams (110-140 calories)

This stuff is outrageous!

**RE: Zero Carb / Meat and Water - Charles - 06-13-2008 09:54 AM**

travis t Wrote:

Charles,
Could the night sweats have been caused by nocturnal hypoglycemia. You said you saw this sometime ago but it has gone away now. Your liver could have been a little short on the glucose production and allowed your blood glucose to drop to low. This could cause a release of stress hormones to regulate blood glucose. Now that your liver is fully on line you don't need the stress chemicals to make your blood glucose and all is running smoothly.

travis

Travis, I just don't buy the hypoglycemia business at all. If I was hypoglycemic, then I would be able to mobilize more fat. What you're describing is common to hyperinsulinemia. The liver has glycogen but it's not giving it up because of high insulin levels, not low insulin levels. The liver will secrete glycogen (which it makes via gluconogenesis) to stabilize blood sugar but only when insulin is low, not high.

This understanding of hypoglycemia that has become so common is based on the mistaken notion of Newburgh, Edward Rynearson and Clifford Gastineau, which they wrote in the clinical manual, *Obesity*. They said that "insulin puts weight on only by lowering blood sugar to the point where patients overeat to remain conscious." This hypoglycemia was considered a rare pathological condition, one with no relevance to everyday life, and so only in that condition were elevated insulin levels to be considered a causal agent in weight gain and common obesity.

Since then, we've discovered that insulin does far more than just regulate blood sugar. It also regulates fat metabolism. Oskar Minkowski identified the role of the pancreas in diabetes. It's believed that he was ageusic, meaning that he had no sense of taste. He noticed that the urine collected from his dogs (who had their pancreas's removed) attracted an inordinate number of flies. Some say he tasted the urine. However, if he was indeed ageusic and missed the taste of the urine he might have noticed the smell of acetone from the ketone bodies and this might have led him to conclude that removal of the pancreas causes fatty acid metabolism to go awry as well. This may have led Frederick Banting to later conclude that insulin was the primary regulator of fat metabolism.

Fortunately, his misstep didn't cost us anything but time because the great French physiological psychologist Jacques LeMagnen (among others) came along and figured it out:

*Our homeostatic system that has evolved to maintain blood sugar in a healthy range establishes an internal environment in which the cells are primed to burn glucose for fuel and only glucose can satisfy that demand, yet there is no expendable glucose in the system. High insulin levels prevent the liver from releasing the glucose that's stored there as glycogen. As a result, it's glucose that we crave. Even if we*
eat fat and protein (cheese slices for instance), the hyperinsulinemia will work to store these nutrients rather than allow them to be used for fuel.

Therefore, to cure this, we have to condition the pancreas to expect less glucose and thus secrete less. This can only be accomplished by continually depriving the body of glucose so it adapts to not expect it. This explains why the symptoms were present early but disappeared later. This also explains why sleep improves as our bodies adapt to the diet.

Thus the recommendation to increase carbohydrate consumption and/or increase meal frequency to further stimulate the mobilization of fatty acids will only work to a point. Either way, the pancreas has to be conditioned to secrete less. Hyperinsulinemia must be controlled. I doubt that it can ever be cured.

Again, any treatment that helps us mobilize more fatty acids or increases the frequency of such mobilization should help to promote weight loss. Hunger must be the guide, not some artificial number of calories or feedings.

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RE: Zero Carb / Meat and Water - Charles - 06-13-2008 10:04 AM

con Wrote:
After a big breakfast of 1 lb. meat, I noticed was hungry 1=2 hrs later. I had been forcing myself to wait 4-5 hrs. to my next meal(after all, that's what Charles said, wasn't it?) Sooooo....finally consciously noticed that although I WAS forcing myself I still
was hungry. So today I fixed a huge amount of meat(2-3 lbs.) with 1/2 cup fat/pan drippings over it and
ate until I couldn't look at another piece! I don't feel stuffed-- I just can't eat another bite of meat or fat.
SO we'll see what the hormones have to say now if anything. Can I really trust them with my health? I
never thought of carrying out the research on myself before although that is what Charles has been
telling us all along. duh....

I don't know what you weigh, con, but I weigh 156 and I can easily eat a pound or two of ground beef
for breakfast. If I weighed 200 or more, I would expect to eat twice that. The goal is to increase the flow
of fuel to your cells which will cause your body to reduce it's fat stores. If you can only eat 1lb and
you're hungry two hours later, then you should eat again. Don't eat 3 pounds if you're only hungry for 2.
I'm just saying eat until you're full. You don't have to literally stuff yourself. By the same token, you
shouldn't leave the table hungry either.

I think there is something to conditioning your body to eat at regular, spaced-out intervals but hunger
and hyperinsulinemia are a tough duo to conquer.

I'll be very interested to see how this goes for you. Please keep us posted.

Regards,

Charles

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RE: Zero Carb / Meat and Water - Lauren - 06-13-2008 10:24 AM

Charles Wrote:
Travis, I just don't buy the hypoglycemia business at all.
Charles- Doesn't excessive insulin secretion drive down blood sugar? Isn't that what is considered reactive hypoglycemia? I assumed that hyperinsulinemia and reactive hypoglycemia went hand in hand.

RE: Zero Carb / Meat and Water - Lauren - 06-13-2008 10:31 AM

Charles Wrote:
I'll be very interested to see how this goes for you. Please keep us posted.

I will be interested too. I tried it and gained three pounds and got scared. Now I'm trying to eat fat and protein when hungry, just smaller amounts.

I would really like this to work for me but I wonder if one is hyperinsulinemic and is secreting excessive insulin, won't that cause weight gain even if one is only eating meat and water?

RE: Zero Carb / Meat and Water - Charles - 06-13-2008 11:19 AM

Lauren Wrote:
Charles- Doesn't excessive insulin secretion drive down blood sugar? Isn't that what is considered reactive hypoglycemia? I assumed that hyperinsulinemia and reactive hypoglycemia went hand in hand.

It would except for one problem: Insulin resistance! That's what started the whole problem in the first place. Normally, insulin does it's job by pushing glucose into the cells. If the cells become resistant, then insulin cannot push the glucose into the cells and therefore it stays in circulation. Thus the pancreas must secrete more and more insulin to accomplish what used to take a little.

This results in high insulin levels and it serves to make even more cells and even tissues resistant. Your liver and insulin work together to keep blood sugar stable. The liver will make glycogen from protein to stabilize it and insulin will move glucose to the cells to stabilize it. If there is more blood sugar than is optimal in the bloodstream, insulin doesn't care. It just wants it stable.

So you should see from this that the damage occurs long before there is high blood sugar. The effect of too much insulin on the cells causes resistance long before the blood sugar is actually high. The high blood sugar is a symptom, not the cause.


Lauren Wrote:
I will be interested too. I tried it and gained three pounds and got scared. Now I'm trying to eat fat and protein when hungry, just smaller amounts.

You should have only been eating fat and protein when hungry to begin with. I don't advocate eating unless a person is hungry. After you've become full, then you stop. You shouldn't feel as if you're forcing yourself to eat or anything like that. One does not need to leave the table hungry, that's all. I don't understand what you mean by this...

Lauren Wrote:
I would really like this to work for me but I wonder if one is hyperinsulinemic and is secreting excessive insulin, won't that cause weight gain even if one is only eating meat and water?
Have you ever heard the phrase, "it takes money to make money?" I think it's similar with the body. It takes energy to burn energy. If you don't provide enough fuel, you will conserve what you have. If you provide enough or even a little more, it should result in more activity which causes you to mobilize more.

This only works if you are eating true zero carb and water. You cannot add fake stuff and a little carbohydrate here and there because that causes fat storage. If you're eating only protein and water, there is nothing to make triglycerides out of because there is no glucose in the diet. Thus, it's very difficult to put on weight regardless of what you weigh.

RE: Zero Carb / Meat and Water - travis t - 06-13-2008 12:34 PM

Regarding night sweats
Dr. John Berardi, Ph.D had a story about injected insulin and bodybuilders that I think is interesting
“i know several renegade bodybuilders who have injected themselves with insulin in order to take advantage of insulin's huge anabolic effects. But some of the dopes have gotten the carbohydrate timing wrong and nearly collapsed from low blood glucose values.
I remember when one particularly huge buddy of mind forgot to take his post-insulin carbohydrates and went out to eat at a sushi restaurant. Since he and his date had to wait in a long line, the insulin started to drop his blood glucose into coma territory. The big SOB had to run into the restaurant (sweating, pale, and shaking - the body's attempt to normalize blood glucose) and demand some sugary food before he passed out and died. He got the food and lived to see another day, but I'm certain that he'll never forget to take his post-insulin carbs again.”
I agree with you charles about insulin resistance being the start of the problem and that more and more insulin will be secreted to do the job. I’ve heard it before that once insulin builds up high enough that it by sheer force will drive the nutrients into the cells and thereby drop blood levels of fuel below normal and this is when the brain panics and calls for blood glucose. The body will release fight or flight hormones (Epinephrine and norepinephrine) to raise blood glucose
I have never heard of anyone being sweaty, pale, and shaking from too much insulin but this is about how our metabolism fights back to restore blood sugar after insulin has facilitated clearing fuel from circulation. I know that Dr Berardi is talking about injected insulin but the same thing would happen on a smaller scale in someone who was insulin resistant.
travis

RE: Zero Carb / Meat and Water - Lauren - 06-13-2008 01:34 PM

Charles Wrote:
You should have only been eating fat and protein when hungry to begin with. I don't advocate eating unless a person is hungry. After you've become full, then you stop. You shouldn't feel as if you're forcing yourself to eat or anything like that. One does not need to leave the table hungry, that's all. I don't understand what you mean by this...

Have you ever heard the phrase, "it takes money to make money?" I think it's similar with the body. It takes energy to burn energy. If you don't provide enough fuel, you will conserve what you have. If you provide enough or even a little more, it should result in more activity which causes you to mobilize more.

This only works if you are eating true zero carb and water. You cannot add fake stuff and a little carbohydrate here and there because that causes fat storage. If you're eating only protein and water, there
is nothing to make triglycerides out of because there is no glucose in the diet. Thus, it's very difficult to put on weight regardless of what you weigh.

I have been eating meat, eggs (no more than 2 per day), and cheese (less than 2 oz. only occasionally) for over a month. What I was doing before was eating when hungry and stopping when I felt like not eating anymore. This could sometimes be a fairly large amount of steak. I never ate when I wasn't hungry. I got nervous though watching the scale go up. I was 7 pounds above my ideal weight to start with and at the end of the month, I was 10 over. I got afraid and now I still eat when I'm hungry but I consciously eat less. I leave the table feeling fine but not really "full" like I had been when eating larger amounts. It's hard for me to believe that eating less than 5g of carbs in cheese and eggs would actually cause me to gain weight- stay the same, maybe, but not gain. Assuming that I'm eating fake stuff reminds me of Eades accusing people who are not losing of eating tons of nuts, cheese, etc. Sometimes this is not the case.

I understand this is working perfectly for you Charles and now I want to see it working for others as well. There may be factors (menopause, severe insulin resistance, things yet unknown), that keep it from working exactly the same for all. For now, I will continue to eat a little less and keep a watch on the posts here to see how it's working for others.

RE: Zero Carb / Meat and Water - usmaid - 06-13-2008 06:14 PM

Hi I'm new here but have been lurking in the shadows for several weeks. I lost 100lbs about 8 yrs ago with old fashioned calorie restriction then quit smoking about 3 yrs ago and put on 10 lbs. I've been struggling ever since. Started Atkins the first of March. Nothing happened. Although I will say it was WONDERFUL to eat meat again! But I didn't lose or gain- nothing. I was fasinated by this meat and water WOE. I've been doing this now for more then a week and I've actually gained 2lbs! Clothes are still feeling the same, jewelry still feels the same. Is it possible that it just doesn't work for everyone the same?

RE: Zero Carb / Meat and Water - onlyabtrfly - 06-13-2008 08:03 PM

Hi, Lauren and usmaid. I don't know if Charles will get to respond quickly or not--I think he said something the other day about not being on too much on weekends and he runs a lot...not that I'm speaking for him, it just sounds like both of you might be frustrated so I wanted to offer some support. 😊

I don't think Charles means to sound accusatory, Lauren. He firmly believes what he finds true, as we all do when we really believe in something, and he might come on strong but he just wants people to be healthy and free of their burden of overweight and/or health issues.

I'd like to address your comments about nuts and cheese. I totally, totally understand where you're coming from, please believe me. It's insane to think that a few nuts or some cheese would really bog someone down. But may I ask if you would even consider, just for a period of one week, cutting them out completely? Just to find out if it's possible is all. Not saying you're wrong or that you're doing anything ridiculous, nothing like that. Just do it to prove yourself correct. May I ask how old you are? May I ask how far you are from your goal weight? I didn't go back and look, but are you the one at about 119 or so? Is it at all possible that your body might just be happy at that weight and what you need is some good toning to lean up?

Please let me share my own story with you both. I first did PP 9 years ago. To my amazement, between the dates of Feb. 18th and May 22nd of that year (yes I'm good with dates like that *wink*) I lost 57
pounds. I was amazed. I was shocked. I was only about 30 pounds from goal weight, went off to college that fall, and ate pasta and other white menaces and drank ice cold Cherry Coke from a tab until I had ballooned up to 20 pounds past my original weight of 257, to 277. When I got home from that year, I lost twenty pounds lc'ing off and on all summer-leaving me at 257 for my wedding. A year later I miscarried and found myself in a black hole that was just...I don't even remember a great deal from that time, only bits and pieces. Somewhere down that road when I began to come back to life so to speak, I found that I had ballooned up to 346 pounds. This was unbelievable to me. My doc wanted to allow me to undergo fertility treatments, so I agreed. After four months of nothing, I told her we needed to stop, that it was my weight. I tried Atkins for the first time then, from November of 05 to February of 06. As far as I knew, I was infertile and would never have children. Then when the scale crossed 296, where I was when I became pregnant the first time, immediately I became pregnant with my little boy.

I explain all this for a reason. There is only one relevant difference between my success in 99 and my success in 2006, and that is what I ate. I'm a facts person if you will, I retain dates and scenarios like a fiend. I don't know why, I just do. Here are my food choices from those two times:

Spring of 1999:
Breakfast-two hamburgers or an omelet made with hamburger and mushrooms. Only once a week or so though, because I hate eggs.
Lunch-A small side salad in the school cafeteria consisting of about a full packed cup of shredded lettuce, two thin tomato slices, and olive oil/vinegar, with a meat I had packed at home, usually chicken quarters or salmon or beef patties.
Dinner-Another hamburger if I was hungry, or maybe some broiled fish, and sometimes, tuna or chicken salad plain with just salt and pepper.

I started out packing cheese in my lunch, but it would go all soft and gross before I could eat it, so I stopped it early on. I also enjoyed nuts early on, but after about a three week plateau, my grandma said maybe it was sodium, so I cut them cold turkey. I lost 9 pounds that week.

Fall/Spring of 2006:
Breakfast- A couple of eggs if I could stand it, but usually nothing because when I was working away from my home I left so early it made me sick to try to eat.
Lunch-By then I was hungry. I'd usually get two classic doubles at Wendy's and pull off the bread, and order them with no pickles or onions, just my preference. I'd drink a Dasani with that.
Dinner-Either more beef or fish, chicken, or tuna or chicken salad. I didn't feel like going to the trouble of cooking up veggies most of the time, even though I love them.

Now, do you see the common principle here? Most of my meals contained a huge deal of fat, no cheese, no nuts, no eggs. All the times I tried to go back to low carbing between those two time frames, I ate my fill of nuts, cheese, and other lc legal things to my own detriment. I was always full but just, always craving, never fully able to stick to plan.

The end of last year and beginning of this year, I was really struggling with all this. I wracked my brain trying to figure out those two successes and so many failures. I knew lc worked beyond all else, but why wasn't it working for me now? Had I passed some magical point? Was I immune? What was up? Last year I read and read and read the posts on zero carb and thought, no freaking way. These peeps are nuts! I love my veggies, there's nothing wrong with what I'm doing. And I continued to sit and eat my cheese and nuts snack, my diet drinks, and struggle to eat eggs that I hate, only to have fierce cravings all day and submit to one cheat after another, after another.

When I started reading this thread here on the new forum I thought, you know, maybe I need to look with fresh eyes.
First, I knew eggs contain something called arachaic acid, as do steaks. Lots of people are insanely sensitive to this. It causes fatigue, stalls, brittle hair, dry skin, you name it. I thought great, no problem. I'm cool with letting eggs go.
Second, I knew for me, nuts mimic the starchy yummy feeling of carbs in chips and things of that nature. Sure they don't taste the same and the carbs are way less, but you still get that delicious crunch and tantalizing texture that you do with carby foods. I was willing to cut them simply because I knew it whet my appetite for other things. Throw in that I knew my body latched onto those feeling and was dousing my veins with insulin and I was willing to quit cold turkey.

Third, cheese.......oh how I love cheese. It's so delicious baked on things, as a snack, the goodness of cheese is so comforting. But I knew whenever I ate it, I would start feeling kinda blocked up. Further, with nothing crunchy to enjoy it with, it wasn't as appealing. And it seemed no matter how small the amount I ate, I'd notice stalls. When I ran out, if it was a few days til grocery day, I'd begin to lose a day or two into no cheese. So I decided to nix cheese day before yesterday. In 36 hours, I'm down 4 pounds.

I knew the science years ago, and I knew the opinions of the folks on this thread a year ago. What I was not willing to do at that point was make it completely real to myself. Sometimes we get so caught up in what we enjoy that it seems utter nonsense for someone to question those things. I know it's hard, and seems so dumb from your point of view right now...

So I'm challenging you both, Lauren and usmaid. I'm not being pushy, or trying to shove it down your throats....I'm asking you to give your body seven days on meat alone and water. If you like eggs, eat the white only, the yolk has the arachaic acid. But you're gonna have to add a lot of pure fat somehow to make eggs work! If you eat steaks, soak them over night in olive oil and red wine vinegar. The olive oil opens the grain and the vinegar leeches out the a.a. Add some sea salt and cracked black pepper and you have a beautiful meal. As to steaks, honestly, the fare in most stores is too lean. Go for ground beef at 73/27. That was hard for me to do at first, but I have to tell you, it was so delicious today and I have felt so sated all day. If you're eating lean meat trying to do this, the problem is there's not enough fat to keep your body fueled. If, after seven days, you haven't dropped anything and you still feel aggravated by this plan, then go to one of the other plans and rock it out. No one will be mean or angry about it.

This low carb lifestyle is as individual as all our insulin issues are. You've got to be willing to know yourself...but sometimes, you might need to try something you don't really feel you should have to. If anything, do it to prove your point. That's how science works. Hypotheses are scientific fact until another hypothesis proves the first one wrong. So go with it! Try it out! I'll be cheering you on the whole way, no matter what you find for yourselves or what you end up choosing to do. Either way, you're both worth feeling better. Okay?
Keep your chins up.

RE: Zero Carb / Meat and Water - onlyabtrfly - 06-13-2008 08:05 PM

P.S. Sorry the above was so long.

RE: Zero Carb / Meat and Water - Charles - 06-13-2008 09:16 PM

travis t Wrote:
Regarding night sweats
Dr. John Berardi, Ph.D had a story about injected insulin and bodybuilders that I think is interesting
“I know several renegade bodybuilders who have injected themselves with insulin in order to take advantage of insulin's huge anabolic effects. But some of the dopes have gotten the carbohydrate timing wrong and nearly collapsed from low blood glucose values.
I remember when one particularly huge buddy of mind forgot to take his post-insulin carbohydrates and went out to eat at a sushi restaurant. Since he and his date had to wait in a long line, the insulin started to drop his blood glucose into coma territory. The big SOB had to run into the restaurant (sweating, pale,
and shaking - the body's attempt to normalize blood glucose) and demand some sugary food before he passed out and died. He got the food and lived to see another day, but I'm certain that he'll never forget to take his post-insulin carbs again.”

I don't doubt the observations at all, I just think there is another explanation for some of them, that's all. Insulin simply does not cause blood sugar to go low. This is faulty. What happens is this. When insulin is secreted, it clears the bloodstream of all nutrients. That means all fatty acids, amino acids, glucose, nutrients, minerals and anything, and I do mean anything, that can be used as fuel gets cleared out. This is what causes the acute hunger that is felt right before eating. If these guys were injecting insulin, then they cleared their bloodstream for longer than what is normal and this lead to the reaction. It is not low blood sugar, it's the lack of any fuel in the bloodstream for the muscles to use. They are primed to use glucose since there was a major insulin secretion to begin with, but if none is forthcoming from the diet, you get the physiological symptoms of starvation.

Again, if a person is insulin resistant enough no matter how much insulin is present, there will be no movement of glucose into those cells. This is what causes the problems. Insulin cannot "overpower" these cells. It just doesn't get moved there. Now, keep in mind that not all cells are resistant, but the fat tissue and muscle tissue are more aware of insulin than other tissues in the body. The muscles get their fuel from the stream of fatty acids in the bloodstream. Since insulin removes fatty acids from the bloodstream, there is literally nothing to fuel those muscles until there is either glucose or fatty acids returning once insulin ebbs. The shaking happens because there is nothing there.

Travis Wrote:
The body will release fight or flight hormones (Epinephrine and norepinephrine) to raise blood glucose

The fight or flight hormone is adrenaline. It mobilizes fatty acids. It clears the bloodstream of glucose and the muscles only have access to fatty acids. If insulin is chronically high, then this response may not be as potent as it should be. The point is, insulin has the power to override any hormone but it can't overcome insulin resistance.

RE: Zero Carb / Meat and Water - **Charles** - 06-13-2008 09:27 PM

Lauren Wrote:
I have been eating meat, eggs (no more than 2 per day), and cheese (less than 2 oz. only occasionally) for over a month. What I was doing before was eating when hungry and stopping when I felt like not eating anymore. This could sometimes be a fairly large amount of steak. I never ate when I wasn't hungry. I got nervous though watching the scale go up. I was 7 pounds above my ideal weight to start with and at the end of the month, I was 10 over. I got afraid and now I still eat when I'm hungry but I consciously eat less. I leave the table feeling fine but not really "full" like I had been when eating larger amounts.

With written text, it's very hard to gauge intent and you can't see my face or read my mind just as I can't read yours. I didn't have in mind to accuse you of anything, I was merely answering your questions. I wasn't thinking of "you" in particular, I approached it as a hypothetical. I guess I didn't make myself very clear which I'm wont to do at times.

We don't know if you are not already at the weight you should be at so gaining a few pounds above that low body weight may be your body's way of undoing whatever calorie-restriction you had going prior to beginning this way of eating. It's tough to know that. Rest assured that I have no way of knowing what you eat or don't eat and I certainly don't pretend to know. I was really only answering a hypothetical.
The fact that you sleep better tells me that you're controlling hyperinsulinemia much better than you did before you began zero-carb so that's nothing to sneeze at.

Lauren Wrote:
It's hard for me to believe that eating less than 5g of carbs in cheese and eggs would actually cause me to gain weight- stay the same, maybe, but not gain. Assuming that I'm eating fake stuff reminds me of Eades accusing people who are not losing of eating tons of nuts, cheese, etc. Sometimes this is not the case.

I think you already know my take on this, but after reading what I wrote, I can see why you might think I meant as Dr. Eades meant. I really don't. I've already seen improvement for you. You sleep better, you have more energy and you don't have the cravings you had. As I always say, this way of eating is about so much more than weight loss. I'm sure that blood tests would also confirm what I've been saying to you.

If it is just mere weight loss you're after, then by all means, cut your calories and make yourself smaller. Eventually that is something that someone would have to work out with their own body. I just meant to be clear that I don't expect anyone to stuff themselves with meat. I've always maintained that a person should only eat when they're hungry and not eat when they are not. I don't think it's that big a deal to eat when you're not hungry because the overfeeding studies show clearly that this weight comes off quickly once you stop overfeeding.

Lauren Wrote:
I understand this is working perfectly for you Charles and now I want to see it working for others as well. There may be factors (menopause, severe insulin resistance, things yet unknown), that keep it from working exactly the same for all. For now, I will continue to eat a little less and keep a watch on the posts here to see how it's working for others.

Fair enough. I only asked you to try it. If it doesn't work for you then by all means, find something that does. You won't hurt my feelings. 😊

RE: Zero Carb / Meat and Water - Charles - 06-13-2008 09:30 PM

usmaid Wrote:
Hi I'm new here but have been lurking in the shadows for several weeks. I lost 100lbs about 8 yrs ago with old fashioned calorie restriction then quit smoking about 3 yrs ago and put on 10 lbs. I've been struggling ever since. Started Atkins the first of March. Nothing happened. Although I will say it was WONDERFUL to eat meat again! But I didn't lose or gain- nothing. I was fasinated by this meat and water WOE. I've been doing this now for more then a week and I've actually gained 2lbs! Clothes are still feeling the same, jewelry still feels the same. Is it possible that it just doesn't work for everyone the same?

The question is, what do you mean by "work"? I advocate zero-carb as not only the healthiest human diet but also the best diet to troubleshoot to see if something else is going on. You haven't lost whether you've done Atkins or anything else so it's hard to blame it on diet in your case. If there is some other hormone acting up in your body then that has to be addressed. If you have followed my writings then you know that I believe weight regulation to be a part of homeostasis and it's just one part that the body regulates.

It literally has nothing to do with you unless you are providing bad fuel. I don't know you so I don't
know what you eat, how well you sleep, how long you go between meals, nor your energy level. How about you provide some of that and perhaps we can see what's going on?

RE: Zero Carb / Meat and Water - usmaid - 06-14-2008 03:36 AM

Thanks Charles and AnneMarie for the responses! I'm a 52 yr old, 5'5" female. Back in 2001 I weighed 253 lbs and Decided to cut calories to 1000 per day and exercise. My goal was to lose 100 lbs and I did it in about 10 months. Three and a half years ago I quit smoking and as I said put on 10 lbs that I just can't seem to get rid of. I was bored with calorie restriction so wanted to try something new (6 yrs of no fat yogurt for lunch was enough!). I expected to put on some wt with the sudden addition of meat, butter,cheese and eggs when I first started Atkins. I went up to about 166. I've been hovering right around there ever since. 161, 164, 162,etc. I would really like to be back down around 150. My diet and activity level follow. I am a creature of habit and routine. I love your philosophy Charles to keep it simple! I always have a ON whey protein shake (2g carb) in the am (7:15 am) with 4 oz water and 4 oz heavy cream plus 2T flax seed (4g carb/2g fiber) after 40 min of aerobics or wt training. Lunch (12:30pm) is 2-3 hamburger patties and dinner (5:00pm) is steak, 2-3 pcs dark meat chicken or 2 hamburger patties.I always make extra and that's lunch the next day. IF I get hungry later- not always- I'll make a half protein shake around 8:00. I have the shakes in the am because they're easy and I like them. I add the flax seed because it's suppose to help with hot flashes- which I don't like and am bothered by several times during the day and evening. I'm in bed by 9 and up between 4-5. I feel I sleep well and get through my day fine. Along with my M-F 40 min morning work out, I walk 1.4 miles to work and back- weather permitting- probably average 3xweek and I power walk 40 min Sat or Sun weather permitting. I guess the only thing left are my supplements. I don't take any Rx drugs. I do take a multi vit 1xday, calcium w/vit D 2xday, omega 3 2xday, and Glucosamine with condrostin (sp) 2xday. I think that's about it. This is what I've had the last two weeks with no wt change the first week and a 2 lb increase to 165 after the second week ( I weighed yesterday). I realize without that much to loose I'm not looking for 5-7 lbs in a week but 1 or 2 would be nice and I think reasonable-yes? Things I like since changing to LC? I have more energy, my hair and nails are beautiful, I don't crave the carbs and I really enjoy the simplisity of it! I can see myself continuing this no matter what!

Sorry for being so long but I wanted to provide you as much info as possible. I think the forum is great! And you all seem so nice and informative. Thanks for the help!
Beth- usmaid

RE: Zero Carb / Meat and Water - usmaid - 06-14-2008 04:54 AM

Oh I forgot to add my one vice! I'm a gum-a-holic. I probably chew 4-8x's a day at 1 gr carb per day. That would be hard to give up! I do it during work outs and walking to keep my mouth moist.

RE: Zero Carb / Meat and Water - Lauren - 06-14-2008 05:00 AM

Charles Wrote:
We don't know if you are not already at the weight you should be at so gaining a few pounds above that low body weight may be your body's way of undoing whatever calorie-restriction you had going prior to beginning this way of eating. It's tough to know that. Rest assured that I have no way of knowing what you eat or don't eat and I certainly don't pretend to know. I was really only answering a hypothetical. The fact that you sleep better tells me that you're controlling hyperinsulinemia much better than you did before you began zero-carb so that's nothing to sneeze at.
I think you already know my take on this, but after reading what I wrote, I can see why you might think I meant as Dr. Eades meant. I really don't. I've already seen improvement for you. You sleep better, you have more energy and you don't have the cravings you had. As I always say, this way of eating is about so much more than weight loss. I'm sure that blood tests would also confirm what I've been saying to you.

Fair enough. I only asked you to try it. If it doesn't work for you then by all means, find something that does. You won't hurt my feelings. 😊

Thanks for your response Charles. I wondered that myself and agree that the few pounds I gained was probably due to prior calorie restriction. No doubt my body was just responding to nourishment. In spite of my complaining, I am really dedicated to this way of eating. The improvement in my sleep, my mood and energy levels, my hair (which no longer falls out when I brush it), have convinced me that this is the healthy way to eat. I know that I am too weight obsessed and that my ideal weight is probably unrealistic. This has been and continues to be a real evolution for me. I wish that I were willing to do the all meat and water test but for some reason, I'm not there yet. I guess I have to evolve at my own pace but I am eternally grateful for the information and guidance that I get from you and the rest on these boards. I love reading everyone's thoughts, theories, experiences and research and I'm happy that you and others continue to be willing to post on this forum.

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**RE: Zero Carb / Meat and Water - Lauren** - 06-14-2008 07:35 AM

Hey Charles-

I'm confused about this quote below from Eades. I know you've probably answered this ten times already but if you don't mind, can you comment one more time?

"Eating a very-low-carbohydrate diet ensures that insulin levels stay low. Unless insulin levels are up, it's almost impossible to store fat in the fat cells. With high insulin levels fat travels into the fat cell; with low insulin levels fat travels out."

I seem to remember that you said that no dietary fat will be stored if carbs/glucose are unavailable from the diet, regardless of insulin levels. Is that right?

---

**RE: Zero Carb / Meat and Water - con** - 06-14-2008 11:49 AM

Well so far so GOOD------yeah

So yesterday, I started eating much more meat and fat as an experiment. After breakfast, (2 lbs. meat) I wasn't hungry for approx. 4 hrs. Then I ate about 2 lbs. fatty meat for lunch until I felt sated. THEN, about 2 hrs. later, without eating a single thing, I felt super full? HUH????? Same thing 2 hrs. later. WHAT? In fact, I didn't eat another thing all evening. hmmm...

This morning the scale is down 2 more POUNDS!!!!!

Just to put this in context: I do NO walking/running or much of anything in the way of exercize. I'm also a post menopausal woman who's somewhat dependent on others doing my cooking, although I'm cooking my own meat cause it's so easy. ha

I've been doing zero carb (actually under 5 gms)for three months and averaging 1-2 lbs.lost per MONTH.

I think it's taken 2-3 months for my metabolism to adapt to VLC and when I was finally able to go all the way to zero carbs by giving up eggs/cheese/sweeteners after months of losing 1-2 lbs. per month----just the last 4 weeks I've lost 10 lbs!!!!!!!!!!!!!
The hardest thing is unlearning all the nutritional conditioning. Con

RE: Zero Carb / Meat and Water - con - 06-14-2008 11:52 AM

onlyabtrfly
thank you for your post. It was very inspiring and beautifully written. con

RE: Zero Carb / Meat and Water - onlyabtrfly - 06-14-2008 11:54 AM

You go Con! That is so awesome! I'm down another pound today just since really embracing this Wednesday evening, for a total of 5.4 pounds in 3 days. I'll take it. I'd been stuck before that. It is hard unlearning the brainwash of all other diets, even low carb diets. I don't knock any of them, but doing it this way makes so much sense when you think of our ancestors. Ha, I bet if you brought one of our hunting gathering ancestors into this age from so many centuries ago, they'd look at all our food and think we were a bunch of sloppy messes. 😊LOL!
Congrats again!

RE: Zero Carb / Meat and Water - onlyabtrfly - 06-14-2008 11:56 AM

Aw, I appreciate that so much!
I feel stupid ever voicing my opinion since I have been such an idiot about this miracle of low carbing for so long. I appreciate your kind words-I can't tell you how much that encourages me. 😊Just goes to show head knowledge doesn't always equate to "walking the talk". But, I feel so satisfied this way and so mentally relaxed I know I can last this way.
Thanks again!

RE: Zero Carb / Meat and Water - con - 06-14-2008 02:57 PM

did anybody read Dave's remarks on Jimmy's blog yesterday(fri. 13th)? I was very interested in them and then found dave's website http://www.the spark of reason. I would love to know what you all think.
I think it confirms what Charles has been saying all along.(sorry, don't know how to put in links)
con

RE: Zero Carb / Meat and Water - Lauren - 06-14-2008 03:07 PM

con Wrote:
Well so far so GOOD------yeah
So yesterday, I started eating much more meat and fat as an experiment. After breakfast, (2 lbs. meat) I wasn't hungry for approx. 4 hrs. Then I ate about 2 lbs. fatty meat for lunch until I felt sated. THEN, about 2 hrs. later, without eating a single thing, I felt super full? WTF????? Same thing 2 hrs. later. WHAT? In fact, I didn't eat another thing all evening. hmmm...
This morning the scale is down 2 more POUNDS!!!!
Just to put this in context: I do NO walking/running or much of anything in the way of exercize. I'm also a post menopausal woman who's somewhat dependent on others doing my cooking, although I'm cooking my own meat cause it's so easy. ha
I've been doing zero carb (actually under 5 gms) for three months and averaging 1-2 lbs. lost per MONTH. I think it's taken 2-3 months for my metabolism to adapt to VLC and when I was finally able to go all the way to zero carbs by giving up eggs/cheese/sweeteners after months of losing 1-2 lbs. per month----just the last 4 weeks I've lost 10 lbs!!!!!!!!!!!!! The hardest thing is unlearning all the nutritional conditioning. Con

Wow, that's great. It's especially interesting to me that you're losing so much faster without eggs/cheese/sweeteners. May I ask if you have a lot to lose? Please keep posting about your all meat and water experience! You too onlyabtrfly. If you both continue to lose, I may just have to give up eggs, cheese and tea yet!

RE: Zero Carb / Meat and Water - con - 06-15-2008 09:05 AM

Lauren
yeah,
i have a lot to lose. i've been thinking a lot about that question since you asked. i've lost almost 30 lbs now and have 70 to go
but in my head i can't conceive of losing that much. i'd be ecstatic with 40 lbs. more gone.
Can't imagine it though. too much failure in the past and i'm trying not to get my hopes up too much this time.
although.......charles........ zero carb......??????????
con


Lauren Wrote:
Hey Charles-

I'm confused about this quote below from Eades. I know you've probably answered this ten times already but if you don't mind, can you comment one more time?

"Eating a very-low-carbohydrate diet ensures that insulin levels stay low. Unless insulin levels are up, it's almost impossible to store fat in the fat cells. With high insulin levels fat travels into the fat cell; with low insulin levels fat travels out."

I seem to remember that you said that no dietary fat will be stored if carbs/glucose are unavailable from the diet, regardless of insulin levels. Is that right?

Hey, Lauren. Just popped in to check on you. I'm not going to be around much today, but I was concerned about our last exchange. I will try to be more clear when I write. I really appreciate you and everyone here and I just want you to be healthy and happy!

Dr. Eades is oversimplifying again. He admitted that much in his response to me. There is no fat cell door that opens or closes.

Insulin levels do have to be low so fat can be mobilized -- in other words, so fat can continue to travel unimpeded through your bloodstream.
Fat always circulates, period. However, when insulin is secreted (it actually doesn't have to be high at all) fat goes into the fat tissue for a while to allow your bloodstream to pick up the glucose and take it to your muscles. Once you digest your food, the insulin goes back down and fat once again travels in your bloodstream. The goal is to keep fatty acids on the move for as long as possible.

By "fat cells" he means triglycerides. It takes glucose and three fatty acids to make a so-called "fat cell". Triglycerides are treated just like fatty acids. The only problem is their size. They tend to "gum up the works" and slow down fatty acids, which causes them to back up in fat tissue.

If there is no glucose, there are no triglycerides being made. Fat will always go into hiding right before a meal, but it comes back much faster if there is no glucose and insulin levels remain low.

Happy Father's Day to all fathers. I'm off!!!!

See you tomorrow.

Best regards,

Charles

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What is the difference between fatty acids that flow throughout out the system freely and the fat deposits that sit on our thighs, or other body parts, looking like big jiggly blobs? Those obviously don't move around freely. That fat just seems to sit there all day looking fat and lumpy until we do something to get rid of it by modifying our diet. If that fat is moving in an out of my cells, why don't I temporarily look thinner while that's happening and why don't I suddenly get a big lump of fat somewhere else while the fat is moving around?

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**RE: Zero Carb / Meat and Water - Vesna - 06-15-2008 05:37 PM**

Charles Wrote:

By "fat cells" he means triglycerides. It takes glucose and three fatty acids to make a so-called "fat cell". Triglycerides are treated just like fatty acids. The only problem is their size. They tend to "gum up the works" and slow down fatty acids, which causes them to back up in fat tissue.

If there is no glucose, there are no triglycerides being made. Fat will always go into hiding right before a meal, but it comes back much faster if there is no glucose and insulin levels remain low.

I thought fat cells were like tiny little sandwich bags that fat gets stuffed into. I thought fat tissue was a whole bunch of fat cells in one place, like a lot of sandwich bags on a shelf. I heard that once your body makes a new fat cell, it never goes away, it just can be emptier or fuller. I thought all you can do to get thinner is to make your fat cell sandwich bags emptier, but once you've been overweight you're forever cursed with too many sandwich bags and that's why people will always continue to have a weight problem once they've developed it.

But triglycerides are strictly defined as three fatty acids and a glucose. The name has "three" written right into it. So there can never be any more or less than three in it. Therefore, if a triglyceride is the same thing as a fat cell, it can never be more empty or full of fat -- it would always be just three of three.
Are triglycerides the little particles that are visible as body fat when there are enough of them in one place? Are they the same thing as "fat cells"? I thought they were the things that floated around in your blood that you want the count of to be as low as possible. And why do you say "so-called" and put "fat cells" in quotes? Are they the same as each other, or not?

What are the myths and misconceptions, and what's real? Halp!

RE: Zero Carb / Meat and Water - Vesna - 06-16-2008 03:49 AM

con Wrote:
did anybody read Dave's remarks on Jimmy's blog yesterday(fri. 13th)? I was very interested in them and then found dave's website A spark of reason. I would love to know what you all think. I think it confirms what Charles has been saying all along.(sorry, don't know how to put in links)
con

Con, where are these remarks? What was the headline of the post on Jimmy's blog? Maybe you can quote a little of it here to give us something to search for? Thanks.

RE: Zero Carb / Meat and Water - onlyabtrfly - 06-16-2008 05:53 AM

So I think I screwed up yesterday, folks.
I didn't eat anything for breakfast as we were late getting up and ready for church. I had nothing to eat until 1:30, when I ate a pound of beef. I was crazed with the housecleaning bug yesterday, and didn't eat when I was hungry again. (I know, my bad) I kept pushing to get everything done I had wanted to get done and found myself literally puttering out like a car out of gas about 9:45. I felt like I was running on less than fumes at that point. I went and ate almost all of two cans of tuna in mayo because it was fast. But I realize that in no way filled the void of what I should have eaten yesterday...
Now, I didn't mean for yesterday to happen like that at all. However, my assumption is that because I starved myself accidentally yesterday, my body must have hung on for dear life last night and I'm back up several ounces and I slept horribly. Have I answered my own question here? Is this because I didn't eat?

RE: Zero Carb / Meat and Water - con - 06-16-2008 09:52 AM

Vesna,
Fri. 13th column on Jimmy's website SCORES OF LOW CARB STUFF TO TALK ABOUT(and nary a moment to do it)has 9 comments at its end. Dave makes these comments:
"Jimmy. I would be surprised if you could gain much fat via ASP alone. My suspicion is that it would be an uphill battle against a lot of mechanisms that regulate appetite, digestion, and metabolism. I believe something else would need to be broken. A similar situation would occur when trying to lose fat via calorie restriction. When things are working right, I'm guessing it's just as difficult to eat too much as it is to eat too little.

'If you're gaining weight on a low-carb diet, I would think something else is going, probably either some effect besides carbs (like stress) keeping your insulin high. Don't underestimate the potential of stress to crank up insulin. Artificially sweetened foods may cause insulin release, a there are foods containing substances like tyramine (cheese) and certain lectins (maybe nuts?) which bind to insulin receptors.
The low-carb stall represents an equilibrium - the body is more or less "happy" with conditions, and balances food intake, metabolic rate, fat storage etc. to maintain this equilibrium. Obesity, by contrast, is decidedly far from non-equilibrium, and the body is held there only through excess insulin. Remove the artificially high insulin levels, the body pushes back toward it's desired equilibrium, and the fat comes off, which is why (I think) low-carb is so effective.

'People of course want to knock off that last 20 pounds, and one way or another that means you need to shift the balance point. The "fat fast" seems a logical way to do this over a short period of time. Restricting both fat and carbs almost certainly implies calorie restriction. Remember that consuming only lean protein over a long period of time is unhealthy (see "rabbit starvation").

If ASP does indeed play nicely with other mechanisms regulating energy storage, then the good news would be that once you break through the low-carb stall and achieve your desired body-fat, you can return to an "ad lib" diet, provided you keep the carbs (or more importantly, insulin) low.

6/14/2008 12:42 PM

Dave said...

Food groups are a human invention. There are no essential foods, only essential nutrients, and it doesn't matter what foods you get them in (presuming there's not some other toxic effect, as with refined sugar).

Digestible carbohydrates are hard to find in nature. NutritionData.com has a cool feature that allows you to rank foods by nutrient. I did this for total carbohydrates in a 100g serving (I hope that link works for everybody). The first instance you get to of a "fresh" whole food on this list is honey, at #287 (McDonald's honey comes in higher, a little freaky). A few dried fruits appear higher in the list as well, but just about everything else is highly processed manufactured food. The only reason "carbohydrates" would be considered a food group is because humans made it so.

I made and analyzed a "Meaty" recipe on NutritionData as well, consisting of various organ meats, a very rough guess as to the paleolithic diet. I think this makes the "only essential nutrients" point quite well. Nearly every nutrient is quite well represented. A few appear low, namely Vitamins E and K, and calcium, but I suspect this is because the data comes from grain-fed beef. Corn is notably low in these nutrients, whereas leafy green stuff normally eaten by cows is not (grass-fed beef, for example, has about 3-4x the Vitamin E of grain-fed). Of course, people can get these nutrients from plants as well, hence our omnivorous leanings.

6/14/2008 1:22 PM

CON

Vesna,

If I'm getting it....If we aren't losing weight the body is in equilibrium. Therefore we must decrease carbs, (in cheese/nuts) stress, and certain enzymes also in cheese & nuts and artificial sweeteners. By lowering these factors the body must change its actions to get back in equilibrium-think of a seesaw. Some of have to keep lowering and lowering these factors until nothing is left but water and meat. That's probably oversimplifying what Dave said. What do you think?

Dave's website is http://www.thesparkofreason.com.
RE: Zero Carb / Meat and Water - onlyabtrfly - 06-16-2008 10:23 AM

Con, I think that's absolutely right. I've been yo-yoing with this for years, eating all these legal carbs, nuts, cheese, condiments......all that did was leave me hungry and binge-happy. This makes absolute sense to me and your brief summary is perfect, I feel.

RE: Zero Carb / Meat and Water - Charles - 06-16-2008 11:56 AM

LindaSue Wrote:
What is the difference between fatty acids that flow throughout out the system freely and the fat deposits that sit on our thighs, or other body parts, looking like big jiggly blobs? Those obviously don't move around freely. That fat just seems to sit there all day looking fat and lumpy until we do something to get rid of it by modifying our diet. If that fat is moving in an out of my cells, why don't I temporarily look thinner while that's happening and why don't I suddenly get a big lump of fat somewhere else while the fat is moving around?

Okay, let's go back to school. In the mid-1960s they overturned the time-honored assumption that fat tissue is metabolically inert, and the conviction that fat only enters fat tissue after a meal and only leaves when the body enters a negative energy balance.

The first of three major phases began in the 1920s when biochemists realized that the cells of fat tissue have distinct structures and are not simply connective tissue stuffed with droplets of oily fat. Researchers demonstrated that the fat tissue is interlaced with blood vessels and that the fat cells and these blood vessels are regulated by “abundant” nerves running from the central nervous system.

This led to the revelation that fat cells are constantly in a state of flux instead of just a big “garbage bag.” German biochemist Rudolf Schoenheimer demonstrated that animals continually synthesize and degrade their own cholesterol, independent of the amount of cholesterol in the diet. Schoenheimer moved to New York and Columbia University in 1933 after Hitler came to power. He and David Rittenberg developed the technique to tag molecules with a heavy form of hydrogen known as deuterium so that their movement through the metabolic processes of the body could be followed. They won the Nobel peace prize in chemistry. They put this technique to work studying the metabolism of fat, protein, and carbohydrates in the body.

We can think of eating and satiety as a cycle that beings with the meal and fills the gastrointestinal reserve (the gut). As nutrients are absorbed into the circulation, some are used for fuel immediately and the rest restock the fat reserves, the glycogen reserves in the liver, and the protein in the muscles. As the gut empties, this dietary fuel is either stored or oxidized, the fat reserves become the primary source of fuel. As the fat reserves begin to empty and the fuel flow shows signs of faltering, the inhibition of hunger is lifted and we are motivated to fill the gut and the cycle begins anew.

This “harmony of tissue metabolisms” is orchestrated by the hypothalamus via the central nervous system and the endocrine system of hormones. These regulate the filling and emptying of the various storage depots in response to an environment that might require that we suddenly expend more or less energy or store more or less fat, to accommodate seasonal variations. The hypothalamus does what the brains of insects do; it integrates sensory signals from the body and the rest of the brain and couples them to motor reflexes that permit or restrain eating behavior. It also adjusts this filling and emptying of the fuel reserves to accommodate the immediate need for fuel and the anticipated need for fuel.
Weight stability is nothing more than equilibrium between fatty acids flowing in to the energy buffer of the fat tissue and the fatty acids flowing out. Le Magnen suggested that the body regulates the fuel flow to the cells; the amount of body fat we accumulate is a secondary effect of the fuel partitioning that accomplishes this regulation.

So the short answer to your question is that there is no difference between the fat on your thighs and the fat that goes through your bloodstream. It's all one and the same. We're all interested in the "secondary effect" of the fuel partitioning so for some reason, your body cannot make use of the fuel present in your thighs. If that's the case, it must have to do with carbohydrate metabolism, plain and simple.

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**RE: Zero Carb / Meat and Water** - Lauren - 06-16-2008 12:40 PM

Charles Wrote:
If there is no glucose, there are no triglycerides being made. Fat will always go into hiding right before a meal, but it comes back much faster if there is no glucose and insulin levels remain low.

Hey Charles,

Thanks for your concern, I appreciate the follow up.

I guess your statement above is the real crux of the matter for many of us. I would love to see a study measuring how long it takes for people who are hyperinsulinemic to return to normal insulin levels (as much as is possible) on zero carb.

I am so impatient and when I see your before and after pictures I want those results TODAY! I forget that it was a journey for you. I still want that magic pill:-)
Vesna Wrote:
Are triglycerides the little particles that are visible as body fat when there are enough of them in one place? Are they the same thing as "fat cells"? I thought they were the things that floated around in your blood that you want the count of to be as low as possible. And why do you say "so-called" and put "fat cells" in quotes? Are they the same as each other, or not?

Researchers proved in the 1960s that our fat tissue is not some big garbage can full of triglycerides. The fat tissue is an active participant in our metabolism. It acts as an energy buffer. It provides storage for nutrients that arrive with the meal but are not immediately necessary for energy. It then releases them back into the circulation. Basically, fat tissue prevents dramatic shifts in the energy supply which would be unavoidable if we grazed like cattle.

Fatty acids are always on the move. What keeps them large is that the triglycerides are broken down before they enter fat tissue and then re-assembled once inside. Before they leave again, they are broken down, and then re-assembled upon exiting the fat tissue. Their movement is exactly the same as fatty acids, but due to their size, they have to undergo esterification and re-esterification which slows down the movement of all fatty acids in and out of the fat tissue. This is the defect that leads to obesity.

Vesna Wrote:
What are the myths and misconceptions, and what's real? Help!

Great question because myths and misconceptions run rampant. I say so-called because people tend to oversimplify the science by using terms such as "fat cells" and "doors to fat cells" when they don't exist. Dr. Eades did not want to explain esterification so he used the analogy of a barn. He figures that if you eat more fat than you need, the fat stays in the barn. He really meant that the same amount of triglycerides are esterified so the effect is similar to fat "staying in the fat cells." The problem is that it doesn't work that way.

The level of glucose phosphate in the blood determines how many triglycerides will be esterified at any time. When you reduce triglycerides, you thereby reduce the rate of esterification and thereby speed up the flow of fatty acids in and out of the fat tissue. When you get this fat moving fast enough, the fat tissue shrinks because there is no more congestion. When we say "speed up metabolism" we really mean reduce the rate of esterification. When we say "slow down" we mean that the rate of esterification goes up.

When understood properly, you should easily see why the calorie concept is so foolish. You can eat as much as you can stand under normal conditions because you're just adding to the flow of nutrients that circulates through your body. When you eat a lot you only increase the time until the next meal. When you eat a little, you speed up the time, that's all. This very thing has been confirmed repeatedly in animals.

To reduce fat tissue, you must speed up the flow of fatty acids in and out of the fat tissue. This is why people who restrict calories only create smaller versions of themselves, complete with fat tissue. They don't really do anything about their fat tissue although their whole body appears smaller. When you do it correctly, you'll shrink your fat tissue and your body will remain strong.
"The low-carb stall represents an equilibrium - the body is more or less "happy" with conditions, and balances food intake, metabolic rate, fat storage etc. to maintain this equilibrium. Obesity, by contrast, is decidedly far from non-equilibrium, and the body is held there only through excess insulin. Remove the artificially high insulin levels, the body pushes back toward it's desired equilibrium, and the fat comes off, which is why (I think) low-carb is so effective.

The only thing here I would qualify is that obesity also represents an equilibrium. By "equilibrium" we mean that the rate of the flow of nutrients is such that the cells are getting what they need. When they do, you maintain weight. This is perfectly natural and what is supposed to happen. This is why even on a zero-carb diet, you won't lose forever, as I have found out.

To lose weight, one would need to increase the rate of this flow of fatty acids in and out of the fat tissue. To gain weight, you simply have to slow down the flow of fatty acids in and out of the fat tissue. Either way, your body will find its equilibrium and fight to stay there because it's only interested in your cells.

Here's the dirty little secret: Your body plays with this equation all the time. When I exercise, the rate of flow increases and I lose weight through exercise. However, once I stop, my body slows the flow down and I eat or whatever is necessary to get back to equilibrium. When a person gets sick, the body also manipulates the flow of fuel to the cells. It increases it to promote health. When you eat less or you overtrain, your body will decrease the flow of fuel to the cells which results in a feeling of sluggishness.

This is important to understand.

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RE: Zero Carb / Meat and Water - Charles - 06-16-2008 01:07 PM

onlyabtrfly Wrote:
So I think I screwed up yesterday, folks.
I didn't eat anything for breakfast as we were late getting up and ready for church. I had nothing to eat until 1:30, when I ate a pound of beef. I was crazed with the housecleaning bug yesterday, and didn't eat when I was hungry again. (I know, my bad) I kept pushing to get everything done I had wanted to get done and found myself literally putting out like a car out of gas about 9:45. I felt like I was running on less than fumes at that point. I went and ate almost all of two cans of tuna in mayo because it was fast. But I realize that in no way filled the void of what I should have eaten yesterday...
Now, I didn't mean for yesterday to happen like that at all. However, my assumption is that because I starved myself accidentally yesterday, my body must have hung on for dear life last night and I'm back up several ounces and I slept horribly. Have I answered my own question here? Is this because I didn't eat?

I don't really see any problem here....I wouldn't have eaten the tuna and mayo but that's beside the point. Because we have a long term fuel supply, there's no reason that we shouldn't be able to have flexibility. After all, we don't sit around the kitchen all day. Are you upset because of how much you ate? I don't understand.

I wouldn't worry about the two ounces either. It takes a couple of days to really know what the effect of a day's worth of eating does to us. This is why so many "experts" recommend that you only weight once a week or two. You're fine, just take a deep breath and get back to work. No problem.
con Wrote:
If I'm getting it....If we aren't losing weight the body is in equilibrium. Therefore we must decrease carbs, (in cheese/nuts) stress, and certain enzymes also in cheese & nuts and artificial sweeteners. By lowering these factors the body must change its actions to get back in equilibrium-think of a seesaw. Some of have to keep lowering and lowering these factors until nothing is left but water and meat. That's probably oversimplifying what Dave said. What do you think?
Dave's website is http://www.a spark of reason.
con

I think that is 100% accurate!

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RE: Zero Carb / Meat and Water - onlyabtrfly - 06-16-2008 01:54 PM

Charles,
No, not at all. Just the opposite. I didn't eat hardly anything yesterday, ignored hunger, and I think I'm up today because of essentially starving from fat and protein. You've said it yourself several times. There's no way someone twice your weight can eat less than you and succeed. What I was saying is I screwed up by not eating and especially by not eating fat.
I know why you don't like mayo--do you not like tuna either? Don't get me wrong, I could eat beef most of the time, but a little change is nice occasionally. Is there anything you would suggest in it's place?

---

RE: Zero Carb / Meat and Water - Charles - 06-16-2008 02:08 PM

onlyabtrfly Wrote:
Charles,
No, not at all. Just the opposite. I didn't eat hardly anything yesterday, ignored hunger, and I think I'm up today because of essentially starving from fat and protein. You've said it yourself several times. There's no way someone twice your weight can eat less than you and succeed. What I was saying is I screwed up by not eating and especially by not eating fat.
I know why you don't like mayo--do you not like tuna either? Don't get me wrong, I could eat beef most of the time, but a little change is nice occasionally. Is there anything you would suggest in it's place?

I thought of that after I wrote it. There's NOTHING wrong with the tuna. I was really talking about the mayo because of the soy. Little fluctuations are normal. I don't think you did any serious damage. Remember, you are working from your long term fuel supply, not just what you ate yesterday. Your body can't distinguish it anyway.

I agree that you should have eaten more if you were hungry. I understand now.

---

RE: Zero Carb / Meat and Water - KimPossible - 06-16-2008 09:10 PM

I have caught up on this thread--okay, read it all--and all I can say is "whoa". I've been considering zero carb for awhile, and this thread has convinced me to take the leap. I'll begin tomorrow. I ate the last of the low carb ice cream tonight anyway 😊.

I will most likely have to re-read to take all this in! Whoa! 😏
RE: Zero Carb / Meat and Water - travis t - 06-17-2008 04:55 AM

A little update on zero carb's. So far i am getting closer to zero but still not there. Most of what i have found that works best is the 80/20 ground beef from walmart. I have been having it for breakfast and lunch at work. I gas grill it at home every night with a little seasoning mix. heat it in the micro at work. I do put quite a lot of land o lakes butter on it and also a dash of A1 and tabasco. It holds me for about five to six hours quite easily. The butter, salt, beef, pepper, and very slight sweet(from the A1) taste combo is very very good.

Two weeks ago i weighed 180 pounds and last night 173 @ 5'8" tall. I do still drink my coffee BTW. 

travis

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RE: Zero Carb / Meat and Water - LindaSue - 06-17-2008 05:26 AM

That's great news, Travis. Just go easy on the steak sauce because it probably has quite a bit of sugar in it.

---

RE: Zero Carb / Meat and Water - travis t - 06-17-2008 05:57 AM

Thanks LindaSue
The amount of A1 is maybe 1 tbps total.
I may not go to zero, but then maybe i will because i'm thinking about doing a couple of triathlons around the middle of august (BTW my 40th birthday is in august, I guess it's all down hill form here).
One thing i can say is i feel awesome.

---

RE: Zero Carb / Meat and Water - Clabbergirl - 06-17-2008 06:02 AM

Progress!

I visited the doctor yesterday and have lost 8 lbs in 2 weeks, and I'm not even eating zero carb yet! I was shocked because when I started totaling up calories (old habits are hard to break and I was curious), there hasn't been a day that I ate less than 1600 calories with no real exercise outside of once-a-week yoga for an hour. For someone who needs to lose about 80 lbs, I've never been able to drop anything unless I went down to 1000-1200 cal with heavy daily workouts. This is revolutionary to me.

As far as how I've felt, there've been some rough spots of tiredness and foggy thinking, but I have sleep apnea and after getting new CPAP equipment, I believe most of that worn out feeling was due to equipment complications.

The biggest obstacle I've had is figuring out what to eat that's portable and quick-to-eat. After beating my head against the wall, I've finally succumbed to ground beef and steaks since Friday. It really is easier to do than I thought, but does require a bit of planning that I'm not used to. I bought a bunch of the beef rolls (73/27 fat ratio), frozen patties, and some steaks over the weekend, and so far am staying ahead of my hunger by cooking big batches of beef either on the stove or in the oven. I think I like the oven method better maybe. It has made ALL the difference in the world in not draining the fat from the pan. I brown the beef, packaged it in generously-sized, ready-to-carry microwaveable containers, and pour the beef fat evenly over it all (my plumber can breathe easier!). I have steaks in the freezer that I will also broil in my new toaster oven, and I've been making egg salad or having hard boiled eggs pretty regularly. I may try tuna to mix things up...and eventually I hope to make my own mayo.
This past Friday we went to Golden Corral (Charles' fave?) and I was absolutely amazed that I could walk right past the dessert bar without feeling a single pull toward it. The cakes and pies, even the fresh baked breads (my kryptonite), really had no appeal to me. Keep in mind, I'm NOT one of those who easily convinces themselves "I don't want that" just because the diet says something is off limits. I tend to be pessimistic, and when something is off limits, I want it all the more. But I felt no compelling cravings and used no restraint in sticking to the beef and chicken. I did oops and have a little breaded shrimp before it dawned on me there are carbs coating them (duh), but it wasn't great so I passed it by later.

On Father's Day I tried some sweet potato with butter along with my massive steak, but it wasn't the greatness I thought it would be either. I'm back to eggs and beef at present, and am hoping more weight comes off. The only odd thing is that this morning (Tues), I was extremely hot and am pretty sure I had night sweats (been having these since before this new way of eating though), and the morning feeling is new. I almost felt like I was about to have that shaky, low sugar feeling, but when I had a cup of coffee with cream (and stevia), the feeling dissipated. Weird.

Just had to share my good news, and bright outlook toward the future on this WoE! I'm a dyed-in-the-wool skeptic, but the weight loss alone is amazing. If I told anyone outside this board, they wouldn't believe me.

RE: Zero Carb / Meat and Water - travis t - 06-17-2008 06:18 AM

Clabbergirl
Thats great eight pounds in two weeks is awesome.
your kryptonite is baked breads but mine is Mt Dew. One thing is I don't seem to even think about them if i keep my carbs very low.

RE: Zero Carb / Meat and Water - onlyabtrfly - 06-17-2008 06:53 AM

I desperately need someone to explain in concise detail what just happened to me. Let me preface this by saying I had a good dinner last night and was getting ready to fix my breakfast at the regular time of 9am-ish.

I was in the kitchen having just given my little ones their breakfast. I was starting a bottle for the baby and I started getting the feeling like I was going to throw up and felt light headed. I put the bottle down and hung on to the counter, thinking it would go away. Well it didn't. I walked into the living room and sat down to put my head between my knees because I was sure passing out was coming up. I thought to take a bite of something, so I went back in the kitchen, snatched a banana off the counter, and took a bite. I was feeling so bad at that point I literally couldn't see straight, my ears were buzzing, and I just broke the banana up and gave it to the kids. I went to walk back into the living room thinking I'd lie down a few seconds and literally collapsed to the floor. I couldn't get up so I just watched my house spin around my head for about five minutes. When I finally dragged myself off the floor I went and got another banana. Sorry if this is TMI but all of a sudden I had the immense need to poo, so I hobbled to the bathroom. Not to be gross, but I tended to that business and ate my banana, and things started easing off. I am STILL shaking I feel like from the inside out. WHAT IS WRONG WITH ME???

I'm not trying to sound like a jerk or anything, but this is how I felt on Kimkins last year only I never collapsed. I am horrified at this because I FEEL SO DARN GOOD EATING THIS WAY!!!! I don't want to stop! So please, someone, tell me what just happened here and tell me how to avoid it. To have lived a week with no cravings and feeling satisfied is so insanely awesome to me and I don't want to
give it up. But I can't be worried of having episodes like this. It sounds like a textbook rapid sugar drop
to me, but with all the science on these thread pages saying that won't happen......what am I to think????
Someone help!!

RE: Zero Carb / Meat and Water - Vesna - 06-17-2008 06:55 AM

Clabbergirl,

That's fantastic! I'm so glad you've found something that works well for you. Also am excited to hear
you're preparing your own food from fresh, whole ingredients. How do you brown the meat in the oven?
Do you shape it into patties, or what? What temp, how much time, what kind of pan?

RE: Zero Carb / Meat and Water - wifezilla - 06-17-2008 07:13 AM

AnneMarie, sounds like hypoglycemia. You CAN get it with healthy low carbing. Jimmy is struggling
with that now and so am I. Stop by Jimmy's journal for details. I have had it since I was a kid. While low
carb improved some symptoms, I still get episodes.

RE: Zero Carb / Meat and Water - travis t - 06-17-2008 07:27 AM

onlyabtrfly wrote "I was in the kitchen having just given my little ones their breakfast" the only thing
that comes to mind is what did you serve the kids? i say this because for some people just looking at,
thinking about, or smelling food can signal the pancreas to release preformed insulin that is has in
storage. This response can cause fuel to be placed into storage and leave a short fall to run the brain on. I
would be willing to bet that you hadn't eaten anything yet.
travis

RE: Zero Carb / Meat and Water - Jimmy Moore - 06-17-2008 07:30 AM

Hey AnneMarie, it is possible you're dealing with reactive hypoglycemia and one of the things that has
helped me tremendously is eating lots of small meals throughout the day. Yes, they are LOW-CARB
and contain fat and protein at each one. If you haven't already listened to my podcast interview with Dr.
Keith Berkowitz from earlier this month, then you should check it out because he gives a lot more
strategies for dealing with this so you don't suffer the ill effects any longer:

http://www.thelivinlowcarbshow.com/dr-keith-berkowitz-on-the-forgotten-blood-sugar-disorder-
hypoglycemia-episode-144/

Let me know if you have any questions! You can see my menus at http://lowcarbmenu.blogspot.com.

RE: Zero Carb / Meat and Water - Clabbergirl - 06-17-2008 07:35 AM

Vesna Wrote:
Clabbergirl,
How do you brown the meat in the oven? Do you shape it into patties, or what? What temp, how much
time, what kind of pan?
I don't know if this is how others have done it, but I used an oven-safe pan of course, and used a spatula to 'chop' up the ground beef into fairly small chunks, adding sea salt only...then I put the whole thing into the oven at 250 degrees for somewhere around 2 hours. I went away and did other things, but did come back half way through to remix/crumble what had already cooked.

RE: Zero Carb / Meat and Water - Mel - 06-17-2008 08:01 AM

AnneMarie,

I suggest you read http://www.phlaunt.com/lowcarb/

Jenny has a suggestion called the 2 gram solution. She is a diabetic and seems to really know what she's talking about. I have had a problem with reactive hypoglycemia and I'd tried her 2 gram "cure". It doesn't fix you but it does get you through the episode without resorting to too much carb.

It sounded like a scary morning!

RE: Zero Carb / Meat and Water - onlyabtrfly - 06-17-2008 08:03 AM

Thanks, folks.
Someone is going to have to give me some symptoms of this or something. I had not eaten yet, and to me, at least right now, Travis' answer makes more sense to me. But my issue with that is why? Why now? I have NEVER had something like this happen to me. If I'm understanding Jimmy's journal thread correctly, it appears one way to find out about this is to guage reaction to certain foods by testing blood sugar? What should I look for? I have a monitor from where I ended up with gestational diabetes while I was pregnant, but the battery must have died because it won't come on. Anyway...what should I be looking for, OTHER than this one episode? What other symptoms are there? I'm losing weight just fine...nothing else has been negative?

RE: Zero Carb / Meat and Water - travis t - 06-17-2008 08:11 AM

onlyabtrfly
The one thing that can think of as to "why now" is that your body tissues are becoming more sensitive to the insulin faster than your pancreas can get used to how much insulin you need. your muscle tissue and liver may be quite sensitive to the insulin and soaked up your blood glucose quite quickly. I think maybe this will go away after some time on a very low to zero carb diet. As your metabolism gets more efficient.

travis

RE: Zero Carb / Meat and Water - onlyabtrfly - 06-17-2008 08:19 AM

Thanks, Travis, I really appreciate your input.

All this talk of reactive hypoglycemia does make me wonder, but my sugar has always responded normally to testing, other than when I was pregnant. I found some symptoms of it and frankly, the ones that I found that apply to me are the same as what's in the Atkin's and PP books for folks that are just totally strung out on carbs. I just started back to serious low carbing last Monday, and started zero carb
Wednesday night. Even though I've known the game for 9 years, I've sat on the bench too much--so I have to say, this is the first time EVER that my sugar would have grabbed entirely by the reigns due to absolutely NO carbs being in my food AT ALL.

Is there anything I should keep my eye on that should further interest me in the possibility of hypoglycemia? Further, I really appreciate everyone's input. I am a why person though, so if you think I am exhibiting signs of it, I need the "why" to help me sort it out. Because we know insulin is excreted prior to eating, the fact that I had just given my kids their breakfast snack of yogurt and bananas and I knew I was preparing to fix my meal makes me think it is just as Travis said. STill, I'd like to know what I should look for if anyone would like to share.

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**RE: Zero Carb / Meat and Water** - travis t - 06-17-2008 08:35 AM

This kind of proves to me that zero carb diet is very very powerful indeed. One more question are there any meds involved as a change in diet can change the dosage needed for them or even the complete termination of their use.

travis

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**RE: Zero Carb / Meat and Water** - onlyabtrfly - 06-17-2008 08:46 AM

No, no meds whatsoever.
Except for the fact that I have to lose literally half of myself, I have never had any medical problems and have a clean bill of health. I've yoyo'd horribly with low carb for years, always using it as a bandaid and not the cure that it is....the only reason I can think of that I'm still ok being so overweight is that half of the past several years I've gone several weeks losing weight, I don't know! But I'm grateful for it! 😊 I was afraid of all the posts saying I was probably hypoglycemic, but the more little articles I read on it the more sure I am that I do not have it. However, just because I'm afraid of something doesn't mean it doesn't bear further info, you know?
I agree that this must be a very powerful way of eating indeed. I think I may switch to several small meals though, just because in what I've read briefly this morning it appears that might be a good move for me. Further, I am going to begin cooking my first meal of the day the night before so that I don't find myself in this predictament again. In hindsight, I think I may have felt the beginnings of this a couple of nights ago having not eaten all day. Looking back, I had gone the same amount of hours not eating as I did overnight, ignored some hunger pangs to get things done, etc. The other night I think I must have just barely circumvented it. This is a hard lesson as it was frightening as all get out, but, needful obviously. While I realize we have a long store of fuel if we are overweight, that's not to say that the body will not react in just this way--by releasing more insulin that can be handled when a body has had nothing to eat--yet sees food, thinks of food, prepares for food. Does that make sense?

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**RE: Zero Carb / Meat and Water** - Charles - 06-17-2008 09:39 AM

KimPossible Wrote:
I have caught up on this thread--okay, read it all--and all I can say is "whoa". I've been considering zero carb for awhile, and this thread has convinced me to take the leap. I'll begin tomorrow. I ate the last of the low carb ice cream tonight anyway 😇.

I will most likely have to re-read to take all this in! Whoa! 😊

Hey Kim Possible! Great to see you again. Keep us posted how it goes!
Best regards,

Charles

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**RE: Zero Carb / Meat and Water - Charles - 06-17-2008 09:40 AM**

travis t Wrote:
A little update on zero carb's. So far i am getting closer to zero but still not there. Most of what i have found that works best is the 80/20 ground beef from walmart. I have been having it for breakfast and lunch at work. I gas grill it at home every night with a little seasoning mix. heat it in the micro at work. I do put quite a lot of land o lakes butter on it and also a dash of A1 and tabasco. It holds me for about five to six hours quite easily. The butter, salt, beef, pepper, and very slight sweet(from the A1) taste combo is very very good.
Two weeks ago i weighed 180 pounds and last night 173 @ 5'8" tall. I do still drink my coffee BTW.
travis

Sounds good, Travis. I'm with LindaSue on the A-1. What does it have in it?

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**RE: Zero Carb / Meat and Water - Charles - 06-17-2008 09:43 AM**

Clabbergirl Wrote:
Progress!

I visited the doctor yesterday and have lost 8 lbs in 2 weeks, and I'm not even eating zero carb yet! I was shocked because when I started totaling up calories (old habits are hard to break and I was curious), there hasn't been a day that I ate less than 1600 calories with no real exercise outside of once-a-week yoga for an hour. For someone who needs to lose about 80 lbs, I've never been able to drop anything unless I went down to 1000-1200 cal with heavy daily workouts. This is revolutionary to me.

This is fantastic. I'm very impressed. You've come a long way. I just went back and read one of your earlier posts and then read this one. It's amazing! You're actually eating and losing weight. What a concept!!!! 😊

Best regards,

Charles

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**RE: Zero Carb / Meat and Water - Charles - 06-17-2008 09:56 AM**

AnneMarie:

I have to agree with Travis. In fact, I don't buy hypoglycemia at all as I've stated before. Hyperinsulinemia is more in line with biochemistry and can certainly cause what you described. You didn't eat much the day before if I remember correctly so what you described falls perfectly in line with Travis's explanation.

When you sense food with one of your five senses, there is an insulin rush. Insulin clears your bloodstream of any and all nutrients. People want to call this hypoglycemia but it's more than that. Not
only is glucose cleared from your bloodstream upon inulin secretion, but also all fatty acids, amino acids, and anything that could possibly be used as fuel. This is the impetus to eat! For the hyperinsulinemic, you get a much greater insulin response than is necessary so you feel the need for carbohydrate more acutely than a normal person. Thus, you reached for a banana. Because of insulin resistance, the carbs that a supposed hypoglycemic would reach for would largely be stored as fat.

Eating more often appears to help because you are conditioning your insulin response better with more frequent meals but reaching for carbohydrates only exacerbates the problem because it doesn't address the conditioning aspect. If you are well-fed, you shouldn't have such an acute response. Hunger is a call from cells and insulin will always answer the call. In your case, insulin will answer louder than it does in others and you have to condition this response.

You have to be sure to eat regularly of nutrient dense foods. Tuna and things like that don't offer much in the way of fat and you need real saturated fat to fuel your activities. Keep yourself fed and you should continue to lose weight and get stronger as a result.

Regards,

Charles

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**RE: Zero Carb / Meat and Water** - **Clabbergirl** - 06-17-2008 10:32 AM

Mel Wrote:

Jenny has a suggestion called the 2 gram solution. She is a diabetic and seems to really know what she's talking about. I have had a problem with reactive hypoglycemia and I'd tried her 2 gram "cure". It doesn't fix you but it does get you through the episode without resorting to too much carb.

Mel, thank you so much for posting this link. It's very informative. It has me wondering about reactive hypoglycemia, but is helpful in that it explains it's usually temporary if one experiences it. The info about potassium deficiency is especially interesting to me because I have terrible charley horse attacks at least once a week in my sleep and I've heard they are a result of low potassium. More info to absorb - I am learning so much.

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**RE: Zero Carb / Meat and Water** - **onlyabtrfly** - 06-17-2008 10:47 AM

Charles, thanks for your input on this. I couldn't find it earlier/didn't have time, but I knew you had remarked somewhere here about hypoglycemia to this extent.

I do want to explain that my reach for a banana was in desperation. If you read carefully, you'll see that first I took a bite, and it wasn't until I found myself in a heap that I went ahead and ate the whole thing. 😞I truly, truly didn't want to eat the banana, but there was nothing already cooked that I could eat. This is why from now on there will be food stocked and stored and ready to be eaten no matter what. Just because I wasn't eating until 9 in the morning or so doesn't mean I should do the same thing now. My body has a long way to go before it really believes me that I'm not going to load it with carbs SO I am going to have to eat first thing in the morning, before the kids are here. Before the senses note that someone else is eating and not me.

Darn banana. I don't feel as good today as I have for a week. The thing with that blasted banana is, all I could think was what if I pass out cold and I have a house full of kids. My son can't go five
Charles, I just want to be sure I completely understand-hyperinsulinemia is something one can condition themselves out of with hard work and control I hope?

RE: Zero Carb / Meat and Water - Charles - 06-17-2008 11:35 AM

onlyabtrfly Wrote:
Charles, I just want to be sure I completely understand-hyperinsulinemia is something one can condition themselves out of with hard work and control I hope?

Well, don't think I'm upset with you for eating the banana. Hey, if that's all there is, that's all there is. I was just trying to explain the mechanics as to why that might have been something you reached for.

Everything I've read coupled with my own experience indicates that this is very reversible but it takes hard work. Taubes compared sugar to an addiction and it shouldn't surprise us that withdrawal is so difficult. Many people will lapse many, many times before they're finally able to beat it. The lapse will happen sooner when doctors are suggesting that people need carbohydrates to control their condition.

We know that our bodies don't need carbohydrate for any purpose but they still crave sweet-tasting things and this is a truly vicious cycle that's very difficult to overcome. Sure, in my explanations I may make it sound easy, but I had a hard time losing 65 pounds. Just this year has it become "effortless" but I have to always be diligent.

Just because our bodies tend to react in peculiar ways doesn't mean it has to be a weakness. It should be seen as a source of power. You are probably far more attuned to your body and its needs than you have ever been. When you get down to the basics, you become acutely aware of everything and hunger is no different.

I know for myself, all functions are just so much more acute. When I'm sleepy, I need to sleep. When I have to go (sorry) I really have to go. When I'm hungry, I really need to eat.

However, when I'm full, there's nothing you can wave in front of me that will make me eat it. My mind is clearest and all parts work very well. I can run long distances and lift heavy weights.

What I'm saying is that you must find ways to deal with whatever limitation there is. In your case, I would make sure I had something to eat every 5 or 6 hours -- even sooner if necessary, but you want to establish a regular routine of eating, regulated by your hunger, and I think this will condition your response and you will function better as a result.

RE: Zero Carb / Meat and Water - onlyabtrfly - 06-17-2008 11:53 AM

Oh, of course Charles! I didn't think you were upset with me! On the contrary, I was upset to eat the stupid thing but I knew I had to do something right away. A hot pan with cooking beef would not have been a good thing had I actually blacked out or something...always erring on the side of caution with my little ones. 😐

Seriously, I knew it would give the internal carb demon a little more control over me and I shoved it down before I could taste it to try to maintain some semblance of mind control at least. I didn't want to
give an inch. Anyhoo, you are right, it's only been a week but things are much more acute than they have ever been buried under a barrage of carbs or so called legal carbs. I'm determined to beat this thing. I don't know that I've specifically mentioned it here, but the thing is, I want to have more children. This is the only way and I've already proven that in my own life once. Now that the carbs are mostly (darn banana) out of my system, I think so much more clearly and have so much more control. I know as I have never known that I can and I will get back to a point of balance. I was so freaked out this morning because I felt if I couldn't do zero carb there was no hope for me. 😞 I'm so grateful for everyone on this board. Thanks folks! The kids are waking up, gotta go! Everyone have a wonderful, happy afternoon. TTYS!

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RE: Zero Carb / Meat and Water - KimPossible - 06-17-2008 12:27 PM

Quote:
Taubes compared sugar to an addiction and it shouldn't surprise us that withdrawal is so difficult.

I just wanted to comment on this...and go a step further and say that sugar IS an addiction. (I'm ignorant of Taubes's exact wording--not having read him...YET). I have seen a drug addiction and a sugar addiction (hand in hand in the same person) and I think we excuse the sugar addiction because the causes really only affect the person--there's no staggering or impairment when driving--the side effects manifest themselves in our bloodstream and in our weight gain (and disease, etc) but we shouldn't kid ourselves--sugar is a very powerful addictive substance--and studies have shown (will have to look them up) that it affects the same neurons as opiates do. *off to make sure I stated that correctly...*

I am cooking up a whole 5lb roll of burgers now...(was already a fan--love that it's the cheapest, too, though I'm not sure on the whole pouring the grease on them...😊)

---

RE: Zero Carb / Meat and Water - KimPossible - 06-17-2008 12:42 PM

Here's what I came across on first Google...a few articles for the idea of sugar being addictive and one that says "not really" though that same article states that "For one thing, our brains depend on glucose to function properly, she said. Blood sugar at healthful levels feeds our metabolisms. 'Our whole biology is geared toward the utilization of sugar as an energy source.'" UH, NOT!


http://articles.mercola.com/sites/articles/archive/2007/08/06/is-sugar-more-addictive-than-cocaine.aspx

http://www.rps.psu.edu/probing/sugar.html

And I take exception, too with the last link's comment that "That doesn't mean living on candy bars is advisable, she adds, but a sweet treat now and then is not going to be habit-forming."

Insert Vicodin in that sentence. "That doesn't mean living on VICODIN is advisable, she adds, but a VICODIN now and then is not going to be habit-forming."

Does stating it that way mean Vicodin is any less addictive just b/c some don't become addicts? NO.

Got a little passionate...sorry 😊
RE: Zero Carb / Meat and Water - Charles - 06-17-2008 01:43 PM

KimPossible Wrote:
I just wanted to comment on this...and go a step further and say that sugar IS an addiction. (I'm ignorant of Taubes's exact wording--not having read him...YET). I have seen a drug addiction and a sugar addiction (hand in hand in the same person) and I think we excuse the sugar addiction because the causes really only affect the person--there's no staggering or impairment when driving--the side effects manifest themselves in our bloodstream and in our weight gain (and disease, etc) but we shouldn't kid ourselves--sugar is a very powerful addictive substance--and studies have shown (will have to look them up) that it affects the same neurons as opiates do. *off to make sure I stated that correctly...*

I think you're right, KimPossible! Although I have to dispute the driving part. There is so much road rage out there and people are just plain violent. Did you see that You Tube video were the teen-age girls beat the other girl? These carbohydrates make people violent. They mix sugar with everything that people eat; heck, even the medicines have a sugar coating on them so people can take them easier. This is a serious problem.

On a better note, I'm very happy you're joining us and I can't wait to celebrate with you and your success. Even though I only "know" you on this forum, it seems like I've known you for a long time because you were on the old forum!

Best regards,

Charles

RE: Zero Carb / Meat and Water - Wendyoh - 06-17-2008 02:26 PM

Oh, I disagree on the driving too. When eating higher carbs, I had the worst time driving, b/c I couldn't focus and my vision was always blurred. I don't think a lot of people even realize just how much carbs affect us. They just take this stuff for granted and think this is how they are. That's what I find so sad. If they only knew how good they could feel!

RE: Zero Carb / Meat and Water - rozi - 06-17-2008 02:42 PM

Don't forget drowsiness while driving. More people fall asleep at the wheel than ever before. They blame it on sleep deprivation and that is probably true, but I believe a lot of it is due to carb overload.

RE: Zero Carb / Meat and Water - KimPossible - 06-17-2008 02:54 PM

Oh, I agree about the driving...I just meant that it's not illegal... 😊

Hi Rozi!!!

Thanks Charles! I am excited about this and READY to feel/see the benefits of it. Carbs begone!

RE: Zero Carb / Meat and Water - LindaSue - 06-17-2008 03:43 PM
KimPossible Wrote:
I am cooking up a whole 5lb roll of burgers now...(was already a fan--love that it's the cheapest, too, though I'm not sure on the whole pouring the grease on them...
)
I just finished making 11 pounds of ground beef into hamburgers. I fried them and put them in the freezer. I got a super deal today for only 99-cents per pound because it was about to expire. They ought to last me a couple days at least, LOL. I make them into half pound patties so I really do got through them pretty fast, especially if I eat more than one per day.

By the way, I freeze them in a single layer on a foil-lined baking sheet than store them in ziploc bags. I take out what I'll need for a couple days at a time and leave the rest in the freezer. They reheat very nicely in the microwave in about 1 1/2 minutes on 40% power per burger. I somewhat undercook them when I fry them (3 minutes per side) so that they don't end up tough when I reheat them later.

RE: Zero Carb / Meat and Water - onlyabtrfly - 06-17-2008 03:57 PM

LindaSue, that's a great idea. After my fun morning I was trying to think of a way to have patties on hand any time. Seems like having the freezer and fridge stocked is a perfect thing to do.

I totally agree with the problems driving due to carb overload. I used to drive 25 miles to work and then back, and was so sleepy the whole time I would literally have bruises from pinching myself. It was completely ridiculous. Also, when I'm carb loaded I feel irritable and grouchy, can't focus on anything, or get anything done. Carbs are the devil. Thus my avatar.

RE: Zero Carb / Meat and Water - KimPossible - 06-17-2008 04:17 PM

Quote:
Thus my avatar.
I need a t-shirt with that on it.

RE: Zero Carb / Meat and Water - onlyabtrfly - 06-17-2008 04:54 PM

That's so funny Kimpossible, because I am opening a baby boutique online August 25th and my main thing is tshirt sets that I've designed. I'm just waiting to get my quote back from a lady around the corner who has heat press machines and can print my tees. I'll pm you when I've got them in process. I'd love to have a shirt with this on it myself! Maybe I'll ask Jimmy if I can design t's for his forum. Hee hee! LOL.

RE: Zero Carb / Meat and Water - rozi - 06-17-2008 09:47 PM

Hi back Kim! Glad to see you here, I missed you.

RE: Zero Carb / Meat and Water - onlyabtrfly - 06-18-2008 03:56 AM

So my total weight loss for one week is an even five pounds. Good ol' Tom popped in to see me yesterday three days early (always happens when I start to low carb/read: ENDOCRINOLOGISTS! Hello, low carb has a direct link to the reproductive system!) and I'm not up my typical seven pounds. So I'm happy as a lark.
Confession time...I had just bought a case of Diet Canada Dry last week when I started this, so I've had one here and there not wanting to waste it. Well I kept noticing at all different times this sort of achiness and tightness in my chest. I was worried it was because I was eating too much fat, and I've never even been in that camp of thought! But this morning I popped the last one open and took a chug, and sure enough, here is this weirdness in my chest. I poured the rest down the drain. I've convinced hubby to stop buying diet drinks, too. All those chemicals...anyway, I'm not proud that I was drinking them, but at least now I know why I felt this way. Another lesson learned.

I'm off to eat four sausage patties for my morning snack. For breakfast I'm having 2 burger patties, for lunch I'm having two nice pieces of salmon cooked in lots of EVOO and butter, another beef snack, and grilled chicken for dinner. (I know, not a lot of fat, but I gotta have something different somewhere!LOL) Then I'll have another beef snack while me and hubby watch a movie tonight.

By the way, Rozi, I love your optimist comment-too funny. 😊

I love this way of eating. It totally rocks. 😊

RE: Zero Carb / Meat and Water - Vesna - 06-18-2008 04:01 AM

Clabbergirl Wrote:
The info about potassium deficiency is especially interesting to me because I have terrible charley horse attacks at least once a week in my sleep and I've heard they are a result of low potassium. More info to absorb - I am learning so much.

Clabbergirl, I had the same and they go away when I take magnesium. Not sure if this is coincidence or causation, but it could be the latter.

Try a Google search for leg cramps magnesium and you'll find plenty of info.

RE: Zero Carb / Meat and Water - onlyabtrfly - 06-18-2008 04:10 AM

Morning, Vesna. 😊
I've heard magnesium is very good for insulin issues, too. But you have to get the right kind, something about "chelated" this or that? Do you use it?

RE: Zero Carb / Meat and Water - Vesna - 06-18-2008 04:52 AM

Yes, whenever I remember to take my vitamins (2-7 times/week), that's in the mix.

There's lots of info out there about what chelation is -- my Cliff Notes recollection is, it has something to do with making it more like food that your body can utilize and less like just eating a rock.

RE: Zero Carb / Meat and Water - Vesna - 06-18-2008 05:08 AM

Well!! I just completed my two-week meat and water experiment. For me, it was not a magical door to weight loss and well-being. In no way is that a comment on people who report that it works wonderfully for them.
When I was eating just meat, I felt enervated and hungry, especially during and after meals. I don't understand why. It can't be rabbit starvation -- not at 65%-75% fat!

Anyone interested can check out what I ate at

http://www.fitday.com/WebFit/PublicJournals.html?Owner=weasel%21

I'll post more later -- gotta run to work!

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**RE: Zero Carb / Meat and Water** - [wifezilla](mailto:wifezilla) - 06-18-2008 06:24 AM

Quote:

**ENDOCRINOLOGISTS!** Hello, low carb has a direct link to the reproductive system!

No kidding. My monthly visits get closer together whenever I am on track ::::sigh:::

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**RE: Zero Carb / Meat and Water** - [Divine Miss M](mailto:Divine Miss M) - 06-18-2008 06:57 AM

Hey, Everybody:

I jumped on this wagon June 2, and dropped 14 lbs. by June 11.

However, hormonal flux interrupted and the wt. immediately starting climbing. Those who know me also know 'cheating' is not a usual problem for me. I stick with the plan 24/7. However, this weekend I did cheat, just for one meal. An unplanned cheat, but it happened since the planned Father's Day b-b-q didn't happen and we ended up with a big family shindig at a restaurant. By that time, 8 hours had passed since my last meal, I had a major headache, and I was terribly exhausted. So I ate a hamburger with the bun and hashbrowns - bad choice - but that's as far as it went. Could have made a better choice, but I didn't. Still, as we all know, that's enough to really blow the 'metabolic' advantage for any low-carber.

Anyway, I immediately returned to the Zero Carb aim and considered that one meal a 'free meal,' which I usually avoid. Btw, I'm not completely Zero Carb since I do eat organic eggs, but I'm close.

We'll see how the rest of the month goes. The hormonal flux gain and the carb gain is subsiding, but I still cannot get past the same old numbers. Instead, I easily bounce right back up, as soon as I'm 'this' close. Same old story since November.

There seems to be a set point established, and I'm trying to get past it - WAY past it!

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**RE: Zero Carb / Meat and Water** - [Charles](mailto:Charles) - 06-18-2008 07:40 AM

Vesna Wrote:

Well! I just completed my two-week meat and water experiment. For me, it was not a magical door to weight loss and well-being. In no way is that a comment on people who report that it works wonderfully for them.

When I was eating just meat, I felt enervated and hungry, especially during and after meals. I don't
understand why. It can't be rabbit starvation -- not at 65%-75% fat!

Anyone interested can check out what I ate at

http://www.fitday.com/WebFit/PublicJournals.html?Owner=weasel%21

I'll post more later -- gotta run to work!

Two weeks is not enough time to tell anything about any dietary change, so that's not so surprising to me.

Fitday may tell you that chicken and bacon have 75% fat but I'm not so sure I agree with that. I don't have the energy from those foods as I do from ground beef. Bacon is quite lean and you also have cheese and sour cream in there. I know you didn't eat a lot, but it doesn't take much for me. Chicken thighs are good at 35 grams but legs don't have but 15 grams of fat for 6 ounces.

Did you drink water with all of this?

If you were hungry when eating this food then it's clearly not the right type of food. I would suggest you try what everyone else is trying and that is to add some fatty ground beef. It's cheaper than the meats you listed and I bet you'll be more sated. The 73/27 has more fat than the chicken legs.

If you're truly hungry then you're not getting enough nutrients from your food. If these are cravings, it only tells us how much hyperinsulinemia you have. Insulin signals hunger and helps prime our body for food. If you were hypoglycemic, then I don't think your hunger would be so acute.

I have no dog in the fight so you can try whatever method works for you. However, I think for zero carb to help with your hyperinsulinemia, you may want to try some fatty beef. You can't solely rely on fitday. You have to rely on your hunger and pay attention to what your own body is telling you. From my vantage point, it's saying that it's hungry and not getting enough nutrients from what you're eating. You have to change it up.

Regards,

Charles

RE: Zero Carb / Meat and Water - Charles - 06-18-2008 07:42 AM

Divine Miss M Wrote:
Hey, Everybody:

I jumped on this wagon June 2, and dropped 14 lbs. by June 11.

However, hormonal flux interrupted and the wt. immediately starting climbing. Those who know me also know 'cheating' is not a usual problem for me. I stick with the plan 24/7. However, this weekend I did cheat, just for one meal. An unplanned cheat, but it happened since the planned Father's Day b-b-q didn't happen and we ended up with a big family shindig at a restaurant. By that time, 8 hours had passed since my last meal, I had a major headache, and I was terribly exhausted. So I ate a hamburger with the bun and hashbrowns - bad choice - but that's as far as it went. Could have made a better choice, but I didn't. Still, as we all know, that's enough to really blow the 'metabolic' advantage for any low-carber.
Okay, so how much do you weigh, how tall are you, etc?

**RE: Zero Carb / Meat and Water - Wendyoh - 06-18-2008 09:23 AM**

Vesna Wrote:
Well! I just completed my two-week meat and water experiment. For me, it was not a magical door to weight loss and well-being. In no way is that a comment on people who report that it works wonderfully for them.

When I was eating just meat, I felt enervated and hungry, especially during and after meals. I don't understand why. It can't be rabbit starvation -- not at 65%-75% fat!

Anyone interested can check out what I ate at

http://www.fitday.com/WebFit/PublicJournals.html?Owner=weasel%21

I'll post more later -- gotta run to work!

I'm a little confused. I just checked out your Fitday from the last couple days and on 6/14, it says you had yellow cake. Is this correct? Even if it was just a small bite, I think this takes away from a meat/water only experiment, don't you?

**RE: Zero Carb / Meat and Water - Divine Miss M - 06-18-2008 09:45 AM**

Hi, Charles:

I'm 5'8, and I'm currently 224. I was 220 last Thursday and gained 5 lbs. by Sunday, even though I was still on plan until that Sunday night restaurant dinner. (Pifflle)

A brief history on yours truly: I lost 101 lbs, from May 3, 2007 thru November 24, 2007 (from 315 down to 214). And I've been stuck ever since...except for these insane stall-gains.

When I say 'insane,' it's because I am usually on plan. As a rule, I am strict with myself, and I don't have weekend splurges. I have made occasional mistakes or 'to heck with it' choices with the woe, like I did this weekend, but they are extremely rare.

My last fasting blood glucose was 115. A previous 3 hr GTT provided results that matched with Dr. A's chart in that the 2nd hr spike was a bit too high for comfort. Doc wasn't too concerned, though he said the 2nd hr. spike is an 'indicator' that I could be going into diabetes, and that's as far as he went. I'm convinced I'm 'pre-diabetic,' aka hyperinsulinemia. There is a family history of diabetes on my mom's side, all the way back to my gr-gr-grandmamas.

My workout plan is water calisthenics, water ballet movements, etc. They ease the muscle and arthritis pain but also stretch and strengthen my muscles, since 'endurance' exercises are still beyond my ability [due mostly to the fibromyalgia and 'mild' lupus. Doc says the kidney tests are fine so he approved the lc diet with its higher protein content, but he offers no other help].

Btw, I tried EFGT and it did work, to a point, but the lesser amts. of proteins at lunch and dinner had an effect on my energy and my hunger. It's a strange thing, because I was never a gungho meat-eater, but I
do feel better eating meat, chicken and fats.

As one can imagine, I feel and look much better, though I'm still overweight, but I'd BE much healther at 165 [at least]. I'd really like to hit a goal of 145-150. But I take it one step at a time...from this point, my first aim is Onederland.

Lcing got me off all my meds - including those for pain, fibro, arthritis, hypertension, GERDS - so it's my lifetime eating style.

I drink at least 120 oz. of water per day, not to mention occasional sugar-free green tea. I avoid aspartame but sometimes I will have either stevia or Splenda, and I have been wondering if either two of those latter products might be part of my problem.

I also take supplements, including Sulfurzyme [for the fibro], MSM, chelated magnesium, prescribed Micro-K [potassium], chromium picolinate, the Super B's, Esther C. These are things I must do, since my health was seriously compromised. I understood my very first goal was to improve my health; losing wt. is very important to me, I admit, but it's really part of the package deal.

So I'm about 2/3 of the way to goal and I'm 'way' ready to make it all the way ---and stay there!

Thanks, Charles, for whatever you might suggest!

Tawn [aka Divine]

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RE: Zero Carb / Meat and Water - Lauren - 06-18-2008 09:52 AM

This is a question for Charles regarding all of the attempts at Zero Carb as compared with his journey.

Charles, from reading your posts, I know your meat and water only diet has been fairly recent. I seem to remember you gave up cheese and eggs only after you got down to 164. Going meat and water has keep you pretty steady in the mid 150's. Since you were able to lose weight with eggs and cheese, it seems unreasonable that small amounts of these items would keep others from losing. I also seem to remember that you lost some of your weight on a low fat diet.

It might be really helpful to us if you could detail your various stages:
- low fat- how long, how much weight lost?
- meat, eggs, cheese: how long, how much weight lost?
- and any other stage that we might not be aware of?
- also, how much exercise you did along the way?

I suspect that those of us with hyperinsulinemia could benefit from a somewhat less restricted diet for a longer duration rather than meat and water only for a lesser duration. I think the point should be that we should eat as few carbs as possible while our insulin receptors repair and that this can take quite some time. Working towards ZC is great but going the long haul might be even more important. I think that it took a while and a lot of hard work for you to get where you are. We should expect the same.

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RE: Zero Carb / Meat and Water - Divine Miss M - 06-18-2008 09:55 AM

Dear Charles:
I forgot to mention one important matter: I have a serious problem with water retention. I can always feel it coming - and the next day, eyes, fingers and ankles are swollen.

As I said, doc says kidney tests are fine, but the problem continues. When it rains, snows, or when humidity rises, I'm in trouble. The only thing that helps is lemon water or pure lemon oil drops in my water glass.

For months, I've looked into possible causes and natural means to eradicate it. I've tried extremely gentle liver/bladder cleanses, which help somewhat. But again, I never can get past 215. The minute I hit it, the wt. bounces right back up. (No, I don't go out and celebrate that number but stay on plan when I reach it, but to no avail. Increasing, decreasing or changing exercise doesn't help with either inches or scale loss.)

Thanks again, Charles!

Tawn

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**RE: Zero Carb / Meat and Water - travis t - 06-18-2008 09:56 AM**

what i have eaten today

4:30 am 16 Oz strong black starbucks pike place roast coffee. ground last night and set to drip this morning.

9:00 am five hamburger patties made from 80/20 beef bought from walmart with table salt and one half stick of butter. No steak sauce or tabasco today. There was so much liquid butter after the micro that i had to chop up the patties so that they could soak up all the butter. It really was wonderful.

10:30 am one twelve oz coffee from the cafeteria at work.

I am planning to eat only twice a day at this point in time. The amount of fat i had will keep me until supper at about 5:00 pm.

travis

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**RE: Zero Carb / Meat and Water - Divine Miss M - 06-18-2008 10:26 AM**

Dear Lauren:

It seems to me, even among low-carbers, there are enough genetic and environmental variables among us which explain why different lc woes work for different people. That is, for some Atkins or SB might provide success, while others must stick with EFGT or ZC. At any rate, such variations might indicate the degree of hyperinsulinemia. The end result: While some may tolerate cheese, sugar-free yogurt, etc., others just can't.

From what I understand of Charles' explanations, which somewhat reflect Dr. A's 1972 Induction plan, the whole point of going 'off' certain foods is to get glucose under control, body fat burning, and also discover what are our individual triggers. By triggers, I mean bodily [physiological] reactions that trigger the pancreas. If too much glucose is released, then body fat is stored and - to add insult to injury - we get hungry that much quicker. The way to deal with glucose-induced hunger is to consume fat and protein, not carbs.
For myself, I can't deny that eating protein and fat does make me "feel" better in both mind and body. Btw, this statement comes from a girl raised in the Italian tradition, wherein pasta is a stable at lunch and dinner. But so are extra virgin olive oil, dark green salads and herbs, organic eggs, goat cheese, and fresh fruits.

Regardless of our family culture, 'bad' carbs are everywhere. For some of us, even 'good' carbs could trigger too much insulin production.

In the end, I agree with both of you, based purely on objectivity due to scientific variables among individuals, so I'll conclude with this thought:

P/F can and will help but it *can't* hurt because it's absolutely healthy.


travis t Wrote:
9:00 am five hamburger patties made from 80/20 beef bought from walmart with table salt and one half stick of butter. No steak sauce or tabasco today. There was so much liquid butter after the micro that i had to chop up the patties so that they could soak up all the butter. It really was wonderful.

Do you also eat the drippings from the hamburger along with the butter? I would try butter on my hamburgers (that sounds really tasty) but mine have so much fat already that they don't really need it. When I reheat a half pound patty in the microwave, I end up with probably 2 tablespoons of grease on my plate plus whatever fat remained inside the meat. As I eat bites of the meat, I swish it around in the grease so that I get it all and none goes to waste.

RE: Zero Carb / Meat and Water - Divine Miss M - 06-18-2008 10:42 AM

Hi, Linda Sue:

My gosh, from what you and Travis posted, I am beginning to wonder if I am not consuming enough fat!

I don't usually eat 'fatty meats' - I have not progressed that far yet, and that itself will be a challenge since never, never have I eaten marbled meat, or fat on meat. This is a life-long issue; when was a little girl, I would not eat if there was any fat on the meat but gave it to my dad. The stuff gags me. I'm still that way - I simply can't make myself do it.

What I've been doing is this: I eat eggs, meat, pork (sometimes) or chicken and add olive oil, evco, or butter to them. I also marinate meat in extra virgin olive oil.

I hope that is good enough for now...however, I have to say I can't get over how much protein I eat at a meal until I'm satisfied. We're talking 4 eggs, sometimes 5-6, and 4 pieces of Canadian bacon, or Genoa salami, fried in butter.

I can easily eat 10 oz. or more of chicken for lunch. Since I eat only white meat chicken [sorry, I really do not like dark meat from the chicken], I add fat to it - like full-fat, sugar-free salad dressing, if the breast is cold. When baking a breast (in olive oil or with a bit of lemon pepper), I could easily eat 2 and sometimes if very hungry, 3. I assume that intermittent increased hunger is due to the fact I'm really doing my best to avoid all carbs [except for those morning eggs].
Comments or ideas - that is, am I following ZC pretty well or...?

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**RE: Zero Carb / Meat and Water - Charles - 06-18-2008 10:50 AM**

Divine Miss M Wrote:
When I say 'insane,' it's because I am usually on plan. As a rule, I am strict with myself, and I don't have weekend splurges. I have made occasional mistakes or 'to heck with it' choices with the woe, like I did this weekend, but they are extremely rare.

Btw, I tried EFGT and it did work, to a point, but the lesser amts. of proteins at lunch and dinner had an effect on my energy and my hunger. It's a strange thing, because I was never a gungho meat-eater, but I do feel better eating meat, chicken and fats.

I'm sorry, I'm not good with acronyms and abbreviations. What is EFGT?

Tawn Wrote:
I drink at least 120 oz. of water per day, not to mention occasional sugar-free green tea. I avoid aspartame but sometimes I will have either stevia or Splenda, and I have been wondering if either two of those latter products might be part of my problem.

I also take supplements, including Sulfurzyme [for the fibro], MSM, chelated magnesium, prescribed Micro-K [potassium], chromium picolinate, the Super B's, Esther C. These are things I must do, since my health was seriously compromised. I understood my very first goal was to improve my health; losing wt. is very important to me, I admit, but it's really part of the package deal.

So I'm about 2/3 of the way to goal and I'm 'way' ready to make it all the way ---and stay there!

Thanks, Charles, for whatever you might suggest!

Tawn [aka Divine]

Okay, so what do you currently eat and when?

What's the effect of these foods on you? For instance, how long do you go between meals? Do they satisfy your hunger?

Do you sleep throughout the night?

What is your energy level like throughout the day?

Do you have cravings, regardless of whether you give in to them or not?

Do you always stall at the same point?

What were you eating the last time you stalled at this point?

I realize that you take the supplements for your health but what happens if you don't take them? Have you every tried taking half of those supplements to see what effect that would have?
Were you taking these supplements when you stalled before?

Sorry for all the questions but that's about the only way I can give an opinion.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - onlyabtrfly - 06-18-2008 10:56 AM**

I realize it's going to take time and effort to get my insulin issues straight...but does anyone hold out any hope for me of sleeping through the night?

I am so tired of waking up every night. When I wake up, I'm not hungry or thirsty, sometimes a little over warm but not sweating or anything. It's like I just wake up for nothing. It's so infuriating. And it's always exactly five hours. If I go to bed at 8, I wake up at 1am. If I go to bed at 10, it's 3am. That is not enough for me. I am constantly sleepy. I notice that now I'm feeling sooo much better, I'm mentally pretty sharp, and I feel more generally alert. However, there is always a fog of sleepiness over me and I am sick to death of it. I'm so desperate I'm wanting to try sleep aids, but I despise the use of any chemical for my own reasons, so I want to avoid that. Is there something I could do? Eat a snack late? Eat a very large dinner so I can get through the night? I'm so desperate, if anyone has advice please let me know! Thanks!

Sleepy in VA...

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**RE: Zero Carb / Meat and Water - travis t - 06-18-2008 11:04 AM**

LindaSue wrote

"Do you also eat the drippings from the hamburger along with the butter?" i eat what ever is in the glass bowl that collects after reheating in the microwave. I cook it the eve before on a gas grill so i don't collect the drippings from the initial cooking process. it has been four hours since i ate it and i still feel as full now as right after. I have no doubt that i won't be starving at 5 or 6 when i grill more for supper (and also xtra for work in the am). this high fat no carb diet ROCKS

travis

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**RE: Zero Carb / Meat and Water - Lauren - 06-18-2008 11:17 AM**

Divine Miss M Wrote:

Dear Lauren:

It seems to me, even among low-carbers, there are enough genetic and environmental variables among us which explain why different lc woes work for different people. That is, for some Atkins or SB might provide success, while others must stick with EFGT or ZC. At any rate, such variations might indicate the degree of hyperinsulinemia. The end result: While some may tolerate cheese, sugar-free yogurt, etc., others just can't.

From what I understand of Charles' explanations, which somewhat reflect Dr. A's 1972 Induction plan, the whole point of going 'off' certain foods is to get glucose under control, body fat burning, and also discover what are our individual triggers. By triggers, I mean bodily [physiological] reactions that trigger the pancreas. If too much glucose is released, then body fat is stored and - to add insult to injury -
we get hungry that much quicker. The way to deal with glucose-induced hunger is to consume fat and protein, not carbs.

For myself, I can't deny that eating protein and fat does make me "feel" better in both mind and body. Btw, this statement comes from a girl raised in the Italian tradition, wherein pasta is a stable at lunch and dinner. 😊 But so are extra virgin olive oil, dark green salads and herbs, organic eggs, goat cheese, and fresh fruits.

Regardless of our family culture, 'bad' carbs are everywhere. For some of us, even 'good' carbs could trigger too much insulin production.

In the end, I agree with both of you, based purely on objectivity due to scientific variables among individuals, so I'll conclude with this thought:

P/F can and will help but it *can't* hurt because it's absolutely healthy. 😊

Hi Divine Miss M,

I'm really not challenging that meat and water only is the best way to make progress. I'm just noticing how hard it is for most people (myself included) to follow this diet for the length of time necessary to make a real difference. I was thinking that eating meat, eggs, cheese, cream and even a small salad with dinner (that is without "cheats") for let's say six months might have an overall longer lasting effect than eating meat and water for three weeks if that's all one can manage. From reading the journal posts, I get the sense that it's the "cheats" that really do people in. To achieve metabolic balance, I'm wondering if consistency is more important than perfection.

RE: Zero Carb / Meat and Water - travis t - 06-18-2008 11:19 AM

AnneMarie
I know that you don't want to use any chemicals but i have to say that black coffee is the BOMB..... I have been drinking it for years and it never lets me down, a sugar buzz always lets me down but not caffeine. Most of the time i sleep about 5 hours a night because i get up for work at 3:30 am and get to work at 4:30. I drink my morning coffee not because i am a zombie without it but because it make me feel like superman. As far as something to help you sleep soundly the only thing anyone ever told me was magnesium before bed.
travis


I may go out and get some magnesium this evening. Dude, I hate coffee with a vengeance. I tried to drink it at work when I went back briefly after having my son, and I was a total mess. Whoooooooolllll, I felt like I was going to run up and down the walls or something. Thanks, but no thanks. 😊

IS it chelated magnesium I want?


Lauren Wrote:
Charles, from reading your posts, I know your meat and water only diet has been fairly recent. I seem to remember you gave up cheese and eggs only after you got down to 164. Going meat and water has keep you pretty steady in the mid 150's. Since you were able to lose weight with eggs and cheese, it seems unreasonable that small amounts of these items would keep others from losing. I also seem to remember that you lost some of your weight on a low fat diet.

This is a very good point, but since "others" are not me, then that kind of detracts from your point. I did begin with a low-fat diet in 2005. I went from 221 to 178. At that point, I began to lift weights and I couldn't control my hunger evidently because I went all the way back up to 207. I kept telling myself "it's all muscle."

I began Atkins Induction in January 2007. I did not venture beyond Induction because Chapter 7 of the DANDR described Kekwick and Pawan's observations regarding fat. Therefore, I kept my carbs below 20 grams and most days they were less than 10.

My breakfast consisted of three eggs and sausage for a long time. Then, I went to three eggs and steak. I discovered that this didn't leave me full as long as my other meals did. Therefore, I removed the eggs and cheese. The 5 pounds I lost once I did that was truly unexpected. Cheese went in and out of my diet during the whole time because it was difficult to isolate cheese as being the reason for any stall. It may be okay today but there were other factors that make me leave it out. I may have too much yeast or something because I had Athlete's Foot prior to removing the cheese. I don't have it anymore.

The point is, I wasn't afraid to remove anything that might cause problems.

It's important to state at this point that Gary Taubes does not advocate a zero-carb diet. However, he agrees that his research all seems to point to zero-carb as the diet to which we are biologically adapted to eat and thus one eating in this way could expect to return their body to "biological normality." I'm not sure that equals longevity as Stefansson said, but at least I know my years will be active and productive years regardless of how many I have left.

We have to understand how serious this thing is and I didn't always appreciate it. I learned things throughout my journey and as I did, I made adjustments. It did take a while to get to meat and water but if I would have known then what I know today, it may not have taken so long. I really had a singular focus and my wife will tell you, I drove her crazy because I would buy something and eat it for a while then I would tell her I'm not eating that anymore.

I've tried brown rice, brown pasta, you name it. That stuff was gross! I've eaten more broccoli than the law allows but I've also had some of the worse constipation you could imagine. Once I removed these things, everything, and I do mean everything, worked better. My wife will tell you that too!

Lauren Wrote:
It might be really helpful to us if you could detail your various stages:
-low fat- how long, how much weight lost?

It took me 5 months to go from 221 to 178 on my low-fat diet.

Lauren Wrote:
-meat, eggs, cheese: how long, how much weight lost?

It took me 8 months (January to August 2007) to go from 207 to 164. I even ate Breyer's CarbSmart ice cream during this time, but I drank water.
Lauren Wrote:
-and any other stage that we might not be aware of?
-also, how much exercise you did along the way?

Well, between July and August, I began to use Splenda more and more and I even tried artificially sweetened water. I didn't use it from January to July. The first thing I noticed was leg cramps during and after races. I also found myself dehydrated more often. I gained 6 pounds between September and November.

I read the article "The Sugar-Free Blues" available at Weston A. Price and they mentioned that artificial sweeteners cause these things so that was enough for me. In November of 2007, I gave up Splenda, which meant no more diet soda, tea or anything else with artificial sweeteners. I also began to experiment with zero carb and I quickly lost 12 pounds. I've been that way ever since.

I've tried at various times to add a few vegetables especially since I did eat vegetables between January and July 2007 when I lost the majority of my weight, but after going zero-carb, it seems to have made me even more sensitive to them. I gain weight immediately upon eating them.

What I'm saying is that if I want to eat vegetables regularly, I can look forward to weighing 174-178 pounds. If I eat eggs regularly, I can look forward to my weight staying in the 160's. If I remove them, I can stay in the 150s without effort. That's what I have discovered about myself.

As far as exercise, I began lifting weights when I was on my low-fat diet in 2005. I kept to that same workout and gained weight. Once I switched to low-carb in January 2007, I did the exact same workout but this time, I was losing weight and my love handles finally shrunk. I lifted three days and I ran 6 days.

Now, I lift two days and run 2 days. Exercise had little to do with it because I did the same stuff on both diets. I even ran a half-marathon at 207 pounds. I didn't lose a pound!

You have to make these same discoveries about your own body and act accordingly.

Quote:
I suspect that those of us with hyperinsulinemia could benefit from a somewhat less restricted diet for a longer duration rather than meat and water only for a lesser duration. I think the point should be that we should eat as few carbs as possible while our insulin receptors repair and that this can take quite some time. Working towards ZC is great but going the long haul might be even more important. I think that it took a while and a lot of hard work for you to get where you are. We should expect the same.

Well, everyone needs to decide that for themselves. I think I could have lost weight faster if I had more information, but that's just my experience. As we've discussed so many times, the "urge for the sweet" is born out of an addiction and it's something that has to be overcome.

Once upon a time, it was natural to crave natural fruits and tubers and the like. These refined and easily digestible carbohydrate foods give you an exaggerated response to glucose as compared to the relatively slow response that we get from protein and low-glycemic fruits. Now that I've damaged my receptors for these things, I have to omit them entirely. Sure, I could have them one day out of a month and probably be okay, but why?

Some people can stop drinking immediately and never look back. Some people will go back or just cut their drinking down but deep inside they know that they really are going to have to abandon it to achieve
long-term success.

I don't see this as being any different. I am not telling you that this is easy nor should anyone construe what I'm saying as easy. Addictions are very hard to conquer, but I believe in you just as I believe in everyone else. I think you can beat this.

As you found out from the Bear, it takes time for some of us to beat this thing. If you feel you need more carbs in your diet, then you have to be make that choice. I have no way to stop you! 😅

Regards,

Charles

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Dear Charles:

You asked:

Q. I'm sorry, I'm not good with acronyms and abbreviations. What is EFGT?

RESPONSE: Sorry! EFGT is Eat Fat, Get Thin.

Q.Okay, so what do you currently eat and when?

RESPONSE: I eat organic eggs, red ground meat [sirloin, to which I add fats when cooking - see post above], white meat chicken, Genoa salami, lean Canadian bacon [cooked in butter], and sometimes, pork chops. That's about it.

I usually do eat in the mornings, within 45 minutes of awakening. From that point, it's about 4.5 hours before I start to feel hungry.

Q. What's the effect of these foods on you? For instance, how long do you go between meals? Do they satisfy your hunger?

RESPONSE: Right now, there is about a 4.5 hr. span between meals, sometimes more, but that is because I increased protein consumption since June 2. Before that, I ate about every 3-4 hrs.

Yes, the current ZC woe satisfies my hunger.

Q. Do you sleep throughout the night?

RESPONSE: Only recently. I also began taking the Sulfurzyme [a natural sulfur supplement] on June 3rd.

Q. What is your energy level like throughout the day?

RESPONSE: It's a variable. Sometimes my energy level is 'ok,' and sometimes great. On some days, it's zilch, and that occurs when the barometer fluctuates up. Fibro does that to a person. This is one huge aspect I'm trying to improve via diet and exercise.
Q. Do you have cravings, regardless of whether you give in to them or not?
RESPONSE: About every 21-24 days. Then I crave almonds or other nutmeats, so I increase my daily chelated magnesium intake.

Q. Do you always stall at the same point?
RESPONSE: Yes.

Q. What were you eating the last time you stalled at this point?
RESPONSE: I was low-carbing but began cycling the lc woes in August. After a major slow-down, I began PP [Protein Power] on October 1st. The stall hit after 8 weeks on Protein Power, in which I lost 28 lbs. in 4 weeks, then another 15 by late November. That was it - no more losses.

Since then, I have cycled thru various plans, trying to break the stall. For example, all proteins with fats, but with lesser amts of proteins, according to the Eat Fat, Get Thin guidelines on LBM and its recommended protein guidelines [which are much less than Protein Power's]. I also stalled at this point on Atkins, but I have not even tried SB since it is too high in carbs for me. With Stillman's, EFGT, PP and Atkins, I get to the same wt. and then bounce right back up.

Basically, however, I cycle now between PP and a some varianton of proteins and fats. I experimented with carbs - going below or above the 30 'total' limit - with varying results. But they never remain a constant. Sometimes I lose when upping carbs with lc veggies and salads, sometimes even a small toasted bagel as my only carbs. That worked for a short time, then it also stopped.

So I returned to less than 20 net carbs a day, lost again, and again the same thing happened. I also stall at the same wt. on only proteins and fats. Nothing seems to break that cycle.

Q. I realize that you take the supplements for your health but what happens if you don't take them? Have you every tried taking half of those supplements to see what effect that would have?

RESPONSE: I've tried all of those ideas - not taking them, cutting them in half, keeping to those I need most. There is no difference in wt. loss, but I will gain even faster and I do feel 'worse' without them.

Q. Were you taking these supplements when you stalled before?

RESPONSE: Yes and no; that is, yes because I took supplements right from the beginning. It wasn't until sometime this past winter that I began experimenting with taking some or taking none. Again, no changes on the scale or in inches - in fact, I more quickly gained - and I didn't feel as well.

Comment from Charles: Sorry for all the questions but that's about the only way I can give an opinion.

RESPONSE: Understood!

Btw, I have 5 more lbs. to go until I hit the magic number that likes to reverse itself. This time, I'm hoping to punch thru it and you'd better believe I'm eagerly awaiting what you have to say.

Again, thank you, Charles.

RE: Zero Carb / Meat and Water - Charles - 06-18-2008 11:29 AM
Divine Miss M Wrote:
I forgot to mention one important matter: I have a serious problem with water retention. I can always feel it coming - and the next day, eyes, fingers and ankles are swollen.

Thanks again, Charles!
Tawn

Has this improved at all by taking your carbs down to zero? That's one of the first things you should notice. Carbohydrates make us retain salt and raise blood pressure. When we remove them both of those things should improve.


LindaSue Wrote:
Do you also eat the drippings from the hamburger along with the butter? I would try butter on my hamburgers (that sounds really tasty) but mine have so much fat already that they don't really need it. When I reheat a half pound patty in the microwave, I end up with probably 2 tablespoons of grease on my plate plus whatever fat remained inside the meat. As I eat bites of the meat, I swish it around in the grease so that I get it all and none goes to waste.

Me too! Swish and Swide...😊


Divine Miss M Wrote:
Hi, Linda Sue:

My gosh, from what you and Travis posted, I am beginning to wonder if I am not consuming enough fat!

I don't usually eat 'fatty meats' - I have not progressed that far yet, and that itself will be a challenge since never, never have I eaten marbled meat, or fat on meat. This is a life-long issue; when was a little girl, I would not eat if there was any fat on the meat but gave it to my dad. The stuff gags me. I'm still that way - I simply can't make myself do it.

What I've been doing is this: I eat eggs, meat, pork (sometimes) or chicken and add olive oil, evco, or butter to them. I also marinate meat in extra virgin olive oil.

I hope that is good enough for now...however, I have to say I can't get over how much protein I eat at a meal until I'm satisfied. We're talking 4 eggs, sometimes 5-6, and 4 pieces of Canadian bacon, or Genoa salami, fried in butter.

I can easily eat 10 oz. or more of chicken for lunch. Since I eat only white meat chicken [sorry, I really do not like dark meat from the chicken], I add fat to it - like full-fat, sugar-free salad dressing, if the breast is cold. When baking a breast (in olive oil or with a bit of lemon pepper), I could easily eat 2 and sometimes if very hungry, 3. I assume that intermittent increased hunger is due to the fact I'm really doing my best to avoid all carbs [except for those morning eggs].

Comments or ideas - that is, am I following ZC pretty well or...?
You're doin' it the hard way, I'm sorry to say. Do you like ground beef? You really have to find some fat. Obesity is caused by internal starvation; i.e. your cells are not getting enough from your food. This way of eating may get you only so far, as you've discovered. To go further, you may have to make some changes. Surely there is something fatty we can find for you to eat....

RE: Zero Carb / Meat and Water - Charles - 06-18-2008 11:37 AM

onlyabtrfly Wrote:
I realize it's going to take time and effort to get my insulin issues straight...but does anyone hold out any hope for me of sleeping through the night?
I am so tired of waking up every night. When I wake up, I'm not hungry or thirsty, sometimes a little over warm but not sweating or anything. It's like I just wake up for nothing. It's so infuriating. And it's always exactly five hours. If I go to bed at 8, I wake up at 1am. If I go to bed at 10, it's 3am. That is not enough for me. I am constantly sleepy. I notice that now I'm feeling sooo much better, I'm mentally pretty sharp, and I feel more generally alert. However, there is always a fog of sleepiness over me and I am sick to death of it. I'm so desperate I'm wanting to try sleep aids, but I despise the use of any chemical for my own reasons, so I want to avoid that. Is there something I could do? Eat a snack late? Eat a very large dinner so I can get through the night? I'm so desperate, if anyone has advice please let me know! Thanks!

Sleepy in VA...

Lauren found she was able to sleep through the night. You're not waking up hungry so I'm not sure insulin is the problem there. How old are you? As I get older I find I can't sleep all that long either, but I'm not tired. If I get 6 or 7, I'm good. I might wake up once or twice but I can usually fall back to sleep.

Anyone else?

RE: Zero Carb / Meat and Water - Divine Miss M - 06-18-2008 11:41 AM

Dear Charles:

I forgot to say I cook in either butter, extra virgin olive oil and, when I have it, extra virgin coconut oil.

Typical menu of late:

Breakfast: 4 fried eggs, 4 thin slices of Genoa salami or 2 small slices Canadian bacon, in butter

Lunch and dinner: Ditto breakfast on some days

---OR 2 slices of ground sirloin loaves cooked in herbs (oregano, basil, salt, pepper, garlic and onion powder], cooked in extra virgin olive oil

---OR white meat chicken breast, cooked the same way

---OR pork chops, cooked the same way

Hope that sheds some light on the mystery!
Thank you...
Tawn

RE: Zero Carb / Meat and Water - Divine Miss M - 06-18-2008 11:47 AM

Charles: It would be just my luck to do something the hard way.

So ground sirloin with added fats does not have enough fat? When you say 'ground beef,' may I ask exactly what that means - as in 'ground chuck,' perhaps?

I recall you mention well-marbled steaks....I guess I could try that and I'll do my best to overcome my aversion to fat 'on' and 'in' meat. Honestly, that aversion was born in me; my parents could never get me to eat it.

I'm truly open to suggestions on how to take this step by step, so as to overcome this 'fat in meat' aversion.


Divine Miss M Wrote:
Dear Charles:

I forgot to say I cook in either butter, extra virgin olive oil and, when I have it, extra virgin coconut oil.

Typical menu of late:

Breakfast: 4 fried eggs, 4 thin slices of Genoa salami or 2 small slices Canadian bacon, in butter

Lunch and dinner: Ditto breakfast on some days

---OR 2 slices of ground sirloin loaves cooked in herbs (oregano, basil, salt, pepper, garlic and onion powder], cooked in extra virgin olive oil

---OR white meat chicken breast, cooked the same way

---OR pork chops, cooked the same way

Hope that sheds some light on the mystery!

Thank you...
Tawn

You just have too much lean meat here for me. The butter and oil is good but not great. Can you eat ground beef? The 73/27 we've been using from Wal-Mart doesn't have "visible" fat so maybe that can get you past your phobia? Yes, it's greasier than the lean stuff but you don't have to eat the grease, just eat the meat.

Even if you ate prime rib, you could trim off the fat and you would still get way more fat than you get in the menu you posted.
To reduce fat tissue past the stall point, you have to increase the rate of the flow of nutrients to your cells. If you are doing exercise, then you may have to eat even more. This menu should not stay static if you are exercising.

What about ground beef?

RE: Zero Carb / Meat and Water - Divine Miss M - 06-18-2008 11:51 AM

Dear Charles:

Would eating the chicken skin, well cooked until crisp, help? Does it seem my problem is not eating enough fat and too much protein, at this point?

I suppose that is my main question, since I don't quite understand 'how' I'm doing this the hard way.

You're a great help and I appreciate it!


Divine Miss M Wrote:
Charles: It would be just my luck to do something the hard way.

So ground sirloin with added fats does not have enough fat? When you say 'ground beef,' may I ask exactly what that means - as in 'ground chuck,' perhaps?

Yes, that's good. In Wal-mart they sell a roll of ground beef with a 73/27 designation on it. You can make patties from it and eat until your hunger is content.

Quote:
I recall you mention well-marbled steaks....I guess I could try that and I'll do my best to overcome my aversion to fat 'on' and 'in' meat. Honestly, that aversion was born in me; my parents could never get me to eat it.

I would hate for you to eat something you absolutely hate, but I think your body needs it more than you do. Get a ribeye steak and just trim the fat from the edges if you want. If you eat the meat, it will still contain enough fat.

Ours is truly a high-fat diet. You can have high protein if you want, but it needs to be some good animal fat there. Do you like pork better than beef?

RE: Zero Carb / Meat and Water - Divine Miss M - 06-18-2008 11:52 AM

OOps, we were posting at the same time. Ok, up the fats. How about proteins? Enough, not enough?

Sorry for being such a picky brain...

RE: Zero Carb / Meat and Water - Charles - 06-18-2008 11:54 AM
Divine Miss M Wrote:
Dear Charles:

Would eating the chicken skin, well cooked until crisp, help? Does it seem my problem is not eating enough fat and too much protein, at this point?

I suppose that is my main question, since I don't quite understand 'how' I'm doing this the hard way.

You're a great help and I appreciate it!

Yes, that would help a great deal. There still is the problem with the lean meat, though. However, when you cook it too much then you lose the nutritional point, so to speak. I think some high-quality steak that is well-marbled would be easier on you since it would be interlaced in the meat. The one with the bone will be more tastier and may help you get through it.

RE: Zero Carb / Meat and Water - Charles - 06-18-2008 11:56 AM

Divine Miss M Wrote:
OOps, we were posting at the same time. Ok, up the fats. How about proteins? Enough, not enough?

Sorry for being such a picky brain...

I don't care about how much protein I just don't like the proteins you're eating. I would like to see you eat protein and fat together, by eating fatty protein such as ground chuck or a ribeye steak. You won't need to eat as much of it and it should sate you and I would think it tasted better, but I realize that's subjective.

RE: Zero Carb / Meat and Water - Divine Miss M - 06-18-2008 11:58 AM

Hello again, Charles:

Ok, up fats, try to eat fattier proteins like a 73/27 ground chuck, rib-eye steak. Um...I am not sure if I like pork more than beef...I like butterfly porkchops, if the fat is trimmed off. (!)

I am so sorry to bother you, since I know what it is like to have your brain picked until it hurts!

If I may ask two more questions, are there ratios for which we are aiming between fat and protein? Besides wt. loss, how will I know what is making me healthier - that is, what other signs should I seek?

RE: Zero Carb / Meat and Water - Divine Miss M - 06-18-2008 11:59 AM

Dear Charles:

Let me restate that first sentence: Up proteins that already have natural fats in them...Got it!

😊

Divine Miss M Wrote:
Hello again, Charles:

Ok, up fats, try to eat fattier proteins like a 73/27 ground chuck, rib-eye steak. Um...I am not sure if I like pork more than beef...I like butterfly porkchops, if the fat is trimmed off. (!)

I am so sorry to bother you, since I know what it is like to have your brain picked until it hurts!

Pork chops are tasty but they have very little fat on them. However, pork loin chops might be a better choice. I need to take you to Golden Corral with me and the Triangle Low-Carb Meetup so we can really eat!

Don't worry about my brain, if it starts to hurt, I'll charge Jimmy! (I don't get paid by the way, but it's my pleasure to help whoever I can.)

Tawn Wrote:
If I may ask two more questions, are there ratios for which we are aiming between fat and protein? Besides wt. loss, how will I know what is making me healthier - that is, what other signs should I seek?

Ratios can be misleading and it's really difficult to know what ratio a particular cut of meat has without looking at it. Generally speaking cuts like:

beef brisket, beef chuck, beef short ribs, beef tenderloin, beef ground chuck, beef ground round, corned beef steak, chuck eye steak, prime rib, skirt steak, top sirloin, veal breast, veal cutlet, veal loin and veal rib chops all should have a good amount of fatty protein.

As well as lamb rib chops, chicken thighs, Cornish Hen, whole duck, ground pork, keilbasa, pork loin chops, boneless pork loin, pork sausage, and pork spare ribs, beef balogna, beef pastrami, Mackerel, salmon steak, smoked fish, trout, and tuna packed in oil.

RE: Zero Carb / Meat and Water - travis t - 06-18-2008 12:23 PM

Charles you mentioned "beef brisket" and that takes me back to my grandfathers house in Temple, Texas where he would cut fresh mesquite from the trees in his back yard and put them in the smoker for wonderful smoked beef brisket. yum

travis

RE: Zero Carb / Meat and Water - Lauren - 06-18-2008 12:29 PM

Charles Wrote:
Some people can stop drinking immediately and never look back. Some people will go back or just cut their drinking down but deep inside they know that they really are going to have to abandon it to achieve long-term success.

I don't see this as being any different. I am not telling you that this is easy nor should anyone construe what I'm saying as easy. Addictions are very hard to conquer, but I believe in you just as I believe in everyone else. I think you can beat this.
As you found out from the Bear, it takes time for some of us to beat this thing. If you feel you need more carbs in your diet, then you have to be make that choice. I have no way to stop you! 😊

Thanks for the great reply Charles.

The thing is, I don't dispute your conclusions one bit. One of the things that stands out to me about you (this is also true for my husband) is that your resolve is unwavering. I think that, along with your diet, is the key to your success. It seems that so many have good intentions but can't seem to stick with it. Knowing what will work best intellectually doesn't always translate into action. There is something else that has to happen and I think that is resolve.

So while I think that I would have the best results with meat and water, my resolve is not there yet. But I am not discouraged because I have made some progress.

Things I NEVER eat, things that I decline in public with no problem are:
Diet soda, Artificial sweeteners
All sugars and flours, grains, etc.

Things I've eaten at social gatherings:
Salad, vegetables,
nuts, cheese
0 net carb bran crackers (these I actually eat at home- yes, an addiction)

So the way I'm thinking about this is that I know intellectually what will work best (meat and water) but since I don't have that kind of resolve yet, I am working on increasing the items on my "resolve list" and decreasing the items on my "unresolved" list.

I can tell that I've really let go of my "resolve" items. I figure this is best for me- this slow and steady pace forward. Hopefully it will continue. What I want to avoid are periods of eating "perfectly" and periods of "failure".

Along the way, it's great to have you show us what works by example. Surely by reading you and "The Bear" is what has gotten me as far along as I am. It's a great journey and I am enjoying it even though I've got a ways to go.

RE: Zero Carb / Meat and Water - Charles - 06-18-2008 12:29 PM

travis t Wrote:
Charles you mentioned "beef brisket" and that takes me back to my grandfathers house in Temple, Texas where he would cut fresh mesquite from the trees in his back yard and put them in the smoker for wonderful smoked beef brisket. yum
travis

Sounds good to me. Our grandparents were so much smarter than we are today....

By the way, I'm not really that smart. I just take Atkins' carb counter and look at the fat listed for the particular cuts. They may not be correct for some of them, but I don't think you can go too wrong relying on them. The bottom line is you have to look at the meat and see if there's fat in it or not.
RE: Zero Carb / Meat and Water - Divine Miss M - 06-18-2008 12:30 PM

Dear Charles:

Well, I never knew with certainty but I suspected you and the other kind moderators were volunteers - which is why I am so thankful for your time!

Ok, I think I have it now - and I've copied and pasted your list of proteins 'with' fats in them. I promise I'll do my best on my next shopping trip...boy-oh-girl, are the dh and boys gonna love this! 😊

Charles, thank you so very much - really, really!

Tawn

RE: Zero Carb / Meat and Water - Divine Miss M - 06-18-2008 12:37 PM

My dad and my grandpa - straight from Italy - ate all that good stuff; but I was the only one of all the kids and the host of grandkids that was so darned picky about what I put in my mouth.

Sometimes I think there is something wrong with my taste buds. I really despise and gag on foods they ate - fish, most meats, onions, green peppers, garlic, olives, chunky tomato sauce, etc. That's pathetic, but that's the way it's always been. The only things I really like are white meat chicken and veal cutlets. Ok, a Delmonico steak isn't too bad and neither is filet mignon, but who can afford such things these days?

Never mind answering - that was simply a rhetorical question. 😊

If only Daddy and Grandpa could see me now, trying to 'make' myself eat the stuff they said I should, 'once upon a time' that was really not that 'long, long ago'!

Now I have to call family and ask them how to cook steak. I've forgotten how! 😊

RE: Zero Carb / Meat and Water - Divine Miss M - 06-18-2008 12:44 PM

Charles, I gently but firmly disagree with you that you are not that smart.

I used to think the same thing of myself, but I learned I really am smart enuf to do lots of things, including figuring out how to improve my health, what's working for me, and what's not. I got this far by reading about low-carbing and nutrition, everything the opposite of what docs and the media teach. Then I got stuck!

So it makes sense to me that eating fatty protein, not just protein AND fats [which is where I misunderstood the idea of this woe], and remembering the great health of my family that eats the 'old way' [not many left who do,though] is more than worth it. That's why I'm more than willing to work on my 'fatty meat' aversion...

I wonder how many ways I can creatively say 'thanks' to you, and to Linda Sue, for this most informative thread?!?
Lauren Wrote:
The thing is, I don't dispute your conclusions one bit. One of the things that stands out to me about you (this is also true for my husband) is that your resolve is unwavering. I think that, along with your diet, is the key to your success. It seems that so many have good intentions but can't seem to stick with it. Knowing what will work best intellectually doesn't always translate into action. There is something else that has to happen and I think that is resolve.

You're right about that, but there's more to it than that, at least for me. You see, before 1991, I was a person who rarely ever went to the doctor. I weighed about 154 and I was in the military. I ran and did about any activity I wanted. I didn't take medicine for anything. When I had a headache, I took a nap and it disappeared. I would only take half a dosage of medicine or not take it at all. I figured I was pretty much invincible as most 22 year-olds.

Well, after I got married, I quietly gained 65 pounds over 14 years. I went to the doctor for a physical (at my wife's urging) and it was the most traumatic day of my life. This guy stuck his finger in my ass and told me that I was going to die if I didn't make some changes. He told me I had high blood pressure, high cholesterol, etc. He gave me three months to get it together or he would put me on medication.

Of course, I left his office and went shopping. I went to buy brown everything and I also bought some running shoes. That very night I began running. I ran a whole mile. I didn't know what else to do.

I looked in the mirror and just didn't like what I saw. I didn't like the person I became and somehow I slept though 14 years. My wife was a major carb-a-holic. She ate three-cheese pastas and breads of every type. She introduced me to bagels and all sorts of things that I didn't eat growing up. I was a meat and potatoes type of kid. I ate small portions of vegetables just to keep my mother happy.

Somehow bread became the center of my plate whereas when I was a kid, meat was the main thing. It wasn't a meal unless there was meat present. My dad would have went through the roof if there was meal served with no meat. My wife did this often but I figured it was healthy!

This doctor visit had such a profound effect on me that I started reading everything I could get my hands on concerning nutrition. The low-carb craze was going on and I tried some of the packaged stuff and it was utterly disgusting. I thought low-carbers were all crazy and I thought that to lose weight, you had to cut your portions, cut your calories, and exercise like a fiend. All of this made me starve.

Low carb and zero carb just made sense to me and once I started having success, it only strengthened my resolve. I ate chicken wings for lunch for the first month just about every day. I ate until I was full and even stuffed, yet I was still losing weight. I've never counted calories on my low-carb diet. That was the thing that told me it was correct because I could satisfy my hunger.

As a child, I never remember being hungry!

At 40 years old, I have learned a thing or two and one thing I've learned is that people will not receive any information until they are ready to receive it. There is a point in every person's life where they are more susceptible to things than other times. For me, I hit low carb and zero carb at a time when I was ready and open for it. Because of that, I was ready to do or sacrifice anything required to make it happen.

I didn't care what people thought about it, I didn't care about anyone's opinion. I tried it out on my body.
and therefore I knew it worked. Even today, I have no problem telling the waiter exactly what I want to eat. I feel no social pressure to conform to what others eat.

Just today for lunch, I went to El Rodeo Mexican restaurant with my co-workers.

I've been there many times and the only thing I will eat there is the carne assada, which is skirt steak. I have to order it off of the dinner menu and I get two of them since one leaves me hungry. They used to charge me for the entire entree twice and I paid it. Well, one day the manager noticed and decided I was paying too much. Now, instead of paying $15 for lunch there, I pay $7 because they know I only eat the meat. They even give me extra meat yet don't charge me more!

I have to admit, I now look in the mirror with pride because damn it, I worked hard! There's no going back!

Sorry, I just had to share that,

Charles

---

RE: Zero Carb / Meat and Water - Divine Miss M - 06-18-2008 12:53 PM

Dear Lauren:

You said it, hon! Resolve must be unwavering. For example, while at a party, one might consider a bit of salad or veggies to be 'off plan' for THIS woe, but I would consider those choices a much healthier and safer option than jumping into the big ole chip bowl.

It's a strange thing, though, isn't it - to consider a small salad or a few sliced, low-carb veggies as 'off' plan?

Well, I'm off to check the freezer to see if there's any way to increase my 'meat with fat' intake before I must embark on a shopping spree...

---


Divine Miss M Wrote:
I wonder how many ways I can creatively say 'thanks' to you, and to Linda Sue, for this most informative thread?!?

I can't speak for LindaSue but I'm sure she'll agree with me when I say, you already have thanked us. Every time someone posts on here that they've lost weight, they're not hungry, they have energy, and they generally like themselves, I am thrilled more than anyone knows because I remember when I realized that I could do this too! 😊

Regards,

Charles
RE: Zero Carb / Meat and Water - Clabbergirl - 06-18-2008 03:39 PM

Divine Miss M Wrote:
...I like butterfly porkchops, if the fat is trimmed off. (!)

I've been reading back and forth but I had to smile at this statement. DivineM I am the same as you on this fat thing - I can't stand to chew it. I'm the kind that has always trimmed part of the steak off to keep the fat from getting anywhere near the parts I would eat. My mother would get after me as a kid for "wasting food" this way. Sorry, can't handle that chewy fat feeling. But I'm trying now to trim more conservatively, and hope that maybe this will get easier in the future. I also don't like dark meat chicken, but I know I could handle that better than fat on a steak. Having the cooking fat in the ground beef isn't as bad as I thought, but it's easy to overdue. I may try the butter idea you've suggested too. Never thought of that.

RE: Zero Carb / Meat and Water - Vesna - 06-18-2008 03:43 PM

Wendyoh Wrote:
Vesna Wrote:
Well! I just completed my two-week meat and water experiment. For me, it was not a magical door to weight loss and well-being. In no way is that a comment on people who report that it works wonderfully for them.

When I was eating just meat, I felt enervated and hungry, especially during and after meals. I don't understand why. It can't be rabbit starvation -- not at 65%-75% fat!

Anyone interested can check out what I ate at

http://www.fitday.com/WebFit/PublicJournals.html?Owner=weasel%21

I'll post more later -- gotta run to work!

I'm a little confused. I just checked out your Fitday from the last couple days and on 6/14, it says you had yellow cake. Is this correct? Even if it was just a small bite, I think this takes away from a meat/water-only experiment, don't you?

Ha, ha, you caught me, didn't you? Yes, I had a small taste of a yellow cake I made -- I recorded it faithfully, despite the fact that I knew it would be there for all to see. One-half cubic inch of banana cake, one-eighth linear inch of banana.

Yes, I agree that it takes away from a meat/water-only experiment. (As does the 1/2 peach I ate the following day.) But there it is. 😃

RE: Zero Carb / Meat and Water - Hogsfan - 06-18-2008 04:01 PM

travis t Wrote:
Charles you mentioned "beef brisket" and that takes me back to my grandfathers house in Temple, Texas where he would cut fresh mesquite from the trees in his back yard and put them in the smoker for
wonderful smoked beef brisket. yum
travis

Travis,
My wife is from Temple. Very small world, huh?

---

RE: Zero Carb / Meat and Water - Wendyoh - 06-18-2008 05:13 PM

Vesna Wrote:
Ha, ha, you caught me, didn't you? Yes, I had a small taste of a yellow cake I made -- I recorded it faithfully, despite the fact that I knew it would be there for all to see. One-half cubic inch of cake, one gram frosting.

Yes, I agree that it takes away from a meat/water-only experiment. (As does the 1/2 peach I ate the following day.) But there it is. 😊

Hey, well at least you've got a concrete reason as to why your results may not have been what you hoped, right? 😊

---

RE: Zero Carb / Meat and Water - Divine Miss M - 06-18-2008 05:28 PM

Clabbergirl Wrote:
Divine Miss M Wrote:
...I like butterfly porkchops, if the fat is trimmed off. (!)

I've been reading back and forth but I had to smile at this statement. DivineM I am the same as you on this fat thing - I can't stand to chew it. I'm the kind that has always trimmed part of the steak off to keep the fat from getting anywhere near the parts I would eat. My mother would get after me as a kid for "wasting food" this way. Sorry, can't handle that chewy fat feeling. But I'm trying now to trim more conservatively, and hope that maybe this will get easier in the future. I also don't like dark meat chicken, but I know I could handle that better than fat on a steak. Having the cooking fat in the ground beef isn't as bad as I thought, but it's easy to overdue. I may try the butter idea you've suggested too. Never thought of that.

Clabbergirl: Don't you wonder why we're built that way, when our metabolisms demand otherwise?

We may figure out why we physiologically crave the things that are bad for us but why do our taste buds abhor that which is good for us? Seems the rule of thumb is that we should just eat the opposite way to which we are inclined. Sigh.

I am a very determined woman when it comes to low-carbing, but I have not been this kerflummexed in a long while. Eating proteins AND fats is one thing but, for me, eating fattier proteins is going to be one heck of a hurdle.

Gotta do it, though!

---

RE: Zero Carb / Meat and Water - Divine Miss M - 06-18-2008 05:40 PM
Vesna Wrote:
Wendyoh Wrote:
Vesna Wrote:
Well! I just completed my two-week meat and water experiment. For me, it was not a magical door to weight loss and well-being. In no way is that a comment on people who report that it works wonderfully for them.

When I was eating just meat, I felt enervated and hungry, especially during and after meals. I don't understand why. It can't be rabbit starvation -- not at 65%-75% fat!

Anyone interested can check out what I ate at

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I'll post more later -- gotta run to work!

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Ha, ha, you caught me, didn't you? Yes, I had a small taste of a yellow cake I made -- I recorded it faithfully, despite the fact that I knew it would be there for all to see. One-half cubic inch of cake, one gram frosting.

Yes, I agree that it takes away from a meat/water-only experiment. (As does the 1/2 peach I ate the following day.) But there it is.

You know what? I applaud you for your honesty. If you hadn't put it in your Fitday, who would have known? So maybe it was the smidgen of cake w/frosting and the 1/2 peach that slowed your other efforts...in which case, just consider it a lesson learned, and keep stepping forward.

I admire an honest person who freely admits mistakes. Honesty is always the best policy. Kudos to you, hon!

RE: Zero Carb / Meat and Water - onlyabtrfly - 06-18-2008 06:21 PM

Charles (and anyone else who can offer sleep advice hopefully), I'm 27, going on 28 in November. I never had sleep issues til hubby and I had a queen bed given to us. We got rid of our full size bed and went to get this queen size bed and it was a horrible piece of crap. I mean you could feel the wires poking you, you name it. Now we have a gorgeous year old bed but I still toss and turn like I used to. I don't know if that has a thing to do with it, but I do know once our sleep patterns are screwed up it takes a lot to restore them. Further, that crap matress that we got corresponded to me reaching my heighest weight ever of 346. All that is when it became hell to sleep. I'm so sleepy right now I feel drunk or something. Ugh.

Miss M, you mention Magnesium and some sulfur thing both regarding sleep. Do tell. What are you doing, perhaps it could help me restore some healthy sleep patterns.

Also, Miss M and Clabbergirl both, what we all have is texture aversion. It's a very real thing. Any loose or chewy thing makes me gag forcibly. Even the sight of it will turn me green. With this though, I've found it's not the grisel, it's the marbling that we're looking for--and the marbling doesn't have the
texture that gags us like the outside strip of fat. For instance, ribs make me want to hurl, but if my husband peels off the outside layer of fat and pulls off just the meat for me, it tastes delicious. If I were to see it raw, I'd never pick it up at all. So just try it. Get a good cut of marbled steak and go ahead and cut off that outside strip. Broil the steak with some sea salt and cracked pepper, and it will be delightful. I had a little victory today I wanted to share. Hubby had to go out and buy some batteries, and I was eating my beef patties craving a diet fountain drink like a fiend. We talked a minute and I told him what I wanted, but then said, You know what? If I'm craving it at all I need to avoid it. And so I did, and I feel so smug about it. Artificial sweeteners go to hell!! Hee hee.

RE: Zero Carb / Meat and Water - Divine Miss M - 06-18-2008 06:45 PM

AnneMarie: Texture aversion, huh? Ok, see - we learn something new all the time! I'll do my best, I really will, in searching out some finely marbled steak, which I think I can tolerate much more than fatty ground chuck.

To answer your questions, I recently began taking a product called Sulfurzyme, which is pure sulfur mixed with wolfberries [a very high antioxidant], since some studies indicate a lack of sulfur in fibromyalgics. [The stuff might be available in some health food stores; I order mine thru the company.] We fibromyalgics have disturbed sleep patterns - specifically, we don't reach REM or, if we do, we don't stay there for very long. That's the sleep stage in which the body repairs itself. I can't be certain, for it's too soon to tell, but I wonder if returning to fats and proteins, along with the Sulfurzyme, is already helping in improving lots of things, including the insomnia/lack of restful sleep problem. For the last few days, once I fall asleep, I'm 'there' - no more 'snap' waking up all thru the night. [I hope this lasts!]

I take chelated magnesium for lots of reasons, including prolonged 'charlie horses from hell' [like 20 minutes of agony], healthy arteries [magnesium blocks calcium from layering in the arteries] and clogged pipes of the lower GI. The Protein Power Life Plan book has an entire chapter dedicated to the miracles of magnesium. After reading it, I make sure I take at least 400 mg. a day. (Heart patients should not do this but consult with their cardiologists first.)

Congrats on your 'little victory' - which was really a big one! Big but gentle pat on the back to you, hon!

RE: Zero Carb / Meat and Water - Divine Miss M - 06-18-2008 06:52 PM

AnneMarie: I forgot to mention - pure lavender oil, dispensed into the air with a quality oil dispenser, or rubbed on the temples, helps with relaxation and falling asleep. I couldn't believe it at first but the oil works, as does peppermint oil [when smelled] for energy or for pain, when rubbed on the skin.

Such oils have to be the purest on the market, the kind that can also be ingested, if one is trying to avoid any chemical toxins. If the product says 'not for internal use,' then its not as pure as it claims to be.

RE: Zero Carb / Meat and Water - Vesna - 06-18-2008 07:26 PM

Divine Miss M Wrote:
You know what? I applaud you for your honesty.

Thanks!

Divine Miss M Wrote:
If you hadn't put it in your Fitday, who would have known? So maybe it was the smidgen of cake w/frosting and the 1/2 peach that slowed your other efforts...in which case, just consider it a lesson learned, and keep stepping forward.

The day I ate the 1/2 cubic inch of cake, my total carbs for the day were 20. Two of those came from the cake. The day I ate the 1/2 peach, total carbs for the day were 8. Five of those came from the peach.

What exactly is the lesson? That 7 grams of off-plan carbohydrate over the course of two weeks can prevent weight loss?

That just doesn't make sense to me. In fact, it seems preposterous.

I am a sample set of one -- no control group in this experiment -- so it's impossible to say with absolute, scientific certainty what I would have weighed this morning had I not consumed those tiny morsels of sweet several days ago. However, it seems impossible that I would have weighed any different.

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**RE: Zero Carb / Meat and Water - caroline - 06-18-2008 08:08 PM**

First let me start out by saying that if it weren't for this group of people on this forum, I would have felt very alone while on this new venture. So thanks to all!

Vesna,

I read your post (I think it was hypoglycemia thread?) about not feeling so good on zero carb. Did you find that your energy came back up when you ate more? I noticed that mine was lagging in the mid-morning to afternoon, and I have been eating an extra meal. That really seemed to help. The odd thing was that I wasn't "hungry" for it, but it did make a difference. I got to thinking about it after asking Charles about how much he was eating.

It seems like with a lot of us (women), we aren't eating as much as we need to on zero carb. It has taken some getting used to for me, b/c I just don't feel ravenous this way. When I do feel ravenous, it is more a craving for carbs, but I notice it passes.

Anyway, it's really helpful to listen to everyone's-Lauren, Divine Miss M, Con, etc. shared experience. I scoured all over the internet, and felt like Charles was the only person who could share this experience. I guess there aren't a ton (not any) forums out there with a bunch of people doing this zero carb because for most, even though it may help with a lot of issues, it is a dramatic change--even compared to low carb.

I find it's getting easier, but the energy flagging was trying for me, as it was for you, Vesna. It is challenging when you are "used" to being a higher energy level, and it seems to shift. Anyway, I'm going to hang in there. I pretty much went from eating full-on sugar, carbs, etc, to low carb for 2 months, to this for a few weeks now. I definitely feel like my life has changed for the better--it's just fine-tuning, and it sure helps to have a great group like this to support this change.

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**RE: Zero Carb / Meat and Water - Divine Miss M - 06-18-2008 08:13 PM**

You know, Vesna, it was my intention to be supportive, that's all. Sorry you didn't see that.
Hi, Caroline:

I think another issue 'might' be hormonal flux - something the guys just don't have to deal with on a monthly basis, or rather, I should say - not to the degree that women do.

If one hormone [like insulin] is out of whack, wouldn't a 'cascade effect' on estriol, progestone, estrogen, testosterone - and adrenals - make sense?

Vesna, I'm sorry to hear you haven't got a weight loss in this period of time. I'd imagine it feels like you've sacrificed a lot and got nothing for it. Giving up things is one issue, but feeling lousy on top of the absence just compounds missing something. Have you had any positives from the experience that kept it from a total loss (pardon the pun)? More energy? Better sleep? Less hunger?

As simple as we all want this to be (eat fat/protein-insulin resistance problem disappears for example), seldom is the human body so. There are any number of factors that may be stalling your results. Have you had your thyroid checked (by a reputable, up-on-current medicine doctor)? Are you getting quality sleep? Are you using asthma meds or something that might have steroids in it? These are just the tip of the iceberg, but I'm sure you get where I'm going with this.

I hope everyone who goes to 5 carbs or less a day has an amazing loss so they will throw their skepticism or unwillingness out the window, but I realize it's not going to happen that way with everyone. I'm not sure yet if zero carb eating is the answer (although I really hope it is), but I do believe the notion of low-fat not working (at least for me), and I can understand the weight problem insulin causes when it's so out of control. I'm trying to lead with that in mind right now - getting control of my insulin - instead of weight loss. The loss is nice, but I have seen so many times that it's not permanent. I'm not ready to believe that zero carb weight loss is any more permanent than any of the other times. Maybe in a few more months, I'll feel differently. If hope you will have the successes you need to keep experimenting in whatever way you need.

Divine Miss M, (I can't resist saying that--I feel like I'm at a broadway show!):

I think you are ABSOLUTELY right about the hormonal aspect. That's why I was praying to get some input from some women as well. It was a Godsend that I found this thread today. I also think what I am reconfiguring, is that it may not be a week or two--or even a month or two--it may actually take quite a while to get the hormones, the body, the low carb all in sync before it feels "kosher," so to speak.

I think your sense of humor is not only refreshing, but essential. That is what is really pulling me through. I would love to keep this going--where we can talk about our reactions to this way of eating. And I don't think it has to be "perfect." Hey, three carbs, or five carbs, etc. is better than 10 or 20.

As for your mention about the magnesium, I was having rotten leg cramps, muscle twitches, and bought a bunch of supplements, and then they all went away. So I think some of it is just time. But I do feel like my fish oil is helpful.
Also, I think candida, which no one discusses on this forum, is huge for many women. (It has a lot to do with why I cut out the dairy this week, minimal though it was. These factors can stall progress. I'll let you guys know how it goes...)

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**RE: Zero Carb / Meat and Water - caroline - 06-18-2008 09:06 PM**

As for Clabbergirl and Divine Miss M.'s aversion to fat:

I always had it, too. At the same time, I was deeply enmeshed with sugar, carbs, and a heavy emotional eater. I always needed my food to be entertaining--spice, taste, etc. since I have been eating low carb, little by little, the need for "flavor" dropped. And somewhere, I started liking the fat--not liking, exactly, but I think "needing" is more of what happened. I can't say I could do it without the fat. I would be hungry all day long otherwise. When I don't want it, I don't want it. But when I eat, it feels like the fat is the only thing that sustains. If it's just veggees, it's like I've inhaled air. Charles really got me thinking (I'm sorry if I alread said this) that we might need to eat more than we think (and I think the "more" might be fat.)

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**RE: Zero Carb / Meat and Water - KimPossible - 06-18-2008 09:13 PM**

Wow! This thread hops!!! And it stays very informative, too--thanks to all of you for sharing your experiences!

I stayed the same as yesterday...but ate some higher carb processed meats...and didn't drink that much water. Still getting honed for this woe...today I ate all beef. just patties...ate until I was full and ate when I felt hungry. The only cravings I had were for diet drinks (which I'm not off of...yet. but that's coming soon for better or for worse...). And I stayed full. Already I can feel the control/satiety from the fat in my diet.

I've never ever liked the fat on the outside of the steak, but have no problem with the ground beef (the 73/27 from WM). I do drain it, but not fanatically...but grissle and chewy fat? BLECH! I empathize!!!

I liked your post, Charles, about your journey. I always knew that you've tweaked it over time, trying to find what works best for your needs and desires in your life and goals...it helped seeing it all in one post though--Thank you for sharing it!

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**RE: Zero Carb / Meat and Water - caroline - 06-18-2008 09:23 PM**

Hi Kim,

Adorable picture! Is that you or your child? I think I forgot about that part--that I don't mind the fat b/c I am eating fatty ground beef. And I think it was Clabbergirl who noted that it is easier to stomach then.

You're right about the water. Charles mentioned not overdoing it with water, but I noticed I feel "clearer" since I've been drinking more. I have been warming it, not so it's hot, but optimally just warm, and somehow, it goes down easier and doesn't make me feel like I'm swimming.

And I second what you said Kim--Thanks Charles for being so open and generous with relaying your experiences. I've bugged you plenty, and I appreciate your comments.
Well, going to Los Angeles and I'm determined to stay on course on my vacation to the city of Smog and Angels. Have a nice weekend everyone!

RE: Zero Carb / Meat and Water - Divine Miss M - 06-18-2008 10:01 PM

Dear Caroline:

Broadway, huh? Gosh, you're tempting me to belt out a song. 😊

As for hormones ---Yes, yes, yes! I'm as excited as you are to find another lady who suspects the same problem-o! A hormonal cascade effect is a reasonable theory...and, if it is reality, it's going to take time to resolve it. That's why I liked the Protein Power books; they focus on improving health first and provide so much help. They've helped very much, but there is so much more to learn!

I also agree that candida albicans could be another hidden problem. Who among us has not been subjected to many bouts of antibiotics? I'm thankful they [literally] saved my life - quite a few times. But dealing with CA is the pits.

I've recently learned of a natural way to deal with it - and have to try it soon. It's so simple, it's unbelievable - allegedly, the cure is baking soda! I'll get the specifics info on it for those who are interested, but basically - inhaling baking soda placed into boiling hot [naturally distilled] water, 30 minutes a day, allegedly kills candida overgrowth. [So does long-term low-carbing, which also includes avoiding vinegar or products with vinegar in it, like mayonnaise, ranch dressing, etc.]

Isn't it incredible to know that magnesium deficiency was the reason for those terrible leg cramps? We're always learning...

I am trying to recall 'where' I read info on various residues [injected hormones, for example] in animal fat - that's a big concern, I admit. We need the fat, it seems, but we don't need the toxins in it. What to do, except buy organic, grass-fed [not grain-fed] beef? And that's expensive these days.

KimPossible: Hello!!! Your baby pix is so cute!

Well, for my own update, it looks like at least a 3 lb loss from Wed. a.m.'s weight...and that's good. I'll be thrilled 'if' I punch thru the same old numbers soon. We'll see.

RE: Zero Carb / Meat and Water - Vesna - 06-19-2008 04:07 AM

Divine Miss M Wrote:
You know, Vesna, it was my intention to be supportive, that's all. Sorry you didn't see that.

I did see that. I appreciate the support. I do, I do, I really do.

I tend to be frank, sometimes even blunt, and to express my thoughts with zeal, sometimes even drama, because I experience them so strongly. The past two weeks was an ordeal for me, and I would like to be able to share some of my frustration and confusion here in this forum -- an emotional sharing, in addition to the learning process.

I did not mean to direct any of that force against you. If I hurt your feelings, or made you feel like I was attacking you, I apologize.
Thanks again for the support.

RE: Zero Carb / Meat and Water - onlyabtrfly - 06-19-2008 04:22 AM

Hey, gang!
Well, after another night of five nice hours and then tossing and turning from 4 am to 6 am, I'm so tired I can barely stand it. One of the children I keep, his mom just called and he has a fever, so he won't be coming today. The other one gets here super early so he sleeps til 8:30, and my little 8 month old guy will be here in a few minutes. What I'm trying to say is this will be a very nice and relaxed day, which I need badly. 😊

I think I'm going to go out and get some chelated magnesium this evening and see how it helps. Magnesium is supposed to really be a wonder supplement and very good for those fighting insulin issues, so I've been wanting to try it for forever, after reading that portion of PPLP.

I feel that my energy is flagging as well. But I know I still didn't eat near enough yesterday. I felt just absolutely lethargic by yesterday afternoon. I was telling all this to hubby, and good man that he is, he made up patties out of the 5.5 pounds of beef we got a couple of nights ago and fried them all up for me so I could just go pick them out of the fridge. With me keeping small children, more often than not I forget/don't have time/just plain don't feel like taking care of myself. Here's hoping today is better because I eat more. Happy Thursday to everyone.


I guess there aren't a ton (not any) forums out there with a bunch of people doing this zero carb because for most, even though it may help with a lot of issues, it is a dramatic change—even compared to low carb.
[/quote]

Actually, there is a No-Carber Forum. I belong to it, also. Some very nice people there, including some folks from here. Here's the link:

http://activenocarber.myfreeforum.org/

Hope it's not gauche to post the URL of a different forum.

RE: Zero Carb / Meat and Water - Vesna - 06-19-2008 05:07 AM

Divine Miss M Wrote:
If one hormone [like insulin] is out of whack, wouldn't a 'cascade effect' on estriol, progestone, estrogen, testosterone - and adrenals - make sense?

I think this is a fascinating and compelling idea. It makes a lot of sense to me.

I do believe fat storage, gain, loss is hormone-driven, rather than "energy balance" driven. There must be more here. I think this is the thread that when you pull on it, it unravels the knot.
Caroline wrote  
"Also, I think candida, which no one discusses on this forum, is huge for many women."

I think candida and other fungi are more of a concern than most would realize. These fungi spit out waste products called mycotoxins some of which are very powerful. Ciclosporin A for example is produced by the fungus (Tolypocladium inflatum Gams) and is used to prevent the rejection of transplanted organs. It brings about an almost complete shut down of our immune system.

One of the reasons i think that the zero carb diet is so powerful is because it is the best way to reduce the favorite food of the fungus...sugar(carbohydrates+fiber).

If you dont think that fungal metabolites can have a powerful effect on humans think about the last time that you encountered a drunk person...alcohol is a metabolite of the yeast(fungus) that consumes the sugar in the grains used to make beer and other drinks(including wine).

Also a fungus produces large amounts of chemicals that are very estrogenic. Maybe this is the cause of the "beer belly" and also could up set the whole apple cart of hormones that keep us fat or thin.

travis

Charles, I appreciate all your interest, encouragement and input!

Charles Wrote:
Vesna Wrote:
When I was eating just meat, I felt enervated and hungry, especially during and after meals. I don't understand why. It can't be rabbit starvation -- not at 65%-75% fat!

Two weeks is not enough time to tell anything about any dietary change, so that's not so surprising to me.

I started with high hopes and the plan to extend the M+W experiment well beyond two weeks once I got to June 18. I was blindsided by how horrible I felt: lethargic, weak, hungry despite how much I ate. Perhaps the most surprising thing was that not matter how much fat I added in the form of butter, it didn't help. Also, I didn't realize until yesterday evening that I had been sinking into depression. I hated my life, and not in a way that seemed to be connected to diet. Depression is not a state that I'm native to.

I could not continue with this regimen. Perhaps after another year of very low carb, going M+W would have a different impact on me. Or if I'd tried this 20 years ago, when I was in my 20s.

I would rather be slightly overweight for the rest of my life than be as miserable as I was for the last two weeks. If that's what it would take to lose the 15-20 pounds. (As far as the other health benefits, remember that I'm only talking about adding the full range of animal foods, vegetables and a little fruit, and coffee and teas.)

Charles Wrote:
Fitday may tell you that chicken and bacon have 75% fat but I'm not so sure I agree with that. I don't have the energy from those foods as I do from ground beef. Bacon is quite lean and you also have cheese and sour cream in there. I know you didn't eat a lot, but it doesn't take much for me. Chicken thighs are good at 35 grams but legs don't have but 15 grams of fat for 6 ounces.

The bacon we get is quite fatty. The roast chicken was also quite fatty, especially because I got plenty of the drippings onto my plate and poured it over as a sauce.

I did not eat cheese, unless you mean cream cheese, which I added in the final days.

Charles Wrote:
Did you drink water with all of this?

Yes, water was my only beverage for the two weeks. I drank to thirst. Especially in the first week, I was really thirsty.

Charles Wrote:
If you were hungry when eating this food then it's clearly not the right type of food. I would suggest you try what everyone else is trying and that is to add some fatty ground beef. It's cheaper than the meats you listed and I bet you'll be more sated. The 73/27 has more fat than the chicken legs.

... I think for zero carb to help with your hyperinsulinemia, you may want to try some fatty beef.

73/27 is not available where I am. Good steaks like ribeye are not in my budget except as an occasional treat. (I know you didn't mention ribeye in this ... particular post, but just FYI.)

I started mixing my ground beef with some very fatty, minimally processed pork sausage and that was a big improvement.

However, when I was doing just meat and butter (to increase fat), instead of getting better, it was getting worse day by day. I came close to an episode like Anne Marie/onlyabtrfly experienced. I managed to propel myself to the couch before I collapsed. Also, my episode came after a big breakfast of sirloin tip steak and butter. (I know, the meat is on the lean side, but I supplemented it with sooo much butter.) The more I ate, the worse I felt. I just don't understand it. (But neither do I want to go back there.) Another difference is that Anne Marie had been feeling good up until that point, whereas I had been feeling steadily worse.

Charles Wrote:
If you're truly hungry then you're not getting enough nutrients from your food. If these are cravings, it only tells us how much hyperinsulinemia you have.

Are you drawing a distinction between hunger and craving here? Or do I misunderstand?

Charles Wrote:
Insulin signals hunger and helps prime our body for food. If you were hypoglycemic, then I don't think your hunger would be so acute.

Why do you say that? Sorry, I don't follow.

Charles Wrote:
You can't solely rely on fitday. You have to rely on your hunger and pay attention to what your own body is telling you. From my vantage point, it's saying that it's hungry and not getting enough nutrients from what you're eating. You have to change it up.

Just to clarify, I'm not relying on Fitday; I'm using it to track after the fact. I'm relying on hunger and paying attention to what my body is telling me, as you say.

The changes I'm making are: allowing all animal foods (including eggs and cheese), allowing coffee and teas, allowing low-starch plant food and mid-starch in small amounts. (E.G., a slice or two of cooked carrot or a green bean included in a serving of collards.) Also, allowing non-caloric sweetener, or at least not holding it strictly off-limits.

RE: Zero Carb / Meat and Water - Lauren - 06-19-2008 06:13 AM

Charles Wrote:
You're right about that, but there's more to it than that, at least for me. You see, before 1991, I was a person who rarely ever went to the doctor. I weighed about 154 and I was in the military. I ran and did about any activity I wanted. I didn't take medicine for anything. When I had a headache, I took a nap and it disappeared. I would only take half a dosage of medicine or not take it at all. I figured I was pretty much invincible as most 22 year-olds.

Well, after I got married, I quietly gained 65 pounds over 14 years. I went to the doctor for a physical (at my wife's urging) and it was the most traumatic day of my life. This guy stuck his finger in my ass and told me that I was going to die if I didn't make some changes. He told me I had high blood pressure, high cholesterol, etc. He gave me three months to get it together or he would put me on medication.

Of course, I left his office and went shopping. I went to buy brown everything and I also bought some running shoes. That very night I began running. I ran a whole mile. I didn't know what else to do.

I looked in the mirror and just didn't like what I saw. I didn't like the person I became and somehow I slept though 14 years. My wife was a major carb-a-holic. She ate three-cheese pastas and breads of every type. She introduced me to bagels and all sorts of things that I didn't eat growing up. I was a meat and potatoes type of kid. I ate small portions of vegetables just to keep my mother happy.

Somehow bread became the center of my plate whereas when I was a kid, meat was the main thing. It wasn't a meal unless there was meat present. My dad would have went through the roof if there was meal served with no meat. My wife did this often but I figured it was healthy!

This doctor visit had such a profound effect on me that I started reading everything I could get my hands on concerning nutrition. The low-carb craze was going on and I tried some of the packaged stuff and it was utterly disgusting. I thought low-carbers were all crazy and I thought that to lose weight, you had to cut your portions, cut your calories, and exercise like a fiend. All of this made me starve.

Low carb and zero carb just made sense to me and once I started having success, it only strengthened my resolve. I ate chicken wings for lunch for the first month just about every day. I ate until I was full and even stuffed, yet I was still losing weight. I've never counted calories on my low-carb diet. That was the thing that told me it was correct because I could satisfy my hunger.

As a child, I never remember being hungry!

At 40 years old, I have learned a thing or two and one thing I've learned is that people will not receive
any information until they are ready to receive it. There is a point in every person's life where they are more susceptible to things than other times. For me, I hit low carb and zero carb at a time when I was ready and open for it. Because of that, I was ready to do or sacrifice anything required to make it happen.

I didn't care what people thought about it, I didn't care about anyone's opinion. I tried it out on my body and therefore I knew it worked. Even today, I have no problem telling the waiter exactly what I want to eat. I feel no social pressure to conform to what others eat.

I have to admit, I now look in the mirror with pride because damn it, I worked hard! There's no going back!

Sorry, I just had to share that,

Charles

Charles,

Don't be sorry- you SHOULD be proud and enjoy every minute of your success. It really is an amazing accomplishment.

There were so many things about your post that interested me. I like the description about your 'moment of clarity' after the scary doctor visit. I've been sober in AA for 21 years and I know it is often fear that has gotten many an alcoholic to have that 'moment of clarity'. I agree, once you have it, there is no turning back.

Ultimately though, it is so hard to know how human beings come to that point about whatever their problem/addiction may be. I've seen people come to AA and 'get it' right away, others who struggle and eventually get it, and still others who never get it regardless of their desperate circumstances.

I do think that this kind of a transformation, whether with diet or other addictions, is necessary to make the big change. I think so many are drawn to you because they can sense that you've had that transformation. This is about more than short lived efforts. People can abstain from alcohol for a few weeks but unless they've had that transformation, they will be unable to maintain sobriety.

Another interesting point is your description of your carb based diet that you and your wife were eating. I really messed up my husband this way too, no doubt from good intentions since I bought that meat and fat were demons. My husband gained about thirty pounds since we were married 16 years ago- now I know it was from our carb based diet. Since we've been doing low carb, he's lost 25+ pounds. He is thrilled that I've reintroduced meat into our diet.

I will be thinking a lot about this post- about transformation and clarity, about deep changes rather than pounds and calories.

As we say in AA, thanks for sharing your experience, strength and hope.

RE: Zero Carb / Meat and Water - LindaSue - 06-19-2008 06:14 AM

travis t Wrote:
i eat what ever is in the glass bowl that collects after reheating in the microwave. I cook it the eve before on a gas grill so i don't collect the drippings from the initial cooking process. it has been four hours since
i ate it and i still feel as full now as right after. I have no doubt that i won't be starving at 5 or 6 when i grill more for supper (and also xtra for work in the am). this high fat no carb diet ROCKS

travis

I can see now why you add butter to them. One reason that I stopped cooking my burgers on the grill is because they lose too much fat. When I pan-fry them, they seem to come out more juicy too.

RE: Zero Carb / Meat and Water - LindaSue - 06-19-2008 06:26 AM

Divine Miss M Wrote:
My gosh, from what you and Travis posted, I am beginning to wonder if I am not consuming enough fat!

I don't usually eat 'fatty meats' - I have not progressed that far yet, and that itself will be a challenge since never, never have I eaten marbled meat, or fat on meat. This is a life-long issue; when was a little girl, I would not eat if there was any fat on the meat but gave it to my dad. The stuff gags me. I'm still that way - I simply can't make myself do it.

I've loved the fat on meat since I was young. I grew up in a family that liked fatty meat, the skin on chicken (most of us went for the dark meat) and lots of butter. Would you believe that my mom never bought margarine? She refused to eat it but not because she knew it was harmful (who knew back then?) but because it tasted nasty and butter tasted so good.

RE: Zero Carb / Meat and Water - travis t - 06-19-2008 06:29 AM

LindaSue
The burgers are not so dry that i can't eat them. At least not as dry a grilled chicken breast(uuuggghhh). But the butter does add moisture and it also adds a different fat ratio than the beef and also vitamin a. And it also makes it delightful. I't hard to describe kind of like candy but not sweet.

travis

RE: Zero Carb / Meat and Water - Miss Christine - 06-19-2008 06:40 AM

Hi Everyone,
I have been reading all the posts and I am only on page 7 so I still have a lot to go through. However I was reading about what everyone wrote about grass feed beef. Everyone was complaining it didn't have enough fat like the grain feed. That is because when cattle graze like they are suppose to their are leaner, and for a very long time people valued the organs to the muscles meat. The problem with grain feed cattle isn't the they are fatter, it is the grain that they are feed. Years ago it was oats, barely, wheat, however now the grain has is mainly soy, and sometimes parts from other animals. We all know how bad soy is. If you want to add fat to your beef, make sure you cook it in coconut oil, or butter. Also what is stopping you from putting a pat of butter onto of you steak. I know lots of people in my Weston Price group that eat their meat that way.

Charles, I really like what you said about this being an evolution. I have been trying to go to zero carbs for the past week and I just about drove myself nuts. My cravings were so bad I thought I would go crazy. However the past couple of days I add back some carbs and feel much better. While I gain a couple pounds, I am not worried. I would rather have a couple more pounds to lose, than got nuts. I guess I am going to be one of those that has to work myself down to zero carbs.
I am really looking forward to finish reading all the post and learning more.

RE: Zero Carb / Meat and Water - Clabbergirl - 06-19-2008 06:41 AM

Vesna Wrote:
The changes I'm making are: allowing all animal foods (including eggs and cheese), allowing coffee and teas, allowing low-starch plant food and mid-starch in small amounts. (E.G., a slice or two of cooked carrot or a green bean included in a serving of collards.) Also, allowing non-caloric sweetener, or at least not holding it strictly off-limits.

I'm a newbie at all of this, so take my opinions for what they're worth, but just the fact that you're removing wheat and wheat products from your diet has got to be helpful. I don't remember if you'd stated you've been lo-carb for a bit already, or if this is your first go at it, but either way I think wheat avoidance is a plus no matter how low overall carbs. There's a lot of info on the negatives of wheat, and a cardiologist (Track Your Plaque) even writes a regular blog that includes stories from his patients who've removed wheat for a month and lost weight effortlessly plus improved their heart health. Do what you can do, and you may find that you can do more, but you don't need to feel like you have to do any of it.

The depression can affect your energy levels; I'm sure you're aware of that. Has that eased up a bit?

RE: Zero Carb / Meat and Water - Clabbergirl - 06-19-2008 06:47 AM

Miss Christine Wrote:
My cravings were so bad I thought I would go crazy. However the past couple of days I add back some carbs and feel much better. While I gain a couple pounds, I am not worried. I would rather have a couple more pounds to lose, than got nuts. I guess I am going to be one of those that has to work myself down to zero carbs.

Miss Christine, if you feel like trying zero carbs again, if I can make a suggestion on what I did: The first week I tried to go lo-to-zero, I had a very full schedule. Neither my hands nor my mind were idle, and I believe that helped. I craved carbs, but I didn't have near the time to act on those cravings that I'd have liked, and this really kept me from giving in long enough for the carbs to start to dissipate. I don't know your schedule of course, but if you've got some free time, the cravings are so much harder to ignore with willpower alone. Good luck either way.

RE: Zero Carb / Meat and Water - Divine Miss M - 06-19-2008 06:57 AM

Vesna: I appreciate the sentiments, and the apology - I really do. Yes, I admit that I did take the response personally, so thank you for the warmer response. Ok, let's start afresh!

After reading your 2nd post today [addressed to Charles], I have to say I am alarmed at the symptoms you experienced. Low energy is one thing but not to the degree you described.

Something similar happened to me on the 'woe that shall not be mentioned' [which is low-fat]. For a very short time, I fell into the 'cut back on the proteins mentality' and went thru a terrible episode. Every day, it was worse. A day came when I could not walk from one end of the desk to the other and came very close to fainting. I began researching on the net and found a study in which people actually died on
that kind of diet regimen. That did it for me. The first thing I did was eat a salad, loaded with protein and fat. I felt better within minutes - literally.

I realize *this* woe is high in fat but since you suffered serious debilitation like that, it very well may be not be the woe for you. [Under the circumstances, I would not continue with it, either.] That is, your degree of insulin resistance might not be so severe, or there could be other [hidden] factors of which you do not yet know. For example, your kidneys or liver might not be able to handle the protein/fat amounts of this woe. [Please note that I am speaking of 'might's' and 'maybe's,' since I am a researcher but not a doctor.]

Among those of us with a genetic predisposition to diabetes, it is only reasonable to conclude that we have individual varying metabolic needs, hormonal levels and, most obviously, other health factors. For example, I share the genetic predisposition to diabetes, but I also have fibromyalgia, degenerative arthritis, and mild lupus - three health conditions that not everybody else on this thread [much less the board] also has [thanks be to God!]. Right off the bat, I have extra health needs that require careful monitoring of the woe, extra supplementation, and exercise considerations that others do not.

Serious debilitation as you described is most certainly not 'carb detoxification' but a strong signal that something else is happening, and it's not good. I would also do what makes me 'feel' better, not worse.

I look at the low-carb scenario in this light: The culture tells us to eat a certain way, as do all the medical establishments. I became sicker and fatter doing as 'they' said. Eventually, we all found out differently and turned to low-carbing.

Why wouldn't it also make sense that that there is enough physiological variation among those who must low-carb, so that the low carb spectrum ranges from ZC to Paleo to Atkins to Protein Power, all the way to the very 'liberal with carbs' South Beach - et al?

Btw! If I may make only one suggestion - for the non-caloric sweetener, please try Stevia or SteviaPlus [the latter contains FOS] or perhaps mix Stevia with Splenda. Avoid aspartame at all costs - too many dangers to health.


Divine Miss M Wrote:
So ground sirloin with added fats does not have enough fat? When you say 'ground beef,' may I ask exactly what that means - as in 'ground chuck,' perhaps?

Usually the cheaper the ground beef, the more fat it has in it. I buy the one that's the next step down in price from ground chuck but ground chuck is still a good choice. The fattiest ground beef doesn't really have a name (such as chuck, sirloin or round). It usually just called "ground beef" or "hamburger".

Divine Miss M Wrote:
Would eating the chicken skin, well cooked until crisp, help? Does it seem my problem is not eating enough fat and too much protein, at this point?

Chicken skin is good but the crisper it is, the less fat there will be in it. Look at pork rinds. They are pig skin but they have relatively little fat compared to the amount of protein in them because most of the fat is rendered out.

Lauren Wrote:
0 net carb bran crackers (these I actually eat at home- yes, an addiction)
How can a cracker with bran have zero carbs? Bran has carbs. What are the ingredients?

Clabbergirl Wrote:
DivineM I am the same as you on this fat thing - I can't stand to chew it. I'm the kind that has always trimmed part of the steak off to keep the fat from getting anywhere near the parts I would eat. My mother would get after me as a kid for "wasting food" this way. Sorry, can't handle that chewy fat feeling.

I wonder if you're confusing fat with gristle. Fat shouldn't be chewy. It's usually soft and almost melts in your mouth. I don't like chewing on gristle either.

KimPossible Wrote:
I've never ever liked the fat on the outside of the steak, but have no problem with the ground beef (the 73/27 from WM).

That was always my favorite part and I'd save it for last.

I can't believe how much has been posted in this thread since yesterday afternoon. I'm supposed to be doing my grocery shopping right now but I wanted to catch up here first. I had no idea how long it would take, LOL.

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**RE: Zero Carb / Meat and Water - Divine Miss M - 06-19-2008 07:42 AM**

Hi, Linda Sue:

Well, lovely lady, let's put it this way: I cannot eat fat that I can see - i.e., fat on the outside of the steak or pork chops, thin fat lines going thru the meat, like in rump roast or steaks, or the 'white specks' throughout hamburger. Gristle, of course, is the extreme and therefore extremely gross. [Some people are like that about egg shells...if one tiny speck of egg shell gets into the eggs, and the person bites into that eensy shell fragment hiding inside their cooked eggs, the person gags and can eat no more of their eggs. That does not happen to me, but I can empathize when I recall my fat texture aversion.]

'Texture Aversion.' Hmm. I like that - though I don't like 'having' it!

Whether or not it's a mind issue, I can't say - but fat like that truly makes me sick to the point of nausea. I'm trying to get it thru my head that I must make small baby steps, otherwise 'fat like that' is going to stay ON ME! 😞

Hey, it got busy in here because a few of us came in and 'crashed the party.' 😛 See what happens when the thread mama is not looking? 😖

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**RE: Zero Carb / Meat and Water - Clabbergirl - 06-19-2008 07:49 AM**

I agree with DivineM - the gristle is repulsive, the fat is disgusting. I've accidentally got a chunk of fat (shiver!) in my mouth before, and immediately notice it's slippery, rubbery, oily feel. I have to spit it out - ick! My skin starts to crawl just typing this out. Eww.

But if it's in hamburger, or maybe marbled in the steak, I don't think I notice. It's that glistening-mushy-fat feeling that grosses me. This has been for as long as I can remember, before I even realized I was a fat kid, so I can't even blame it on the diet industry brainwashing.
Hi All,

Couldn't resist before I hop on the plane. Divine Miss M., thanks for the tip on baking soda. I found a lot of amazing info on candida on the atkin's forum site (I found the link off of Jimmy's mention re: the new atkin's site). Even though a lot of it is old, there are great links, tips, etc. You have to ignore the stuff about no meat or vegetarianism, but I also noted baking soda. They also mentioned Fish Oil as being (cod liver in particular) of utmost importance.

Also about the fat, for you guys Clabbergirl, Miss M., who have fat aversion--when I do my ground beef I don't notice little white clumps. Now if you mean you can't even look at them when it's raw, you could just throw it in the pan (I use iron skillet--no butter, no water-it cooks fine) and let it go.

Well, I think it would be great if some of us kept trying so we can all talk about how it is working. Vesna, I wish you the best of luck with your efforts. You can always try a modified version and see if it works.

I definitely feel like I am having to move through a hump. I like you Miss M., notice I will get retention-if I eat the wrong things. (this may not be cause for you.) I found ANY sweetener (I noticed that Vesna was mentioning sweetener) will cause me strange appetite and weird bloat. Stevia seemed to be the only clear one. But I have been going cold turkey.

I get the feeling that there is accumulated toxins (call it whatever you want) and I think Travis is right about that in ref. to candida, and you have to do something drastic sometimes to push your body forward. That is why I am doing the Meat Mode. I feel that for the way I cut everything back, I am not quite seeing the results I want.

As for what Charles mentioned about the struggle with getting clean, which is what Vesna mentioned as well, I feel absolutely like I was an alcoholic--but with food. No diff. to me. Sugar is sugar. This way of eating has really given me so much more clarity, energy, and focus, and I am only in my third month. (Month on zero-ish carb.) If you ever told me I would be able to get through the day without my sugar, bread, starch, I would have laughed. I dearly wanted to, and there were danger symptoms happening all around me, but I ignored them. So many pains and symptoms that I thought were unstoppable have all passed. It scares me to think of the road I was one.

I am able to eat "normally," now and like Charles said, (that's what's great about this--everyone works off everyone else's energy)I don't care if people stare, gawk, or judge. This is the first thing that has been able to change my life so completely and so positively.

Anyway, let's keep it rolling! It really helps to get everyone's experiences!

--couldn't resist one more post before I go to airport.

Thanks everyone,

Caroline
I have a question for all of you zero carbers out there. How does eating this way affect your "bathroom" time?

I find it strange that fiber is supposedly good for eliminating constipation, but I have always found the opposite to be true. Back when I was eating more carbs and increased my fiber to 30+ grams per day, even if I increased my water, I became terribly constipated.

For me, cutting back on not only carbs, but fiber, is what finally has freed me from my constipation.

That said, I also notice that anytime I cut the carbs further, a few days later I always have diarrhea. Does this happen to anybody else? It happened when I cut down to 35gC/day, only lasted a couple days, it was followed by a loss on the scale, which held, and then I felt fine. Again, this past week, I cut carbs even lower, to 25gC/day, and I'm experiencing the diarrhea again. I'm hoping that history repeats and I'll see another loss (which hopefully will stick). Any idea what's going on?

---

**RE: Zero Carb / Meat and Water** - [onlyabtrfly](#) - 06-19-2008 09:04 AM

I don't know, girl, but I've been wondering the same thing. I've had horrible issues with constipation since I had my son, and that is actually why I was terrified to try this out. But, even though I didn't go for a few days, when I did, it was smooth sailing. Now it's been about 3 more days but I don't feel that horrible bloated bound up feeling I did when I was constipated. I know this isn't a lot of info, but just my little take on things.

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**RE: Zero Carb / Meat and Water** - [travis t](#) - 06-19-2008 09:11 AM

What i have eaten today.

Last eve. at 5 pm two ball park franks, two beef patties, a small spot of ketchup, and dash of tabasco that i mixed into it. the ketchup was about 1 tbsp, which is pretty small compared to how i used to eat it. Before i used hot dogs as a ketchup delivery vehicle.

today 4:30 am 16 oz strongly brew coffee, 10:00 am five beef patties with table salt and half a stick of land o lakes butter(4 tbsp).
That is 17 hours with out a drop of food or water(other than the coffee this am) I have no idea about the amount of calories and i don't think that i care anymore. just after lunch i drank half of a bottle water 8 oz. Oh and by the way dogs and burgers off of a gas grill....awesome.

travis
ps did get a little hungry this morning at about 8 am but it was very gentile and not the kind that made my brain scream for food.

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**RE: Zero Carb / Meat and Water** - [Lauren](#) - 06-19-2008 09:59 AM

LindaSue Wrote:
Lauren Wrote:
0 net carb bran crackers (these I actually eat at home- yes, an addiction)
How can a cracker with bran have zero carbs? Bran has carbs. What are the ingredients?

Hi Linda,
I get these at Whole Foods. They're called "Scandinavian Crispbread". Each fairly large "cracker" is 16 calories, 3g carbs, 3g fiber, 1g protein.

The ingredients are: unprocessed wheat bran (85%), rye flour, salt.

I basically use them as a vehicle for butter when I just have to have something that crunches. They seem to do the trick when I'm about to crack and I figure it's better than falling off the wagon with worse choices.

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**RE: Zero Carb / Meat and Water - con - 06-19-2008 10:45 AM**

Wow what great reading!!!!
I've been doing really well on ZC except when I haven't eaten enough THEN I HAVE HUGE CARB CRAVINGS. The scale continues going down and I can't wait to get on it every morning. hee hee! And this is actually happening to a 62 yrs old very sedentary female who's only been losing a couple of pounds monthly!
As I'm learning more from Charles and you all, I can help others. Case in point: DEAR OLD HUBBY who doesn't ...er rather didn't want any help and definitely DOES NOT want to be told what to do. DOH is 70 LBS. OVERWEIGHT and suffers from arthritis and terrible gas /burping. He has...er had to take Alka Seltzer every night or he would be in agony.
I just mentioned that his high intake of refined carbs MIGHT be causing all the problems. I never expected him to listen--but he did and a miracle---yes miracles haven't ceased---happened and within one day no burping, no more Alka Seltzer!!!
Mind you he's been taking AS for 10-15 YEARS! actually 3 miracles happened: he listened, he did what I suggested and he acknowledged that I was right.Actually 4 miracles-I WAS!

thanks everyone
Con

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**RE: Zero Carb / Meat and Water - onlyabtrfly - 06-19-2008 11:02 AM**

Con, that's awesome!
My hubby is on the wagon too, but only has 40 pounds to lose. The wretch won't get on the scale yet so we can see his progress, but I'm betting at our young age and his insane metabolism he'll have lost that 40 pounds in 6 weeks or so. But we'll see. 😐

SLEEP. Oh how I want it. I crave it more than carbs...well actually I'm not craving carbs at the moment but diet drinks, but you get the picture.
I just read several things about magnesium and calcium supplements, and also about the B vitamins. So I'm going out tonight to buy myself a bedtime cocktail. The recommendation was 500mg calcium/250mg magnesium/100mg B complex. I'm going to take that alone tonight. Tomorrow night, I'm going to take it with a tbs of coconut oil. I'll keep you posted on how it goes. I really feel that my horrible feelings are attributed to lack of sleep. I crave nothing except diet sodas when I get hungry, and over all physically I feel fine. But this haze of exhaustion is just killing me. I can't stand it anymore, so I'm doing the supplements. Again, I'll post how it goes tomorrow morning.

Hope everyone is having a great afternoon. 😊

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**RE: Zero Carb / Meat and Water - Charles - 06-19-2008 11:04 AM**
Wendyoh Wrote:
I have a question for all of you zero carbers out there. How does eating this way affect your "bathroom" time?

I find it strange that fiber is supposedly good for eliminating constipation, but I have always found the opposite to be true. Back when I was eating more carbs and increased my fiber to 30+ grams per day, even if I increased my water, I became terribly constipated.

For me, cutting back on not only carbs, but fiber, is what finally has freed me from my constipation.

That said, I also notice that anytime I cut the carbs further, a few days later I always have diarrhea. Does this happen to anybody else? It happened when I cut down to 35gC/day, only lasted a couple days, it was followed by a loss on the scale, which held, and then I felt fine. Again, this past week, I cut carbs even lower, to 25gC/day, and I'm experiencing the diarrhea again. I'm hoping that history repeats and I'll see another loss (which hopefully will stick). Any idea what's going on?

This happens to me from time to time, especially if I don't let my steak cook enough. I need it to be medium well, but if it's too rare, I alway have that. I also find that my stools are looser. Not diarrhea, but just a little looser. No stomach cramps or dehydration though.

I find that it really comes down to the water balance. If I drink excessively, they are looser. If I don't drink enough, there can be problems, so its trying to find that sweet spot with water consumption, which I think is thirst if I only listen to it.

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RE: Zero Carb / Meat and Water - [Charles](#) - 06-19-2008 11:07 AM

con Wrote:
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Mind you he's been taking AS for 10-15 YEARS! actually 3 miracles happened: he listened, he did what I suggested and he acknowledged that I was right.Actually 4 miracles-I WAS!

thanks everyone
Con

Con, this is why I come to work in the morning! That's absolutely fantastic. I don't know what else to say, that's just fantastic!!!!
I feel like I've said this a thousand times but I really want to make sure it's clear.

Zero-carb is the best thing that any of us can do from a *dietary* perspective. Weight regulation is hormonal, insulin being the chief hormone because it overrides all others. If you cannot lose on zero carb you have to check out any other hormones or problems in your body. That is what homeostasis is all about. You can't separate weight regulation from any other system in your body.

I know it seems strange that a small amount of cake or whatever it is can cause you problems, but the fact that weight regulation is hormonal should clue you in that it makes all the difference. Your body oversecretes for a reason. It didn't use to, but now it does.

William Banting made this same observation back in 1864, that the foods he used to enjoy as a child now make him obese!

It's important to set aside the notion right now that this has anything to do with amounts. It just does not. Your insulin resistance came before your blood sugar levels were high. Your blood sugar only became high as a result of insulin resistance. How do I know this? Because I know what insulin does. It tries to move glucose into your cells. If it's successful, your blood sugar drops. If it's unsuccessful, you become fat.

If you can't sleep, or you have a temperature, or you're throwing up, or whatever else, a zero-carb diet cannot cure that. By the same token, if you are pregnant, a zero carb diet will not stop growth hormones from fattening you up. You have to find out what is causing any system in your body to malfunction and fix it. When you do, you may find that it directly affects your body's ability to regulate your weight.

This way of eating is some powerful stuff because it sort of strips you down to the bare essentials and can serve as a valuable tool to get things regulated. However, it's going to be tougher for some of us than others just as coming off of any addiction varies widely among people.

I don't get any bonus points for how many of you choose zero-carb or any other plan. I hope and pray that everyone finds something that works for them and they stick to it for life. I do get awfully excited when folks like Con tell us how this has changed her life, and at 62!

Everyone in the world should limit or eliminate refined and easily digestable carbohydrates. There is certainly a health benefit to avoiding sugar and grains of all types. How much further you choose to go is up to you and your body.

I'm only here to help. I won't be mad at any of you for not being able to make this particular transition. I acknowledge that it is the hardest of all the plans to implement. At the same time I can only tell you that if you are able to do it, you'll discover a much clearer world on the other side!

Best regards,

Charles

P.S. Now, I'm off to pick on Dr. Mike some more...
Go get 'em, Charles! So funny, PP was my threshold into the low carb world. I love that you can go up against a doctor because of the knowledge you've gained just recently. Tell us all about it! 😊

---

RE: Zero Carb / Meat and Water - Divine Miss M - 06-19-2008 12:23 PM

caroline Wrote:

Hi All,

Couldn't resist before I hop on the plane. Divine Miss M., thanks for the tip on baking soda. I found a lot of amazing info on candida on the atkin's forum site (I found the link off of Jimmy's mention re: the new atkin's site). Even though a lot of it is old, there are great links, tips, etc. You have to ignore the stuff about no meat or vegetarianism, but I also noted baking soda. They also mentioned Fish Oil as being (cod liver in particular) of utmost importance.

Also about the fat, for you guys Clabbergirl, Miss M., who have fat aversion--when I do my ground beef I don't notice little white clumps. Now if you mean you can't even look at them when it's raw, you could just throw it in the pan (I use iron skillet--no butter, no water-it cooks fine) and let it go.

Well, I think it would be great if some of us kept trying so we can all talk about how it is working. Vesna, I wish you the best of luck with your efforts. You can always try a modified version and see if it works.

I definitely feel like I am having to move through a hump. I like you Miss M., notice I will get retention-if I eat the wrong things. (this may not be cause for you.) I found ANY sweetener (I noticed that Vesna was mentioning sweetener) will cause me strange appetite and weird bloat. Stevia seemed to be the only clear one. But I have been going cold turkey.

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As for what Charles mentioned about the struggle with getting clean, which is what Vesna mentioned as well, I feel absolutely like I was an alcoholic--but with food. No diff. to me. Sugar is sugar. This way of eating has really given me so much more clarity, energy, and focus, and I am only in my third month. (Month on zero-ish carb.) If you ever told me I would be able to get through the day without my sugar, bread, starch, I would have laughed. I dearly wanted to, and there were danger symptoms happening all around me, but I ignored them. So many pains and symptoms that I thought were unstoppable have all passed. It scares me to think of the road I was one.

I am able to eat "normally," now and like Charles said, (that's what's great about this--everyone works off everyone else's energy) I don't care if people stare, gawk, or judge. This is the first thing that has been able to change my life so completely and so positively.

Anyway, let's keep it rolling! It really helps to get everyone's experiences!

--couldn't resist one more post before I go to airport.

Thanks everyone,

Caroline
Hey, Caroline!

I'm wishing you a safe trip! I didn't know the Atkins site had candida info on it; it's been awhile since I've looked at it. I only heard about the baking soda trick about 2 weeks ago but I haven't yet tried it, since I forgot about it until you mentioned candida!

Fish oil has a strange effect on me, as does flax seed oil. I take it and my fingers often swell up like balloons the next day. But eating flax SEEDS does not have the same effect.

I tried flax seed oil again last night [Charles, do not smack me with a steak, wet lasagna noodle or anything else, ok?] and woke up BECAUSE my fingers hurt - they were badly swollen this morning. So off I went to take my lemon water treatment and now they are almost normal. The Protein Power books explain some people might have this reaction to flax seed and explain why. There are also some people who do not feel well when consuming whole eggs. Sometimes I wonder if eggs are also part of my problem.

I also woke up with a headache that only worsened throughout the day. Don't know what the deal is there, unless it's the woe and a die off candida reaction, which is very possible. I know I have candida.

That is another reason I'm on this woe but I am also convinced that hyperinsulinemia is another underlying problem. So there are quite a few things to 'treat.'

I'm with you and Charles. How other people react to what I eat or don't eat is not my concern. I find if I don't bring it to the attention of other people - that is, at a restaurant with a group of people - everyone is too busy to notice. Sometimes, however, a close family member will ask what I did to lose wt., and the reaction is always the same. "Wow, great! But...but...but!" as in "you can't eat bread? potatoes? rice? Never? I could never eat all that meat! Red meat isn't good for you." Or, as the King said to Anna, "Et cetera, et cetera, et cetera!"

Just like night an old friend of the family congratulated me for the great loss but then went into the same old misinformation mode on low-carbing. As I always said, "It's LOW carb, not NO carb" - that is, until now. 😊

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onlyabtrfly Wrote:
Go get 'em, Charles! So funny, PP was my threshold into the low carb world. I love that you can go up against a doctor because of the knowledge you've gained just recently. Tell us all about it! 😊

I posted in the Eades thread here about it already but I didn't write nearly what I could have. I decided not to post to Dr. Eades directly. This guy is out to lunch for sure and it doesn't take an expert to see it. He can't decide whether the problem is carbs or calories just like his hero, John Yudkin. Both they, Anthony Colpo and many others can't get past the calorie nonsense.

I'm sure happy there are people in the world who eat according to hunger and stay lean so ideas like this will always be trumped by real people and real evidence!
Charles Wrote:
This happens to me from time to time, especially if I don't let my steak cook enough. I need it to be medium well, but if it's too rare, I always have that. I also find that my stools are looser. Not diarrhea, but just a little looser. No stomach cramps or dehydration though.

I find that it really comes down to the water balance. If I drink excessively, they are looser. If I don't drink enough, there can be problems, so it's trying to find that sweet spot with water consumption, which I think is thirst if I only listen to it.

That's interesting about the water. I never thought of that. I did drink a lot with my first meal today, and then shortly after that meal, it just seemed to go right through me. No cramps, like you mentioned, just watery.

I am still getting used to only drinking when thirsty. When eating higher carb, I was thirsty all the time, and peeing all the time. I now drink and pee 1/2 of what I was before. It's fascinating. But, even though I'm barely drinking between meals, I'm still conditioned to drink a lot with my meals, out of habit 😳

RE: Zero Carb / Meat and Water - Divine Miss M - 06-19-2008 12:33 PM

Wendyoh Wrote:
I have a question for all of you zero carbers out there. How does eating this way affect your "bathroom" time?

I find it strange that fiber is supposedly good for eliminating constipation, but I have always found the opposite to be true. Back when I was eating more carbs and increased my fiber to 30+ grams per day, even if I increased my water, I became terribly constipated.

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Hi, Wendy-O!

I've noticed that every time I have higher amounts of fat, the clogged pipes problem goes away. And it's been a problem since I was very young, beginning around age 10 - which, coincidentally or not, is when I entered puberty. Hormones were getting into gear...hmmm. Every time I was expecting, the clogged pipes went on complete strike.

Speaking only for myself, adding fiber in the form of - say, psyllium husks - only makes the problem worse. Just does not work for me. Adding fiber in the form of low carb veggies didn't seem to help, either.

For me, what works - if fat intake isn't taking care of normal elimination, not to mention water retention - is lemon water. Freshly squeezed juice of 1/2 lemon, over which I pour 12 oz. of boiling water. I don't need to add stevia; the stuff tastes like hot lemonade. Within hours, the pipes are literally clanking away...
and then they get moving.

The same can be said about chelated magnesium - I take 400 mg a day, but sometimes I do forget it! I am reminded that I forgot it when the pipes slow down, btw!

I once read the reason why some people have the bouts you describe when lowering their carb intake, but I honestly can't recall it at this time. There 'is' a bodily explanation. Charles might remember...?

RE: Zero Carb / Meat and Water - Divine Miss M - 06-19-2008 12:37 PM

con Wrote:
Wow what great reading!!!!
I've been doing really well on ZC except when I haven't eaten enough THEN I HAVE HUGE CARB CRAVINGS. The scale contines going down and I can't wait to get on it every morning. hee hee! And this is actually happening to a 62 yrs old very sedentary female who's only been losing a couple of pounds monthly!
As I'm learning more from Charles and you all, I can help others. Case in point: DEAR OLD HUBBY who doesn't ...er rather didn't want any help and definitely DOES NOT want to be told what to do. DOH is 70 LBS. OVERWEIGHT and suffers from arthritis and terrible gas /burping. He has...er had to take Alka Seltzer every night or he would be in agony.
I just mentioned that his high intake of refined carbs MIGHT be causing all the problems. I never expected him to listen--but he did and a miracle---yes miracles haven't ceased---happened and within one day no burping, no more Alka Seltzer!!!
Mind you he's been taking AS for 10-15 YEARS! actually 3 miracles happened: he listened, he did what I suggested and he acknowledged that I was right.Actually 4 miracles-I WAS!

thanks everyone
Con

Dear Con:

You are such an inspiration! May I congratulate you on your success?

Dh and I are in our late 40's and when the healthy, slim dh developed GERDS, it was a big surprise for everybody. I mean, the guy is like Superman - impervious to almost everything.

Anyway, when I began icing, he was really great about it and didn't complain when certain items were no longer on the table. Guess what? His GERDS - and mine - went POOF!

As for me, I got off ALL meds, and I did via the low-carb lifestyle.

So I'm a big believer that the proper nutrition is a major issue in regard to so many of our common health issues.

KUTG!

RE: Zero Carb / Meat and Water - Charles - 06-19-2008 12:38 PM

Wendyoh Wrote:
That's interesting about the water. I never thought of that. I did drink a lot with my first meal today, and then shortly after that meal, it just seemed to go right through me. No cramps, like you mentioned, just watery.

I am still getting used to only drinking when thirsty. When eating higher carb, I was thirsty all the time, and peeing all the time. I now drink and pee 1/2 of what I was before. It's fascinating. But, even though I'm barely drinking between meals, I'm still conditioned to drink a lot with my meals, out of habit 😄

Don't mean to be vile, but since we're on the subject, I should also tell you that I never, ever have gas anymore. I'm serious. If I feel the need to, you know, go, I really have to go or it could be bad. But I never belch or flatulate and I haven't in a long, long time.

---

RE: Zero Carb / Meat and Water - Divine Miss M - 06-19-2008 12:46 PM

Clabbergirl Wrote:
I agree with DivineM - the gristle is repulsive, the fat is disgusting. I've accidentally got a chunk of fat (shiver!) in my mouth before, and immediately notice it's slippery, rubbery, oily feel. I have to spit it out - ick! My skin starts to crawl just typing this out. Eww.

But if it's in hamburger, or maybe marbled in the steak, I don't think I notice. It's that glistening-mushy-fat feeling that grosses me. This has been for as long as I can remember, before I even realized I was a fat kid, so I can't even blame it on the diet industry brainwashing.

Clabbergirl, dear girl:

I hate to say it cuz I sound like a whiney, broken record (oops, did i just show my age with that remark?), but I have tried hamburger and ground chuck, cooked the stuff and ate it - but it does taste 'rubbery' and unpleasantly chewy to me.

I can't figure out why filet mignon (which I've tasted twice in my life, and did not expect to enjoy, but I did - I'm not a 'steak' eater) is so delectable but fatty hamburger is such a turn off.

Still trying to figure out ways to up 'fatty proteins' w/o grossing myself out to the point of not eating at all...

---


Did you follow the blog someone did while eating these "insane" amounts of fat and calories? Was it Dave that did that? For the life of me I can't figure out how to get back to it or who it was that did it; for some reason Dave from the old board keeps coming to mind so I don't know...

Anyway, I think he ended up maintaining the same weight doing all that? Calories are meaningless! The bottom line is listen to your body, and the more days into this I get, the more I realize the only way to really get down to the heart of the matter is to strip it down to the barest of essentials. With all the crap out of the picture, there's a clarity about food I've never had. It doesn't mean anything to me-it's just what's to eat to fuel me. I've always been so emotionally tied up with food..........I don't know, I just wish people would look at this whole mess of so called nutrition and realize we are what we are--we were created to hunt meat and eat it, red full fat meat.
I think the Eades and probably a lot of other doctors have the best of intentions but get caught up in the brainwash themselves. Sad thing.
Divine Miss M Wrote:
I hate to say it cuz I sound like a whiney, broken record (oops, did i just show my age with that remark?), but I have tried hamburger and ground chuck, cooked the stuff and ate it - but it does taste 'rubbery' and unpleasantly chewey to me.

I can't figure out why filet mignon (which I've tasted twice in my life, and did not expect to enjoy, but I did - I'm not a 'steak' eater) is so delectable but fatty hamburger is such a turn off.

Still trying to figure out ways to up 'fatty proteins' w/o grossing myself out to the point of not eating at all...

The filet mignon is a pretty lean piece of steak even though it's tender.

You know, my daughter doesn't much care for fat either. She's a lean little 11 year-old and she had a hard time with this at first. We don't give her the visibly fat pieces and we had her eat the fat with the meat. For instance, cut a piece with fat in such a way that the majority is meat. She's better with that.

Plus, when you're sitting at a table and everyone else is raving about the good fat, it makes you more apt to try it. Peer pressure works wonders. She also loves pork ribs.

There are many cuts of meat and the fat content varies. I don't think you have to eat big chunks of fat. I think even if you trim the fat from a fatty cut of beef, you'll still get enough fat as long as you like the meat.

I don't know how fatty ground beef can taste "rubbery" unless you're cooking it in the microwave. I put it on the stove with a skillet and a lid. It has a good deal of fat. I don't go back and drink up all the fat, but the meat has plenty.

Just find some beef that you can eat and eat a bunch of it and chances are you'll be fine even if the fat content is not high. Ground Beef has leff fat than ground chuck, but if you like it better that's fine. Do you like lamb or veal better? They would have more fat than icky chicken breast.

onlyabtrfly Wrote:
Did you follow the blog someone did while eating these "insane" amounts of fat and calories? Was it Dave that did that? For the life of me I can't figure out how to get back to it or who it was that did it; for some reason Dave from the old board keeps coming to mind so I don't know... Anyway, I think he ended up maintaining the same weight doing all that? Calories are meaningless!

It was Jeff and he had a hard time eating 5,000 calories of fat each day. I think LindaSue had the link.

travis t Wrote:
What i have eaten today.
Last eve. at 5 pm two ball park franks, two beef patties, a small spot of ketchup, and dash of tabasco that
I mixed into it. The ketchup was about 1 tbsp, which is pretty small compared to how I used to eat it. Before I used hot dogs as a ketchup delivery vehicle.

today 4:30 am 16 oz strongly brew coffee, 10:00 am five beef patties with table salt and half a stick of land o lakes butter (4 tbsp).
That is 17 hours with out a drop of food or water (other than the coffee this am) I have no idea about the amount of calories and I don't think that I care anymore. Just after lunch I drank half of a bottle water 8 oz. Oh and by the way dogs and burgers off of a gas grill....awesome.

travis
ps did get a little hungry this morning at about 8 am but it was very gentile and not the kind that made my brain scream for food.

Hmm, Travis:

I get it! So you had a hot dog with your ketchup!

Hey, I'm glad to hear this woe is working so well for you. We're all at different stages of easing into it, and it sounds like you're getting along!

My best!

---

**RE: Zero Carb / Meat and Water - LindaSue - 06-19-2008 01:16 PM**

Wendyoh Wrote:
I have a question for all of you zero carbers out there. How does eating this way affect your "bathroom" time?

I find it strange that fiber is supposedly good for eliminating constipation, but I have always found the opposite to be true. Back when I was eating more carbs and increased my fiber to 30+ grams per day, even if I increased my water, I became terribly constipated.

For me, cutting back on not only carbs, but fiber, is what finally has freed me from my constipation. My "bathroom time" is so much better eating nearly zero carbs and zero fiber. I react to fiber just like you. It plugs me up terribly. I don't have a diarrhea problem at all though.

travis t Wrote:
What I have eaten today.
Last eve. at 5 pm two ball park franks, two beef patties, a small spot of ketchup, and dash of tabasco that I mixed into it. The ketchup was about 1 tbsp, which is pretty small compared to how I used to eat it. Before I used hot dogs as a ketchup delivery vehicle.
Travis, you could shave off about 3 carbs by using sugar free ketchup. The one made by Heinz is very good and only has 1 carb per tablespoon.

Lauren Wrote:
I get these at Whole Foods. They're called "Scandinavian Crispbread". Each fairly large "cracker" is 16 calories, 3g carbs, 3g fiber, 1g protein.

The ingredients are: unprocessed wheat bran (85%), rye flour, salt.
They actually have 3 net carbs each (6 carbs before deducting the fiber) because the fiber has already been deducted. Wheat bran and rye flour both have carbs and there's not enough fiber in either
ingredient to cancel out the carbs. There have been discussions about these crackers on other forums and it's been determined that food labels in Europe don't count fiber in the carb count so it only looks like they have zero carbs because we're used to subtracting the fiber from the total carbs.

Charles Wrote:
P.S. Now, I'm off to pick on Dr. Mike some more...
Be gentle with him, Charles, but not TOO gentle.

onlyabtrfly Wrote:
Did you follow the blog someone did while eating these "insane" amounts of fat and calories? Was it Dave that did that? For the life of me I can't figure out how to get back to it or who it was that did it; for some reason Dave from the old board keeps coming to mind so I don't know...
Anyway, I think he ended up maintaining the same weight doing all that? Calories are meaningless!
That was Jeff from The Magic Bus Trip forum. I think this is the thread: http://magicbus.myfreeforum.org/about846.html

RE: Zero Carb / Meat and Water - Divine Miss M - 06-19-2008 01:17 PM

Charles Wrote:
Divine Miss M Wrote:
I hate to say it cuz I sound like a whiney, broken record (oops, did i just show my age with that remark?), but I have tried hamburger and ground chuck, cooked the stuff and ate it - but it does taste 'rubbery' and unpleasantly chewey to me.

I can't figure out why filet mignon (which I've tasted twice in my life, and did not expect to enjoy, but I did - I'm not a 'steak' eater) is so delectable but fatty hamburger is such a turn off.

Still trying to figure out ways to up 'fatty proteins' w/o grossing myself out to the point of not eating at all...

The filet mignon is a pretty lean piece of steak even though it's tender.

You know, my daughter doesn't much care for fat either. She's a lean little 11 year-old and she had a hard time with this at first. We don't give her the visibly fat pieces and we had her eat the fat with the meat. For instance, cut a piece with fat in such a way that the majority is meat. She's better with that.

Plus, when you're sitting at a table and everyone else is raving about the good fat, it makes you more apt to try it. Peer pressure works wonders. She also loves pork ribs.

There are many cuts of meat and the fat content varies. I don't think you have to eat big chunks of fat. I think even if you trim the fat from a fatty cut of beef, you'll still get enough fat as long as you like the meat.

I don't know how fatty ground beef can taste "rubbery" unless you're cooking it in the microwave. I put it on the stove with a skillet and a lid. It has a good deal of fat. I don't go back and drink up all the fat, but the meat has plenty.

Just find some beef that you can eat and eat a bunch of it and chances are you'll be fine even if the fat content is not high. Ground Beef has leff fat than ground chuck, but if you like it better that's fine. Do you like lamb or veal better? They would have more fat than icky chicken breast.
Hi, Charles:

I never made filet mignon in my life, but I figured it had to be lean if I liked it.

Btw, I do not cook in a microwave but only in the oven or on the stove. I used to mix the ground meat with crushed pork rinds OR parmesan cheese, and bake it. With sirloin, I added eggs and baked it on a thin layer of extra virgin olive oil.

As I told ya, I just can pick up the fat [texture-wise], which is why I really have to work on this whole concept. Eating proteins and fats is not the issue; it's eating fattier meats.

Naturally, I would like veal cutlets...just because they are ridiculously expensive. I'll figure it out eventually...as you said, Charles, even if I cut off the fat [and I know I will] on a fattier cut, I'll still get in enough fat - as long as I like the meat.

---

**RE: Zero Carb / Meat and Water - onlyabtrfly - 06-19-2008 01:19 PM**

Jeff, that's right!
Shoot, what I started to say in my post just now was that these so called smart scientists out there act like we can eat insane amounts of calories if we're eating true low carb and that will makes us stall or get fatter...how can that be if it's truly low carb? Good fat is hunger satisfying and it's self limiting. It would seem that these low carb docs would get the big picture. If your hunger is satisfied, you stop eating. Your hunger won't be satisfied if you keep screwing up your insulin receptors. It just makes so much sense.

---

**RE: Zero Carb / Meat and Water - Divine Miss M - 06-19-2008 01:21 PM**

Btw, Charles, your little girl sounds like me when I was little [and lean]. My dad had to do the same with me as you do with your daughter, as I mentioned yesterday. Hopefully, your baby will adjust well and so never have to deal with any health issues when she's still young.

God bless!

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**RE: Zero Carb / Meat and Water - Divine Miss M - 06-19-2008 01:22 PM**

onlyabtrfly Wrote:
Jeff, that's right!
Shoot, what I started to say in my post just now was that these so called smart scientists out there act like we can eat insane amounts of calories if we're eating true low carb and that will makes us stall or get fatter...how can that be if it's truly low carb? Good fat is hunger satisfying and it's self limiting. It would seem that these low carb docs would get the big picture. If your hunger is satisfied, you stop eating. Your hunger won't be satisfied if you keep screwing up your insulin receptors. It just makes so much sense.
Oooo, with a title like that, it WOULD be the NY Times #1 Seller!

RE: Zero Carb / Meat and Water - Charles - 06-19-2008 01:45 PM

Divine Miss M Wrote:
onlyabtrfly Wrote:
Jeff, that's right!
Shoot, what I started to say in my post just now was that these so called smart scientists out there act like we can eat insane amounts of calories if we're eating true low carb and that will makes us stall or get fatter...how can that be if it's truly low carb? Good fat is hunger satisfying and it's self limiting. It would seem that these low carb docs would get the big picture. If your hunger is satisfied, you stop eating. Your hunger won't be satisfied if you keep screwing up your insulin receptors. It just makes so much sense.

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You keep talking like that and I just might write a book. However, I would have to write Gary Taubes a big check because I owe so much to him and his amazing research. I just think he needs to focus on the bigger aspects of his work and that was the part on the diseases of civilization, dementia, cancer and aging. When you link carbohydrates to cancer that's far more important than losing some weight. Everyone just got fixated on the calorie vs. insulin stuff but's just the tip of the iceberg.

RE: Zero Carb / Meat and Water - Divine Miss M - 06-19-2008 02:06 PM

Hey, Charles:

Ok...I have to say something. I'm a writer, and a reviewer. I was once a publisher and an editor. [I've also done some investigative reporting.] There's a big NY publishing house that sends me books to review. I know about titles and topics and what attracts the public eye - especially from a marketing standpoint.

People have asked moi to write a low carb book with all the research I've done. Yet I feel there is so much more to learn. You do the same thing as do I - you study, you try it, you look for answers, you find what works, what doesn't, and you pass it on. It's all about information.

My point: A title like that is a winner. I know.

RE: Zero Carb / Meat and Water - Vesna - 06-19-2008 02:19 PM

onlyabtrfly Wrote:
Did you follow the blog someone did while eating these "insane" amounts of fat and calories? ... For the life of me I can't figure out how to get back to it or who it was that did it;

I posted that link on the Eades/Calories thread: http://www.livinlowcarbdiscussion.com/showthread.php?tid=488&pid=5979#pid5979
Vesna Wrote:
a. You can't eat 7000 near ZC calories in a day, at least not for any length of time.

b. You can't gain fat from eating too many calories, as long as you don't eat carbs.

c. No conclusion about fat loss can be drawn from this.

A month-long near-ZC experiment here is documented here:

http://magicbus.myfreeforum.org/Keeping_Track_of_jeff_s_MAM_Experiment_about846.html

Jeff, the subject, aimed for 6000 calories a day, but eventually couldn't bring himself to eat more than around 4500 as the experiment went on.

RE: Zero Carb / Meat and Water - Charles - 06-19-2008 02:28 PM

Divine Miss M Wrote:
Hey, Charles:

Ok...I have to say something. I'm a writer, and a reviewer. I was once a publisher and an editor. [I've also done some investigative reporting.] There's a big NY publishing house that sends me books to review. I know about titles and topics and what attracts the public eye - especially from a marketing standpoint.

People have asked moi to write a low carb book with all the research I've done. Yet I feel there is so much more to learn. You do the same thing as do I - you study, you try it, you look for answers, you find what works, what doesn't, and you pass it on. It's all about information.

My point: A title like that is a winner. I know.

So how do I get started on such a thing?

RE: Zero Carb / Meat and Water - Divine Miss M - 06-19-2008 02:32 PM

Well, this is very simplistic, but you would write your outline, and then get started on a draft.

In the meantime, you'd have to look for a book agent since that's the only way to get in with the big publishers. That alone is tough, very tough.

Another option is POD [Print On Demand], and that means some research. But now there are digital books, and that's another way to go. In fact, it's a very tempting one, since this is the Information Age.

You know how it is - people want 'drive thru' info and they want it NOW.

RE: Zero Carb / Meat and Water - Charles - 06-19-2008 02:34 PM

Vesna Wrote:
a. You can't eat 7000 near ZC calories in a day, at least not for any length of time.

b. You can't gain fat from eating too many calories, as long as you don't eat carbs.

c. No conclusion about fat loss can be drawn from this.

All great points. These so-called experts never seem to take this from the theoretical to the actual. IF you could eat 7,000 calories of fat and protein....they never stop to consider how often someone could actually do that. Here, we have a person that attempted it yet still did not gain weight and he really had to work at it. We get scared if we eat an extra scoop of ground beef when we're actually hungry. Here this guy is literally stuffing himself and can't get it done.

Yet, it's very easy to consume 5,000 calories eating cheese and nuts. Ethan Sims had inmates eating 10,000 calories of carbohydrates and they were still hungry before they went to bed. That should tell us something profound about carbohydrates and calories, but no, because it doesn't fit with the dogma.

---

RE: Zero Carb / Meat and Water - Charles - 06-19-2008 02:35 PM

Divine Miss M Wrote:
Well, this is very simplistic, but you would write your outline, and then get started on a draft.

In the meantime, you'd have to look for a book agent since that's the only way to get in with the big publishers. That alone is tough, very tough.

Another option is POD [Print On Demand], and that means some research. But now there are digital books, and that's another way to go. In fact, it's a very tempting one, since this is the Information Age.

You know how it is - people want 'drive thru' info and they want it NOW.

I'll continue to give it some thought, Tawn. Thanks for the "food for thought" and the kind words. I'm going home now so I'll check in with you all later or tomorrow. This is gym night!

Regards,

Charles

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RE: Zero Carb / Meat and Water - con - 06-19-2008 05:51 PM

Charles
I agree with the book idea! You are very inspiring and motivating! I'll bet there are many people in the VLC community that could and would be to eager to help. Some could contribute their success stories or volunteer other services in thanks for all you've contributed to their lives.
I think reading your writings finally cleared up the muddle of all my previous understanding regarding LC.
ONE SECTION COULD CONTAIN ALL THE QUESTIONS YOU'VE ALREADY BEEN ASKED IN THIS FORUM. Hey, that means 1/2 of the book is already written!
Con
RE: Zero Carb / Meat and Water - **Wendyoh** - 06-19-2008 06:23 PM

Charles Wrote:

You keep talking like that and I just might write a book. However, I would have to write Gary Taubes a big check because I owe so much to him and his amazing research. I just think he needs to focus on the bigger aspects of his work and that was the part on the diseases of civilization, dementia, cancer and aging. When you link carbohydrates to cancer that's far more important than losing some weight. Everyone just got fixated on the calorie vs. insulin stuff but's just the tip of the iceberg.

I just read this chapter today! I thought all I had to worry about was that my grandfather has type II diabetes. Now I learn that there's a connection to Alzheimer's, which both of my grandmothers had/have, and cancer (which my mother has had). I have even more motivation now to do VLC for life.

I also found the semi-starvation studies fascinating, and the observation that these people all had low glucose and insulin, and that VLC may promote longevity.

---

RE: Zero Carb / Meat and Water - **Lauren** - 06-19-2008 07:25 PM

LindaSue Wrote:

Lauren Wrote:

I get these at Whole Foods. They're called "Scandinavian Crispbread". Each fairly large "cracker" is 16 calories, 3g carbs, 3g fiber, 1g protein.

The ingredients are: unprocessed wheat bran (85%), rye flour, salt.

They actually have 3 net carbs each (6 carbs before deducting the fiber) because the fiber has already been deducted. Wheat bran and rye flour both have carbs and there's not enough fiber in either ingredient to cancel out the carbs. There have been discussions about these crackers on other forums and it's been determined that food labels in Europe don't count fiber in the carb count so it only looks like they have zero carbs because we're used to subtracting the fiber from the total carbs.

That's a bummer but thanks Linda. I guess that's the end of that for me. I had no idea that the fiber was already deducted.

---

RE: Zero Carb / Meat and Water - **Clabbergirl** - 06-20-2008 06:02 AM

Charles Wrote:

You keep talking like that and I just might write a book.

Charles, I second her suggestion. You have a lot of information and experience at this thus far, and it's sort of trailblazing because of the lack of books on the topic of zero carb eating. Diet books are good sellers in general, and although your book might be marketed as such, the knowledge it could convey needs to be told.

You could interview a host of professionals to back you up, and I'd imagine many of them would be more than willing to help you get this information main stream. Maybe not too many pharmaceutical companies would be, since they make a lot of $ off diabetic supplies and statins, but Jimmy has found some incredibly helpful and resourceful people - you could too.

Some of the books I've picked up off the store shelf are incredibly bad - and I marvel that they were
published by large publishers. But information like you've got? I truly believe it would speak for itself. Please keep this in your mind for consideration.

**RE: Zero Carb / Meat and Water - onlyabtrfly - 06-20-2008 06:30 AM**

Hey Charles, if you get a good book deal just remember me if you use my title--hardy har--LOL! 😁

So folks, I took my magnesium and calcium last night and guess what??? I slept through the night!!!!!!! Do you know how exciting this is for me??

I am just...well I'm floored. Plus, I had these cramps in my feet and a little in my calves and they literally melted right out within about 40 minutes of taking the supplements. I know we can get all of our nutrients from what we're eating but honestly? I physically felt so much better after taking these that I'm going to start taking a multi for women in the morning and taking these two at night (the numbers are safe). I personally feel that we as women have a harder time because our chemicals change on a daily basis to ready us for fertile periods, infertile periods, menstrual cycles, and then all over again. We have very delicate balances and I am going to make it a personal challenge to myself to document these changes in my physical feelings. Another thing I'm going to do is get new batteries for my glucose monitor. I had it for my gestational diabetes. I want to look over my fasting numbers, those after I eat, etc. If some one can give me a concise timeframe I should test in, I'd appreciate it. I saw in the thread about checking levels that your glucose should peak at I think 30 mins after eating? And in two hours your body should be done and you should be back to your "base" number? If this is incorrect, please correct me. 😊

Anyway, just wanted to say hello and tell you about my calcium and magnesium adventure in sleep. Ladies, look into it for yourselves if you haven't already--especially if all of a sudden your energy has bottomed out but you're sticking to meat and water. I mean I hope there aren't any weight loss issues that would be caused by these two supplements, if so I'll be sheepish--but I think it's worth a shot for those feeling a little off maybe. Just in my humble opinion. 😊

**RE: Zero Carb / Meat and Water - Clabbergirl - 06-20-2008 06:41 AM**

onlyabtrfly Wrote:

So folks, I took my magnesium and calcium last night and guess what??? I slept through the night!!!!!!! Do you know how exciting this is for me??

Congrats on a full night of sleep! I'm sure you're going to feel a little bit better all day because of it. I've been taking a magnesium supplement for the past week at night, but I can't seem to get in the daily recommended for it yet. I haven't had a charley horse yet either, but I usually get them on the weekends anyway. They're horrible so I hope a thing of the past. Good to hear yours are getting better, and do keep us posted on the progress.

**RE: Zero Carb / Meat and Water - Charles - 06-20-2008 06:43 AM**

onlyabtrfly Wrote:

I physically felt so much better after taking these that I'm going to start taking a multi for women in the morning and taking these two at night (the numbers are safe). I personally feel that we as women have a harder time because our chemicals change on a daily basis to ready us for fertile periods, infertile periods, menstrual cycles, and then all over again. We have very delicate balances and I am going to make it a personal challenge to myself to document these changes in my physical feelings. Another
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I'm very happy you were able to sleep, but I would caution that you don't want to jump in to the vitamins all at once. Why not stick with the magnesium and calcium for a while and let yourself adjust to that? There were some very large recent studies that showed multi-vitamins had no effect and that they could possibly be doing more harm than good.

When you begin a zero-carb regimen, it's not surprising that you will have some deficiencies at first because you've just eliminated several sources. However, because those carbohydrates can cause you to lose nutrients, it takes a bit for your body to adjust. Many also find that their cholesterol rises after starting a very low carb diet and that's because cholesterol is in each fat cell. As they break apart, the cholesterol gets released into the bloodstream so the levels in serum readings are high. However, after some time, the body eliminates the extra cholesterol and things return to normal. I think it's the same way with this.

Our bodies regulate the nutrients in such a way so that if we're getting too much of one nutrient, the body will cause us to only absorb so much of another. The most famous example is iron. Doctors always assumed that women needed iron because they bleed regularly. However, once they actually bothered to study the issue, they found that the body regulates iron on its own. When we need it, the body absorbs it readily. When we don't need it, the body allows it to pass right through us. However, it's possible to take too much iron and cause things in your body to "rust." Now they advise men to never take iron and women to take it only under doctor's advice.

You may even play with lowering the dosage of the calcium and magnesium over time as you get more adapted to zero-carb, assuming you stay with it. There's so much that we don't understand with regard to vitamins that it makes sense to use caution. Food has many co-factors that we're not aware of and they cause us to absorb the nutrients in the food. Without the co-factors, the vitamins are worthless because you'll just lose the vitamins in your urine and that's what happens with multivitamins.

Even worse, you can cause yourself to be out of balance by supplying too much of a particular nutrient and your body will suppress your absorption of a more beneficial one.

Take it slow and be careful.

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RE: Zero Carb / Meat and Water - Vesna - 06-20-2008 06:48 AM

I also believe that Charles should write a book.

Charles, I'm sure our good man Jimmy would help you in any way he could, considering his own publishing experience.
I would also be willing to bet that Dr. Mike Eades would help you. Despite some of his ideas, he seems like a genuinely good guy. He has written that he would help people (he was referring to Colpo at the time) find agents and get published in whatever way he could, and that it helps tremendously for the author to have a "platform" (established audience), which you certainly do, and could build on tremendously if that were your intention.

Also: there are gazillions of how-on-earth-do-I-get-started resources for prospective authors. Browse a little on Amazon or your local bookstore and you will find them.

RE: Zero Carb / Meat and Water - onlyabtrfly - 06-20-2008 07:11 AM

Hmmm, very good information Charles. I will go with what you say for now. I have to admit I have felt my resolve flagging in the last 2-3 days and my husband is none too happy with my appearance or how completely exhausted and out of it I've been. This only hit me after that episode Tuesday. What's your take, Charles? One thing that concerns me is that I know I have an issue with arachic acid. It's found in red meat, though I think less in ground beef. You have to eat a lot of ground beef to get as much of it as you would from a steak.....anyway I just wonder if this could be my issue? If one had to not eat beef, or only eat beef a couple of times a day, perhaps as a snack, what other meats and fish would you suggest take it's place? Dark meat chicken? Salmon? Help! I just want to try to eat something different a day or two and see if I feel better. I am being true to form, nothing, and I MEAN NOTHING but meat in it's own fat and water. Why am I so completely wiped? I felt fabulous up until Tuesday. I need some support with this....I don't want to give up yet or worse, give up from lack of understanding.

RE: Zero Carb / Meat and Water - Charles - 06-20-2008 07:27 AM

onlyabtrfly Wrote:

Hmmm, very good information Charles. I will go with what you say for now.
I have to admit I have felt my resolve flagging in the last 2-3 days and my husband is none too happy with my appearance or how completely exhausted and out of it I've been. This only hit me after that episode Tuesday. What's your take, Charles? One thing that concerns me is that I know I have an issue with arachic acid. It's found in red meat, though I think less in ground beef. You have to eat a lot of ground beef to get as much of it as you would from a steak.....anyway I just wonder if this could be my issue? If one had to not eat beef, or only eat beef a couple of times a day, perhaps as a snack, what other meats and fish would you suggest take it's place? Dark meat chicken? Salmon? Help! I just want to try to eat something different a day or two and see if I feel better. I am being true to form, nothing, and I MEAN NOTHING but meat in it's own fat and water. Why am I so completely wiped? I felt fabulous up until Tuesday. I need some support with this....I don't want to give up yet or worse, give up from lack of understanding.

You could come and live with my family for a week and then I could know exactly what you're eating and you could eat just like me! 😊

I don't eat ground beef all day every day. I eat it for breakfast. I have steak for lunch, and dinner is whatever I'm fortunate to have prepared for me. Last night, it was baked chicken thighs.

You could eat fish, like salmon, trout and whitefish. You could eat pork, lamb, or any number of meats. The point is to find something you like and eat it. I think that a small stable of foods is good generally but there are many meats out there that should be a part of your diet if you like them.
I've attached the Atkins carb counter to this post. Take a look at the fats in each cut of meat. I tend to pick the fattier ones. There is a great variety to pick from there and all are okay.

Two weeks is a good amount of time to overcome any sluggishness and flu-like symptoms. If you don't feel better after two weeks, then it would be good to do whatever makes you feel better. I never felt as bad as many are describing so it's hard for me to tell you what's happening. I don't expect everyone to experience it the way I did but I don't think we're all THAT different when it comes down to it.

There's nothing wrong with coming off of carbohydrates slowly. The Atkins induction is a good starting point and someone could reduce from there if they need to. I think Dr. Atkins logic is very sound. You find the carbohydrate level that allows you to lose weight, satisfy hunger and eliminate cravings. If you are not losing, you go down in increments of 5 until you find the level. For some people, that level is zero. For others, it may take some weaning and serious resolve to get there.

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**RE: Zero Carb / Meat and Water - travis t - 06-20-2008 07:49 AM**

About vitamins,
I used to be the vitamin king. I would take them by the dozen(literally). I got most of them from the life extension foundation. But the thing was i had spent major dollars and effort to research the correct ratios and dosages and i never felt anything(nothing but yellow urine). I couldn't tell when i was taking them or not.

I guess the bottom line is lots of bucks no bang
travis

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**RE: Zero Carb / Meat and Water - Charles - 06-20-2008 08:13 AM**

travis t Wrote:
About vitamins,
I used to be the vitamin king. I would take them by the dozen(literally). I got most of them from the life extension foundation. But the thing was i had spent major dollars and effort to research the correct ratios and dosages and i never felt anything(nothing but yellow urine). I couldn't tell when i was taking them or not.

I guess the bottom line is lots of bucks no bang
travis

Travis, I used to take the MegaMen stuff from GNC and my urine was some psychodelic yellow/green! It was wierd but I knew that stuff was going right through me. Since dropping all supplements, everything works better, that's for sure!

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**RE: Zero Carb / Meat and Water - travis t - 06-20-2008 08:26 AM**

After my lunch run for friday starbucks i have a tale for you about a cocky attitude, carbs at supper last night, and how i got my male member knocked in the dirt.
travis
RE: Zero Carb / Meat and Water - Charles - 06-20-2008 08:34 AM

travis t Wrote:
After my lunch run for friday starbucks i have a tale for you about a cocky attitude, carbs at supper last night, and how i got my male member knocked in the dirt.

travis

Sounds painful. Can't wait to hear this one...

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RE: Zero Carb / Meat and Water - Wendyoh - 06-20-2008 08:38 AM

I have another question for all you zero carb and VLC folks. Have any of your had symptoms of thyroid increasing after cutting way back on carbs? Such as, are you warmer now?

I was diagnosed with hypothyroidism back when I was still quite overweight and insulin resistant. I have read that insulin resistance may affect the liver and decrease the conversion of T4 to T3. Do any of you know if this is true?

The reason I ask is, since beginning to eat VLC, I feel like my thyroid meds are actually too much for me anymore. It would explain the diarrhea, and my temps are frequently 99.0 or even higher now without a fever.

Most people who have low thyroid have the autoimmune version, which I do not, which always made me wonder if somehow my condition might be reversible?

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RE: Zero Carb / Meat and Water - Charles - 06-20-2008 09:08 AM

Wendyoh Wrote:
I have another question for all you zero carb and VLC folks. Have any of your had symptoms of thyroid increasing after cutting way back on carbs? Such as, are you warmer now?

I was diagnosed with hypothyroidism back when I was still quite overweight and insulin resistant. I have read that insulin resistance may affect the liver and decrease the conversion of T4 to T3. Do any of you know if this is true?

The reason I ask is, since beginning to eat VLC, I feel like my thyroid meds are actually too much for me anymore. It would explain the diarrhea, and my temps are frequently 99.0 or even higher now without a fever.

Most people who have low thyroid have the autoimmune version, which I do not, which always made me wonder if somehow my condition might be reversible?

You got me on that one, Wendy. I tend to be a little colder, I guess because I'm so lean. I'm glad I live in North Carolina and it's the summer because I was pretty cold during our relatively mild winter. I don't know what I would have done living in New York....I suppose I would have adapted!

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RE: Zero Carb / Meat and Water - Clabbergirl - 06-20-2008 09:11 AM

Today I woke up a little hungry, took my thyroid meds though (told to wait an hour after to eat), and had
a coffee w/2 tsp splenda & maybe a half tbsp coconut oil (yes I know, can't do it black yet and the liquid stevia is at work). My hunger sort of abated, but as the morning continued, I got hungrier and hungrier. Work prevented me from eating the moment the hunger got strong, but I eventually had 6 eggs w/mayo as a salad to curb it. Maybe 30 min after eating all that, I was hungry again. What is going on? I've done this exact thing many mornings and not been hungry so soon afterward. The only difference between today and the others is that I was out of heavy cream for my coffee and had to skip it.

I brought a limited amount of food for the day, so I'm hesitant to break out my hamburger patties for fear I'll have eaten everything and will be stuck here, starving, for the rest of the day. Anyone want to clue me in on why what has been working previously quite well to satisfy hunger isn't now?

RE: Zero Carb / Meat and Water - Charles - 06-20-2008 09:28 AM

Clabbergirl Wrote:
Today I woke up a little hungry, took my thyroid meds though (told to wait an hour after to eat), and had a coffee w/2 tsp splenda & maybe a half tbsp coconut oil (yes I know, can't do it black yet and the liquid stevia is at work). My hunger sort of abated, but as the morning continued, I got hungrier and hungrier. Work prevented me from eating the moment the hunger got strong, but I eventually had 6 eggs w/mayo as a salad to curb it. Maybe 30 min after eating all that, I was hungry again. What is going on? I've done this exact thing many mornings and not been hungry so soon afterward. The only difference between today and the others is that I was out of heavy cream for my coffee and had to skip it.

I brought a limited amount of food for the day, so I'm hesitant to break out my hamburger patties for fear I'll have eaten everything and will be stuck here, starving, for the rest of the day. Anyone want to clue me in on why what has been working previously quite well to satisfy hunger isn't now?

I wish it were that simple. For everything to "work the same" it would be necessary for your activity, sleep and everything else to have been identical. Obviously today, your body needs more fuel than the other days and this is quite normal. That's why the calorie theory is so non-sensical. Who can know how hungry they will be on any given day? We have some idea, but we really don't know until it hits.

RE: Zero Carb / Meat and Water - Clabbergirl - 06-20-2008 09:30 AM

Thanks, Charles. I want an easy answer for everything, but of course I'm seeing that's just not gonna happen.

I decided to try swallowing a tablespoon full of coconut oil raw (gulp), to see if it would hold me off for a bit longer. It may have done just that.

RE: Zero Carb / Meat and Water - travis t - 06-20-2008 09:57 AM

A Cautionary tale by travis
It was a mid summers night eve and mr t thought he was invincible....
Any way last night for supper I was grilling a large ribeye steak and some beef patties on the grill. My wife was making grilled steak fajitas for herself and our girls. I was only eating the beef with Tabasco on it, at least that was the plan at first but the smell of their food and a cocky attitude got to me. So I decided to throw half a flour shell, steak, and the grilled red pepper and onions on my plate with my burgers. I said to myself a month ago I could eat four or five shells stuffed with fixins and never feel a thing so this amount can’t hurt me to badly. Big mistake because of what happened 90 minutes later. We
ate at 5:30 and as I was laying on the couch watching tv at about 7:00 and started to get sleepy so I stretched out and that was all she wrote…..Passed out(and I mean gone,coma). Now I very seldom take a nap but this wasn’t my normal nap because when I take those they almost never last more that twenty minutes(thirty min max). I woke up at 9:55…. Almost three hours(I haven’t done that since I was two).

So half a flour shell and some “good carbs” knocked my you know what in the dirt.

The good news is I think that this is a sign that my body tissues are getting more sensitive to insulin and that my pancreas hasn’t gotten the message(yet) that it needs to make an adjustment. Oh and another thing I get up at 3:30 am to come to work and almost never am I a zombie but this morning when I was and backing out of the garage I got to close to the overhead door and I knocked the drivers side mirror clean off….nice. I have been parking in the same spot for over 11 years.

The better news is by the time I got to work I was ok and had my coffee and at nine I had my burgers and butter…yum Back on track.

travis

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**RE: Zero Carb / Meat and Water** - **onlyabtrfly** - 06-20-2008 10:07 AM

Nice, Travis.

Travis makes a good point about things, though. I think zero carb makes you run so "clean" that anything knocking it off a little makes for trouble or at the least discomfort or carboholic symptoms. I'm going to keep at this another full week, so I'll be at two and a half weeks next Friday. I think TOM is accounting for some of my weariness and out of sorts-ness, and that's about over, so I'm staying in the ring another week. I really can't wait to test my blood sugars over the weekend to see what my numbers are. I want to then take a day and eat very very minimal dark green vegetables- a combined total of 10 carbs before removing fiber count--and see what my numbers are. Eventually I will have to eat a carb meal to see what happens I guess. I'm excited about it because the blood won't lie, you know? I want to see the numbers myself. 😁

By the way, thanks again for the vitamin info. You're so right. I can see using these supplements to get my sleep back on track and then weaning off of them as I feel better, but vitamins have never helped me before.

Is two weeks definitely long enough to see if this works? How come so much longer than just nixing most carbs, like down to 20? That usually takes 72 hours. It makes sense that removing carbs all together would take longer for adjustment.....

---

**RE: Zero Carb / Meat and Water** - **Charles** - 06-20-2008 11:12 AM

onlyabtrfly Wrote: Travis makes a good point about things, though. I think zero carb makes you run so "clean" that anything knocking it off a little makes for trouble or at the least discomfort or carboholic symptoms.

Yes, he does. I know that I'm far more sensitive to carbohydrates than I was this time last year when I kept my carbohydrates below 10.

AnneMarie Wrote:
Is two weeks definitely long enough to see if this works? How come so much longer than just nixing most carbs, like down to 20? That usually takes 72 hours. It makes sense that removing carbs all together would take longer for adjustment.....

It should give you an indication. It's not really long enough if you're not feeling better. It's like fasting. I even saw in the Bible when God talks about a fast he says that a person's health will return. Going zero-carb is the scientific equivalent because we know that our bodies can't tell and frankly don't care where the fat and protein comes from.

All you're eating is fat and protein so your body should return to biological zero. I have no way of knowing how far from zero you actually were so who knows how long it would take you to feel better. I find these two quotes of Stefansson from back in the 1920s to be instructive:

Viljamur Stefansson Wrote:
The typical method of breaking a party into a meat diet is that three of five of us leave in midwinter a base camp which has nearly or quite the best type of European mixed diet that money and forethought can provide. The novices have been told that it is possible to live on meat alone. We warn them that it is hard to get used to for the first few weeks, but assure them that eventually they will grow to like it and that any difficulties in changing diets will be due to their imagination.

I suppose that if there were truly nothing else to eat, you might have an easier time. Since we're surrounded by choice in this great country of ours, we feel like there must be something else.

And this one:

Viljamur Stefansson Wrote:
Usually I think, the men believe that what I tell of myself is true for me personally, but that I am peculiar, a freak—that a normal person will not react similarly, and that they are going to be normal and have an awful time. Their past experience seems to tell them that if you eat one thing every day you are bound to tire of it. In the back of their minds there is also what they have read and heard about the necessity for a varied diet. They have specific fears of developing the ailments which they have heard of as caused by meat or prevented by vegetables.

I think that about many on this forum. I must be some freak of nature to be able to look the way I do and only subsist on meat and water. This way of eating is nothing new. It should be surprising that this hasn't been studied more than anything else. If we didn't have the diseases of civilization 200 years ago, that should tell us something. It just keeps getting worse. We get all of these autoimmune diseases and cell degenerative diseases but no one wants to attribute it to anything except possibly eating too much and doing too little.

As Stefansson continues:

Viljamur Stefansson Wrote:
We are not on rations. **We eat all we want**, and we feed the dogs what we think is good for them. When the traveling conditions are right we usually have two big meals a day, morning and evening, but when we are storm bound or delayed by open water we eat several meals to pass the time away. At the end of four, six or eight weeks at
sea, we have used up all our food. We do not try to save a few
delicacies to eat with the seal and bear, for experience has proved that such things are only tantalizing.

I have this same experience today. I eat all the meat I want. I never go hungry, Thank God.

How about this one:

Viljamur Stefansson Wrote:
Still, as just implied, the verdict depends on how long you have
been on the diet. If at the end of the first ten days our men could have
been miraculously rescued from the seal and brought back to their
varied foods, most of them would have sworn forever after that they
were about to die when rescued, and they would have vowed never to
taste seal again —vows which would have been easy to keep for no
doubt in such cases the thought of seal, even years later, would have
been accompanied by a feeling of revulsion. If a man has been on meat
exclusively for only three or four months he may or may not be
reluctant to go back to it again. But if the period has been six months
or over, I remember no one who was unwilling to go back to meat.
Moreover, those who have gone without vegetables for an aggregate of
several years usually thereafter eat a larger percentage of meat than
your average citizen, if they can afford it.

Six months is the magic time frame. I have done this and he's right. I have no interest in going back to
vegetable matter!

Stefansson Wrote:
The symptoms brought on at Bellevue by an incomplete meat diet
(lean without fat) were exactly the same as in the Arctic, except that
they came on faster—diarrhea and a feeling of general baffling
discomfort.
Up north the Eskimos and I had been cured immediately when we
got some fat. Dr. DuBois now cured me the same way, by giving me
fat sirloin steaks, brains fried in bacon fat, and things of that sort. In
two or three days I was all right, but I had lost considerable weight.

This speaks to maybe why some of you feel so bad.

Rather than quote this whole thing, I'm going to attach the book to this post. Anyone considering an all-
meat regimen should read it. Chapter 2 of this book involves the Bellevue study undertaken by both
Stefansson and Karsten Anderson. Gary Taubes talks about it, but here you get a first-hand account of
how it was set up and why it was done this way. Many people think the Inuit only ate raw meat or that
they were somehow adapted to eat this way and it can't be recreated today. Well, check out this book
and you'll see that people of many races and nationalities were able to do it and it totally confounded all
the medical experts back then just as it does today.

Enjoy!

Charles
Charles, thanks for even more of your fountain of knowledge.

I do have a question for you, and please note that I am not being argumentative, etc. I personally rather enjoy vegetables...especially those that are acceptable for the low carb diet. Asparagus, broccolli, green beans, squash, zucchini, cabbage, salad vegetables. Further, I am still very young and would like to have more children. Now, I know for a personal fact that the only way I was able to become pregnant with my son was to stay on strict induction style numbers. I ate the above vegetables but so sparingly as to never go above 10-12 carbs per day of them, lost weight as though melting, and felt great. I didn't eat cheese, nuts, or low carb frankenfoods. No dairy whatsoever. I ate abundant amounts of olive oil and butter. Now, my question is, with me still very much wanting more children, I can't help but think it might be wise of me to eat at least a very tiny amount of vegetables so that if I become pregnant I can eat them without my body freaking out. Does this make sense? I am not trying to get out of this easier or anything like that, but I don't want to become more sensitive to carbs before my child bearing years are over...what do you think? Now granted, I know women of old had to eat a lot of meat just like their men.....I'm really twisted up about this and would like your input. Help?

One other thing...in the worst of my carb binging days, because of the constant gnawing hunger and maniac cravings, I'd say I'm coming off days of at least several hundred carbs in food and drink. At least 7-800 per day. My God...killing myself off slowly is basically what I was doing. Eik! Remember, too, I just started back to low carbing, with true heart and intentions two weeks ago this coming Monday.

P.S. Don't mention scripture to me regarding fat, because I could go on for days! All Old Testament sacrifices were to be pure unblemished animals and the FAT was the holiest sacrifice. I had a pretty rotund professor at my bible college who liked to joke that the Lord loved us fat people more because we were a more acceptable sacrifice. He is a wonderful and kind man, so it was very funny from him. ;0)

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Hi, all,

I'm new to the forum and trying to get started with low-carbing again...

Is this meat and water option a good way to jump start my low carbing? When I did low-carb, it was with Atkins and I did okay in the beginning and it got better along. But that was several years ago. I'm back to eating whatever, no energy, gained so much weight my knees are rebelling and I joined a gym and go in there exhausted and get out exhausted.

I've always read Jimmy's blogs and watched his you-tubes to get motivated back to low-carbing but I've been procrastinating way too much and think I need a drastic move. I loooove meat, chicken, fish, some red meat (not a lot), etc... I'll even forego the coffee -- ugh! did I say that? It won't be too bad--they make horrible coffee here at work and I can't get to my Dunkin Donuts for coffee -- no, I'm not eating the donuts. I never was a donuts fan... (thank God!)

Looking forward to delving deeper into this forum for all the information this forum provides.

Penny
Mary Wrote:
Charles,
Everytime I read something you write I understand it a little better. Do you think since I lost 7 lbs in about 10 days when I started a few weeks ago that would be a good sign that my hormones are working correctly or would it take awhile to show up?

Thanks for all the help,
Mary

RE: Zero Carb / Meat and Water - LindaSue - 06-20-2008 02:39 PM

Welcome to the forums, Penny. Meat and water IS a good way to start low carbing. It will give your body a chance to function the way it should function without carbs getting in the way. Once you've gotten the hang of it, and adjusted to the new way of eating, you can choose to try adding back in some other foods one at a time, such as cheese and a few veggies, to see how you react to them. If your weight loss continues and you feel well, then you may be able to add those things to your diet. If they make you feel ill or cause you to gain weight, then those are the foods to avoid forever.

RE: Zero Carb / Meat and Water - pennypritty1 - 06-20-2008 03:35 PM

Excellent! Thanks, LindaSue.

I know we're supposed to get blood work and sugar checks and all sorts of tests taken before we do this to show the miraculous differences but I've sooo procrastinated that I don't want to wait.

I've just started a great new job, so I'm just now choosing my coverage. I'm looking for a good doctor (the one I'd had before did not like low carb so I don't really want to go back to her--she kept pushing low fat foods at me--ugh!).

Jimmy Moore gave me someone to look into here in NYC and I'm praying he's within my company's coverage.

Thanks!

Penny

LindaSue Wrote:
Welcome to the forums, Penny. Meat and water IS a good way to start low carbing. It will give your body a chance to function the way it should function without carbs getting in the way. Once you've gotten the hang of it, and adjusted to the new way of eating, you can choose to try adding back in some other foods one at a time, such as cheese and a few veggies, to see how you react to them. If your weight loss continues and you feel well, then you may be able to add those things to your diet. If they make you feel ill or cause you to gain weight, then those are the foods to avoid forever.

RE: Zero Carb / Meat and Water - con - 06-20-2008 04:31 PM
PENNY,
This is certainly the easiest and cheapest way I've ever eaten. But, it did take a few weeks before I could get down to just meat, eggs, cheese, splenda, flax and nuts. When it got down to just meat and water I found that I could only eat when I was hungry. That was weird because I could eat SF cheesecake or nuts and cheese when I wasn't particularly hungry. So it does take a little paradigm shift, but the rewards are definitely there.
Just my experience,
con
p.s. I didn't get any Drs. permission or blood tests

RE: Zero Carb / Meat and Water - Charles - 06-20-2008 09:50 PM

onlyabtrfly Wrote:
Charles, thanks for even more of your fountain of knowledge. 😊

You're welcome!

AnneMarie Wrote:
Now, my question is, with me still very much wanting more children, I can't help but think it might be wise of me to eat at least a very tiny amount of vegetables so that if I become pregnant I can eat them without my body freaking out. Does this make sense? I am not trying to get out of this easier or anything like that, but I don't want to become more sensitive to carbs before my child bearing years are over...what do you think? Now granted, I know women of old had to eat a lot of meat just like their men.....I'm really twisted up about this and would like your input. Help?

Well, our alternative hypothesis of obesity actually does directly address fertility. In GCBC we saw that reproductive biologists have long considered the availability of food to be the most important environmental factor. The most important variable in fertility is not body fat but the immediate availability of metabolic fuels.

In the late 1980s, Wade and Schneider did work with hamsters and they found that these animals will go into heat whether fat or lean and they go through their reproductive cycles as long as they can eat as much food as they want. If both fatty acid and glucose oxidation are inhibited, and they're not allowed to increase their food intake in response, their cycles stop. They remain infertile regardless of whether they are gaining or losing weight at the time.

Pigs and monkeys do the same thing. They all respond to the metabolic availability of food. Infusing insulin into these animals will shut down their reproductive cycles. As Wade and Schneider said, "If an excessive portion of available calories is locked away in fat tissue, the animal will act as if it's starving." In such a situation, the reproductive and other psychological systems will shut down until more food (metabolic fuel) is available.

We've also learned that an obese person is also starving internally. Despite their large fat depots, their bodies are unable to utilize this mobilize this energy and thus their cells are starving.

The clear implication is that a woman struggling with infertility will benefit more from a diet that lowers insulin but still provides considerable calories and thus repartitions the fuel consumed so that more is available for oxidation and less is placed in storage.

AnneMarie, I hate to break it to you, but you asked. To me, it's all the more important to get your insulin
under control and keep it that way if you hope to continue having healthy children, plain and simple. There is nothing wrong with the Induction-level diet if you find that you can lose weight on it and your body responds to such a regimen. Either way, insulin must be controlled and you must take whatever steps are necessary to control it.

Regards,

Charles

One other thing...in the worst of my carb binging days, because of the constant gnawing hunger and maniac cravings, I'd say I'm coming off days of at least several hundred carbs in food and drink. At least 7-800 per day. My God...killing myself off slowly is basically what I was doing. Eik! Remember, too, I just started back to low carbing, with true heart and intentions two weeks ago this coming Monday.

P.S. Don't mention scripture to me regarding fat, because I could go on for days! 😞 All Old Testament sacrifices were to be pure unblemished animals and the FAT was the holiest sacrifice. I had a pretty rotund professor at my bible college who liked to joke that the Lord loved us fat people more because we were a more acceptable sacrifice. He is a wonderful and kind man, so it was very funny from him. ;)

[quote]

RE: Zero Carb / Meat and Water - Wendyoh - 06-21-2008 05:03 AM

Charles Wrote:
Well, our alternative hypothesis of obesity actually does directly address fertility. In GCBC we saw that reproductive biologists have long considered the availability of food to be the most important environmental factor. The most important variable in fertility is not body fat but the immediate availability of metabolic fuels.

In the late 1980s, Wade and Schneider did work with hamsters and they found that these animals will go into heat whether fat or lean and they go through their reproductive cycles as long as they can eat as much food as they want. If both fatty acid and glucose oxidation are inhibited, and they're not allowed to increase their food intake in response, their cycles stop. They remain infertile regardless of whether they are gaining or losing weight at the time.

Pigs and monkeys do the same thing. They all respond to the metabolic availability of food. Infusing insulin into these animals will shut down their reproductive cycles. As Wade and Schneider said, "If an excessive portion of available calories is locked away in fat tissue, the animal will act as if it's starving." In such a situation, the reproductive and other psychological systems will shut down until more food (metabolic fuel) is available.

We've also learned that an obese person is also starving internally. Despite their large fat depots, their bodies are unable to utilize this mobilize this energy and thus their cells are starving.

The clear implication is that a woman struggling with infertility will benefit more from a diet that lowers insulin but still provides considerable calories and thus repartitions the fuel consumed so that more is available for oxidation and less is placed in storage.

I find this alternate hypothesis on fertility to be so encouraging. I've always had problems with irregular periods, which worsened so much last year when I engaged in very strict dieting and huge carb-ups
around training.

I never understood why some women never lose their periods, even if they get really lean. Yet, here I was, with plenty of fat, yet I didn't get one for 11 months. Pre-mature menopause? Nope. So what the heck was causing it?

I never even thought that my diet was contributing, b/c well, I wasn't that lean, so it couldn't be that. But now I see that if my body thought it was starving (on low calories), and if it wasn't able to effectively use fatty acids for fuel, which was evidence by my lovehandles, then something else must be going on.

Interestingly, I got 2 consecutive periods this past winter, during a time of fairly low carbs, only about 60g/day and no carb-ups.

Then I increased my carbs again, and guess what? No periods.

Not until April, when again, I had been eating somewhat lower carb again. I have still yet to have another, but 3 in one year is huge for me, and I'm finally able to start connecting the dots.

I'll be very interested to see if things start to normalize finally now that I am consistently eating VLC, as well as having increased my calories as well. Don't know if it's related but VLC has done wonders to increase my libido exponentially (which isn't hard b/c it didn't exist before😊), but it wouldn't surprise me if this tied in as well.

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**RE: Zero Carb / Meat and Water - onlyabtrfly - 06-21-2008 07:05 AM**

First of all, I want to make CLEAR that I am well aware of the effects of insulin on fertility. I have personally and physically watched a miracle occur in my very own life to that regard, as I myself have had a child after 5 years of secondary infertility ONLY through low carbing and my understanding of how insulin effects the endocrine system. I regained normal periods after years of irregular or scant periods and no ovulation. I did that through losing down from my heighest weight ever of 346 down to 296 from November of 05 to February of 06, when I found myself 3 weeks pregnant. Literally as soon as 296 hit the scale I conceived. Wendyoh, the thing is, if you know of a time when your periods were regular you MUST shoot for that weight. I would cut your carbs down to what is low as reasonable for you until you get there. If you're already at that weight, you may want to have some hormonal tests done. There IS hope, lots of it, if you get your body back to where it was when you had normal periods. That is your magic number, friend. To ovulate, you must have normal cycles, and to have children, you must ovulate.

Now, as to the question I posed, I feel this response doesn't completely take into thought what I said.

If I am eating zero carbs and my insulin is normal, great. If I am eating a few dark green vegetable carbs, almost all of which can be deducted of fiber, and my insulin is normal, isn't that more optimal for trying to conceive? The description of this post says zero carb is not for women who are pregnant--why is that? Is it merely a disclaimer? We push and strive toward more information constantly on here, we debate points, and I want to debate this one. I feel women can safely low carb WHILE PREGNANT, as that is what I did and my child is emotionally and physically advanced, lean, and healthy. He's not one of the fat babies you see everywhere, and though people tend to want to pick, I'm glad of it. Anyway, that is not what my question was whatsoever.

So I will repose my question to you, Charles: I read and read and read of zero carbers becoming all the more sensitive to carbs after zero carbing. I do not feel zero carbing is effective for a woman trying to...
Hi Everyone,

I have been reading this thread with much interest. It is really because of AnneMarie that I am here. She post on the 200+ thread about how she was going to go zero carbs and it got me thinking. I have read to about page 34 of the thread. I keep trying to finish however it keeps growing. LOL After about page 15 I was ready to try, so I took the leap this morning. I had my first hamburger mixed with 1oz of natural cheddar cheese. It was pretty good. I am not sure I ate enough. Just have to wait and see how long before I am hungry again. It was only 8oz raw. While I didn't fill full, I also wasn't hungry when I finished, so I will just see if it was enough.

I have some healthy issues to deal with and I am hoping that I will finally be able to get the weight off and correct this issues. I have hypothyroidism, polycystic ovary syndrome, which led to insulin resistance. I am also like Tawn that I retain water easily. I currently take meds for my thyroid, insulin resistance and the water retention. I started out in the Kimkins program, and lost 40 pounds, I then left there and gain 10 pounds back and have been yo-yoing since. I have lots to lose and am finally ready to really buckle down. The zero carb makes so much sense to me. I don't like veggies, and only a few fruits so it really speaks to me. Every other time I have tried to lose weight the first thing I would crave would be fat. Of course it was always on low-fat diet so fats were a no no.

I am really looking forward to learning from everyone. I can't wait to feel and look better.

--

Hey, Christine! If you don't like veggies at least you're half way there. 😊

I've just been posting on here about insulin issues leading to infertility or other endocrine problems. Rest assured that the insulin resistance is what led to the PCOS. Insulin the the culprit of all the ills we face as society as far as I'm concerned. It's just finding the right balance for each of us individually that I think is the challenge. You'll know so much about insulin when you get to the last of this thread you won't believe it. Big hugs to you, girl.

Just remember--EAT WHEN YOU'RE HUNGRY! DO NOT let a hunger pang hit you where you don't eat. Make sure you're eating lots of fatty stuff, k? You'll feel really great. Just please don't go hungry! Have a great Saturday!

onlyabtrfly Wrote:
First of all, I want to make CLEAR that I am well aware of the effects of insulin on fertility. I have personally and physically watched a miracle occur in my very own life to that regard, as I myself have had a child after 5 years of secondary infertility ONLY through low carbing and my understanding of how insulin effects the endocrine system. I regained normal periods after years of irregular or scant periods and no ovulation. I did that through losing down from my heighest weight ever of 346 down to 296 from November of 05 to February of 06, when I found myself 3 weeks pregnant. Literally as soon as 296 hit the scale I conceived. Wendyoh, the thing is, if you know of a time when your periods were regular you MUST shoot for that weight. I would cut your carbs down to what is low as reasonable for you until you get there. If you're already at that weight, you may want to have some hormonal tests done. There IS hope, lots of it, if you get your body back to where it was when you had normal periods. That is your magic number, friend. To ovulate, you must have normal cycles, and to have children, you must ovulate.

Thank you for the insights. Unfortunately, I've never been regular. I got my first period at age 16, my second a year later at 17, and had a few more before I went to college. My OB/GYN at the time did no tests and placed me on the pill, which I took for over 5 years. I stopped the pill 3.5 years ago. I had 4 periods the first year, 1 the second, and now 3 this year. The difference now is that I am 99.99% sure that I'm ovulating now when I do get a period. I can tell by symptoms that it is coming, and the symptoms always show up 2 weeks before the period does.

I have had further testing done. My pituitary is fine. My FSH/LH are fine. I don't have PCOS. I don't really have much weight to lose. I weigh 141 and am 5'7". If there was a "perfect" weight for me that allowed me to consistently get cycles, I'd stay there, even if it meant gaining weight, but that doesn't seem to be the case.

I'm just clinging to the hope that eating VLC will regulate my body, by decreasing insulin and allowing me to eat more calories until satiety, whereas I was always restricting calories eating higher carbs.

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RE: Zero Carb / Meat and Water - pennypritty1 - 06-21-2008 11:21 AM

Con,

So you started off just low carbing and then weaned to the very low carbing? And can you have eggs, flax and nuts in the very low carbing?

Forgive me--I tend to be too literal for my own good. I was reading Linda Sue's breakdown of the Very Low Carbing way and I thought it was ONLY meat and water. I really think I can do this, and then realized that also meant while I can probably give up my morning coffee (with a splash of halfnhalf and fiberfit), I don't know how I'll stop at least having a cuppa hot lipton tea (also a splash of halfnhalf and fiberfit)...

Reality's rearing but I'm determined. I must make the change. Today's way of high carbing and junk food is really hurting me.

penn

con Wrote:
PENNY,
This is certainly the easiest and cheapest way I've ever eaten. But, it did take a few weeks before I could get down to just meat, eggs, cheese, splenda, flax and nuts.
When it got down to just meat and water I found that I could only eat when I was hungry. That was weird because I could eat SF cheesecake or nuts and cheese when I wasn't particularly hungry. So it does take a little paradigm shift, but the rewards are definitly there.

Just my experience,
con
p.s. I didn't get any Drs. permission or blood tests

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**RE: Zero Carb / Meat and Water - pennypritty1 - 06-21-2008 11:29 AM**

LindaSue,

In doing this very low carbing, what would I do about constipation?

TMI? LOL--yes, I believe this IS too much information but certainly one of the more challenging things I certainly experienced with low carbing was the constipation of eating so much meat and fat and very little of the veggies.

With this step, I'm out of veggies altogether--

Any suggestions/recommendations would be greatly appreciated. I've been so literal Atkin's minded when it comes to low carbing, I've not really read any other version... is there an actual book on the very low carbing?

penny

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**RE: Zero Carb / Meat and Water - lowcarbscott - 06-21-2008 11:51 AM**

A 1/2 pint of Deans Heavy whipping cream(0 carbs) mixed with some coffee keeps thing moving for me 😊

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**RE: Zero Carb / Meat and Water - con - 06-21-2008 12:55 PM**

hey Penny what I meant to say,
The Bear said zero carbing was 5 gms of carbs daily since eggs, cheese and spices all have carbs and they add up. That's how I started VLC after reading his site on Active No carbers. I'll look for link. Then I started reading Charles' (the real zero carb plan advocate)posts on Jimmy's Forum. Charles advised getting rid of every carb for best results and since I was only losing 1 or so lbs, per month on 5 gm carb plan, I decided to experiment. But I couldn't immediately give up SF cheesecake and cheese omelets. I just kept trying until I could. what helped the most was eating a huge fatty breakfast. Now the results keep me going. I tell myself things like "just another week or just till I lose 50 more lbs. and then I'll have all the gooey carbs I want." But realistically, when I eat 1-2 lbs of meat and fat at breakfast it tastes wonderful AND I have no desire for those carbs for the rest of the day and don't spend time reading cookbooks 0r watching cooking shows(I used to spend hrs. doing this just like the semi-starvation research participants).

Just do the best you can and do it for your dreams and goals rather than just because some authority figure tells you to. Go as low on carbs as you can to still have optimal health and weight results. IT'S ALL JUST AN EXPERIMENT AND WE ARE THE RESEARCH GUINEA PIGS! (end of speech)
Hi Con,

So you are all meat and water at this point? I'm impressed. If I remember, you are a woman, 62, and losing weight. Do you mind if I ask you how long you've been able to stick with meat and water only and how much weight have you lost? I just want to know for inspiration. Any details will be of interest.

Lauren

LOOOL--you're absolutely right, Con. I am definitely guinea'ing myself going VLC, but I'm a willing guinea. 😊

I just know that I was so much happier when I was low carbing.

Thanks. I'll certainly take your advice and I look forward to that link.

penn

con Wrote:
... IT'S ALL JUST AN EXPERIMENT AND WE ARE THE RESEARCH GUINEA PIGS! (end of speech)

just sayin'........
CON

woooow--a whole half pint? That's a lotta heavy cream... lool

I'll love that! thanks!

lowcarbscott Wrote:
A 1/2 pint of Deans Heavy whipping cream(0 carbs) mixed with some coffee keeps thing moving for me 😊

Charles,
I have a question for you. I had blood work done back in May. My cholesterol was up from 110 to 150 and my doctor of course wants me on a low fat, low carb diet. LOL. That was my PCP. I was waiting for
test result from my thyroid doctor at the time, who was testing my hormones by doing a saliva test. He is a doctor who uses both allopathic and homeopathic methods. Of course my hormone test should that my hormones where out of balance. No big surprise there. He also told because of the imbalance is would cause my cholesterol to go up and he wasn't worried about the rise in my latest test results. I have started taking a natural hormone that is helping with the imbalance. You stated that cholesterol will go up after starting to eat meat/water way and at some point will level off and come back down. Do you know how long that usually takes? I am suppose to go back into my PCP to have my cholesterol rechecked at the end of August. I just started this woe today. Will between now and the end of August be enough time for my cholesterol levels to level off or should I wait a little long before getting rechecked? While my PCP is pretty open to my eating low carb, she is on the low fat train.

Quote:

Quote:

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RE: Zero Carb / Meat and Water - LindaSue - 06-21-2008 01:39 PM

onlyabtrfly Wrote:
The description of this post says zero carb is not for women who are pregnant--why is that? Is it merely a disclaimer?

I want to clarify that I am not the person who composed the description or disclaimer at the top of this forum. I merely copied and pasted those diet descriptions over from Jimmy's old forum over to this one. If I knew who did write any of the descriptions, I gave them credit, but I had no idea who posted some of them.

Personally, I don't see any reason why a zero carb WOE wouldn't be safe for a pregnant woman but then I'm not an expert. To me it doesn't make sense to go from eating a very healthful low or no carb diet to adding in things such as whole grains, which I know aren't good for anyone. Why would an unhealthful diet suddenly become healthy just because someone is pregnant??? There is no sense to that in my opinion. On the other hand, I don't see how there could be any harm in eating a few more good vegetables and things like cheese during pregnancy. If you can tolerate those foods when you're not pregnant then why not eat them when you are? What I do think would be harmful would be to cut calories, fat and protein while pregnant.

I don't think that Charles is saying that eating zero carb causes you to become more intolerant of carbs. He's saying that our bodies change as we age and it's possible to become more sensitive over time. It's not that eating no carbs has caused this to happen and it might not happen to everyone. You might become more sensitive and aware of how carbs affect you after eating zero carbs for a while even if you aren't any more or less tolerant of them.

AnneMarie, I don't think that your body will freak out if you suddenly start eating a few veggies and dairy.

pennypritty1 Wrote:
Forgive me--I tend to be too literal for my own good. I was reading Linda Sue's breakdown of the Very Low Carbing way and I thought it was ONLY meat and water.

Charles is doing meat and water only but not everyone doing "zero" carbs is that strict. I'm not. There are some days when that's pretty much what I eat but other days I do have some cheese, eggs, condiments and maybe even a small amount of veggies. I'm still experimenting to see what works best for me.
I think that the description of zero carb doesn't have to be as narrow as meat and water only. Dr. Atkins considered anything under 20 carbs (not net carbs) to be biologically zero. I tend to eat a lot less than that most of the time or around 5 carbs per day or less.

pennypritty1 Wrote:
In doing this very low carbing, what would I do about constipation?
For me, cutting out almost all fiber has actually cured my constipation. I eat between 0-5 grams of fiber per day. Fiber plugs me up terribly and makes me very bloated and gassy. Since I've been eating this way for a while now, I'm amazed at how just a small serving of veggies can cause all those symptoms to return if I'm not careful. I try not to eat veggies more than two days in a row unless they're very small servings. I treat vegetables sort of like condiments or flavorings rather than a major part of my meal.

RE: Zero Carb / Meat and Water - con - 06-21-2008 01:48 PM

hi lauren,
i plateaued for many weeks before i started 5 gms. carb induction. when i lowered my carbs to 5 i lost 1 lb. after 4 weeks.
i lost 3 lbs. the 2nd month and gained 2 lbs the third month. quite discouraging!
So i began meat and water ZC the last week of may--so far i've lost 12 lbs. and can't believe it. the 1st week i lost 7 lbs. HOLY cow! the next week i lost 1 lb. and the next 2 weeks 2 lbs. per week. For me that is amazing since i do no exercise and eat whenever i'm hungry.

RE: Zero Carb / Meat and Water - caroline - 06-21-2008 02:01 PM

Hi Everyone!

Boy am I hooked on this thread! I just got back from Los Angeles and I had to read this, (after I ate my burger, of course.) So I have good news for everybody wondering how it's gonna work. It's been about 2 weeks eating this way. I even cut out cream, cheese, etc.

I had a weird coating on my tongue, which I felt was candida die-off, and I started doing the almost zero carb b/c I was aggravated that the tongue thing wasn't any better, and I felt I was still "holding" fluid. Well!!! After cutting out the milk, etc., my tongue looks like 80% better! It's truly amazing. Now that is exciting, b/c the tongue is a reflection of what is going on elsewhere. And this is after a very shofrt time. I hope I haven't grossed anyone out--I felt weird shame about it to begin with, but now every morning I get up, I race into the bathroom to check out the tongue.

As for constipation, Anne Marie asked about this, I was a little worried, b/c I went 8 million times a day on my old crappy diet, but I'm finding that if I don't go one day, that I have to not worry about it, b/c my stomach is flatter than ever. I read this article about how our idea that "healthy" bowels mean going every day is not necessarily true. all I have to do to understand that is remember that on my completely unhealthy diet, I was going all the time. And I think that Charles is right about the water. But I am finding that sometimes I'm thirsty and I drink more. If not, then I don't. It's all kind of an experiment.

On a last note, I also did find as someone on this thread mentioned, that my body is EXTREMELY sensitive to hidden ingredients now or something that doesn't work. It take this as a bonus. When we were in L.A. I took a bite of salad that my sister-in-law made b/c it had bacon bits. Well....that morning I woke up and my eyelids seemed gooey, AND after dinner I had this weird full feeling even though all I had was the chicken. The next day I looked in the fridge and read the ingredients on the bacon bits. voila! Sugar, sugar, and mor sugar and sodium nitrate. It does make a difference!
I also found this for bacon. Everybody on here seems to eat it anyway, but I ate one that was uncured but it has sugar and I was starving the rest of the day. So, I think it is an exciting process and our bodies begin to push all that food away.

I managed to stay away from fruits, cakes, etc. the whole time I was there. And the funny thing was that her whole family started eating a bunch of the meat I got. They were really curious about why I was doing it, and I just explained without being pushy. But I think people can "smell" something good, when you are doing something to help yourself.

Also---my concentration is so much better. I could never sit still when watching a movie before. My memory is great now! Anyway, that's all for now.

Thanks everyone for being so inspiring. I'm sure Charles is thrilled to have all of us on this journey so he's not the only one.

I'm so happy that you are all here!

**RE: Zero Carb / Meat and Water - Miss Christine - 06-21-2008 02:09 PM**

I can't remember who was talking about warming up their water. My brother who teaches gyrotonics and does a lot of Chinese medicine work. We had this very talk not very long ago. He was saying that we are the only country in the world that has cold drinks. Every where else drink their drinks either at room temperature or warm. Most other places don't even have ice.

He told me that drinking a cold drink was really hard on the body. It cause the body to cool off internally and then it has to warm everything up again. For some people they can never get themselves warm again after drinking a cold drink, because their body just can't provide enough heat after warming the organs back up. Then for other of us, it causes our bodies to go in to overload and we make to much heat. IE hot flashes not related to hormones. He suggested that I start drinking my water at room temperature and to see if it would help with my "hot flashes". I did and it did. When I have a diet soda which are few and very far between, I still like to have ice in it, however now I only put enough to make it slightly chilled, not ice cold. The only thing I still drink cold is milk, when I do drink it which as of late I haven't. Just thought I would share that info.

**RE: Zero Carb / Meat and Water - Lauren - 06-21-2008 02:58 PM**

con Wrote:
hi lauren,
i plateaued for many weeks before i started 5 gms. carb induction. when i lowered my carbs to 5 i lost 1 lb. after 4 weeks.
i lost 3 lbs. the 2nd month and gained 2 lbs the third month. quite discouraging!
So i began meat and water ZC the last week of may--so far i've lost 12 lbs. and can't believe it. the 1st week i lost 7 lbs. HOLY cow! the next week i lost 1 lb. and the next 2 weeks 2 lbs. per week. For me that is amazing since i do no exercise and eat whenever i'm hungry.

Wow, so that's 12 pounds in a month. That is really great. I'm also happy to know that it works for a woman over 40. I had wondered if ZC was better for men but you've proven otherwise!

By the way, how is your hunger and often do you feel like eating? Do you think that your insulin response is good (not hungry all the time)?
RE: Zero Carb / Meat and Water - onlyabtrfly - 06-21-2008 03:33 PM

LindaSue, thanks so much for your response. I'm kicking back on this wonderful super rainy Saturday reading the original Atkins. My hubby found it in an old library attic a couple of months ago when he was installing a new heat pump. My feeling is that each person has their own "biological zero" and I am determined to find mine. I appreciate you understanding my point. I feel that perhaps I am in a different spot in my life than a few others here and I don't want to seem contrary. I have found in my own experience that the medical field is just as clueless about fertility and low carb's effect as anything else. Because of us actively wanting more children and very soon I just feel I shouldn't cut out all vegetables...but I do feel like I have to find the metabolic zero for me so that I know exactly how much my body will tolerate. Since the net amount will be less than 7-10 I hope it's okay for me to post a little here still! 😊 Nevertheless, at least the next week will be zero as I chart my glucose numbers. That will give me a comparison for a week with very low carb vegetables. Hope no one will want to disown me, I just feel I need to test this for myself for my own journey...but I sure would like to stick around here.

RE: Zero Carb / Meat and Water - con - 06-21-2008 04:33 PM

Lauren
I'm never terribly hungry but i eat breakfast anyway because i found out if i go too long without eating i'm tempted by other people's food if you know what i mean. Sometimes i'm hungry 2 hrs. later (?) and so eat again and then usually i can't eat the rest of the day. If I want to eat dinner i have to eat less at lunch.
I'm wondering why because this doesn't make sense to me. I'm trying different things: like i noticed if i really eat a lot i won't want anything for 24 hrs.
con

RE: Zero Carb / Meat and Water - LindaSue - 06-21-2008 04:37 PM

AnneMarie, no one is going to kick you out over a few veggies. Everyone is welcome to post here.

RE: Zero Carb / Meat and Water - onlyabtrfly - 06-21-2008 05:16 PM

Thanks LindaSue! 😊

RE: Zero Carb / Meat and Water - Charles - 06-21-2008 05:20 PM

onlyabtrfly Wrote:
So I will repose my question to you, Charles: I read and read and read of zero carbers becoming all the more sensitive to carbs after zero carbing. I do not feel zero carbing is effective for a woman trying to concieve or pregnant, but ONLY because children do need some dairy, they need a little vegetable, etc. (And I'm not debating that---children need to grow and be healthy and while I certainly don't give my child sugars and starches, he eats every lower carb fruit there is, and all lower carb vegetables) So it only makes sense that a woman who knows the real deal with insulin and carbs ought to still consider that her growing child may need more to develop on than meat. That is what I was saying. So that said, everyone is saying if you go zero carb and then try to eat even low carb veggies, that your body can't handle it. I'm not trying to go there, and that's what I was asking. My question was, if I'm eating zero carb, will my insulin be freaked out should the time come to add in some low carb veggies and maybe a little dairy??
First of all, you must establish the need for dairy and vegetables beyond your mere feelings, as precious as they are! 😍 There is NO need for cow's milk or the slightest amount of vegetable matter. Your baby will get the best nourishment from your milk and your fats as it grows and develops. I did not put on this forum that zero carb is not for pregnant or nursing women. Dr. Atkins said that about his plan, but there are many meat-eating societies around the world who simply do not eat vegetable matter or dairy and they are much healthier as a result.

The things you eat and the damage you do to your own body can very well be passed on to your child as we all know. So too can the sensitivity to insulin and the genetic code that tells its body where and how easily it will store fat. To say that zero carb is not healthy for nursing mothers and children means to say that it's not healthy at all. I don't hold that by any means just as the Inuit, Masai, Samburu or any other meat-eating population didn't.

None of our bodies have a NEED for carbohydrates of any sort and that goes doubly for infants and nursing mothers. You want your baby to get milk, then you provide it. It's so much more healthy than cow's milk.

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**RE: Zero Carb / Meat and Water - Charles - 06-21-2008 05:22 PM**

Miss Christine Wrote:

Hi Everyone,

I have been reading this thread with much interest. It is really because of AnneMarie that I am here. She post on the 200+ thread about how she was going to go zero carbs and it got me thinking. I have read to about page 34 of the thread. I keep trying to finish however it keeps growing. LOL After about page 15 I was ready to try, so I took the leap this morning. I had my first hamburger mixed with 1oz of natural cheddar cheese. It was pretty good. I am not sure I ate enough. Just have to wait and see how long before I am hungry again. It was only 8oz raw. While I didn't fill full, I also wasn't hungry when I finished, so I will just see if it was enough.

I have some healthy issues to deal with and I am hoping that I will finally be able to get the weight off and correct this issues. I have hypothyroidism, polycystic ovary syndrome, which led to insulin resistance. I am also like Tawn that I retain water easily. I currently take meds for my thyroid, insulin resistance and the water retention. I started out in the Kimkins program, and lost 40 pounds, I then left there and gain 10 pounds back and have been yo-yoing since. I have lots to lose and am finally ready to really buckle down. The zero carb makes so much sense to me. I don't like veggies, and only a few fruits so it really speaks to me. Every other time I have tried to lose weight the first thing I would crave would be fat. Of course it was always on low-fat diet so fats were a no no.

I am really looking forward to learning from everyone. I can't wait to feel and look better.

It's great to have you, Ms. Christine and if I can help in any way, let me know!

Regards,

Charles

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**RE: Zero Carb / Meat and Water - Charles - 06-21-2008 05:32 PM**

Miss Christine Wrote:
Charles,
I have a question for you. I had blood work done back in May. My cholesterol was up from 110 to 150 and my doctor of course wants me on a low fat, low carb diet. LOL. That was my PCP. I was waiting for test result from my thyroid doctor at the time, who was testing my hormones by doing a saliva test. He is a doctor who uses both allopathic and homeopathic methods. Of course my hormone test should that my hormones where out of balance. No big surprise there. He also told because of the imbalance is would cause my cholesterol to go up and he wasn't worried about the rise in my latest test results. I have started taking a natural hormone that is helping with the imbalance. You stated that cholesterol will go up after starting to eat meat/water way and at some point will level off and come back down. Do you know how long that usually takes? I am suppose to go back into my PCP to have my cholesterol rechecked at the end of August. I just started this woe today. Will between now and the end of August be enough time for my cholesterol levels to level off or should I wait a little long before getting rechecked? While my PCP is pretty open to my eating low carb, she is on the low fat train.
Quote: 
Quote:

I so wish I could predict that for you but I really can't. I learned of the phenomenon in Gary Taubes' book and many people on this forum have reported just that. Basically, cholesterol is something you should not be worried about in the slightest. There is no evidence linking cholesterol to heart disease and the billions of dollars of studies that have been performed did not involve women. If you haven't read Good Calories/Bad Calories, give it a read before August and discuss it with your doctor. Your LDL is not high at 150 in the slightest and even if it went to 250 in August, I still would not be concerned. The predictive markers are HDL and Triglycerides. Those are the numbers to be concerned with. You want HDL over 40 or 50 and Triglycerides under 150, I believe. Each of these are easily achievable on any low-carb diet on this forum, especially this one.

You can start with this article by one of the best in the world.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - Lauren - 06-21-2008 05:45 PM**

con Wrote:

Lauren
I'm never terribly hungry but i eat breakfast anyway because i found out if i go too long without eating i'm tempted by other people's food if you know what i mean. Sometimes i'm hungry 2 hrs. later (?) and so eat again and then usually i can't eat the rest of the day. If I want to eat dinner i have to eat less at lunch. I'm wondering why because this doesn't make sense to me. I'm trying different things: like i noticed if i really eat a lot i won't want anything for 24 hrs.

con

Hi Con,

Please excuse me for asking so many questions but how much do you eat when you won't want anything for 24 hours?

Lauren
Caroline Wrote:
I had a weird coating on my tongue, which I felt was candida die-off, and I started doing the almost zero carb b/c I was aggravated that the tongue thing wasn't any better, and I felt I was still "holding" fluid. Well!!! After cutting out the milk, etc., my tongue looks like 80% better! It's truly amazing. Now that is exciting, b/c the tongue is a reflection of what is going on elsewhere. And this is after a very short time. I hope I haven't grossed anyone out--I felt weird shame about it to begin with, but now every morning I get up, I race into the bathroom to check out the tongue.

I'm very happy to hear about the tongue! 😊😊

Caroline Wrote:
I managed to stay away from fruits, cakes, etc. the whole time I was there. And the funny thing was that her whole family started eating a bunch of the meat I got. They were really curious about why I was doing it, and I just explained without being pushy. But I think people can "smell" something good, when you are doing something to help yourself.

Was it a big debate inside your head or was it just a small whisper urging you to the fruits and cakes? Most of the time I can ignore them but every now and then I think, man, that doesn't look bad. Fortunately, it's just a whisper so I can just say, "Shhhh" and it goes away.

Caroline Wrote:
Thanks everyone for being so inspiring. I'm sure Charles is thrilled to have all of us on this journey so he's not the only one.

I'm so happy that you are all here!

I'm very thrilled and I'm very proud of you for doing something for you. As I always say, I only urge people to try it and put the science to work in their own lives. If it works, great. If not, you've done something that millions have not and that's give it a try!

Stefansson wasn't able to convince all his explorers, but the ones that gave it a go did not regret it!
not ice cold. The only thing I still drink cold is milk, when I do drink it which as of late I haven't. Just thought I would share that info.

That's very interesting. After I run a race, I don't drink very much water for a while and when I do I prefer the water to be cool, not too cold. It just tastes better when I'm overheated. Your brother sounds very wise!

RE: Zero Carb / Meat and Water - Charles - 06-21-2008 06:11 PM

onlyabtrfly Wrote:
LindaSue, thanks so much for your response. I'm kicking back on this wonderful super rainy Saturday reading the original Atkins. My hubby found it in an old library attic a couple of months ago when he was installing a new heat pump. My feeling is that each person has their own "biological zero" and I am determined to find mine. I appreciate you understanding my point. I feel that perhaps I am in a different spot in my life than a few others here and I don't want to seem contrary. I have found in my own experience that the medical field is just as clueless about fertility and low carb's effect as anything else. Because of us actively wanting more children and very soon I just feel I shouldn't cut out all vegetables...but I do feel like I have to find the metabolic zero for me so that I know exactly how much my body will tolerate. Since the net amount will be less than 7-10 I hope it's okay for me to post a little here still! 😏 Nevertheless, at least the next week will be zero as I chart my glucose numbers. That will give me a comparison for a week with very low carb vegetables. Hope no one will want to disown me, I just feel I need to test this for myself for my own journey...but I sure would like to stick around here.

I wasn't aware we had a policeman around to "kick people out" who did things differently.....

No, really, it's your decision and we would love to hear about your experiences. As I said, there's no scientific reason for any of us to have carbohydrates at all unless we want them. If you feel you need them, then who would argue with that?

RE: Zero Carb / Meat and Water - Charles - 06-21-2008 06:18 PM

con Wrote:
Lauren
I'm never terribly hungry but i eat breakfast anyway because i found out if i go too long without eating i'm tempted by other people's food if you know what i mean. Sometimes i'm hungry 2 hrs. later (?) and so eat again and then usually i can't eat the rest of the day. If I want to eat dinner i have to eat less at lunch.
I'm wondering why because this doesn't make sense to me. I'm trying different things: like i noticed if i really eat a lot i won't want anything for 24 hrs.
con

Con, the rats in Le Magnen's experiments found this same thing to be true for them. If they ate a lot of food, they didn't eat for long periods of time. If they ate a little food, they ate more often. This is because we live off our long term food supply which is the flow of nutrients that go throughout our bloodstream. The food in your gut only stays for about an hour and a half before it's broken down and added to the stream.

This means that your body is running exactly as it should. You should be able to plan your day precisely in the way that you do. If you know you're going to be away from food for a long time, then you know
you can eat a bunch and know that you won't be hungry later. By the same token, if you know there's a
dinner party and you want to be hungry for it, you know what to do as well.

This is precisely what separates us humans from the lower animals; the fact that we have two food
supplies that complement each other. Insects only have one, their gut. For them, a calorie may be a
calorie, but for us it's not that simple because it's advantageous for us to be able to store fat and live off
it.

Every animal in the kingdom has a long term fuel supply and they are all lean and base their eating
behavior on how their biochemistry functions. They only get fat if they are pregnant, hibernating, or ill.

RE: Zero Carb / Meat and Water - onlyabtrfly - 06-21-2008 06:36 PM

It's not so much the feeling that I need them......I don't know how to describe it. I believe that each
person has their own metabolic zero as Atkins described. I want to find mine. I think a lot of people look
at zero carb, as I've told you before, as a last resort. It sounds extreme to them and so at desperate times
they are more willing to listen to why it might be better for them. Thing is, I didn't feel that way so much
as I wanted to give it a try. See, I haven't eaten "clean" the past year and a half when I've come running
back to low carb. I've eaten cans of nuts because they were only 6 net carbs, more cheese than I care to
say, and eggs because I thought I had to even though I hate them. So, as lots of addictive types do, I
swung from one extreme to the next and I wonder if I have-for myself-been unrealistic. Each time I've
eaten "clean" I've had wonderful results. When I say clean, I mean with green vegetables, but always
less than 10 carbs total in a day. So I feel like that's my "metabolical zero carb". I feel I should have
started out eating clean and seeing how it went. Just because plant matter isn't necessary doesn't mean
it's all bad or that everyone hates vegetables and doesn't want to enjoy a little something for the long
term. Let's face it, I have half my body weight to lose. My personal choice is that if a tiny amount of
veggies don't give me insulin spikes, I'd like the availability to eat them without feeling I've screwed up.
I hope this all makes sense.

Now, as to children...I agree with you wholeheartedly. However, I'm not speaking of children once born,
I am speaking of a fetus as it grows in utero. Now, I realize there are many many peoples out there that
don't have the dizzying array of foods that we do, and those mothers don't eat as we do while pregnant.
But I know what I did before and most of the time during my pregnancy with my son, and I guess I feel
comfortable going back there and not so much staying literally zero carb. Now, with my son who is 19
months old, I avoid a great deal of the garbage people feel they just HAVE to feed their children. I also
know his metabolism isn't screwed up--and I refuse to let it be on my watch. Family gets mad at me
when I don't allow them to give him a fry off their plate if we all go out, or bread, or whatever other junk
they want to offer him. My two year old niece and five year old nephew just a few nights ago were
drinking-get this--adult sized sweet iced tea and Sprite. How stupid are people!!Ugh! Anyway, my point
is, while I won't give him anything but meats, vegetables, and fruits, and water to drink, I'm not going to
refuse him to eat those things (he never eats rice, potato, pasta) because this is the world we live in and I
want to raise him with his appetite whetted for those better choices.

Getting back to me and why I'm thinking like I am...my collapse the other day really frightened me. I
have to say I keep going back to that and wondering if I'm crazy to continue with this. I have never, ever
had anything like that happen to me. I am an old hat at low carbing, and unfortunately my current weight
makes me look dumb and like someone who doesn't understand...but I do. So I know how I usually feel
and I've gone from great the first 3-4 days to feeling like a zombie. My husband is worried about me and
asking me to just go back to what I know with no add ins...and he understands all the points and science
perfectly. With eating only meat, it doesn't matter how much I eat, when, the frequency...none of it. I
continue to feel lethargic and just generally unhappy. I guess the point of all of this is I am determined to
go by Dr. Atkin's points and find out with my glucose meter what FOR ME is metabolically zero and go from there. I'm fascinated with numbers and I want to see my own, and put this point to rest in my head and heart.

I don't think there are any police. I just think sometimes I've read posts that don't seem to agree and it kinda seems like there is a sort of backlash. I don't want to sound negative or contrary because this is in fact the zero carb thread. I just want it clear that I'm not naysaying. I'm just wanting to see what is zero carb to my body.

RE: Zero Carb / Meat and Water - zelia - 06-21-2008 06:55 PM

RE: Zero Carb / Meat and Water

Charles Wrote:
Quote:
The predictive markers are HDL and Triglycerides. Those are the numbers to be concerned with. You want HDL over 40 or 50 and Triglycerides under 150, I believe. Each of these are easily achievable on any low-carb diet on this forum, especially this one.

I've been following this thread for the past three weeks and have been working down towards zero carb. Next week it will be bye-bye, Splenda, coffee, and tea. I may have lost a couple of pounds. I haven't had a burst of energy. But I'm sleeping better, and my morning blood sugar has come down some.

Earlier this year, I did three full months of The Bear. I lost about five pounds, and my fasting BS came down a fair amount. My a1c and my triglycerides both went up.

I'm 59, and I've been low-carbing for six and a half years. Sticking to it hasn't been a problem. I've never craved carbs, never liked sugar much. Just recently I realized sadly that nothing about my health is better since I started low-carb. I lost 40 lbs in the first nine months, stalled for six months, stopped smoking, and the weight came back though I didn't change my way of eating. I weigh now just about exactly what I did when I started LC (278) and what I've weighed for 15 years; my weight has been very stable and very high. I'm still taking just as many BP meds as I was when I started LC. My blood sugar has gradually risen. My lipids have gotten worse. I still have low HDL (I'm impressed if it tests over 40) and my triglycerides have gone higher and higher (about 450) in the last two years. Oh, yeah -- I'm still ovulating regularly, though having only occasional periods; my hormones are at pre-menopausal levels, and my gynecologist says this may well go on **with the occasional possibility of pregnancy** for the rest of my life. So now you know about those old ladies having babies in the Bible!

My fasting blood sugar has been the highest reading of the day since I first tested at home about four years ago. I read that Dawn Phenomenon is unusual with Type 2 diabetes. My post-prandials higher than I'd like but not scary.

My doctor ordered a Glucose Tolerance Test for me in April of last year, preparatory to starting me on meds. I had read that low-carbers should carb up before this test, and I asked her about it, and she said no, she wanted to see what was going with me eating the way I normally do; I said that normally it takes me two or three days to consume 75g of carbs and none of it straight sugar. This made no impression on her. I asked about it at the lab when I made the appointment and again when I went in for the test -- it was definitely a novel idea to them. So I did the test, fasting, a five-year low-carber, and the result was 199, one point shy of a diagnosis of diabetes.
I've never had a diagnosis of diabetes, but I'm taking 2000mg of metformin daily. My fasting sugars have come down some, still about 140 at best, and my A1C is 6.2 or so -- and I have cramps and diarrhea several days a week. The doctor thinks this is control -- I'm not crazy about it. Meanwhile, my triglycerides have gone up and up and up. I took Advicor (statin plus niacin), which didn't affect the triglycerides; I took Lovaza (pharmaceutical fish oil), which made my stomach hurt (stopped the drug because I have a history of bleeding ulcer), and now I'm taking Tricor. I have none of the risk factors for high triglycerides -- I don't eat carbs, I don't drink at all, I don't take HRT. The NP says that if Tricor doesn't work she's going to send me to a lipids specialist who's a cardiologist. Someone else has suggested that I should be tested for Hashimoto's thyroid disease, though -- aside from metabolic syndrome -- I don't have any symptoms of thyroid deficiency.

I also have sleep apnea and use CPAP therapy. The sleep doc says that apnea causes insulin resistance, and Mike Eades says that low-carb cures sleep apnea in a couple of weeks! So far, not so good on either cure.

Some family history -- my father was treated for hypertension from the age of 25, his mother had HPB, my younger sisters (who aren't obese) have HPB. My mother has Type 2 diabetes. Both of my parents got obese at times in their lives. My sisters have also had weight problems at times, but not as severe as mine. My dad putting himself on a diet when I was in high school. He was 40, and I don't know how much he weighed, probably at least 250; he ate one fried round steak and several fried eggs once a day, and that was it. He lost a lot of weight pretty fast and kept it off afterwards.

I looked to low carb to improve my health, and I prefer to eat this way. I feel better without grains. I don't plan to stop low-carbing. If you think I'm lying or don't know what I'm talking about, you can come follow me around and check up on me. 😊

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**RE: Zero Carb / Meat and Water - Charles - 06-21-2008 07:02 PM**

onlyabtrfly Wrote:
I don't think there are any police. I just think sometimes I've read posts that don't seem to agree and it kinda seems like there is a sort of backlash. I don't want to sound negative or contrary because this is in fact the zero carb thread. I just want it clear that I'm not naysaying. I'm just wanting to see what is zero carb to my body.😊

Just as I said to Lauren this past week, I have no problem with Atkins induction for anyone, except myself. If your body can tolerate the carbohydrates that he advises on his plan, then good for you. I don't think there's anything inherently wrong with it at all.

As I've said repeatedly, it takes time to adapt to an all-meat regimen and not everyone can jump right in and get the energy they require from what they eat. I get that, really I do. You and your family have to do what you think is best. You don't have any enemies here or anyone who wants to see you fail. Everyone's trying to work out their version of a healthy diet. The proof is always in the body.

There's no need to justify your choices to any of us here.

Best regards,

Charles
RE: Zero Carb / Meat and Water - onlyabtrfly - 06-21-2008 07:11 PM

Thanks, Charles. That makes me feel so much better. I'm dying to get batteries for my OneTouch so I can post my zero carb numbers and increment of 5 carbs numbers here. You're awesome, you beefy thing you! 😊

RE: Zero Carb / Meat and Water - Charles - 06-21-2008 07:16 PM

zelia Wrote:
I've been following this thread for the past three weeks and have been working down towards zero carb. Next week it will be bye-bye, Splenda, coffee, and tea. I may have lost a couple of pounds. I haven't had a burst of energy. But I'm sleeping better, and my morning blood sugar has come down some.

Well, I'm glad you're joining us and I look forward to see if it works for you.

Zelia Wrote:
I looked to low carb to improve my health, and I prefer to eat this way. I feel better without grains. I don't plan to stop low-carbing. If you think I'm lying or don't know what I'm talking about, you can come follow me around and check up on me. 😊

Don't worry, I'm not one to call people liars. I believe what you tell me, but understand I'm on a computer in North Carolina and you're somewhere else. I'm not a doctor and I don't believe patients lie about what they eat.

The only thing that worries me in light of your history is that it will be difficult to gauge any progress because of your medications. For instance, if you go down to zero-carbs but you're taking metformin, that's still the same as eating carbohydrates. Yes, I know, they don't raise your blood sugar, but that's only because they bypass insulin since you take them by pill. They increase "insulin sensitivity" and mask diabetes making it appear better but it does nothing for insulin resistance and you will continue to put on weight.

You would need a doctor to help you reduce those medications as you went along to give you a more accurate view of your progress. Without carbohydrates, you should lose more water and your blood pressure should drop rapidly. I would think that blood pressure medication may potentially cause your blood pressure to drop even further than it supposed to so a doctor would want to monitor that.

I'm sure you've considered these things and I won't argue with you but those medicines are out of my league. I'm good at passing on what the research indicates we should do from a dietary perspective but when medications are involved and hormones are out of whack, it's not so simple.

Best regards,

Charles

RE: Zero Carb / Meat and Water - zelia - 06-21-2008 07:34 PM

Charles Wrote:
The only thing that worries me in light of your history is that it will be difficult to gauge any progress because of your medications. For instance, if you go down to zero-carbs but you're taking metformin, that's still the same as eating carbohydrates. Yes, I know, they don't raise your blood sugar, but that's only because they bypass insulin since you take them by pill. They increase "insulin sensitivity" and mask diabetes making it appear better but it does nothing for insulin resistance and you will continue to put on weight.

I'm going to have think about this. I haven't heard it before. I've been taking metformin since last July and haven't had a weight gain in that time.

Quote:
You would need a doctor to help you reduce those medications as you went along to give you a more accurate view of your progress. Without carbohydrates, you should lose more water and your blood pressure should drop rapidly. I would think that blood pressure medication may potentially cause your blood pressure to drop even further than it supposed to so a doctor would want to monitor that.

I've been taking the same BP drugs since before I started LC in 2001. There may have been a slight effect on my BP, but nothing remarkable, and it has been under control for a long time.

Quote:
I'm sure you've considered these things and I won't argue with you but those medicines are out of my league. I'm good at passing on what the research indicates we should do from a dietary perspective but when

Thanks for answering. I'd love to find a doctor who understands low-carb. The docs I see don't give me any grief about LC, so it could be worse.

RE: Zero Carb / Meat and Water - Charles - 06-21-2008 07:46 PM

zelia Wrote:
I'm going to have think about this. I haven't heard it before. I've been taking metformin since last July and haven't had a weight gain in that time.

Sorry, I should have said "you may continue to put on weight", not "you will." There's another user here named Lynnhopes who is also using metformin so the two of you should have an interesting conversation. She's trying to come off of it.

I'm not shocked that you haven't gained any weight, or that you have even stayed the same. I think that metformin would be working directly opposite your efforts. You lost those pounds on the Bear's plan but I wonder how much more you may have lost without the metformin. That's my point.

Zelia Wrote:
I've been taking the same BP drugs since before I started LC in 2001. There may have been a slight effect on my BP, but nothing remarkable, and it has been under control for a long time.

It is interesting that your low-carb diet hasn't affected your blood pressure and that even the medications don't seem to affect it. Even when you lost the 5 pounds you should have seen some difference. Generally, losing weight regardless of how you do it affects blood pressure.

Zelia Wrote:
Thanks for answering. I'd love to find a doctor who understands low-carb. The docs I see don't give me any grief about LC, so it could be worse.

That's good. Well, as I said, it's good to have you and by all means, keep us posted when you get rid of all those things next week. I'm not so sure about coffee anymore. I don't drink it, but it seems that if you can handle it plain with full caffeine and not carbs, it may be harmless!

Regards,

Charles

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**RE: Zero Carb / Meat and Water - zelia - 06-21-2008 08:15 PM**

Charles Wrote:
I'm not shocked that you haven't gained any weight, or that you have even stayed the same. I think that metformin would be working directly opposite your efforts. You lost those pounds on the Bear's plan but I wonder how much more you may have lost without the metformin. That's my point.

Probably about as much as I lost before the metformin. My weight will vary as much as five pounds over any three-month period on LC.

Quote:
It is interesting that your low-carb diet hasn't affected your blood pressure and that even the medications don't seem to affect it. Even when you lost the 5 pounds you should have seen some difference. Generally, losing weight regardless of how you do it affects blood pressure.

LC hasn't affected my BP, losing 40 pounds the first year didn't affect my BP, let alone a five-pound shift recently. I'm not sure which meds you think don't seem to affect it -- I just took it and it's 123/78. I take every class of BP drugs to control my BP, which has gone very high (220-something/160-something) with only one drug.

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**RE: Zero Carb / Meat and Water - caroline - 06-21-2008 08:49 PM**

Hi Everyone,

I DON'T KNOW HOW TO PUT PEOPLE'S SENTENCES IN QUOTES AND HAVE THE NAME SHOW UP SO I HAVE TO DO IT THIS WAY!

CHRISTINE: That was me who mentioned the warm water. But what I found is body temp. is perfect. Charles, since your body is so tuned in now, you might find it's "softer" when you drink the water this way. I found it very easy to absorb. It is true that too "hot" can also be draining. The Chinese talk a lot about "chi," and too hot and can be as aggressive as too cold. I migrated toward this way of drinking water, not b/c I suddenly read about it, but b/c when your body starts getting really clean, you can't help but do good things for it. It's like you want to baby it, so you pick what is most mild.

CHARLES: Honestly, I am a diff. person from 3 months ago. When I started this, I was a sugar addict, compulsive eater, emotional eater, etc. Since I went low carb, I haven't cheated, haven't looked back. I never would have thought it possible, but it just was. The same goes for zero carb (ISH). I have no desire to fill my body with the poison that made me feel so rotten. ONly I didn't know I felt rotten till
now that I don't. I look at baked goods, and I just see inefficiency. Why would I eat a zillion grams of sugar, when I could have a lovely meal with none--It would be like paying 70 bucks to fill a tank of gas, when I could fill the tank only paying 30 bucks. I'm not getting ripped off--so I have kind of moved beyond the emotional barrier.

FOR ANYONE: I have definitely found that as Charles mentioned, eggs seem to be a (my words-not his) caloric rip-off for me. They kind of fill me, but not really. Seems like I might as well eat gulps of air.

AS FOR TWO WEEK MINIMUM ON ZERO CARB: Charles is absolutely right about the two weeks. For this period, (and mind you, I had PMS the whole time), I felt oddly tired at times, hungry but not hungry, and sort of grumpy. I wondered if I would just be lethargic forever. But today, at the exact close of my two weeks, after flying on a plane, not getting sleep, having TOM, and broiling hot weather which always makes me feel awful (that's why I live in San Francisco), I walked for two hours in the shaded side (still hot) to a hair appointment. I feel stronger and my appetite is evening out. I didn't notice the diff. at first whether I ate a pound of meat, or a half. But it DOES work itself out. I am a woman, yet I have experienced what Charles has mentioned.

LAUREN: You mention being not part of this thread b/c you're not totally zero carb. Who cares! You have great enthusiasm, and I think you are absolutely right to be trying to find your way. That's the point of this, or we could all just stare at a book, instead of writing to each other.

AND LASTLY, YES CHARLES, I AM THRILLLLLLLED ABOUT THE TONGUE!!!

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**RE: Zero Carb / Meat and Water** - [Clabbergirl](#) - 06-21-2008 09:00 PM

Zelia, so glad you posted. I saw that you have sleep apnea, and I wanted to make a comment. I also have sleep apnea and have been on a CPAP machine for over 3 years now. All my aunts and uncles on the maternal side of my family have sleep apnea, and I'm fairly certain my mother did before she died, although she never had it checked out. According to my sleep doctor, obesity and diabetes are not always the cause of apnea. It can come down to the shape and consistency of the tissue at the back of the throat and mouth. Three of my 6 aunts/uncles are thin and always have been, yet still maintained the same level of air pressure. I lost 50 lbs at one point on mine, and it made zero difference in my need for a machine.

I haven't read about Eades' idea that lo carb will cure apnea, but I find that hard to believe. I can tell you that in some people, their sleep apnea may be a structural thing (as in my case) - not a diet/weight issue.

I wish you luck in this zero carb endeavor. I've lost 10 lbs in 16 days with no exercise, and while that's great, my skin has also cleared significantly, and I'm feeling much more energetic and "awake". I'm not even to the true zero point yet, but I'm doing fairly well at keeping under the 10 carb/day range. It is certainly worth experimenting with.

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**RE: Zero Carb / Meat and Water** - [caroline](#) - 06-21-2008 09:13 PM

LINDA SUE: I also think of vegetables, I had some about five days ago-- and it was a miniscule amount--like condiments. You mentioned that it's much easier this time around for you. What changed to make it more doable?

p.s. On the fiber note, 2 weeks ago, I "decided" I needed fiber. HAH! That was the end of that. I had lots
of flax seeds AND a little low glycemic fruit and I was bloated up like a pumpkin. Fiber=Yucky Bloated Stomach and Full feeling for me.

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**RE: Zero Carb / Meat and Water - Vesna - 06-22-2008 07:00 AM**

Miss Christine Wrote:

... He was saying that we are the only country in the world that has cold drinks. Every where else drink their drinks either at room temperature or warm. Most other places don't even have ice.

... He told me that drinking a cold drink was really hard on the body. It cause the body to cool off internally and then it has to warm everything up again. For some people they can never get themselves warm again after drinking a cold drink, because their body just can't provide enough heat after warming the organs back up. Then for other of us, it causes our bodies to go in to overload and we make to much heat. IE hot flashes not related to hormones.

I agree with you, Miss C.

I have read recommendations to drink cold water as a weight-loss aid, precisely because it forces your body to do all that extra warming work, thus burning calories.

In other words, abuse your body because it requires energy for your body to recover from the abuse. What a harebrained idea! They might as well recommend banging your arms with a hammer as a weight-loss aid, because it will force your body to do a lot of extra work to heal all the bruises, thus burning calories.

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**RE: Zero Carb / Meat and Water - LindaSue - 06-22-2008 08:39 AM**

I had something rather strange occur after going out for dinner last night. I ate a small meal before we went out because I knew we'd be eating late. I wasn't hungry at all by the time we got our food, maybe around 8:30-9:00, and I was stuffed by the time I finished eating it. We went to Carrabba's and I ordered the stuffed chicken breast (there were two of them on the plate) with mushroom sauce along with a Caesar salad and sautéed spinach. I ate half of the salad, half of the spinach and one of the chicken breasts. Well, I woke up sometime during the night feeling like I was starving. I never do that, ever. I did go back to sleep, and was fine without eating anything, but it was an odd experience for me. All I can figure is that eating all those veggie carbs and lean meat caused me to be hungry by eating them so close to bedtime. I've certainly eaten that many carbs in a day in the past but never had the nighttime hunger experience before, maybe because I always ate the carbs much earlier in the day.

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**RE: Zero Carb / Meat and Water - Lauren - 06-22-2008 08:54 AM**

caroline Wrote:

LAUREN: You mention being not part of this thread b/c you're not totally zero carb. Who cares! You have great enthusiasm, and I think you are absolutely right to be trying to find your way. That's the point of this, or we could all just stare at a book, instead of writing to each other.

Thanks Caroline, that's nice to hear. I do continue to read this thread because along with the Eades thread, it's my favorite.
I've been staying stable with meat, eggs, butter, cheese, coffee, cream and a small green salad with dinner. I finally got rid of the bran crackers thanks to LindaSue setting me straight about the net carb situation in Europe.

I'll be sticking with this and will see how it goes. I love reading about everyone's progress on this board and it gives me hope should I need to take things down to meat and water in the future.

I agree with you about the baked goods. I look at them now as something that is not really food.

I'm glad to hear that your are doing so well!

RE: Zero Carb / Meat and Water - Wendyoh - 06-22-2008 08:58 AM

LindaSue Wrote:
I had something rather strange occur after going out for dinner last night. I ate a small meal before we went out because I knew we'd be eating late. I wasn't hungry at all by the time we got our food, maybe around 8:30-9:00, and I was stuffed by the time I finished eating it. We went to Carrabba's and I ordered the stuffed chicken breast (there were two of them on the plate) with mushroom sauce along with a Caesar salad and sautéed spinach. I ate half of the salad, half of the spinach and one of the chicken breasts. Well, I woke up sometime during the night feeling like I was starving. I never do that, ever. I did go back to sleep, and was fine without eating anything, but it was an odd experience for me. All I can figure is that eating all those veggie carbs and lean meat caused me to be hungry by eating them so close to bedtime. I've certainly eaten that many carbs in a day in the past but never had the nighttime hunger experience before, maybe because I always ate the carbs much earlier in the day.

Do you think there might have been some extra kind of carb hidden in the sauce/stuffing for the chicken?

RE: Zero Carb / Meat and Water - rozi - 06-22-2008 09:17 AM

LindaSue Wrote:
I had something rather strange occur after going out for dinner last night. I ate a small meal before we went out because I knew we'd be eating late. I wasn't hungry at all by the time we got our food, maybe around 8:30-9:00, and I was stuffed by the time I finished eating it. We went to Carrabba's and I ordered the stuffed chicken breast (there were two of them on the plate) with mushroom sauce along with a Caesar salad and sautéed spinach. I ate half of the salad, half of the spinach and one of the chicken breasts. Well, I woke up sometime during the night feeling like I was starving. I never do that, ever. I did go back to sleep, and was fine without eating anything, but it was an odd experience for me. All I can figure is that eating all those veggie carbs and lean meat caused me to be hungry by eating them so close to bedtime. I've certainly eaten that many carbs in a day in the past but never had the nighttime hunger experience before, maybe because I always ate the carbs much earlier in the day.

Just what was the chicken stuffed with?

I suspect MSG, this happens to me often when I eat out. I some times get hungry about the time I get home although I leave the restaurant stuffed.

RE: Zero Carb / Meat and Water - zelia - 06-22-2008 09:19 AM
Charles Wrote:
The only thing that worries me in light of your history is that it will be difficult to gauge any progress because of your medications. For instance, if you go down to zero-carbs but you're taking metformin, that's still the same as eating carbohydrates. Yes, I know, they don't raise your blood sugar, but that's only because they bypass insulin since you take them by pill. They increase "insulin sensitivity" and mask diabetes making it appear better but it does nothing for insulin resistance and you will continue to put on weight.

Hi Charles -- My understanding was that metformin is considered generally okay with LC and acts by decreasing gluconeogenesis, so I refreshed my memory on this, and I thought you would appreciate this information.

Quote:  
"Dr. Bernstein's Diabetes Solution, Newly Revised and Updated, 2007, p. 239:
"Generally speaking, these agents [e.g., metformin] are natural choices for a type 2 diabetic who despite a low-carbohydrate diet cannot get his weight down or his blood sugars into normal range." My emphasis.

Quote:  
Wikipedia article on metformin
Mechanism of action

The exact mechanism of action of metformin is uncertain, despite its known therapeutic benefits. It appears to act mainly by reducing hepatic gluconeogenesis, but it also decreases absorption of glucose from the gastrointestinal tract and increases insulin sensitivity by increasing peripheral utilization of glucose.[22] Evidence suggests that increased peripheral utilization of glucose may be due to improved insulin binding to insulin receptors since metformin is not effective in patients who no longer have any residual insulin production.[23] The 'average' person with type 2 diabetes has three times the normal rate of gluconeogenesis; metformin treatment reduces this by over one third.[24]

A 2001 study showed that metformin stimulates the hepatic enzyme AMP-activated protein kinase (AMPK), which plays an important role in the metabolism of fats and glucose.[25] The molecular targets with which metformin directly interacts remain elusive.

Metformin is not metabolized, rather it is primarily excreted in the urine with an elimination half-life of 6.2 hours.[26]

RE: Zero Carb / Meat and Water - zelia - 06-22-2008 09:31 AM

Clabbergirl Wrote:
Zelia, so glad you posted. I saw that you have sleep apnea, and I wanted to make a comment. I also have sleep apnea and have been on a CPAP machine for over 3 years now. All my aunts and uncles on the maternal side of my family have sleep apnea, and I'm fairly certain my mother did before she died, although she never had it checked out. According to my sleep doctor, obesity and diabetes are not always the cause of apnea. It can come down to the shape and consistency of the tissue at the back of the throat and mouth. Three of my 6 aunts/uncles are thin and always have been, yet still maintained the same level of air pressure. I lost 50 lbs at one point on mine, and it made zero difference in my need for a machine.
My sleep problems started several years before I got so fat, so I'm pretty sure they weren't caused by obesity.

Quote:
I haven't read about Eades' idea that lo carb will cure apnea, but I find that hard to believe. I can tell you that in some people, their sleep apnea may be a structural thing (as in my case) - not a diet/weight issue. Health & Nutrition by Michael R. Eades, M.D. : "We’ve had multiple patients that were able to get off of their CPAP after a week or two on low-carb."

Quote:
I wish you luck in this zero carb endeavor. I've lost 10 lbs in 16 days with no exercise, and while that's great, my skin has also cleared significantly, and I'm feeling much more energetic and "awake". I'm not even to the true zero point yet, but I'm doing fairly well at keeping under the 10 carb/day range. It is certainly worth experimenting with.

I'm glad you're seeing improvements so fast. Thanks for the good wishes.

RE: Zero Carb / Meat and Water - Charles - 06-22-2008 09:59 AM

LindaSue Wrote:
I had something rather strange occur after going out for dinner last night. I ate a small meal before we went out because I knew we'd be eating late. I wasn't hungry at all by the time we got our food, maybe around 8:30-9:00, and I was stuffed by the time I finished eating it. We went to Carrabba's and I ordered the stuffed chicken breast (there were two of them on the plate) with mushroom sauce along with a Caesar salad and sautéed spinach. I ate half of the salad, half of the spinach and one of the chicken breasts. Well, I woke up sometime during the night feeling like I was starving. I never do that, ever. I did go back to sleep, and was fine without eating anything, but it was an odd experience for me. All I can figure is that eating all those veggie carbs and lean meat caused me to be hungry by eating them so close to bedtime. I've certainly eaten that many carbs in a day in the past but never had the nighttime hunger experience before, maybe because I always ate the carbs much earlier in the day.

Just as a guess, I would say it had more to do with the lean meat and the carbs from the vegetables. If those would have been chicken thighs, I bet the reaction might have been different. Just a guess though.

RE: Zero Carb / Meat and Water - Charles - 06-22-2008 10:19 AM

zelia Wrote:
Hi Charles -- My understanding was that metformin is considered generally okay with LC and acts by decreasing gluconeogenesis, so I refreshed my memory on this, and I thought you would appreciate this information.

With all due respect to the good Dr. Bernstein I disagree. The goal of metformin is to increase insulin sensitivity as stated here:

Evidence suggests that increased peripheral utilization of glucose may be due to improved insulin binding to insulin receptors since metformin is not effective in patients who no longer have any residual insulin production.[23] The 'average' person with type 2 diabetes has three times the normal rate of gluconeogenesis; metformin treatment reduces this by over one third.[24]

When investigators measure insulin resistance in humans they do so on a whole-body level which is all the existing technology allows. It's impossible to measure disparities between the responsiveness of fat
and muscle tissue. This is critical because the American Diabetes Association has recommended that diabetics eat a carbohydrate-rich diet based on the notion that this makes them more sensitive to insulin, at least temporarily. This has the effect of ameliorating the diabetes. Bierman and Brunzell first reported this effect in 1971.

What the high-carb diet and metformin both do is that they increase the sensitivity of the fat tissue cells to insulin; however, the muscle cells stay resistant. This is critical because insulin attempts to drive glucose into muscle cells allowing them to be burned for energy. However, when the muscle cells refuse, the glucose gets stored.

Only Ethan Sims of the University of Vermont performed the complicated experiments measuring insulin sensitivity in both fat cells and muscle tissue. He and his staff reported that high-carbohydrate diets had the unique ability to increase insulin sensitivity of fat cells, particularly those that were overstuffed already but they had no similar effect on the muscle tissue.

Quote: Dr. Bernstein's Diabetes Solution, Newly Revised and Updated, 2007, p. 239:
"Generally speaking, these agents [e.g., metformin] are natural choices for a type 2 diabetic who despite a low-carbohydrate diet cannot get his weight down or his blood sugars into normal range." My emphasis.

Sims studies have not been repeated in humans however it has been reproduced and repeatedly confirmed in animals. Taubes called upon the ADA to find out definitively if they can reproduce these findings in humans because this would be immense and would finally prove what most of us already know, that the ADA's recommendation has been wrong for thirty years.

I understand Dr. Bernstein's wanting to help those folks who the low-carbohydrate diet doesn't appear to work for, but I think they need to try eliminating the carbohydrates altogether and working hard to get their insulin under control by conditioning them not to expect glucose at all in their diets. This is the only way for many people.

RE: Zero Carb / Meat and Water - zelia - 06-22-2008 11:06 AM

Charles Wrote:
When investigators measure insulin resistance in humans they do so on a whole-body level which is all the existing technology allows. It's impossible to measure disparities between the responsiveness of fat and muscle tissue. This is critical because the American Diabetes Association has recommended that diabetics eat a carbohydrate-rich diet based on the notion that this makes them more sensitive to insulin, at least temporarily. This has the effect of ameliorating the diabetes. Bierman and Brunzell first reported this effect in 1971.

What the high-carb diet and metformin both do is that they increase the sensitivity of the fat tissue cells to insulin; however, the muscle cells stay resistant. This is critical because insulin attempts to drive glucose into muscle cells allowing them to be burned for energy. However, when the muscle cells refuse, the glucose gets stored.

Only Ethan Sims of the University of Vermont performed the complicated experiments measuring insulin sensitivity in both fat cells and muscle tissue. He and his staff reported that high-carbohydrate diets had the unique ability to increase insulin sensitivity of fat cells, particularly those that were overstuffed already but they had no similar effect on the muscle tissue.
Thanks. I get what you're saying now. I don't think my fat cells need to be any more sensitive to insulin than they already are. Next question then: is it better to lower blood sugar by taking metformin or to go on with elevated blood sugar without metformin?

RE: Zero Carb / Meat and Water - Charles - 06-22-2008 11:33 AM

zelia Wrote:
Thanks. I get what you're saying now. I don't think my fat cells need to be any more sensitive to insulin than they already are. Next question then: is it better to lower blood sugar by taking metformin or to go on with elevated blood sugar without metformin?

I just don't see metformin lowering blood sugar. If your blood sugar is constantly elevated then hyperinsulinemia is the culprit. The only way to control that is to severely limit or remove glucose from your diet.

RE: Zero Carb / Meat and Water - zelia - 06-22-2008 12:16 PM

Charles Wrote:
I just don't see metformin lowering blood sugar. If your blood sugar is constantly elevated then hyperinsulinemia is the culprit. The only way to control that is to severely limit or remove glucose from your diet.

If metformin increases the insulin sensitivity of fat cells, then it's driving glucose out of the blood stream, right? Doesn't this lower blood sugar?

Thanks for your patience, Charles. I'm not arguing with you; I'm just trying to clear up the muddle of information I've collected.

Drugs.com: "Metformin is an oral diabetes medicine that helps control blood sugar levels."

What Is Metformin And When Is It Used?
Athena Philis-Tsimikas, M.D., Executive Director & Chief Medical Officer, The Whittier Institute for Diabetes – Scripps Health: "One of the best effects of metformin is that in addition to lowering blood sugars, it also can promote just a little bit of weight loss. Not a lot, maybe two to three pounds. But that's in contrast to other medications for diabetes which can actually cause weight gain." My emphasis.

Metformin -- how is it used?: "Metformin hydrochloride is a type of antidiabetic medicine known as a biguanide. It works in a number of ways to decrease the amount of sugar in the blood of people with type 2 diabetes. Firstly, it reduces the amount of sugar produced by cells in the liver. Secondly, it increases the sensitivity of muscle cells to insulin. This enables the cells to remove sugar from the blood more effectively. Finally, it also delays absorption of sugar from the intestines into the bloodstream after eating. Overall, metformin reduces blood sugar levels both between and directly after meals. Metformin is used as a first line treatment of type 2 diabetes, particularly in overweight people, when diet and exercise have failed to control blood sugar levels."

Etc. My fasting blood sugar has come down in the eleven months I've been taking metformin. Maybe I shouldn't attribute that to the drug's action -- ?? Life isn't a controlled experiment. But my triglycerides have gone up and up, and metformin is supposed to reduce them.
LINDA SUE, YOU MENTION THIS:

Quote:
We went to Carrabba's and I ordered the stuffed chicken breast (there were two of them on the plate) with mushroom sauce along with a Caesar salad and sautéed spinach.

Do you think it was the mushroom sauce? Maybe like someone said, there were some not-so-clean ingredients in it (msg, flour, etc) and in addition to the lean meat and vegees, the combo made you hungry.

I was curious about how you were able to be more successful on less carbs now as opposed to when you tried it before. What's different for you this time around?

Wendyoh Wrote:
LindaSue Wrote:
I had something rather strange occur after going out for dinner last night. I ate a small meal before we went out because I knew we'd be eating late. I wasn't hungry at all by the time we got our food, maybe around 8:30-9:00, and I was stuffed by the time I finished eating it. We went to Carrabba's and I ordered the stuffed chicken breast (there were two of them on the plate) with mushroom sauce along with a Caesar salad and sautéed spinach. I ate half of the salad, half of the spinach and one of the chicken breasts. Well, I woke up sometime during the night feeling like I was starving. I never do that, ever. I did go back to sleep, and was fine without eating anything, but it was an odd experience for me. All I can figure is that eating all those veggie carbs and lean meat caused me to be hungry by eating them so close to bedtime. I've certainly eaten that many carbs in a day in the past but never had the nighttime hunger experience before, maybe because I always ate the carbs much earlier in the day.

Do you think there might have been some extra kind of carb hidden in the sauce/stuffing for the chicken?

The chicken was stuffed with a thin slice of prosciutto and some fontina cheese. There wasn't all that much sauce on top of the chicken but it was made with mushrooms, wine and butter or olive oil. The menu said there was lemon juice in it but I didn't taste any.

zelia Wrote:
If metformin increases the insulin sensitivity of fat cells, then it's driving glucose out of the blood stream, right? Doesn't this lower blood sugar?

They are making these claims because first, they know that insulin's role is to remove blood sugar and if the number is improving, that must mean that metformin is increasing sensitivity in the muscle cells as well. What is happening is that metformin is furthering the fattening process by making the fat cells more receptive to insulin. The glucose is not being moved into the muscles, but more easily into fat tissue which would normally resist such a move especially during exercise.

Zelia Wrote:
Thanks for your patience, Charles. I'm not arguing with you; I'm just trying to clear up the muddle of information I've collected.

It's okay, really. Besides, I love a good argument! 😊

Quote:
Athena Philis-Tsimikas, M.D., Executive Director & Chief Medical Officer, The Whittier Institute for Diabetes – Scripps Health: "One of the best effects of metformin is that in addition to lowering blood sugars, it also can promote just a little bit of weight loss. Not a lot, maybe two to three pounds. But that's in contrast to other medications for diabetes which can actually cause weight gain."

It can do this because it bypasses the anticipatory insulin response associated with meals and injects its glucose directly. It used to work on insulin resistance as well as fat sensitivity but that was changed:

Metformin is often prescribed to type 2 diabetes patients in combination with rosiglitazone. This drug actively reduces insulin resistance, complementing the action of the metformin. In 2002, the two drugs were combined into a single product, Avandamet, marketed by GlaxoSmithKline. In 2005, all current stock of Avandamet was seized by the FDA and removed from the market, after inspections showed the factory where it was produced was violating Good Manufacturing Practices. The drug pair continued to be prescribed separately in the absence of Avandamet, which was available again by the end of that year.

Zelia Wrote:
Etc. My fasting blood sugar has come down in the eleven months I've been taking metformin. Maybe I shouldn't attribute that to the drug's action -- ?? Life isn't a controlled experiment. But my triglycerides have gone up and up, and metformin is supposed to reduce them.

I would more than likely attribute it to the dietary changes you make during the 11 months, not the drug.

This is how we know it doesn't really help with weight because if it did, your triglycerides would go down. Triglycerides are the main components of fat tissue. If your blood sugar went down, then your triglycerides should have went down with it. Normally, dietary glucose is taken up by the liver and it creates glucose phosphate which is used to bind triglycerides. If metformin works to slow down the liver's production of sugar, then that would account for a modest weight loss, but the effect wouldn't last very long.

That would also explain why your triglycerides continue to be high despite your blood sugar going lower.

In the end, it may be something you have to try for yourself. If you're going to go zero carb, then you're going to need gluconogenesis big time and you certainly don't want any drug suppressing your liver's ability to do its job.

**RE: Zero Carb / Meat and Water - LindaSue - 06-22-2008 05:34 PM**

caroline Wrote:
I was curious about how you were able to be more successful on less carbs now as opposed to when you tried it before. What's different for you this time around?

I'm not sure what you mean, Caroline. I never stopped eating low carb and have been eating this way since 2002. I've had ups and downs in the past couple years but nothing drastic.
I found a copycat recipe for Carrabba's Pollo Rosa Maria and the ingredients seem pretty clean to me, if a little high in vegetation:

**Carrabba's Italian Grill Pollo Rosa Maria**

**Chicken:**
4 chicken breasts, split for stuffing  
4 slices prosciutto ham  
1/2 cup Fontina cheese

**Lemon Butter:**
1/2 cup clarified butter  
3 cloves garlic  
1/2 small yellow onion, diced  
1/4 cup white wine  
4 tablespoons unsalted butter  
1/2 teaspoon white pepper  
1/2 teaspoon salt

**Topping:**
8 ounces sliced mushrooms  
1/2 cup fresh sweet basil, chopped  
Lemon Butter Recipe (above)  
1 lemon, juiced

Chicken: Open chicken breasts and place butterfly-style on grill over white-hot coals of live oak and pecan wood.

Grill 3-5 minutes per side or until cooked through. Remove from grill.

When chicken is cool enough to handle, hold breast halves together and stuff each breast with one slice of prosciutto and 1/8 cup Fontina cheese. Secure with wooden picks. Set aside in a warm place.

Lemon Butter and Topping: In a large sauté pan over medium heat, combine clarified butter, garlic, and onion and sauté until tender. Deglaze pan with white wine. Add unsalted butter, salt, and pepper.

Add mushrooms to lemon butter and sauté 1 to 2 minutes or until cooked.

Add basil and lemon juice and stir to combine. Place chicken on a serving platter and top with mushrooms in lemon-basil butter and serve.

Yields 4 servings

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**RE: Zero Carb / Meat and Water - onlyabtrfly - 06-22-2008 06:21 PM**

LindaSue, that is my husband's all time favorite dish!! Our first visit to Carabba's was soon after we got married so it's kinda special to me. 😊

If I may, I wanted to add that the namesake of this dish is missing in this recipe. Pollo Rosa Maria=Rosemary Chicken. I've made mine many times almost exactly as listed above, but with the addition of a rosemary marinade the night previous to grilling. My marinade is simply fresh crushed
rosemary, olive oil, a squeeze of lemon juice, sea salt, and one grind of cracked black pepper. If you have the time to do that first, then follow the above recipe to the letter, be ready for a beautiful and delicious dinner. YUMMO!

RE: Zero Carb / Meat and Water - UKLee - 06-23-2008 03:41 AM

Charles,

Been lurking here for a while now, I've just joined up in order to access the link to the PDF file of the Vilhjalmur Stefansson book.

I just wanted to say thanks for posting that, and keep up the good work. Your posts are always very well considered and very informative - you need to write that book!

Lee

RE: Zero Carb / Meat and Water - Miss Christine - 06-23-2008 04:41 AM

Well I thought I would give everyone an update on how there are going since starting zero carbs on Saturday. While I am not at zero carbs totally I am staying below 10 carbs and working my way down. In two days I have lost 4.2 pounds and I feel great. I slept really well Saturday night, however I must not have gotten enough fat in yesterday because I woke up at 3am this morning starving. I have never had that happen before. So today I am going to make sure I eat more fatty beef. Other than that I feel great. My energy level is up. Even my husband noticed. He said this morning that he can see that I am feeling better. I am so excited because I feel for the first time in a very long time that I will actually be able to get this weight off and keep it off.

RE: Zero Carb / Meat and Water - Wendyoh - 06-23-2008 04:59 AM

That's great Christine! Thanks for the update😊

RE: Zero Carb / Meat and Water - Vesna - 06-23-2008 05:22 AM

caroline Wrote:
Hi Everyone,

I DON'T KNOW HOW TO PUT PEOPLE'S SENTENCES IN QUOTES AND HAVE THE NAME SHOW UP SO I HAVE TO DO IT THIS WAY!

Check this thread. I added a post just for you.😊

RE: Zero Carb / Meat and Water - Vesna - 06-23-2008 05:41 AM

Here's my update. On Friday, Saturday and Sunday, my carb gram intake was in the teens rather than the single digits. (Oops.) This morning (Monday) I weigh two pounds more than I did Thursday through Saturday. Could that extra 20 grams -- .0220461 of 2 pounds -- be the reason?
Or (and I don't believe this one, BTW) the fact that I ate about 1800 cals/day for three days rather than about 1500? Three hundred calories is, very rough, about .05 of the 7000 calories in 2 pounds. The much-vaunted calories in calories out theory doesn't explain it, either.

Could it be the fact that I served my homemade cakes to the guests we had Sunday evening? Not a crumb of either cake touched my lips, but I retrieved them from the freezer, handled them, set them out, plated them, talked about them, asked after my guests' enjoyment of them. I was careful not to imagine eating them, trying to avoid tricking my body into thinking it was about to ingest some. Could an insulin response have caused extra fat storage overnight?

Could the universe be that cruel?

Monday morning is always a fresh start time for me. Back to diligent single-digit practice!

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**RE: Zero Carb / Meat and Water** - Charles - 06-23-2008 06:29 AM

UKLee Wrote:

Charles,

Been lurking here for a while now, I've just joined up in order to access the link to the PDF file of the Vilhjalmur Stefansson book.

I just wanted to say thanks for posting that, and keep up the good work. Your posts are always very well considered and very informative - you need to write that book!

Lee

Thanks, Lee. Let me get through Jimmy's podcast first and we'll see if you all feel the same! 😊 Glad to have you here and I would love to discuss Stefansson's work with you or anyone else if you want.

Best regards,

Charles

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**RE: Zero Carb / Meat and Water** - Charles - 06-23-2008 06:37 AM

Miss Christine Wrote:

I slept really well Saturday night, however I must not have gotten enough fat in yesterday because I woke up at 3am this morning starving. I have never had that happen before. So today I am going to make sure I eat more fatty beef. Other than that I feel great.

The fat will be helpful, but this is more a product of hyperinsulinemia. Your body knows that there is no glucose in your diet and your liver and muscles are not going to give up their glycogen because there is plenty of fat to power your muscles. Therefore, insulin got secreted in the night which woke you up to eat.

That response has to be conditioned. Keep trying to eat at set times and keep the fatty protein coming. You may have eaten enough fatty protein but your insulin just isn't conditioned enough yet.
If you do eat some carbohydrate foods, don't eat them after such an episode. Make sure to make that particular meal a zero carb meal. If you're going to eat some carbohydrates, eat them at a regular set meal where you aren't "starving" so you don't feed your hyperinsulinemia. Have fat and protein with every meal and make sure they are the centerpiece.

Great job on the weight loss and let's keep it going. Keep eating to appetite. Don't get cute once you drop 30 pounds by thinking that now you can cut calories. That's not going to be what gets you there, it will be because your cells are getting their nutrients at the proper rate.

All the best,

Charles

RE: Zero Carb / Meat and Water - Wendyoh - 06-23-2008 06:38 AM

Charles Wrote:
UKLee Wrote:
Charles,

Been lurking here for a while now, I've just joined up in order to access the link to the PDF file of the Vilhjalmur Stefansson book.

I just wanted to say thanks for posting that, and keep up the good work. Your posts are always very well considered and very informative - you need to write that book!

Lee

Thanks, Lee. Let me get through Jimmy's podcast first and we'll see if you all feel the same! 😊 Glad to have you here and I would love to discuss Stefansson's work with you or anyone else if you want.

Best regards,

Charles

Can you direct to where this book is? Thanks!

RE: Zero Carb / Meat and Water - Charles - 06-23-2008 06:45 AM

Wendyoh Wrote:
Can you direct to where this book is? Thanks!

You can download it here.

It's not all that long, but it was written by the great Viljamur Stefansson himself and it describes his expeditions with the Inuit and how they subsisted on the all-meat diet of the Inuit.

The second chapter, which is even more valuable, describes the year-long all-meat trial that he and Karsten Anderson performed under the care of some of the best doctors of their day. They were
constantly monitored and they overturned many of the myths that we still deal with today. Needless to say, they emerged in perfect health!

RE: Zero Carb / Meat and Water - Charles - 06-23-2008 06:48 AM

Speaking of that podcast, I would love it if some of you could give me a little help. I'm not a doctor, but I want to make sure this podcast is one of the best and accurately depicts our view of low-carb living. I'm sure I'll get a chance to explain why I don't agree with either Dr. Eades or Anthony Colpo and even why I don't buy hypoglycemia.

Now, Jimmie will ask the questions, but if there are things that you want addressed, by posting here, I'm sure Jimmy will see and we can make sure you get your questions answered. Of course, most of what I will say can probably be found somewhere on this forum, but I would hate for you to come away feeling like we didn't address something you're interested in.

RE: Zero Carb / Meat and Water - Wendyoh - 06-23-2008 06:48 AM

Thank you!

RE: Zero Carb / Meat and Water - onlyabtrfly - 06-23-2008 06:51 AM

hahahahaha, I couldn't help but laugh at Charles' comment to Christine about getting cute at 30 pounds. Poor Christine, everyone on the 200+ thread knows I'm the 30 pound demon. I get all hopped up and freak out. This is too funny!

Wanted to share my glucose readings here for everyone's perusal. Please, everyone and anyone, tell me your thoughts.

I wanted to take my blood sugar to find out how my numbers are running during this lc woe. To guage the difference, I ate lots of carbs last night. I'd say ballpark figure of about 250-300 carbs.

Before I ate my actual dinner but after a couple of crackers I was at 100.
A half hour after eating I was at 135.
An hour later I was at 176, then retested and got 158.
Two hours after eating I was at 123, but screwed up because I took a couple of sips of Sprite right before I tested. I was sooo kicking myself. (Duh, guinea pig)

This morning fasting was 118.
Just now half hour past eating two fried eggs and 4 sausage patties was 123.

I think those carbs really smacked me last night. I felt like total crap after eating last night and still feel like crap today. I'm really freaked out by these numbers because normal is supposed to be between 80-120....But I don't know what's normal after eating and how fast it should drop back down to normal.

****YIKES*****I just realized my strips are expired. (@#)*&^!@!! Great, so now I don't even know if all this pain has been accurate!

RE: Zero Carb / Meat and Water - Wendyoh - 06-23-2008 06:51 AM
Charles Wrote:
Speaking of that podcast, I would love it if some of you could give me a little help. I'm not a doctor, but I want to make sure this podcast is one of the best and accurately depicts our view of low-carb living. I'm sure I'll get a chance to explain why I don't agree with either Dr. Eades or Anthony Colpo and even why I don't buy hypoglycemia.

I would love for you to address all of the above, especially the hypoglycemia part, b/c before I started measuring my blood sugar, I was convinced I had this. It turns out, I don't. My blood sugar never gets that low, the lowest I've ever seen in 67.

Would you be willing to discuss your understanding of exercise? How it requires more calories, and that you can lift weights and do high intensity cardio on VLC once you are fat adapted?

RE: Zero Carb / Meat and Water - onlyabtrfly - 06-23-2008 07:20 AM

Sugar reading is 114 an hour past eating, so it's coming down...although I'm testing with out of date strips, lol.


Wendyoh Wrote:
Charles Wrote:
Speaking of that podcast, I would love it if some of you could give me a little help. I'm not a doctor, but I want to make sure this podcast is one of the best and accurately depicts our view of low-carb living. I'm sure I'll get a chance to explain why I don't agree with either Dr. Eades or Anthony Colpo and even why I don't buy hypoglycemia.

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Would you be willing to discuss your understanding of exercise? How it requires more calories, and that you can lift weights and do high intensity cardio on VLC once you are fat adapted?

I'll put that down in my notes. He'll probably ask about exercise since I do write a lot about that here, and we even met each other in Ashville, NC recently after one of my races. I just posted over there concerning MAC's article on HITT. Please check it out and let me know what you think.

Charles

RE: Zero Carb / Meat and Water - LindaSue - 06-23-2008 07:31 AM

Thanks for the marinade idea, AnneMarie.

Welcome to the forums, Lee.

Miss Christine Wrote:
In two days I have lost 4.2 pounds and I feel great.
That's super, Christine!

RE: Zero Carb / Meat and Water - caroline - 06-23-2008 07:37 AM

Miss Christine Wrote:
I slept really well Saturday night, however I must not have gotten enough fat in yesterday because I woke up at 3am this morning starving. I have never had that happen before. So today I am going to make sure I eat more fatty beef. Other than that I feel great.

Hi Christine,

I decided to try salmon yesterday, Usually, I'm not too hungry later at night. Salmon was going to be my last meal and then I ended up very hungry just a few hours later. Even though when I ate it, it really filled me up. But then I was hungry 3 hours later. This is unusual b/c my last meal always tides me over, even if it's around 5ish. The fat really does make a difference.

(Hope I figured out the quoting thing.)

onlyabtrfly Wrote:
I think those carbs really smacked me last night. I felt like total crap after eating last night and still feel like crap today. I'm really freaked out by these numbers because normal is supposed to be between 80-120....But I don't know what's normal after eating and how fast it should drop back down to normal.

AnnMarie, It's great when you see the results of going back to carbs. It's the best deterrent. Every time I eat a little too late and am starving, or do something that isn't working, I can see the results and it helps.

RE: Zero Carb / Meat and Water - caroline - 06-23-2008 07:46 AM

Quote:
Charles Wrote:
Speaking of that podcast, I would love it if some of you could give me a little help. I'm not a doctor, but I want to make sure this podcast is one of the best and accurately depicts our view of low-carb living. I'm sure I'll get a chance to explain why I don't agree with either Dr. Eades or Anthony Colpo and even why I don't buy hypoglycemia.[quote]

Charles, that's so exciting that you are doing a podcast. I think one area of importance is addressing people's anxiety about "how long it takes" for the zero carb, or very low carb to "work." I think people aren't sure why they are still feeling bad after a period of time, and this discourages many from continuing.

You're probably going to talk about that anyway, but that was something I noticed that seems to be a deterrent for many and a source of doubt for sticking with the very low carb or zero carb plan.

The other thing is also that people can make doing as low-carb as possible a goal. It doesn't NOT count if you eat a little eggs, flax, etc. I think it's all good. Anything that moves people closer to health.
Good luck! You have been very inspirational to so many of us!!!!!

RE: Zero Carb / Meat and Water - Charles - 06-23-2008 08:21 AM

Caroline Wrote:
Charles, that's so exciting that you are doing a podcast. I think one area of importance is addressing people's anxiety about "how long it takes" for the zero carb, or very low carb to "work." I think people aren't sure why they are still feeling bad after a period of time, and this discourages many from continuing.

That's a very good point. I understand that people want weight to come off quick, but obesity is not a disease in and of itself. Obesity is only a symptom so we have to work to correct the real problem and by doing so we improve the side effect. Good point.

Caroline Wrote:
The other thing is also that people can make doing as low-carb as possible a goal. It doesn't NOT count if you eat a little eggs, flax, etc. I think it's all good. Anything that moves people closer to health.

That's a very good point. Many people on this zero-carb forum think that if they don't do only meat and water that it's somehow invalid. Keeping carbohydrates below 20 grams is an amazingly effective way to do it, in my opinion. Honestly! Hyperinsulinemia is the thing that needs attention and perhaps we need an article on the "Thin man's hyperinsulinemia." Even if you're thin, but your insulin is out of whack, it must be controlled. The damage starts before insulin resistance and it starts before obesity and high blood sugar. These things are all side effects.

Okay, the quote marks work like this:

{quote=Name}all the stuff the person said....{/quote}

Note the way the beginning and the close quotes look.

You can also highlight a paragraph and use the "quote" tool. It will put the marks in for you. If you want it to say "Charles said, then you'll have to change {quote} to {quote=Charles}.

Hope this helps,

Charles

RE: Zero Carb / Meat and Water - Miss Christine - 06-23-2008 08:27 AM

Charles,
Let me see if I understand this correctly. I might have gotten enough fat yesterday, it was just my body is trying to get me to eat some carbs because it had used all the insulin up during the night? Please forgive my slowness however I want to make sure I understand so I don't eat something and make the problem worse. So at some point in time my body will get use to this and it will go away. Correct? Until then I just need to make sure my next meal is a high fat and protein one, and no carbs. Correct? At some point my body will start using the insulin that is the fat cells right? I just have to get to that point?
I didn't get up and eat anything. I finally was able to fall back to sleep and slept until 6am when I got up to get my husband off to work. By then I wasn't hungry and didn't eat until 8am when I was hungry. I ate one 6 oz hamburger with 1oz shredded cheddar cheese mixed in. I ate the whole thing however I had a hard time getting the last couple bites down. It is now 11:15 and I am hungry again. I was thinking of having some tuna with mayo.

I have found over the last couple days that I ate until full, however I can only go about 3-4 hours before I feel hungry again. I know you said you can go 5-6. Was this right off or did you work up to it?

Good luck with your podcast. When are you doing it and when will it be on?

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**RE: Zero Carb / Meat and Water** - onlyabtrfly - 06-23-2008 08:50 AM

I was one of those people that thought if I ate 10 carbs or so what I was doing wasn't valid. Thanks for the extra nod of support, Charles.

I was also one of the people willing to give up because I was feeling so bad and didn't see why it wouldn't let up. Thanks to some long emails back and forth I now feel I know what the culprit was and is and will continue to be until I really wield some control over my hyperinsulinemia. (Thanks Christine-xo) Checking my blood sugar today and last night have really made things iron clad and concrete......and crystal clear as to why I MUST continue with as little carbs as possible for me. Since I figured I had to get rid of my outdated test strips anyway, I tested before I made the kid's lunch. My sugar was back up and I hadn't eaten a thing-but I had thought out and gotten out the kid's food for today. I just retested now that they are down for their nap and it's falling again. This proves, if nothing else, that the mere thought and action of dealing with food is enough to raise blood sugar. Amazing.

I don't know if any of you have any religious beliefs or not, but I do have a very strong faith in what I personally believe and something hit me just now that I thought was kinda interesting so I thought I would share-hope you won't mind. Have you ever heard "the devil is in the details"? I was sitting here thinking what a horrible opponent insulin truly is and I couldn't help but think of 1 Peter 5:8 which says: Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour. How true is that of insulin? Food for thought at least for me, in that light, no pun intended. 😃

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**RE: Zero Carb / Meat and Water** - Miss Christine - 06-23-2008 09:03 AM

AnnaMarie Wrote:
1 Peter 5:8 which says: Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour. How true is that of insulin? Food for thought at least for me, in that light, no pun intended.

I totally agree. We are now living in an age of what once use to be thought of as bad is now thought of as right. While what was right is now wrong. If we look back at history we see that people ate more meat than anything else. While yes they had some veggies, it wasn't much. Sweets were around however they were limited to very special occasions. Not everyday like it is now. The main stay for most people a meat/potato type meal. Heavy on the meat.

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**RE: Zero Carb / Meat and Water** - MAC - 06-23-2008 09:04 AM
onlyabtrfly Wrote:
My sugar was back up and I hadn't eaten a thing—but I had thought out and gotten out the kid's food for today. I just retested now that they are down for their nap and it's falling again. This proves, if nothing else, that the mere thought and action of dealing with food is enough to raise blood sugar.

While the mere thought about food can invoke an insulin response, there is also the Dawn phenomenon where your blood sugar is higher in the morning that when you went to bed at night that could account for the higher BG and then the lower BG sometime later. A cephalic response to food is going to increase insulin and not BG.

RE: Zero Carb / Meat and Water - Miss Christine - 06-23-2008 09:05 AM

Mac,
You used a word that I don't know. What does cephalic mean?

RE: Zero Carb / Meat and Water - con - 06-23-2008 09:13 AM

onlyabtrfly Wrote:
I was sitting here thinking what a horrible opponent insulin truly is and I couldn't help but think of 1 Peter 5:8 which says: Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour. How true is that of insulin? Food for thought at least for me, in that light, no pun intended.

As I was pondering this, my thought was: is insulin the "devil" or is our adversary us who eat or they who "manufacture" the refined carbs/frankenfoods that make us so unhealthy??? Insulin acts as a protector trying to get rid of that poison as quickly as possible. It quiets down as we quit poisoning ourselves. IMHO

con

RE: Zero Carb / Meat and Water - onlyabtrfly - 06-23-2008 09:14 AM

Interesting Mac.

Well with that, why would my glucose come down, then rise without me eating anything? I've been monitoring it every hour or so just to see what was happening. It was on a steady decline after breakfast, only to shoot back up without me eating. What IS that?

RE: Zero Carb / Meat and Water - Lauren - 06-23-2008 09:15 AM

Charles Wrote:
That's a very good point. Many people on this zero-carb forum think that if they don't do only meat and water that it's somehow invalid. Keeping carbohydrates below 20 grams is an amazingly effective way to do it, in my opinion. Honestly! Hyperinsulinemia is the thing that needs attention and perhaps we need an article on the "Thin man's hyperinsulinemia." Even if you're thin, but your insulin is out of whack, it must be controlled. The damage starts before insulin resistance and it starts before obesity and high blood sugar. These things are all side effects.
This has been the most important idea for me. Getting the focus off calorie counting and weight loss and onto dealing with hyperinsulinemia has been a huge shift.

I chuckle at your "getting cute" comment because that is what I always do. I start to feel good and then I shift into diet mode. It has been a lot harder to let that go than I realized.

I've benefitted from the fatty meat and lowest carbs possible advice and can't hear it enough. I am an extremest and have felt that failure about not being able to eat just meat and water. Now that I'm getting some perspective, I'm settling in to this way of eating more comfortably.

I have been noticing diminished hunger lately. Some days I'm still very hungry and others, a regular meal keeps me going for hours. I'm hoping that this means that my insulin is starting to come under control.

The other thing is that I stopped weighing myself. As long as my clothes fit, I'm okay. I am too weight obsessed and I forget too easily that this about overall health and that all I need to do is eat fat and protein when hungry and the rest will work itself out.

Charles, I always like the way that you talk about how we don't have control over bodily functions like appetite. It's almost like we need to learn to follow the natural cues rather than trying to micromanage calories and grams of this and that. Anything you say about that holistic approach is a big help in making that mental shift away from the diet mentality.

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**RE: Zero Carb / Meat and Water** - [onlyabtrfly](mailto:onlyabtrfly) - 06-23-2008 09:17 AM

Con, I wasn't making insulin the devil, just thought it was funny how I was thinking of insulin (in it's excess) as a bully and that reference came to mind.
No, what's evil is the whole world out there that trumps low carb as foolishness while it pushes frankenfoods and high fructose corn syrup at us and our children. Insulin, as you said, is needful before we make it run amock.

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**RE: Zero Carb / Meat and Water** - [Charles](mailto:Charles) - 06-23-2008 09:18 AM

Miss Christine Wrote:
Charles,
Let me see if I understand this correctly. I might have gotten enough fat yesterday, it was just my body is trying to get me to eat some carbs because it had used all the insulin up during the night?

Right, but not because "it used all the insulin." Your body thought there was a possibility you would be eating in the middle of the night.

Insulin prompts us to eat.

Ms. Christine Wrote:
So at some point in time my body will get use to this and it will go away. Correct?

Your body will get used to the idea that very little or no glucose will be coming from the diet. Therefore, it doesn't have to excrete so much insulin before you eat to cover the glucose it used to get.
Ms. Christine Wrote:
Until then I just need to make sure my next meal is a high fat and protein one, and no carbs. Correct?

If you're eating zero-carb, this is not a problem. If you are eating between 0 and 20 carbs, then you should not eat those carbs when you're "starving." Eat them when you're a little hungry but not so much.

Ms. Christine Wrote:
At some point my body will start using the insulin that is the fat cells right? I just have to get to that point?

No. Your body will secrete less insulin which will allow your body to mobilize more fatty acids. This is what will shrink your fat tissue.

Ms. Christine Wrote:
I didn't get up and eat anything. I finally was able to fall back to sleep and slept until 6am when I got up to get my husband off to work. By then I wasn't hungry and didn't eat until 8am when I was hungry. I ate one 6 oz hamburger with 1oz shredded cheddar cheese mixed in. I ate the whole thing however I had a hard time getting the last couple bites down. It is now 11:15 and I am hungry again. I was thinking of having some tuna with mayo.

That's good. I'm not a fan of mayo because soy is bad news. I would much rather have you eat another hamburger, but that's okay if that's all you want.

Ms. Christine Wrote:
I have found over the last couple days that I ate until full, however I can only go about 3-4 hours before I feel hungry again. I know you said you can go 5-6. Was this right off or did you work up to it?

It was for every meal except for breakfast. I ate three eggs and some sausage or meat. Breakfast only lasted two or three hours so I eventually changed to fatty ground beef so I could get the same benefit as I did with my other meals. If I ate tuna and mayo I would be hungry in about two hours probably, depending on how much I ate. I would have to eat a lot of it to go five or six hours.

Ms. Christine Wrote:
Good luck with your podcast. When are you doing it and when will it be on?

Thanks. I'm going to do it tomorrow but I don't know when it will air!

Regards,

Charles

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RE: Zero Carb / Meat and Water - Miss Christine - 06-23-2008 09:32 AM

Thanks Charles, I am finally starting to understand all of this. Slowly but surely.

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RE: Zero Carb / Meat and Water - travis t - 06-23-2008 09:43 AM

Weekend update
Started the month of june at about 180 lbs. Weighed in sunday at just under 168. No exercise yet, still
debating on the triathlon in aug.
I am working today on getting tickets for the german rock band The Scorpions. They are in chicago aug 10.
travis

RE: Zero Carb / Meat and Water - Charles - 06-23-2008 09:59 AM

travis t Wrote:
Weekend update
Started the month of june at about 180 lbs. Weighed in sunday at just under 168. No exercise yet, still debating on the traithlon in aug.
I am working today on getting tickets for the german rock band The Scorpions. They are in chicago aug 10.
travis

Way to go, Travis! Don't wait until August to start training for that triathlon though. I would encourage you to check out the exercise forum as we've been discussing interval training. Working out on a proper diet causes us to make certain changes to our training and without trying them out, you could set yourself up for disappointment.

You can certainly repeat your best performances and even exceed them but there is a way you have to go about it.

Regards,
Charles

RE: Zero Carb / Meat and Water - onlyabrtry - 06-23-2008 11:11 AM

So I've been reading about Dawn Phenomenon the past hour or so, and I'm very excited at what I'm finding. It makes a lot of sense, and if you get through all the mumbo jumbo it makes for a good concept that directly correlates with what we've been talking about in this thread.

First, most people who experience dawn phenomenon have a dump of glucose between 3 and 6 am. That is precisely when I wake each morning, and reminds me of several of Charles' comments regarding spurts of insulin causing the body to stir and look for food, etc. Second, the biggest recommendation I can find to avoid it is to eat a high fat and protein snack before bed. Again, this lines up with our discussions here. Lastly, it is said to be reversible if one makes a steady habit of eating a high fat and protein breakfast upon rising at the same time each morning. This eventually tells the insulin/glucose barrage to stop happening because it's not needed. Well we know as low carbers that this rule of thumb applies to eating in general to reduce the ill effects of insulin on our bodies.

I just had to share because I feel it's awesome to read several different medical texts and find, under all the carb nonsense, what Charles and others here have been saying all through this thread. You go, team! I'm so glad to be in on such an awesome, educated, helpful group!

If anyone has anything to add, please do-or if I've not completely grasped this as I ought, I'm glad to be given further information. I'm excited by the fact that I have a clear definition of why I cannot sleep through the night, and even better, a perfect plan for beating it. 😊
By the way, my glucose reading just now was 88. It's getting more normal as the day goes on just as Mac mentioned it might.

**RE: Zero Carb / Meat and Water** - UKLee - 06-23-2008 11:36 AM

LindaSue Wrote:
Welcome to the forums, Lee.

Thanks, LindaSue. 😊


onlyabtrfly Wrote:
Second, the biggest recommendation I can find to avoid it is to eat a high fat and protein snack before bed.

Do you have a link to this reference? There are other suggestions about reducing BG in the morning like alcohol the night before and vinegar with a snack the night before but have not seen this referenced anywhere.

**RE: Zero Carb / Meat and Water** - onlyabtrfly - 06-23-2008 11:44 AM

Here's the link:
http://www.diabetic-talk.org/dp.htm
It's in the lower portion. It says peanut butter first, but goes on to say cheese and deli meat, blah blah. 😏
I LOVE vinegary stuff but I tell you what, trying to down a shot glass of vinegar just didn't do it for me, Mac. Whooooo! I'm not trying to grow hair on my chest, you know?? LOL!

**RE: Zero Carb / Meat and Water** - Miss Christine - 06-23-2008 11:59 AM

AnnaMarie Wrote:
First, most people who experience dawn phenomenon have a dump of glucose between 3 and 6 am. That is precisely when I wake each morning, and reminds me of several of Charles’ comments regarding spurts of insulin causing the body to stir and look for food, etc. Second, the biggest recommendation I can find to avoid it is to eat a high fat and protein snack before bed. Again, this lines up with our discussions here.

I just remembered I ate cheese on Saturday night, while I didn't eat anything after dinner on Sunday. So I will have to remember to have the high fat snack before I go to bed tonight and see if that does the trick. Thanks for posting that info AnnaMarie.

I am with you, I am so glad that there are so many well informed people here that I can learn from.

**RE: Zero Carb / Meat and Water** - MAC - 06-23-2008 12:12 PM

onlyabtrfly Wrote:
Here's the link:  
http://www.diabetic-talk.org/dp.htm  
It's in the lower portion. It says peanut butter first, but goes on to say cheese and deli meat, blah blah. 😊  
I LOVE vinegary stuff but I tell you what, trying to down a shot glass of vinegar just didn't do it for me, Mac. Whooooo! I'm not trying to grow hair on my chest, you know?? LOL!

Thanks for the link. I found this quote extremely interesting: "Everyone, diabetic or not, exhibits some Dawn Phenomenon. It is a natural part of our bodies' circadian rhythms. Some have said it is the way our ancestors had the strength to rise and slay a wooly behemoth for breakfast."

I wonder what the rise is for someone who is normal. Mine goes up about 10 mg/dl between the time I wake up and when I eat breakfast. It usually does not go up between when I go to bed and when I just wake up.

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**RE: Zero Carb / Meat and Water**  
**caroline**  - 06-23-2008 12:28 PM

Hi Linda Sue,

I can't remember where I read it, but I remembered you mentioning that when you went very low carb-close to zero-that it was challenging and that it has been easier recently.

I was aware that you were doing low-carb all along--I was just curious about your most recent experience with going closer to zero carb. It's always interesting to hear what changes for people...

---

**RE: Zero Carb / Meat and Water**  
**caroline**  - 06-23-2008 01:03 PM

Linda Sue,

I hope you weren't offended by my question. I wasn't implying that you weren't doing low carb at any time. It was more the evolution of how being able to exist on less carbs has occured. You are so helpful and welcoming with suggestions, recipes, and offering your experience to people on the forum. That's why I felt comfortable asking you.

I've learned so much from reading what everyone here writes about!

Thanks,

Caroline

Caroline

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**RE: Zero Carb / Meat and Water**  
**LindaSue**  - 06-23-2008 02:20 PM

caroline Wrote:

Hi Linda Sue,

I can't remember where I read it, but I remembered you mentioning that when you went very low carb-close to zero-that it was challenging and that it has been easier recently.
I was aware that you were doing low-carb all along--I was just curious about your most recent experience with going closer to zero carb. It's always interesting to hear what changes for people...

I haven't really had any difficulty eating zero or nearly zero carbs. I enjoy eating this way. I did find that I had some problems when I ate until "Thanksgiving full" as Charles suggested because it was causing me to feel ill due to acid reflux. Eating more small meals has helped a lot with that. I do fine if I eat until satisfied but not overly full. For example, a half pound hamburger is enough to cause me discomfort if eaten in the evening but a quarter-pounder is fine and satisfies my hunger. If I eat a half pound burger for breakfast or lunch, it doesn't bother me so much. I still eat the whole burger in a day but I usually split it into two smaller meals instead of one large one. That way I've got something to eat about every 2-4 hours instead of struggling to wait 5 or 6 hours and putting up with the hunger.

I'm still having trouble getting back to my goal weight but I haven't determined what the problem is yet. I don't even know what I weigh right now because I haven't weighed myself in a couple weeks. I weighed 125.5 on June 4th (my last weigh-in), which is about 8 pounds above my old maintenance weight. I'll probably weigh in later this week. I don't feel like I've gained any weight but I'm not sure if I've lost any either. We shall see.

I've been eating mostly meat, a small amount of cheese, eggs every 2-3 days and veggies very sparingly. I overindulged in veggies Saturday night when we went out to eat and I was bloated and gassy all day yesterday as a result. I want to wait until those carbs have worked their way through my system before I weigh in.

I wasn't offended by your questions. Feel free to ask me anything.

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RE: Zero Carb / Meat and Water - Ell.eee - 06-23-2008 06:38 PM

Hi everybody. Can another zero carb newbie join the group? I've been low carbing for 5 years since my Dr told me I was "prediabetic" and recommended I start on Metformin. I researched a bit and choose a low carb diet instead and I've done well while my brother and sister have both put on weight and are now Type 2 diabetics. Now I'm having symptoms of sweating and shaking after meals, constant hunger, and just feeling lousy. Clearly something is out of whack metabolically so I'm going to see if zero carb will help. I don't want to lose any weight - I'm 5'4, 55yrs old and weigh 105. I jog 3 miles 4 days a week. Is zero carb appropriate for maintaining weight and just trying to keep glucose levels low to prevent diabetes? Or is this hyperinsulism? Can a thin person have hyperinsulinism Charles or was that a tongue in cheek phrase in your post? Anyway my plan is to gradually take my current 30gms of carbs down to less than 10 and then zero so long as I don't start losing weight (I actually have a hard time maintaining). I'm enjoying this thread and everyone's experiences and hoping to have sucess with zero carb. By the way I'm a big Gary Taubes fan and just finished the book for the second time and will have to read it over and over to take it all in! One more question - is there a way to skip to the last unread post on the forum or do I have to remember where I left off each time - sorry I'm a computer dunce.

---

RE: Zero Carb / Meat and Water - MAC - 06-23-2008 06:44 PM

Ell.eee Wrote:
Hi everybody. Can another zero carb newbie join the group? I've been low carbing for 5 years since my Dr told me I was "prediabetic" and recommended I start on Metformin. I researched a bit and choose a low carb diet instead and I've done well while my brother and sister have both put on weight and are now Type 2 diabetics. Now I'm having symptoms of sweating and shaking after meals, constant hunger, and just feeling lousy. Clearly something is out of whack metabolically so I'm going to see if zero carb will help. I don't want to lose any weight - I'm 5'4, 55yrs old and weigh 105. I jog 3 miles 4 days a week.
Is zero carb appropriate for maintaining weight and just trying to keep glucose levels low to prevent diabetes? Or is this hyperinsulinism? Can a thin person have hyperinsulinism Charles or was that a tongue in cheek phrase in your post? Anyway my plan is to gradually take my current 30gms of carbs down to less than 10 and then zero so long as I don't start losing weight (I actually have a hard time maintaining). I'm enjoying this thread and everyone's experiences and hoping to have success with zero carb. By the way I'm a big Gary Taubes fan and just finished the book for the second time and will have to read it over and over to take it all in! One more question - is there a way to skip to the last unread post on the forum or do I have to remember where I left off each time - sorry I'm a computer dunce.

Given your symptoms I would search this forum for hypoglycemia or check out Jimmy's blog about his experience with reactive hypoglycemia for those long time low carbers who have lost a lot of weight to see if your experience matches.

RE: Zero Carb / Meat and Water - LindaSue - 06-24-2008 05:59 AM

Ell.eee Wrote:
One more question - is there a way to skip to the last unread post on the forum or do I have to remember where I left off each time - sorry I'm a computer dunce.

Welcome to the forums, Ell.eee. There should be a little arrow just to the left of the subject line of threads with new posts since your last visit. Click that arrow and it will take you to the first unread post in that thread. However, there seems to be a problem with the forum that sometimes, but not always, causes messages to be marked read after a certain amount of time and for various other reasons. Most of the time I have to go by the date and time to know for sure if I've read something or not.

RE: Zero Carb / Meat and Water - Charles - 06-24-2008 09:48 AM

Ell.eee Wrote:
Hi everybody. Can another zero carb newbie join the group?

Absolutely you can! Welcome!

Ell.eee Wrote:
Clearly something is out of whack metabolically so I'm going to see if zero carb will help. I don't want to lose any weight - I'm 5'4, 55yrs old and weigh 105. I jog 3 miles 4 days a week. Is zero carb appropriate for maintaining weight and just trying to keep glucose levels low to prevent diabetes?

Well, I certainly use it to maintain my weight! You don't keep losing forever, you just get to what your body believes to be your optimal weight and believe me, you stay there unless you decide to go the starvation route, but then of course, once you begin eating properly you will go right back to that number. I hover around 156. On Sunday, I might be 155 and by Friday I might be 158 or 159, but then the very next day, I'll drop three pounds. Just eat properly and let your body handle your weight.

There is no healthy way to "maintain" your weight consciously. Weight is like body temperature and blood pressure. It's best left to the experts, your hormones!

Ell.ee Wrote:
Or is this hyperinsulinism? Can a thin person have hyperinsulinism Charles or was that a tongue in cheek phrase in your post?
No, I was serious. There are many thin people who get hungry in between meals, during the night and at all times during the day. When I was on my low-fat diet, I dreamed about food all day. I was always hungry. Hyperinsulinemia starts long before you get fat. In fact, you may not get fat so you're at a disadvantage because you don't even know there is a problem.

Ell.ee Wrote:
Anyway my plan is to gradually take my current 30gms of carbs down to less than 10 and then zero so long as I don't start losing weight (I actually have a hard time maintaining).

Just drop your carb level down a bit and see if your symptoms improve. I don't buy reactive hypoglycemia at all, which you probably know, so I think your idea is sound. Although, if you're having these symptoms now, I'm not so sure I would take them down too dramatically at one time. If you're at 30, go to 20 for a week or two and see what happens.

By the way, what are you eating when you get these shakes?

Is it every meal or just after certain foods?

Best regards and welcome,

Charles

RE: Zero Carb / Meat and Water - Ell.ee - 06-24-2008 04:57 PM

Quote:
Given your symptoms I would search this forum for hypoglycemia or check out Jimmy's blog about his experience with reactive hypoglycemia for those long time low carbers who have lost a lot of weight to see if your experience matches.

Thanks Mac! I have been following those posts, but if there is reactive hypoglycemia I think it is a symptom of hyperinsulinism not the primary problem, but I did watch that podcast and read some of Jimmy's blog - very interesting.

Thanks for the navigation tip Linda - I still haven't quite figured it out, but at least I'm finding my way!

Quote:
By the way, what are you eating when you get these shakes?
Is it every meal or just after certain foods?

Thanks for the reply Charles. I eat by Dr Burnstein's 6-12-12 carb diet (6 at breakfast usually 3 cups coffee, 1 egg, 1 scoop protein powder, and 1 fatty meat, 12 at lunch, but I only eat 6 usually meat and cheese roll up, and 12 at dinner meat, salad veggies, and homemade yogurt for dessert). I also have an evening snack nuts or cheese. About 1600-1800 cals 65% fat, 30% protein, 5% carb. I also take a multivit/mineral and a fiber supplement in 12 oz water twice a day. I get slightly dizzy and shaky about
1/2 hour after all meals and snacks and it lasts about an hour to an hour and 1/2. I feel hungry even if my stomach is completely full but if I wait it out and don't eat more I'm fine until I eat again. Sure sounds like hyperinsulinism to me and I feel kinda sad that 5 years of low carb hasn't stopped this although I know my hereditary is very strong for diabetes.

This week I added 1/4 cup of coconut oil to breakfast and although I was shakey after breakfast I didn't get hungry until 4pm every day so I just waited until dinner which we eat at 5:30 when my DH gets home. Great to only have the reaction three times instead of 4. Think its OK to go down to two meals if I'm not hungry? I have been eating much more at dinner time - like 3 1/2 lb burgers instead of 2. Also cut down to 20 carbs today, and trying to emphasize fats. We'll see if it helps because I don't want any metformin and don't see any type 2 treatments that really look good out there so I think this is the best plan. The good news is I love fatty meat and protein. Sorry for the long post but I'd be happy for any thoughts and opinions you all may have to share and I'm glad to be somewhere where I won't be yelled at to increase my vegetables and "climb the carb ladder". I'm pretty sure zero carb may be the best treatment (as well as preventative) for type 2, but there doesn't seem to be any info out there on those lines - no money in it for the drug companies.

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RE: Zero Carb / Meat and Water - **Charles** - 06-24-2008 07:03 PM

Ell.eee Wrote:
Sure sounds like hyperinsulinism to me and I feel kinda sad that 5 years of low carb hasn't stopped this although I know my hereditary is very strong for diabetes.

I agree. I find the suggestion that you could be low on blood sugar to be laughable. People should understand that insulin's job is to move blood sugar into cells which would reduce the serum blood sugar. However, because cells are resistant, it takes more and more insulin to perform the same task. You keep secreting all day because insulin doesn't want to be caught "unawares" as it were. You're all over it.

The shakiness comes in because each time you secrete, you get the nutrient "clear out" that mimicks hypoglycemia and your cells are primed to burn glucose. The problem is, there's not much glucose in your diet and your liver and muscles refuse to give up their glycogen because your insulin levels are high. This will take some time but it will improve if you remain steadfast.

Ell.eee Wrote:
This week I added 1/4 cup of coconut oil to breakfast and although I was shakey after breakfast I didn't get hungry until 4pm every day so I just waited until dinner which we eat at 5:30 when my DH gets home. Great to only have the reaction three times instead of 4. Think its OK to go down to two meals if I'm not hungry?

Yes, that would be perfectly fine. Just eat when you're hungry, whenever and how ever often that is.

Ell.eee Wrote:
I have been eating much more at dinner time - like 3 1/2 lb burgers instead of 2. Also cut down to 20 carbs today, and trying to emphasize fats. We'll see if it helps because I don't want any metformin and don't see any type 2 treatments that really look good out there so I think this is the best plan. The good news is I love fatty meat and protein. Sorry for the long post but I'd be happy for any thoughts and opinions you all may have to share and I'm glad to be somewhere where I won't be yelled at to increase my vegetables and "climb the carb ladder".
Oh please! 😊 I'm the king of long posts. It's great to have you with us and hopefully this will turn out to be the missing link for you. The fact that you love fatty meat gives you a leg up! I won't pick on you about the protein powder, fiber supplement, multivitamin or yogurt yet because you're new. Are you drinking water?

Actually, you'll have to describe the homemade yogurt because if you're making it yourself, you're in charge of what goes in it so that might work out okay. The bottom line is that if you get your insulin under control and you're losing weight, then all those things can stay. The fiber supplement is questionable but if you're "going" okay, then what's to argue about, right?

Regards,

Charles

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**RE: Zero Carb / Meat and Water** - Miss Christine - 06-25-2008 04:45 AM

Okay Charles,

I have a question for you. My family does raw dairy. I make kefir and yogurt from the raw milk. I also mill my own wheat and make homemade whole wheat bread. My bread is simply whole wheat flour freshly milled, honey, oil, egg and yeast. While I know that the bread is out of the question while I am trying to lose weight. What are your thoughts about the kefir, yogurt and raw milk. I love smoothies. I make them with raw milk, kefir, smoothie, honey, frozen berries, and coconut oil. I haven't been doing any dairy except cheese since I started this. Could I add my smoothies back? With out any real problems? Maybe just once a week or so? I do miss my milk.

---

**RE: Zero Carb / Meat and Water** - LindaSue - 06-25-2008 06:35 AM

Miss Christine Wrote:

Could I add my smoothies back? With out any real problems? Maybe just once a week or so? I do miss my milk.

Only you can determine if they will cause any problems or not. It depends on whether or not your body can handle that much dairy and that many carbs. Have a smoothie and see how it affects you and go from there. Smoothies tend to be quite high in carbs for a relatively small serving so be careful.

In regard to you missing milk, I don't want to sound mean but there are high carb foods that I miss too. I know that I can't handle them any longer so I've had to learn to be happy with the foods that I can eat. I don't find that to be a hardship though because low carb food is so darn tasty. Rather than using milk, perhaps you could dilute some heavy cream with water for your smoothies. It would cut the carbs, add some fat and give them a richer taste too.

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**RE: Zero Carb / Meat and Water** - zelia - 06-25-2008 09:23 AM

Charles Wrote:

I just don't see metformin lowering blood sugar. If your blood sugar is constantly elevated then hyperinsulinemia is the culprit. The only way to control that is to severely limit or remove glucose from your diet.

I did a little experiment yesterday. Well, actually, starting Monday night, I skipped my evening dose of metformin and then I skipped my morning dose yesterday, while staying zero carb all day. Yes, it's
lowering my blood sugar by 40-50 mg/dL.
(Note: I'm at the Impaired Glucose Tolerance stage, and, even without metformin, my numbers are within the range considered "in control" by the current standard of treatment.)

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**RE: Zero Carb / Meat and Water - Charles - 06-25-2008 10:11 AM**

Miss Christine Wrote:
Okay Charles,
I have a question for you. My family does raw dairy. I make kefir and yogurt from the raw milk. I also mill my own wheat and make homemade whole wheat bread. My bread is simply whole wheat flour freshly milled, honey, oil, egg and yeast. While I know that the bread is out of the question while I am trying to lose weight. What are your thoughts about the kefir, yogurt and raw milk. I love smoothies. I make them with raw milk, kefir, smoothie, honey, frozen berries, and coconut oil. I haven't been doing any dairy except cheese since I started this. Could I add my smoothies back? With out any real problems? Maybe just once a week or so? I do miss my milk.

I can't argue with LindaSue on this one, it's true. Treat it like the Atkins diet. Get yourself to a base level of losing weight first. For instance, if you are currently losing 3 pounds a week for four straight weeks, then maybe add one of those things for one meal each day for a week. Then see how your weight loss is affected after a week. If you continue to lose weight, the new food can stay. If you stop losing or slow down unacceptably, then the new food has to go.

In light of this and Vesna's questions to me, I want to say that **everyone does not have to go zero-carb to be healthy**. I think that 20 grams of carbohydrates is a great starting place if a particular low-carb plan is not working. If you can lose weight consistently with 20 grams of carbs, you're doing fine. If you can't then you should drop those carbs down to 15 or 10. If you still aren't losing, drop them further until you do.

I don't want to create a new definition called "metabolic zero" or something like that but it's true that at 20 grams or less, most people are experiencing maximum fatty acid mobilization which is what we're after.

The immediate jump to zero carb is great if you can do it and if you have severe hyperinsulinemia, such that you can't go at least 4 hours between feedings and you can't sleep through the night and your hunger is not controlled. These are fabulous reasons to go zero-carb.

Having said that, I realize that everyone will not take to such a regimen nor will they give it sufficient time to work. Stefansson identified six months as the time before you stop craving vegetable matter and he's probably right.

Even I enjoy some sweet every now and a long then. I used to have cheese cake after a half-marathon from time to time, but cheese and I have parted ways. On Father's Day, I actually had some Mousse and didn't gain any weight that week. Therefore, I had my wife buy some of the homemade ingredients to make it at home.

She went to Whole Foods and got some Heavy Cream that was just heavy cream. Sometimes in the store they have heavy cream that has dextrose and other undesireables in it, so you have to make sure you get farm fresh or some good stuff from the specialty store.

I got some 85% Cacao unsweetened chocolate (0 grams of sugar) and used only a tablespoon (maybe less) of sugar. It was more than sweet enough for me and again, I didn't gain weight.
I don't know how often she'll make this mousse but at least if I have to have something, that might be an option. I also found that I could have 70% Cacao chocolate by Lindt. It has 5g per serving but the taste is so intense, I can't eat a serving. One serving is 4 pieces and I can take 1 piece and I'm more than good. It has 10 grams of saturated fat per serving and that may be why I responded so well to it.

My point is, I define zero carb as what you do the majority of the time. I go weeks with just meat and water and then every now and then I'll try something like a desert, or saucy meat or whatever. The very next meal I get back to work. Nothing is ever an all-or-nothing proposition.

Understand that I'm very picky though. I will stand in the store for hours examining the label of foods and often leave with nothing. I stared at chocolate for an hour in Wal-Mart trying to find the one with the purest ingredients and the least amount of sugar.

The key is establishing control over your weight, your body, and your diet. With zero-carb, if you can stick with it, you can achieve control in all these areas.

Charles

RE: Zero Carb / Meat and Water - Charles - 06-25-2008 10:14 AM

zelia Wrote:
I did a little experiment yesterday. Well, actually, starting Monday night, I skipped my evening dose of metformin and then I skipped my morning dose yesterday, while staying zero carb all day. Yes, it's lowering my blood sugar by 40-50 mg/dL.

That's great. Did you notice any other symptoms? When you're getting your insulin under control you may have some periods where things get a bit shaky, but you can probably alleviate that by making sure you have food prepared and that you eat when hungry. Don't put off eating when you know you're hungry.

I'm looking forward to some great reports from you!!!

Charles

RE: Zero Carb / Meat and Water - MAC - 06-25-2008 10:26 AM

Charles Wrote:
I got some 85% Cacao unsweetened chocolate (0 grams of sugar) and used only a tablespoon (maybe less) of sugar. It was more than sweet enough for me and again, I didn't gain weight.

You only got maybe 12g of carbs in a tablespoon. 4 g per teaspoon. 3 teaspoons per tablespoon. 😐

If you had a Trader Joe's you could get a 17 oz. 71% Cacao bar for $3.99. Don't remember how many grams of sugar are in a serving since I stopped buying these eons ago.

TJ's also sells a package of 100 calorie 70% Cacao bars individually wrapped. My wife buys these and it's been a long time since I had one.
It is truly amazing how your sweet tooth wains on low carb after awhile. I walked away from 5 tables fully loaded with every imagineable desert on my recent cruise that they put out for one of the lunches. Something I would never have done in the old days.

RE: Zero Carb / Meat and Water - Charles - 06-25-2008 10:37 AM

MAC Wrote:
You only got maybe 12g of carbs in a tablespoon. 4 g per teaspoon. 3 teaspoons per tablespoon. 😊

But that was for the entire recipe. I only ate one serving. There was quite a bit left over!

MAC Wrote:
It is truly amazing how your sweet tooth wains on low carb after awhile. I walked away from 5 tables fully loaded with every imagineable desert on my recent cruise that they put out for one of the lunches. Something I would never have done in the old days.

I used to absolutely hate dark chocolate. I was a milk chocolate afficionado. The 70% tastes so sweet to me I can only handle 1/4 of a serving.

RE: Zero Carb / Meat and Water - Mel - 06-25-2008 11:54 AM

I may have found a clue as to why so much insulin is secreted at meals even though they are low carb. The web page of Dave Dixon "The Spark of Reason" has a suggested reading list posted and I went looking around. In a paper of the Royal society called "Pancreatic signals control..." in section 5.(a) is the statement "Basal, prandial and stimulated insulin levels are all direct functions of the amount of white adipose tissue in the body, leaner individuals having lower levels and more obese individuals having higher levels." Could it be that I have to be lean first before I can be free of the too much insulin shakes?

There is lots more in the paper that I'm trying to wrap my mind around because like others of you, I still need to drop more pounds, I'm sort of stalled, and when I try to VLC or ZC I have big problems with the hyperinsulin shakes.

I've been experimenting with the "2 gram cure" recommended at Jenny's Low Carb Facts. This morning I started going into the fog while I made breakfast for everyone so I ate 2 gms of Sweeties (it really was hard and a leap of faith to put candy in my mouth) and then had a sausage breakfast about 15 minutes later. Well, I burst into energy and vacuumed and mopped the floors for 2 hours. Not my usual morning. I'll keep experimenting.

Mel

RE: Zero Carb / Meat and Water - Charles - 06-25-2008 12:34 PM

Mel Wrote:
I may have found a clue as to why so much insulin is secreted at meals even though they are low carb. The web page of Dave Dixon "The Spark of Reason" has a suggested reading list posted and I went looking around. In a paper of the Royal society called "Pancreatic signals control..." in section 5.(a) is the statement "Basal, prandial and stimulated insulin levels are all direct functions of the amount of white adipose tissue in the body, leaner individuals having lower levels and more obese individuals having higher levels."

Could it be that I have to be lean first before I can be free of the too much insulin shakes?
I don't think you have to be lean, Mel, but I'm sure you have to correct the metabolic issue first. I'm lean now but I am still very much aware of hunger pangs just like anyone else. I felt like the insulin issue was curbed as I was losing, not when I finished. There are many lean people in my office who have some serious cravings every couple of hours. The smell of chocolate chip cookies permeates our office every afternoon even though these people just ate lunch two hours ago.

Every day at noon, my stomach will growl a little because I smell the food of others as they walk near my office with their lunches. I don't usually eat until 1 or 2 and I'm not really hungry at this time, yet I still feel it. However, if I'm not at work, I don't get hungry at 12:00. This is why I argue that it's more a matter of conditioning than anything else.

Mel Wrote:
There is lots more in the paper that I'm trying to wrap my mind around because like others of you, I still need to drop more pounds, I'm sort of stalled, and when I try to VLC or ZC I have big problems with the hyperinsulin shakes.

I don't argue that larger people have more circulating insulin than leaner people but I'm just not so sure about the frequency of secretions which I think is more related to conditioning.

Mel Wrote:
I've been experimenting with the "2 gram cure" recommended at Jenny's Low Carb Facts. This morning I started going into the fog while I made breakfast for everyone so I ate 2 gms of Sweeties (it really was hard and a leap of faith to put candy in my mouth) and then had a sausage breakfast about 15 minutes later. Well, I burst into energy and vacuumed and mopped the floors for 2 hours. Not my usual morning. I'll keep experimenting.
Mel

This may help the symptoms but it only furthers the fattening process just like metformin masks the diabetes by furthering the fattening process.

When the insulin is secreted, the cells are primed to burn glucose; however there is no glucose in the diet and because of the high insulin level the liver and muscles are not releasing their stored glycogen. The candy provides the glucose that the hyperinsulinemia is craving and you only reinforce to the pancreas that it did the right thing. This is a vicious cycle and that's why it's called an addiction.

**RE: Zero Carb / Meat and Water - Mel - 06-25-2008 01:24 PM**

Charles,

I agree about the addiction. I have been trying other things: exercising through the fog, eating some zc food, doing nothing but gritting my teeth. The reason I tried the 2 gram cure is that Jenny says 2 grams is not enough to trigger more insulin release but it will raise serum blood glucose level about 10 mg/dl which will make the symptoms abate. She bases her knowledge on lots of study and self experimentation as she has been a diabetic for 10 years. I don't know her source for that stipulation about the threshold of insulin release.

Thanks for your input. I'm just trying to get from here to where you are without giving up a few of my favorite things like coffee.
Mel
RE: Zero Carb / Meat and Water - Charles - 06-25-2008 01:25 PM

Mel Wrote:
Charles,

I agree about the addiction. I have been trying other things: exercising through the fog, eating some zc food, doing nothing but gritting my teeth. The reason I tried the 2 gram cure is that Jenny says 2 grams is not enough to trigger more insulin release but it will raise serum blood glucose level about 10 mg/dl which will make the symptoms abate. She bases her knowledge on lots of study and self experimentation as she has been a diabetic for 10 years. I don't know her source for that stipulation about the threshold of insulin release. Thanks for your input. I'm just trying to get from here to where you are without giving up a few of my favorite things like coffee.
Mel

Good luck, man! You'll beat it.

RE: Zero Carb / Meat and Water - zelia - 06-25-2008 01:57 PM

Charles Wrote:
That's great. Did you notice any other symptoms? When you're getting your insulin under control you may have some periods where things get a bit shaky, but you can probably alleviate that by making sure you have food prepared and that you eat when hungry. Don't put off eating when you know you're hungry.

I'm looking forward to some great reports from you!!!

You misunderstood my post. **When I skipped metformin yesterday, my blood sugar went up 40-50 mg/dL**, despite staying zero carb all day and for the previous couple of weeks -- so, yes, metformin is lowering my blood sugar, which you expressed doubt about earlier.

RE: Zero Carb / Meat and Water - zelia - 06-25-2008 02:04 PM

Charles Wrote:
I used to absolutely hate dark chocolate. I was a milk chocolate afficionado. The 70% tastes so sweet to me I can only handle 1/4 of a serving.

Endangered Species brand Extreme Dark Chocolate is very palatable at 88% cocoa content.

RE: Zero Carb / Meat and Water - Clabbergirl - 06-25-2008 02:22 PM

I'm leaving for Disney World tomorrow, and while I've maintained under 10g of carbs for 3 weeks now (some days were less), I'm kind of hesitant to expect that in that place. I am going to try to eat lo-carb, but not as stringently. I really do feel more awake and more energetic than I have in a good while though. I've had 4 or 5 hours of sleep since Saturday and usually by mid-week if I try something like that, I'm half dead. But I really do feel so much more aware and clear. I have to attribute this to the new diet. When I return from WDW, it's back to below 10, with the goal of below 5. I really have got a lot of help and support from reading this board.
RE: Zero Carb / Meat and Water - MAC - 06-25-2008 02:43 PM

Clabbergirl Wrote:
I'm leaving for Disney World tomorrow, and while I've maintained under 10g of carbs for 3 weeks now (some days were less), I'm kind of hesitant to expect that in that place. I am going to try to eat lo-carb, but not as stringently. I really do feel more awake and more energetic than I have in a good while though. I've had 4 or 5 hours of sleep since Saturday and usually by mid-week if I try something like that, I'm half dead. But I really do feel so much more aware and clear. I have to attribute this to the new diet. When I return from WDW, it's back to below 10, with the goal of below 5. I really have got a lot of help and support from reading this board.

If you see this before you go remember that WDW will do a lot of meals on request. Having been there 5 out of the last 8 years they are pretty good about this. And you can get some real good steaks at the restaurant attached to the Canadian pavilion in EPCOT. Have a magical time!!

RE: Zero Carb / Meat and Water - Wendyoh - 06-25-2008 03:25 PM

Disney also has wonderful HUGE turkey legs!!

RE: Zero Carb / Meat and Water - Charles - 06-25-2008 07:00 PM

That's right! I've only been to Disney once, but low carb was a breeze! Those huge turkey legs were at MGM, right?

RE: Zero Carb / Meat and Water - Charles - 06-25-2008 07:05 PM

zelia Wrote:
You misunderstood my post. When I skipped metformin yesterday, my blood sugar went up 40-50 mg/dL, despite staying zero carb all day and for the previous couple of weeks -- so, yes, metformin is lowering my blood sugar, which you expressed doubt about earlier.

I'm still not impressed. As I've said, metformin works by furthering the fattening process. Yes, your fat cells are "more sensitive" which means that they readily store triglycerides more easily than they do when you stop taking it. Keep up the zero carb without the metformin and your blood sugar will fall. Give it some time to work. Try two or three weeks without it staying on less than 10 grams of carbs per day and then we'll talk.

RE: Zero Carb / Meat and Water - Wendyoh - 06-26-2008 03:57 AM

Charles Wrote:
That's right! I've only been to Disney once, but low carb was a breeze! Those huge turkey legs were at MGM, right?

I think they have them in all of their parks. I got mine at Magic Kingdom. Yum!

RE: Zero Carb / Meat and Water - zelia - 06-26-2008 09:05 AM
Charles Wrote:
zelia Wrote:
You misunderstood my post. **When I skipped metformin yesterday, my blood sugar went up 40-50 mg/dL**, despite staying zero carb all day and for the previous couple of weeks -- so, yes, metformin is lowering my blood sugar, which you expressed doubt about earlier.

I'm still not impressed. As I've said, metformin works by furthering the fattening process. Yes, your fat cells are "more sensitive" which means that they readily store triglycerides more easily than they do when you stop taking it. Keep up the zero carb without the metformin and your blood sugar will fall. Give it some time to work. Try two or three weeks without it staying on less than 10 grams of carbs per day and then we'll talk.

I wasn't trying to impress you. I was reporting facts contrary to your previously stated opinion:
Charles Wrote:
I just don't see metformin lowering blood sugar.

Metformin **does** lower blood sugar. When I skipped it for 24 hours, I saw the same kind of numbers I was seeing a year ago before I started taking it. I understand the action of the drug, and I understand that the way it works is undesirable in the long run. Nonetheless, metformin does lower blood sugar while you're taking it.

**RE: Zero Carb / Meat and Water - MAC - 06-26-2008 09:37 AM**

zelia Wrote:
Charles Wrote:
zelia Wrote:
You misunderstood my post. **When I skipped metformin yesterday, my blood sugar went up 40-50 mg/dL**, despite staying zero carb all day and for the previous couple of weeks -- so, yes, metformin is lowering my blood sugar, which you expressed doubt about earlier.

I'm still not impressed. As I've said, metformin works by furthering the fattening process. Yes, your fat cells are "more sensitive" which means that they readily store triglycerides more easily than they do when you stop taking it. Keep up the zero carb without the metformin and your blood sugar will fall. Give it some time to work. Try two or three weeks without it staying on less than 10 grams of carbs per day and then we'll talk.

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Charles Wrote:
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Metformin **does** lower blood sugar. When I skipped it for 24 hours, I saw the same kind of numbers I was seeing a year ago before I started taking it. I understand the action of the drug, and I understand that the way it works is undesirable in the long run. Nonetheless, metformin does lower blood sugar while you're taking it.

Zelia, Are you taking metformin because you are diabetic? Also, what is the 40-50 mg/dl jump you see when not taking it? Is this a post-prandial rise or a fasting level? If I remember right any BG level above 120-140 mg/dl is potentially destructive to your beta cells.
RE: Zero Carb / Meat and Water - **zelia** - 06-26-2008 10:00 AM

MAC Wrote:
Zelia,
Are you taking metformin because you are diabetic? Also, what is the 40-50 mg/dl jump you see when not taking it? Is this a post-prandial rise or a fasting level? If I remember right any BG level above 120-140 mg/dl is potentially destructive to your beta cells.

I'm still at the Impaired Glucose Tolerance stage, with a strong Dawn Phenomenon, so my fasting glucose is the highest of the day. That was not the case on Tuesday, when I skipped metformin. Then, fasting was 138, which is about where it is with metformin now (having reached 180s last year), but my last post prandial of the day was 181, far above the fasting reading, which I've never seen before with myself.

The rise I noted in my post was post prandial -- i.e., with metformin, my post prandials are still "normal" (under 120, occasionally as high as 140); without metformin, I hit 181 on a 2hr post prandial of a meal that consisted of salmon and butter. (Note that 180 post prandial is considered "controlled" under the current standard of treatment, and you have hit 200 on an Oral Glucose Tolerance Test for diabetes to be diagnosed.)

RE: Zero Carb / Meat and Water - **Charles** - 06-26-2008 10:50 AM

zelia Wrote:
Metformin does lower blood sugar. When I skipped it for 24 hours, I saw the same kind of numbers I was seeing a year ago before I started taking it. I understand the action of the drug, and I understand that the way it works is undesirable in the long run. Nonetheless, metformin does lower blood sugar while you're taking it.

I don't disagree with you. I meant that I'm not impressed with the fact that it does this in the short term. Please amend my earlier statement to "metformin does not lower blood sugar over the long term." I've always maintained as much. I agree, metformin does lower blood sugar; however it only masks the symptoms of diabetes and will appear to ameliorate the disease. This is precisely why the ADA recommends it plus a high-carb diet for diabetics. The proof is very clear. The diabetes only gets worse, it never gets better. If it did, we would all know about it, believe me.

Like all the other diabetics and pre-diabetics on this forum, I'm only interested in the long term control of blood sugar.

RE: Zero Carb / Meat and Water - **travis t** - 06-26-2008 11:43 AM

Still feeling awesome on meat, water, butter, and coffee diet. I don't know if anymore fat has come off but i feel like Jimmy Walker.
Dy-no-mite !!!
travis

RE: Zero Carb / Meat and Water - **Vesna** - 06-26-2008 06:54 PM

Just checking in to let you all know I'm still going strong on my single-digit carb plan. Most days the carb grams are in the single-digits, although some days I've gone up into the teens and a couple of times
up to 20. However the carb percentage is always solidly single digit: usually 2%, never more than 4%.

Adding eggs, high-fat/low-carb dairy products, and small amounts of leafy stuff made me feel better immediately. I'm not sure why -- whether that was from the few extra carbs or some other factor. Some mealtimes, I find myself wanting food but turned off almost to the point of revulsion by the prospect of eating meat. At those times, nibbling on a 1.5-ounce hunk of cream cheese can be terrifically satisfying. I don't understand what it means. It's not an intellectual or emotional thing; it's just body-level feeling.

I am not excluding artificial sweeteners, but in practice I'm not using them much. We make pitchers of fresh-brewed tea in the summertime, Southern-style, and sweeten with a sacharine liquid called Superose. One teaspoon = 1/4 cup sugar sweetness, and that's what we add to a 1/2 gallon pitcher. I might sip or gulp (depending on the weather!) 4 oz. to 16 oz. of this over the course of a day. That's about it for the AS in my life. THANK YOU to those who wrote to warn me against aspartame. I don't TOUCH that stuff.

I'm happy to say that my longings for sweets and impulses toward between-meal snacks have become nonexistent again, as they had last winter when I was doing a similar (but not identical) plan.

My energy level in the afternoons is much better than I can remember it being for ... gee, for years, maybe, now that I think of it.

I am not controlling calories, but I am tracking everything I eat on Fitday, and hence tracking calories. Visitors to my Fitday page can see that the range has been from around 1250 to around 2300 (with one spike to 3400), but most commonly between around 1500 to 1800. The funny thing is that at the end of the day I always feel like I've eaten about the same amount, even though looking at the records the numbers jump around a lot. At the end of the day I just feel that I've had as much to eat as I've wanted, and that feels the same, no matter how much or how little it was in absolute quantities.

The higher-calorie spike was while I was attempting just meat and water. My appetite was acute, unpleasant and insatiable during that time. Eades can say what he likes, but meat and water did not depress my appetite or lead to a lower caloric intake.

Perhaps after some months of single-digit carb practice, going meat and water would feel different to me. After all, I was coming off about a week of, shall we say, carbohydrate indulgence (craft beer, generous portions of sweets, half-servings of beans, pasta and rice) when I started meat and water in early June. Maybe I'll screw up the nerve to try it again. Maybe I can try a day, then a few days later try a few days, then a few days later try a week. That Inuit boot camp can be brutal!

No net change in weight since about June 2007. I've hovered within a few pounds of where I am right now ever since I initially lost about ten pounds in my first few months of low-carbing beginning in March 2007. Goal is about 15 pounds away. Just as it has been month after month after month, plan after plan.

That's the news!

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**RE: Zero Carb / Meat and Water - zelia - 06-26-2008 08:02 PM**

Charles Wrote:

Please amend my earlier statement to "metformin does not lower blood sugar over the long term." I've always maintained as much.

I haven't seen anyone say that it does.
RE: Zero Carb / Meat and Water - Charles - 06-27-2008 06:31 AM

Vesna Wrote:
The funny thing is that at the end of the day I always feel like I've eaten about the same amount, even though looking at the records the numbers jump around a lot. At the end of the day I just feel that I've had as much to eat as I've wanted, and that feels the same, no matter how much or how little it was in absolute quantities.

I feel the same way!

Vesna Wrote:
No net change in weight since about June 2007. I've hovered within a few pounds of where I am right now ever since I initially lost about ten pounds in my first few months of low-carbing beginning in March 2007. Goal is about 15 pounds away. Just as it has been month after month after month, plan after plan.

Just out of curiosity, what do you weigh and how tall are you? It sounds as if you're at your body's regulated weight already...

RE: Zero Carb / Meat and Water - Lauren - 06-27-2008 09:43 AM

Vesna Wrote:
That's the news!

That sounds great Vesna. Even though you're not losing weight, at least you know that you are eating for optimal health. It will be interesting to see if your weight naturally lowers over time.

It seems that short periods of time on ZC or VLC doesn't automatically lead to weight loss for some of us but I wonder, as we regain metabolic balance over time, if the weight issue will sort itself out as Charles says. That's what I'm hoping.


Hi everyone,

I read all 59 pages of this thread (in 2 days!!!) and wow, was it interesting and refreshing!!! I was a member of the old forum.

I've done zero-carbing on and off for the last year to year and a half. With some successes but with certain problems as well. When going back to eating veggies, fruits, nuts or even too much dairy, I don't feel so good either so always go back to zero-carbing or an all-meat diet consisting of some shellfish or organ-meats that contain some carb and sometimes, some butter.
I suspect the reason I did not do well on my last attempt at zero-carbing with only muscle meats (i.e. fatty protein) was due to a lack of salt in my diet leading to low sodium and dehydration problems. I noticed my energy always went up when adding salt to my meat. Whether it needs to be iodized or not, I'm still not sure. Right now, I use iodized seasalt.

Day 2 of all-meat and it's going REALLY well!!! I'm feeling lots of energy, bloating is better, lost 2lbs, slept like a baby (did not wake up once) and I have no cravings AT ALL for sweets. I'm feeling hungry every 5-8 hours. But not so hungry. And meat is tasting better and better. YUM!

I'm 5'7, 149lbs (in the morning, when waking up), 31 yrs old. Medium build. I gained about 15 lbs in the last 6 months and my lowest was 135lbs when eating mostly organ-meats with coconut oil, about 1 yr ago. I also fasted for 5 days (for healing purposes) at one point which probably slowed down my metabolism...not so good. I'm still proud of myself for that feat. The longest I'd ever gone before was about 30 hours. I hope to go back to low 40's. 135lbs was too thin and I didn't feel quite healthy at that weight.

I choose fatty muscle meats, mostly chuck cause they're so damn cheap and of course, FATTY! Sometimes, rib steaks and ribeyes, especially when on sale. I eat nothing else except salt sprinkled on my meat and drink a little water.

Charles, I appreciate so much the time you take to explain things to people, help them become healthier, happier and admire your dedication, your compassion and the way in which you gather the information and convey it in simple terms for everyone to clearly understand. BRAVO!

---

**RE: Zero Carb / Meat and Water - travis t - 06-27-2008 12:32 PM**

Hi Kristelle,

I have been eating near zero carb for a month myself and i feel awesome. I say near because most day have been virtually zero(a few spices on my meat) and a few day i have had some carbs. One of them i wrote about earlier.

One thing that i have noticed the last couple of days is that i am down to just one meal a day. I was eating three times at first, then twice now, one. Hunger doesn't seem to present itself during the day and my daily sirens song(vending machine near my office) is nonexistent. Most Days i drink 16 ozs of coffee early in the morning and one to two bottles of water during the rest of my work day. On fridays i go out at lunch to cash my paycheck(yes i get a paper check, how old school) and make a run thru starbucks for a 16 oz(grande) black coffee.(yum). Once again welcome travis

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**RE: Zero Carb / Meat and Water - travis t - 06-27-2008 12:50 PM**

Kristelle
Just looked at your profile and it said your from Montreal.
We won't hold that against you(kidding).
I would love to come to the F1 race some year.
I went to all eight race that they had at Indy. Love formula one.
Go Massa.
travis
Hi Travis,

Thanks for the welcome. I'm really happy this is working out for you and I'm not that suprised either. I've experienced it firsthand on zero-carb many times. Right now, I eat about 3x daily...just listening to my hunger.

I forgot to mention that I've had a hysterectomy (ovaries + uterus removed) almost 3 years ago and as such, take bio-identical hormones, estrogen + progesterone.

I do remember that weight gain followed an increase (double the dose) in hormones. I later switched back to half that dosage but weight only continued increasing. The weight gain was actually a positive thing in the beginning, as I was too thin. But, then it just continued going up, that was during a period of much experimentation (and instability) with adding and removing different food sources. Weight only decreased temporarily during my fasting but quickly came back up thereafter.

Right now, I'm not touching my hormones. Eventually, if the weight stays still on this all-meat diet, I will probably make changes. What changes, I'm not sure but it seems progesterone increases fat retention while estrogen does the opposite...so maybe less progesterone?? We'll see...

nyteez Wrote:
Also its a great massage oil or skin moisturizer, it is a light oil (not greasy) that absorbs right into the skin, the only bad thing is you smell like coconuts all day. :O)

I'm new to low carbing and to this forum. Found this thread from one of the comments on Jimmy's blog where Charles talks about eating zero carbs.

I just would like to comment on virgin coconut oil (VCO). I have been using the Nutiva brand, but plan on trying to find the Rexall one at Walmart. I paid around $30 for my big jar of Nutiva. I put it in my morning tea along with stevia and cream. Yum! Sometimes I eat a spoonful at night before bed to stave off any hunger pangs.

I use it for a body oil after my shower, as well, and I DO NOT smell like coconuts all day. I'm sad, because I would love to, lol. The coconut smell dissipates very quickly. I'm using it for a face moisturizer, too. Love the stuff.

Erica

Welcome Erica!
I have been using the Nutiva brand, but plan on trying to find the Rexall one at Walmart. I paid around $30 for my big jar of Nutiva.

I have found the Vitamin Shoppe brand CO to be a good substitute for Nutiva and a lot cheaper. Not quite as good but pretty good.

RE: Zero Carb / Meat and Water - poo123 - 06-27-2008 06:48 PM

Hi, I have finally read the whole thread. I have made my decision and I am starting cold turkey, cold chicken and lots of beef tomorrow. I am a 38 year old mom of twins. I have done low carb on and off for the past 6 years and in those years I have lost 100lbs twice and put it back on. I think zero carbs will really help me. I do have polycystic overian syndrome (pcos) and that makes me very insulin resistant. So I believe this is the way to go for me. I am at my biggest right now at 250 and this really bothers me. I found all the posts very smart and gave me so much info it was really wonderful. I can't wait to start. I went shopping today and bought chuck steaks and large chicken legs and thighs and 2 packaged tubes of 73/27 ground beef. I love meat, and dark meat chicken and beef are my favorite so I guess I am in luck. I will have to get a new hobby because before I had my kids I was a chef, and loving food the way I do I still read cookbooks like they are novels, so I will have to find a new subject to read about. Sorry if I am babbling, but you have no idea how excited I am about this actually working.

RE: Zero Carb / Meat and Water - pennypritty1 - 06-28-2008 04:30 AM

ohhhkay... I am officially starting my zero/extremely low carb today. (whew!!!)

I was so excited when I first found this site a couple weeks ago I wanted to start then and there but couldn't. I just finished two weeks of 15 hour days (at a NEW job) and couldn't eat right let alone begin low carbing during that time. But now the summit is over, normal hours will begin and I am exhausted, but taking the plunge.

I'd been wanting to get back to low carbing so long I started procrastinating but no more! And now that I'm officially marking this down, I feel the accountability to press through--something I really need in the beginning. Once I start and push on the first couple days, I'm zoned in. But that first week, I'm determined to succeed the changeover.

Man!!! I'm excited! 😄 I can already feel like I'm breathing easier, walking more spritely and clearheaded. I will be religiously on this site to keep me pumped--all of you are so inspiring and helpful, I gain strength here.

-----------------------------
penny
"a work in progress..."

RE: Zero Carb / Meat and Water - Vesna - 06-28-2008 05:51 AM

Hi, Kristelle! We meet again! I guess the LC world is a small place. It seems to get smaller as the carbs go lower, too! 🤗

RE: Zero Carb / Meat and Water - Vesna - 06-28-2008 07:36 AM
Charles Wrote:

Vesna Wrote:

No net change in weight since about June 2007. I've hovered within a few pounds of where I am right now ever since I initially lost about ten pounds in my first few months of low-carbing beginning in March 2007. Goal is about 15 pounds away. Just as it has been month after month after month, plan after plan.

It sounds as if you're at your body's regulated weight already...

Yes, that's just the problem! How do I turn the dial down and re-regulate? Something is moving the dial around, but I can't quite get a handle on it.

Through most of 2004 and 2005, I lost weight without trying.

My baby was born in early 2004, and fat sloughed off me after that over the following year and half until by late 2005 I was 23 pounds below my pre-pregnancy weight, which was itself about 30 pounds overfat. My diet? I was supplementing our whole-foods home cooking (with plenty of meat, fat, and low-to-mid-starch veg, but also pasta, rice, potatoes and legumes) with generous portions of Baby Ruths, Taco Bell and Krispy Kreme. I wasn't following any exercise regime.

In October 2005 I took a full-time desk job. I didn't change my diet. By the summer of 2006, all the weight had returned. Now I was back to 30 pounds over.

In September 2006 I cut way down on the chocolate and pastry, cutting out second helpings and late-night snacks, and cutting the rice from my daily breakfast and lunch of dhal, rice, veg and eggs. I followed this "moderation" approach, as I called it, and lost exactly one pound over the course of six months. Maybe I would have gained more without the conscious "moderation," but I don't know. My weight had already stabilized around June 2006.

In March 2007, I went low-carb, starting with Atkins induction. Ten pounds came off over the first several weeks, leaving me about twenty pounds over. I've gained and lost another five pounds several times since then.

Now, why did I lose weight from Feb. 2004 to October 2005, although my diet was worse than it had been for several years, when I gained the weight?

Why did I gain from Oct. 2005 to June 2006, without a change in diet? (The desk job is an obvious possible culprit here.)

Why did I stop gaining in June 2006 without a change in diet or activity?

Why was there no change in weight from October 2006 to March 2007, despite a change in diet?

Now I'm at a regulated weight. But it's not an ideal regulated weight. It's not an ideal shape -- not with a 39" waist, not with a waist/height ratio that puts me at risk for diabetes.

My current amount of stored fat is not physically comfortable, and it doesn't look good on me. I've been much slimmer, and I liked it much better. It felt great. It felt normal.

I have stacks of clothes that used to fit. Now the buttons don't meet, or the zipper won't close, or it won't pull over whichever end of me I'm trying to pull it over. They're a graphic reminder that I'm not the size
and shape I was, I have to believe could be, I feel should be. What will it take to re-regulate my body back to the shape that gets into those clothes?

RE: Zero Carb / Meat and Water - Kristi31 - 06-28-2008 08:17 AM

Hey there Vesna! Glad to see you. 😊

So, I'm on day 3 of all-meat and things are going really well. Yesterday, I only ate twice, once at around 9am and later at around 2pm. Didn't feel hungry for the rest of the day although when my family ate later that night, the smells got me temporarily hungry (meat, peppers & zucchini on BBQ) but it quickly passed. I actually tried a small bite of my meat but was too full.

Slept wonderfully. Again! So, this is really good news. And my weight is going up and down, really strange. I was 147.5 yesterday AM, hovered around 151 all day, before going to bed, weighed myself at 147.5 and this morning, when i woke up, 149lbs!!!

Lastly, bloating is practically a thing of the past, what a relief!!!

Penny, I'm rooting for you. You go girl! You can do this!!!

---

RE: Zero Carb / Meat and Water - pennypritty1 - 06-28-2008 09:11 AM

Thanks, Kristelle, I'm determined to make this life change stick!!!

And on that note...

Everyone, I'd love a little help. I tend to think linear and box myself in so I know that I need help sticking through this. Fortunately, I absolutely love meat - chicken, fish, pork, turkey... all of it. I'm loving that I can just go forward with those things. But I'm looking to keep myself from getting "bored" with my selections.

Can I get some help from you all by listing your choices of other zero / extremely low carb food options to eat?

I just need to expand my mind with all the options that are really there. Psychologically when you think of a major change in your life, one of the first thoughts is almost always that you're limiting yourself or saying "NO" to something. And because of it you tend to not think about the GREAT things you can have. I want to stop thinking about the "NO" things and bombard my mind with the "YES" things--as in the zero / ELC (extremely low carb) things...

So here goes - puuleeeze add yours to this if/when you can. It'll certainly help me expand my choices and enjoy this wonderful change.

- chicken - dark meat (dark meat is my friend) 😊
- ham (loooove u)
- bacon
- turkey - dark meat
- shrimp - grilled with butter and a splash of lemon - yum
- cheddar cheese - .4 net carbs (according to the Atkins shopping guide)
- pork chops
cream cheese - 2 tbs .8 net carbs
boiled eggs - great quick snack, just some salt/pepper or slice in half, take out yokes, mix with some mayo and seasoning and you've got a very simple deviled egg...
ground turkey or beef - melt some shredded cheddar over it, season and let cool and you can pick at this like a meaty/cheesy snack...
pork rinds - for the chips I need

more please... See? I'm already ONLY thinking mostly meat--need more expansion in ideas. I'd appreciate suggestions / ideas. Thanks, everybody, in advance.

RE: Zero Carb / Meat and Water - [Wendyoh](mailto:Wendyoh) - 06-28-2008 09:12 AM

I have a thought/question for those of you who experience similarly to what Kristelle wrote above when going to zero carb. Is this weird increase on the scale when decreasing carbs actually a good sign? It seems like we read about this a lot, people either plateauing or even gaining for awhile before a sudden drop on the scale.

I have read that when fat cells are emptied, they are temporarily filled with water, which would explain the scale, as well as the change in consistency of the fat in general. For me, my fat feels really squishy and jiggly during this time. It tends to freak me out, as I am sure it does for others. But if I just wait it out, the fat cells release the water and shrink, I feel leaner and the scale reflects a loss.

Anyone else notice this?

RE: Zero Carb / Meat and Water - [Kristi31](mailto:Kristi31) - 06-28-2008 09:18 AM

Personally, my fat feels squishy especially around the abdominal region. I'm waiting it out...

RE: Zero Carb / Meat and Water - [MAC](mailto:MAC) - 06-28-2008 09:24 AM

pennypretty1 Wrote:
chicken - dark meat (dark meat is my friend) Wink
ham (loooove u)
bacon
turkey - dark meat
shrimp - grilled with butter and a splash of lemon - yum
cheddar cheese - .4 net carbs (according to the Atkins shopping guide)
pork chops
cream cheese - 2 tbs .8 net carbs
boiled eggs - great quick snack, just some salt/pepper or slice in half, take out yokes, mix with some mayo and seasoning and you've got a very simple deviled egg...
ground turkey or beef - melt some shredded cheddar over it, season and let cool and you can pick at this like a meaty/cheesy snack...
pork rinds - for the chips I need

HEAVY whipping cream!!
Coconut oil

73/27 hamburger. Much fattier (which is good) than 80/20, etc.

Brie cheese (if you lose no problem, if you stall you may want to cut the dairy since it has carbs), etc.

rib-eye steaks (the fattier the better when it comes to meat)

Lard (ala the Polish Atkins - Optimal Diet)

Butter

Creme Fraiche (just bought some yesterday for the first time)

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RE: Zero Carb / Meat and Water - pennypritty1 - 06-28-2008 09:49 AM

Thanks, MAC,

I'm curious about the coconut oil... does it taste like coconut? is it subtle? strong? How many ways do you use it? I think I remember reading someone saying they had a spoonful of it to keep hunger pangs away...?

I'm tempted to try it... but I'm not a fan of coconuts... but I certainly want to expand my options.

And what is Creme Fraiche?

---

RE: Zero Carb / Meat and Water - MAC - 06-28-2008 10:11 AM

pennypritty1 Wrote:

Thanks, MAC,

I'm curious about the coconut oil... does it taste like coconut? is it subtle? strong? How many ways do you use it? I think I remember reading someone saying they had a spoonful of it to keep hunger pangs away...?

I'm tempted to try it... but I'm not a fan of coconuts... but I certainly want to expand my options.

And what is Creme Fraiche?

Nutiva and Vitamin Shoppe Coconut oil have a very very mild coconut taste to them via MY taste buds. I eat it straight on occasion, use it in place of butter on broccoli, put it in coffee to add fat to my diet.

Creme Fraiche is richer than whipping cream and less sour than sour cream. Tastes like a mild sour cream. It is a cultured product. One can use it to make beef stroganoff, put on strawberries, etc. I am going to add it to my 73/27 hamburger to up the fat content even more as I want that slightly sour cream taste. Creme Fraiche has 1 carb per 2 Tbs. Less than sour cream but not by much.

The following link has a list of hidden carbs in foods: Hidden Carbs
RE: Zero Carb / Meat and Water - LindaSue - 06-28-2008 03:36 PM

Penny:

Pot roast
Pork shoulder roast (Boston butt)
Fish (tilapia, tuna, etc.)
Pork sausage (watch out for fillers)
ground pork
lamb

If you're going to eat lean meats such as chicken breasts, you might wrap them in bacon and top them with melted cheese or some kind of butter or mayo based sauce to boost the fat. Mix some herbs and spices into softened cream cheese and smear over your meat for flavor. I use some condiments in small amounts. I like to make a mixture of mayo and low carb BBQ sauce to put on my burgers. You could also use a little low carb ketchup and/or mustard for very little carb. You can make cheese into cheese crisps in the microwave for snacks.

RE: Zero Carb / Meat and Water - Ell.eee - 06-28-2008 03:58 PM

Hi everyone. I'm loving this site. Great inspiration and ideas. I'm still working on gradually decreasing carbs while maintaining my weight to combat hyperinsulinism. This week I'm dropping to 10 carbs. I'm finding two meals and no snacks is working for me most days. Huge breakfast at 5:30-6:30 am and huge dinner at 5:30-6:30pm. I use fitday and my calories are higher than I've ever seen them 2000-2200. I used to average 1500 so I hope this doesn't become a problem in the future, but so far I'm only up a couple of pounds. Must be the high fat content. Can't believe I'm only hungry twice a day though still shaky after meals.

Travis - I'm with you my coffee will be with me throughout this no matter what. It helps me feel good and tastes fantastic.

Mac - I'm a coconut oil newbie been using it 10 days 3to4 TBsp. It keeps me full and gives me energy but keeps me up if I have it with dinner. Any way to turn off the wakefukness effect? Will I get used to it in time and be able to have some at night?

The VLC lists are so helpful. Hey I'm so psyched I may throw in a day or two of zero carb this week and see how my body reacts.

Regards to all for a great week!

RE: Zero Carb / Meat and Water - pennypritty1 - 06-28-2008 04:26 PM

This is great, LindaSue. I do need to find a way to increase my fat intake. I reopened my fitday account - I used it years ago when I did low carb, but totally forgot about it until I saw it on your signature (thanks, LindaSue) and used that again to track my intake.

Tilapia--is it a fatty fish? I've not had that one. I probably need to go to a meat market and fish market and start stocking up--lol.

OH - and sardines are supposed to be high in fat. You could mash that with mayo, some mustard, and a
little seasoning to make deviled eggs.

I think I have a thing for deviled eggs. lol

---

**RE: Zero Carb / Meat and Water - Kristi31 - 06-28-2008 04:50 PM**

Even the fattiest fish like salmon, sardines and mackerel aren't that fatty. Fattiest are pork, beef, lamb, that kind of meat.

If one experiences some tiredness, be sure to eat enough salt. It helped me ALOT!

---

**RE: Zero Carb / Meat and Water - pennypritty1 - 06-28-2008 05:05 PM**

Kristi31 Wrote:
Even the fattiest fish like salmon, sardines and mackerel aren't that fatty. Fattiest are pork, beef, lamb, that kind of meat.

If one experiences some tiredness, be sure to eat enough salt. It helped me ALOT!

hmmm... I haven't had lamb in sooo long. I absolutely loooove roast pork.

Salt? Really? Thanks, Kristelle--I'll remember that. I used to eat a lot of sunflower seeds, a mixture of salted and unsalted. That'd be good to have to help with some salt.

I could use some options for drinks as well as foods. I'm definitely a water girl, but do any flavor drinks come to mind? I'm determined to not have any sodas-low carb or otherwise. And I'm not a fan of the flavor water--even when I wasn't low carbing. I just don't see the benefit to sugared water with a couple of vitamins tossed in.

---

**RE: Zero Carb / Meat and Water - Kristi31 - 06-28-2008 08:17 PM**

Today, Day 3 of my zero-carb diet, I'm still struggling to find the right balance between salt and water although I'm getting there. The first 2 days went pretty well.

If I don't eat enough salt, I get dehydrated, constipated, bloated, sinus congestion (with blocked ears), tired after meals, don't sleep well, indigestion, abdominal cramps, headaches, hives due to water pressure inside of skin (or something like that), increased cellulite (yuk!). Same thing happens to me if I take too much of it.

In trying to find what is just enough for me, I make mistakes such as the one I made today. I took too much salt! I use salt as needed, when I'm eating and starting to feel tired (but still hungry). Getting weak/tired is a clear indication to me that I need salt and right away, it takes care of it. But, sometimes, I overdo it such that I get bloated afterwards, like today.

Later, I started sweating probably in an effort to excrete the excess sodium and was a little hyperactive. I also started having really painful abdominal cramps. So, I reasoned..."probably the salt". In an effort to dilute some of it, I drank water, just enough to quench my thirst that I didn't really sense before, for some reason. An hour later, the bloating disappeared and so did the cramps. I feel fine now!
Interestingly, when I need water, I often start craving fruits. And when I need salt, I start craving nuts. I did crave fruits during the day but drank no water...I should have listened to my body.

So, right now, two things indicate to me that I need salt:
1) craving for nuts
2) as I'm eating my meat, I'm getting tired (drowsy).

And two things indicate to me that I need water:
1) craving for fruits
2) feeling bloated after a meal

I just wish there was a simpler way to do things. My body signals are still not quite up to par.

Charles, any tips, having been on this diet for quite some time, other than just eating salty when craving salty and drinking when thirsty? That just doesn't work for me.

---

**RE: Zero Carb / Meat and Water** - pennypritty1 - 06-29-2008 05:34 AM

Kristi31 Wrote:

...  
So, right now, two things indicate to me that I need salt:
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2) as I'm eating my meat, I'm getting tired (drowsy).

And two things indicate to me that I need water:
1) craving for fruits
2) feeling bloated after a meal

I just wish there was a simpler way to do things. My body signals are still not quite up to par.

...  

Well, I'm glad you're sharing your experiences, Kristelle. As I'm just starting day 2, I'll have an idea of what to try if I experience those same symptoms.

---

**RE: Zero Carb / Meat and Water** - LindaSue - 06-29-2008 06:43 AM

pennypritty1 Wrote:

Tilapia--is it a fatty fish? I've not had that one. I probably need to go to a meat market and fish market and start stocking up

I don't know how fatty it is but I thought that having fish every now and then might keep you from being bored with your menu. The nice thing about fish is that you can drown it in melted butter. I like a little fish with my butter, LOL.

I don't know what to suggest as far as flavored drinks go. I don't think you'll find any that don't either have some hidden carbs or artificial sweeteners that you may be trying to avoid. Drink mixes like Crystal Light come to mind. They say they have no carbs but they must have some based on the ingredients. Dr. Atkins allowed people on induction to have freshly squeezed lemon juice in their water but it does have carbs. I tried lemon in my water once and didn't care for it. I prefer my water straight up.
I am on day 2 and I do have to say day 1 was fine, no problems at all. I had 1/2 lb 73/27 ground beef for breakfast at 9:00am, then didn't feel the least bit hungry until maybe 2:30 so then I just had 1/4 lb of the same beef because I was going to have dinner with the family. At 6:00pm we had dinner and all I had was 2 chicken thigh and 2 wings and I was done for the night. I was full. I went to bed at 10:30 and slept all night and woke up with the dogs at 7:00. I ate 1/2 lb of chuck steak for breakfast at 9:00 and so I am happy. I am glad to see there are 2 others just starting out too. We all can manage these first days together. I think with all the advice and support on this board its going to be ok.....

Kristi31 Wrote:
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I just wish there was a simpler way to do things. My body signals are still not quite up to par.

Charles, any tips, having been on this diet for quite some time, other than just eating salty when craving salty and drinking when thirsty? That just doesn't work for me.

Sorry, I've been busy with a family reunion. I'll be back in business tomorrow.

If this is day 4, then give it some time. I might just be a mini-induction. When you subtract things from your diet your body has to switch to either manufacturing things or getting it in some other way. That takes a little time.

Salt is a tough one. I used to just shake it liberally on everything but now I really just use it when I feel like something needs salt (which is probably my body telling me I need some). I do the same with water. I don't drink it indiscriminately, I just really try to drink to thirst. Plus, I never drink it during exercise.

I think we talked about this on the old forum, but the symptoms you describe sound like not enough fat, not salt. When I feel anything similar to that it's usually because I've been eating my meat too lean. Although, I didn't feel particularly energetic on Friday when I ate beef spare ribs for lunch. I think I just ate way to many and there was tons of fat!

I know that you know the importance of fat so I'll leave it at that. Other than that, I don't know what would cause you to feel like that, unless you're not eating enough food in general.

Regards,

Charles
poo123 Wrote:
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Looks great!

---

**RE: Zero Carb / Meat and Water - Charles - 06-29-2008 07:57 AM**

Vesna Wrote:
My baby was born in early 2004, and fat sloughed off me after that over the following year and half until by late 2005 I was 23 pounds below my pre-pregnancy weight, which was itself about 30 pounds overfat. My diet? I was supplementing our whole-foods home cooking (with plenty of meat, fat, and low-to-mid-starch veg, but also pasta, rice, potatoes and legumes) with generous portions of Baby Ruths, Taco Bell and Krispy Kreme. I wasn't following any exercise regime.

This weight loss was definitely hormonal (as all weight loss is) and didn't matter what you were eating because those reproductive hormones were mobilizing fat as they're supposed to do after a birth.

Vesna Wrote:
In October 2005 I took a full-time desk job. I didn't change my diet. By the summer of 2006, all the weight had returned. Now I was back to 30 pounds over.

When the post-pregnancy hormones stopped mobilizing your fat, then it fell to your diet which was not optimal.

Vesna Wrote:
In September 2006 I cut way down on the chocolate and pastry, cutting out second helpings and late-night snacks, and cutting the rice from my daily breakfast and lunch of dhal, rice, veg and eggs. I followed this "moderation" approach, as I called it, and lost exactly one pound over the course of six months. Maybe I would have gained more without the conscious "moderation," but I don't know. My weight had already stabilized around June 2006.

That sounds right and if you would have cut the carbs further during this period you likely would have lost more.

Vesna Wrote:
In March 2007, I went low-carb, starting with Atkins induction. Ten pounds came off over the first several weeks, leaving me about twenty pounds over. I've gained and lost another five pounds several times since then.

Of course.

Vesna Wrote:
Now, why did I lose weight from Feb. 2004 to October 2005, although my diet was worse than it had been for several years, when I gained the weight?
Your reproductive hormones. The same ones that caused fat storage during pregnancy mobilized fat afterwards. There was nothing diet-wise that you could have done to stop pregnancy fat or post pregnancy weight loss.

Vesna Wrote:
Why did I gain from Oct. 2005 to June 2006, without a change in diet? (The desk job is an obvious possible culprit here.)

No, I work a desk job. As I said above, your hormones were not working to mobilize fat in spite of your bad diet.

Vesna Wrote:
Why did I stop gaining in June 2006 without a change in diet or activity?

Do I really have to answer this one again? 😐

Vesna Wrote:
Why was there no change in weight from October 2006 to March 2007, despite a change in diet?

Didn't change diet enough.

Vesna Wrote:
Now I'm at a regulated weight. But it's not an ideal regulated weight. It's not an ideal shape -- not with a 39" waist, not with a waist/height ratio that puts me at risk for diabetes.

Everyone is at equilibrium, either fat or lean. The question is, how does this change? It's all about the cells. You have to increase the flow of nutrients to the cells. That means more calories of fat and protein, not less. This will speed up the flow of nutrients and your body will release the hold it has on the fat tissue or else the flow of nutrients will be too fast. It always has to be regulated. Also you have to stay away from things that retard this flow of nutrients, and those are triglycerides made from dietary carbohydrate. They cause a small slow down that causes a very gradual weight gain over time. It's like .01 of 1%.

Vesna Wrote:
I have stacks of clothes that used to fit. Now the buttons don't meet, or the zipper won't close, or it won't pull over whichever end of me I'm trying to pull it over. They're a graphic reminder that I'm not the size and shape I was, I have to believe could be, I feel should be. What will it take to re-regulate my body back to the shape that gets into those clothes?

See above or go shopping! 😐 I feel your pain. I have the other problem. Throughout my weight loss I bought so many clothes, especially pants and I just couldn't wear them for long. Since I'm such an extremist I gave all these perfectly new-like clothes to Goodwill. I'm always scared that I'll gain some weight and these new clothes won't fit or something and then I'll have nothing to wear!

Regards,

Charles
RE: Zero Carb / Meat and Water - **Kristi31** - 06-29-2008 10:11 AM

Charles,

Thank you for answering. I really don't think it's the lack of fat cause I eat PLENTY and I mean PLENTY.

This morning, had just enough salt with a little bit of water and feel great. I'm really getting a hang of this. I'm sure the hormones also affect sodium and water in my body.

---

RE: Zero Carb / Meat and Water - **pennypritty1** - 06-29-2008 12:41 PM

LindaSue Wrote:
I don't know what to suggest as far as flavored drinks go. I don't think you'll find any that don't either have some hidden carbs or artificial sweeteners that you may be trying to avoid. Drink mixes like Crystal Light come to mind. They say they have no carbs but they must have some based on the ingredients. Dr. Atkins allowed people on induction to have freshly squeezed lemon juice in their water but it does have carbs. I tried lemon in my water once and didn't care for it. I prefer my water straight up.

Thanks, LindaSue. I was thinking about the Crystal Light or even the sugarless powdered Kool-Aid mixes with some Splenda.

I think I'll stick with my water for now, without the lemon - I don't much care for the taste of it either. lol

---

RE: Zero Carb / Meat and Water - **con** - 06-29-2008 02:33 PM

Charles,

I've been doing ZC very successfully for over a month UNTIL this week. (lost 12 lbs. yeah)

My problems started last weekend when we had a heat wave here in the Bay Area. It got into the 80's (Farenheit) and I started CRAVING frozen blueberries. I WAS DREAMING ABOUT THE COOL WATERYNESS running down my throat! I resisted, but the temp. was so hot I couldn't force myself to eat MUCH fatty meat.

One day I ate eggs and yesterday I made hamburger stroganoff with cream and cheddar cheese for my son, and I gave in and today I weighed 5 LBS. more. YIPES

My ? is did I want the fruit cause of dehydration due to hot weather or due to not enough fat which I couldn't eat due to hot weather? Or salt depletion? Everythings been off since the heatwave. thanks Con

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RE: Zero Carb / Meat and Water - **Kristi31** - 06-29-2008 04:28 PM

I was actually craving fruit like crazy today so drank some water. Even though I just had some meat with plenty of water in it and even though I wasn't thirsty. Water just didn't do it and my cravings continued...until I took some salt. That completely got rid of my cravings.

I think I understand better what's going on now and realize my fruit cravings have NOTHING to do with water but more so to do with the increase in insulin.

With decreased insulin levels (due to less carbs), potassium retention increases while sodium retention
DECREASES such that potassium becomes much too elevated relative to sodium. There is an imbalance and that creates all sorts of problems like fatigue and dehydration. To correct this balance, one needs to EITHER decrease potassium (insulin is used in the treatment of excess potassium, called hyperkalemia) or increase salt. The body may secrete insulin in an effort to bring the potassium down and this would obviously lead one to crave sugar/sweet foods. The body may also start craving salty foods like pickles.

Considering the fact that I naturally don't retain much salt (genetics) and that I am ZC, it makes much sense that I so often crave fruits and that salt helps quiet down my appetite and gives me so much energy (and relieves my constipation!).

So, to answer your question...take some salt and see if that helps. Preferably high-quality sea salt like Celtic or Paludier. Hope this helps.

RE: Zero Carb / Meat and Water - con - 06-29-2008 06:59 PM

thanks for the info Kristi, I'll try that!

Con

RE: Zero Carb / Meat and Water - feckless - 06-29-2008 08:50 PM

hi all, a question for charles....
does your same advice apply to someone with a 20 year history of severe alcoholism and the resulting pancreas/liver damage. i'm in my 40s now, and while stopped drinking for 8 years, still suffer extreme hypoglycemia. Maybe that is a symptom of hyperinsulinism as you say, but i still have to deal with it. i can have crashes where the paramedics are called, and usually if i am spiraling, eating protein/fat doesn't do anything. my glucose tolerance tests showed my blood sugar dropping to under 30 after two hours.

i have been paleo LC for long time, mostly VLC, but my energy is still totally erratic and i still suffer massive cravings for sugar. quite frankly, i've never felt good my whole life! i was obese as a kid before i discovered booze. i am not overweight now, that is not a concern. i'm hoping the zc path will allow my body to heal and find some stability, but i want to know if i should approach this in any special way given my history.

really appreciate your input....thanks!

RE: Zero Carb / Meat and Water - Vesna - 06-30-2008 05:41 AM

Charles, THANK YOU for your extensive comments. You are swell! 😊

Charles Wrote:

Vesna Wrote:
My baby was born in early 2004, and fat sloughed off me after that over the following year and half until by late 2005 I was 23 pounds below my pre-pregnancy weight, which was itself about 30 pounds overfat. My diet? I was supplementing our whole-foods home cooking (with plenty of meat, fat, and low-to-mid-starch veg, but also pasta, rice, potatoes and legumes) with generous portions of Baby Ruths, Taco Bell and Krispy Kreme. I wasn't following any exercise regime.
This weight loss was definitely hormonal (as all weight loss is) and didn't matter what you were eating because those reproductive hormones were mobilizing fat as they're supposed to do after a birth.

Vesna Wrote:
In October 2005 I took a full-time desk job. I didn't change my diet. By the summer of 2006, all the weight had returned. Now I was back to 30 pounds over.

When the post-pregnancy hormones stopped mobilizing your fat, then it fell to your diet which was not optimal.

It's interesting that you attribute my effortless weight drop significantly below pre-pregnancy weight completely to post-pregnancy, and that it seems you consider it unremarkable. I've never heard of that phenomenon.

This is what I usually hear about: (1) easy slide back to pre-pregnancy weight, (2) hard battle back to pre-pregnancy weight, or (3) net gain after pregnancy that took years to lose, or has never yet been lost.

What have other posters here heard of and/or experienced as far as post-pregnancy fat storage?

Has anyone else experienced or heard of effortless weight loss to significantly below pre-pregnancy weight?

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**RE: Zero Carb / Meat and Water** - poo123 - 06-30-2008 06:08 AM

Hi guys, well its day 3 today and as of this morning I am down 4.2 lbs !!!! I am so happy. Yesterday I had total 1lb of chuck steak, 3 small chicken legs and 1/2 lb of 73/27 ground beef. I am still not hungry at 9:00am Monday morning. I am really happy that I have not had any shaking, or severe headaches and my energy level is really good. I have had no cravings and my family is supporting me great. My husband is lowering his carbs and my kids are starting to taste what I am having. So all around everything is wonderful.

---

**RE: Zero Carb / Meat and Water** - Angela - 06-30-2008 06:12 AM

After my son was born I dropped the pregnancy weight fairly quickly (3 months) then it began to creep back within the next 6 months. I believe it was hormonal, breast feeding and just sheer exhaustion. This was 13 years ago.

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**RE: Zero Carb / Meat and Water** - LindaSue - 06-30-2008 06:23 AM

pennypritty1 Wrote:
Thanks, LindaSue. I was thinking about the Crystal Light or even the sugarless powdered Kool-Aid mixes with some Splenda.

Even the unsweetened Kool-Aid mixes have maltodextrin in them but it probably doesn't amount to much by the time you mix it with 1/2 gallon of water. Be careful though. I've noticed that some flavors and brands of "unsweetened" drink mixes DO contain sugar. Wyler's brand comes to mind as well as Hawaiian Punch brand.
RE: Zero Carb / Meat and Water - Charles - 06-30-2008 07:13 AM

con Wrote:
My ? is did I want the fruit cause of dehydration due to hot weather or due to not enough fat which I couldn't eat due to hot weather? Or salt depletion? Everything's been off since the heatwave.
thanks Con

Con,

That's a fascinating question. In fact, I've been thinking about a similar question. The last two summers, about this time of year, I get more of a craving for sweet things than at any other time of the year. I was wondering if it was the heat or maybe I push myself a little harder during these months. I adjusted my workout schedule this year just because of this. I work out much less than last year because I became so fatigued over the summer that by the time I got to October and November, I didn't have much left.

I can only think of animals and when it's hot they decrease their activity. In fact, my dog won't even eat during the day until it cools off in the evening, or if I take him out early in the morning, he will eat. As humans, we probably need to decrease our activity during the hottest parts of the day to avoid depleting our muscle glycogen. I'm sure this is why we want fruit when it's hot.

This would probably be very normal if we hadn't messed up our bodies so much with the carbohydrates when we were younger. As long as you stick with berries and low glycemic stuff, I don't think the weight gain will last very long, but we probably need to take care not to overdo it in the heat.

The most important thing is that if you do go for something sweet, try to make sure it's the kind of thing you eat as opposed to reaching for a sweet-tasting drink because you'll get far less sugar.

Sorry I don't have any studies on this one, but those are my thoughts.

Regards,

Charles

RE: Zero Carb / Meat and Water - travis t - 06-30-2008 07:17 AM

Vesna wrote "Has anyone else experienced or heard of effortless weight loss to significantly below pre-pregnancy weight?"

A friend of ours had twins about four years ago and she got pretty big in the last trimester. As soon as she had them she started chain smoking again and she shrunk down so fast that I didn't think was possible. Taubes in GCBC wrote that nicotine was perhaps one of the best weight loss drugs ever. travis

RE: Zero Carb / Meat and Water - Charles - 06-30-2008 07:32 AM

feckless Wrote:
hi all, a question for charles....
does your same advice apply to someone with a 20 year history of severe alcoholism and the resulting pancreas/liver damage. I'm in my 40s now, and while stopped drinking for 8 years, still suffer extreme
hypoglycemia. Maybe that is a symptom of hyperinsulinism as you say, but i still have to deal with it. i can have crashes where the paramedics are called, and usually if i am spiraling, eating protein/fat doesn't do anything. my glucose tolerance tests showed my blood sugar dropping to under 30 after two hours.

i have been paleo LC for long time, mostly VLC, but my energy is still totally erratic and i still suffer massive cravings for sugar. quite frankly, i've never felt good my whole life! i was obese as a kid before i discovered booze. i am not overweight now, that is not a concern. i'm hoping the zc path will allow my body to heal and find some stability, but i want to know if i should approach this in any special way given my history.

really appreciate your input....thanks!

Your is very interesting and a bit different than what others are ascribing to hypoglycemia. The problem with hypoglycemia is that it never had any evidence to support it. It was a pre-World War II prescription based on speculation that insulin possibly caused weight gain by lowering blood sugar to the point where a person would be ravenous and then overeat. It's still based on the notion that excess calories are responsible for obesity. That's the problem with it.

In your case, you say that your pancreas was damaged due to alcohol. In what way and how did they come to determine this? Better yet, what treatment did they prescribe to treat this damaged pancreas?

You're not overweight so why would you be secreting excess insulin (causing hypoglycemia)? Alcohol gets processed similar to carbohydrates in that insulin will clear the bloodstream in order to get the muscles to burn the alcohol and not burn fat until it's finished.

It's funny to me that no one describes carbohydrate metabolism in the same way because that's precisely what happens. When you eat carbohydrates, your body suspends fat burning to deal with the glucose and consequently we don't burn glucose and fatty acids simultaneously.

Based on that, I would think it would still be more related to hyperinsulinemia, except that you said your blood sugar is actually low and you have damage to your pancreas. I would imagine that excessive alcohol consumption caused your body to oversecrete insulin to deal with the alcohol but if your liver is damaged, it may not signal the pancreas to react as it's supposed to.

So the question is, does your pancreas under secrete (in which case your blood sugar would be high) or does it over secrete (which would only make blood sugar high if you are also insulin resistant)?
I'm saying that if everything is working right, the diet is proper, and a woman is young (which shouldn't
matter with a proper diet) then she should lose her weight just as every other animal in the animal
kingdom does. If she doesn't, then there's a problem. By the same token, when you're pregnant, there's
not much one can do to stop the fattening process.

I think if you examine closely and really ask a particular woman, they'll tell you that they lost some
weight initially and then begin to gain or the weight loss stopped.

Another question I would ask is whether the menstruation cycles were normal during the period that you
lost weight and also during the period that you gained weight?

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**RE: Zero Carb / Meat and Water - Charles - 06-30-2008 07:52 AM**

poo123 Wrote:
Hi guys, well its day 3 today and as of this morning I am down 4.2 lbs !!!! I am so happy. Yesterday I
had total 1lb of chuck steak, 3 small chicken legs and 1/2 lb of 73/27 ground beef. I am still not hungry
at 9:00am Monday morning. I am really happy that I have not had any shaking, or severe headaches and
my energy level is really good. I have had no cravings and my family is supporting me great. My
husband is lowering his carbs and my kids are starting to taste what I am having. So all around
everything is wonderful.

Fabulous!!!!

---

**RE: Zero Carb / Meat and Water - travis t - 06-30-2008 07:54 AM**

carles,
you were talking about carb cravings during this part of the year.
a possibility could be that the days at this time of the year are at their longest. the more light that enters
the eye the less melatonin whe have, and melatonin is an antioxidant. The less melatonin we have places
more stress on our antioxidant pool of Glutathione. It has been shown that the less glutathione we have
the less insulin sensitive some of our cells become.
travis

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**RE: Zero Carb / Meat and Water - Charles - 06-30-2008 07:56 AM**

Angela Wrote:
After my son was born I dropped the pregnancy weight fairly quickly (3 months) then it began to creep
back within the next 6 months. I believe it was hormonal, breast feeding and just sheer exhaustion. This
was 13 years ago.

This illustrates my point, in that the sex-hormones did what they were supposed to do by mobilizing
fatty acids post-pregnancy to get you back down. Then, your diet took over and that regulated your
weight over the next six months.

Many people claim that breast feeding causes women to lose weight more rapidly after a birth because it
shrinks the uterus faster. This may be, but you can easily see in this case that hormones are chiefly
responsible. My wife breast fed all our children for 14 to 18 months and she was hormonal the entire
time! 😃
travis t Wrote:
Vesna wrote "Has anyone else experienced or heard of effortless weight loss to significantly below pre-pregnancy weight?"

A friend of ours had twins about four years ago and she got pretty big in the last trimester. As soon as she had them she started chain smoking again and she shrunk down so fast that I didn't think was possible. Taubes in GCBC wrote that nicotine was perhaps one of the best weight loss drugs ever.

travis

Not surprising to me, but many people would think that the smoking would have made her get fat since we all know that smoking makes people crave food, especially sweet stuff. The smoking plus the post-pregnancy hormonal action would produce some serious weight loss in my mind and then at some point, it would be chiefly the smoking and if the person ate a high-fat, low-carb diet along with the smoking, I would expect they would be pretty lean.

travis t Wrote:
charles,
you were talking about carb cravings during this part of the year.
a possibility could be that the days at this time of the year are at their longest. the more light that enters the eye the less melatonin we have, and melatonin is an antioxidant. The less melatonin we have places more stress on our antioxidant pool of Glutathione. It has been shown that the less glutathione we have the less insulin sensitive some of our cells become.

travis

Sorry, Travis, I don't follow this. I don't eat anything that "oxidizes" so I don't know why melatonin would help me with this. When you say the cells become "less sensitive to insulin" what do you mean?

The muscle cells or the fat cells? In either case, this would make an argument as to fattening or not fattening.

Here, we're talking about mere cravings. If I don't eat any more carbs during this time, I won't gain any weight even though my insulin levels are obviously changing (thus the cravings).

Can you quote more of the findings?

By the way, LindaSue, you'll recall that this was the time last year that I began to drink artificially-sweetened water. This was a bad move and it caused me to gain about 5 pounds over my goal weight. I seem to control my "urge for the sweet" the entire year without too much trouble, but July and August are tough months...
Vesna Wrote:
It's interesting that you attribute my effortless weight drop significantly below pre-pregnancy weight completely to post-pregnancy, and that it seems you consider it unremarkable. I've never heard of that phenomenon.

This is what I usually hear about: (1) easy slide back to pre-pregnancy weight, (2) hard battle back to pre-pregnancy weight, or (3) net gain after pregnancy that took years to lose, or has never yet been lost.

What have other posters here heard of and/or experienced as far as post-pregnancy fat storage?
I breastfed for 19 months, felt great, didn't have a period until a month after stopping nursing entirely, and lost NO weight. But I don't store fat on my hips and thighs, and I didn't during pregnancy either.

Quote:
Has anyone else experienced or heard of effortless weight loss to significantly below pre-pregnancy weight?
No. One of my sisters wore her pre-pregnancy jeans home from the hospital after her first child was born. Jeans were worn very tight in those days, and OBs were strict about weight control during pregnancy.

RE: Zero Carb / Meat and Water - travis t - 06-30-2008 08:25 AM

Charles,
Don't we get oxidation regardless of which fuel we use in the mitochondria. There is always a small percentage of free radical leakage and these loose radicals cause oxidation of surrounding tissues, which deplete our antioxidant pool.
As far as a lowered glutathione level being related with insulin receptors i will have to find that info since it's been a while since i read it.

travis

RE: Zero Carb / Meat and Water - zelia - 06-30-2008 08:26 AM

Charles Wrote:
Not surprising to me, but many people would think that the smoking would have made her get fat since we all know that smoking makes people crave food, especially sweet stuff.

I've never heard this before, Charles. I have read that smoking causes insulin resistance. Do you have refs about smokers craving sweets? I smoked a lot for 35 years, and I've never had trouble with cravings or sweets. I was still smoking when I started LC and lost 40 pounds. Then it all came back when I stopped smoking. Tobacco smoke contains anti-nutrients, like other plant products. Lots of people have used smoking to control their appetite and weight.

RE: Zero Carb / Meat and Water - Erratica - 06-30-2008 11:07 AM

Charles Wrote:
This illustrates my point, in that the sex-hormones did what they were supposed to do by mobilizing fatty acids post-pregnancy to get you back down. Then, your diet took over and that regulated your
weight over the next six months.

Many people claim that breast feeding causes women to lose weight more rapidly after a birth because it shrinks the uterus faster. This may be, but you can easily see in this case that hormones are chiefly responsible. My wife breast fed all our children for 14 to 18 months and she was hormonal the entire time! 😁

Charles

Charles, I'm here to tell you that I never lost weight breast-feeding! I breastfed my daughter for over 22 months, never had a period until 1 week after completely stopping breastfeeding, and have only lost 30 pounds in the past year or two (my dd is almost 17).

Now to compound any hormonal problems from pregnancy, I had 2 c-sections, and had gestational diabetes with the 2nd child, and may have had it with the first one (he weighed in at 10#3oz, my dd weighed 9#4oz).

At this time I am 52 and in the middle of menopause (missed periods, all the usual symptoms like hot flashes and night sweats). This belly fat is refusing to budge. I was diagnosed with diabetes in February (fasting blood glucose of 277), when I went on a low carb diet. The days I 'binge' I eat maybe 100g of carbs, other days much less. I haven't done the ZC yet. My blood sugar is still high in the mornings (2 days ago it was 211 fasting). I think I have dawn syndrome. WHen I get paid next week will buy more test strips and really check my blood sugar.

Any suggestions? I'm watching everyone do the ZC diet to see how it works for them. Not sure I'm ready for just meat and water yet, but I'll do what it takes to NOT take oral meds of any kind.

Erica

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**RE: Zero Carb / Meat and Water** - **Charles** - **06-30-2008 11:16 AM**

travis t Wrote:

Charles, 
Don't we get oxidation regardless of which fuel we use in the mitochondria. There is always a small percentage of free radical leakage and these loose radicals cause oxidation of surrounding tissues, which deplete our antioxidant pool.
As far as a lowered glutathione level being related with insulin receptors i will have to find that info since it's been a while since i read it.

travis

Well, oxidation is a part of aging for sure, but oxidation comes much fast as a result of glycation and cross linking. Normally, when insulin is low, our bodies can clean this up with cell destruction in the normal course using insulin-growth factor. However, when insulin levels are chronically high, there is less insulin growth factor to perform this function and this is what leads to the amyloids of dementia and Alzheimer's.

Our insulin levels determine how we respond to oxidation. The Sisters of Notre Dame study revealed that they all had oxidation but some had dementia and others did not. As you can guess, the ones with high insulin developed dementia and the others did not.
Because of this and other studies, I've never been impressed with this whole "we need antioxidants" thing because it fails to address the cause of the deficiency. If the car is leaking oil, we need to fix the oil leak, not keep adding oil.

The Inuit had no phytonutrients or berries and antioxidants in their diet yet examinations of their skeletons showed no deficiencies in their diets. If you examine the food they ate, you would be hard pressed to find enough calcium in their diet. Yet, their autopsies consistently showed no calcium deficiency.

The same was found with deficiency diseases. Sailors developed scurvy by eating refined carbohydrates and the fruits helped them. However, no one develops scurvy when eating only meat despite the absence of fruit.

When we eat things that cause glycation, then we need to protect ourselves with antioxidants. When we eat properly, we may get some oxidation but our bodies seem to deal with that just fine.

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**RE: Zero Carb / Meat and Water - zelia - 06-30-2008 11:21 AM**

Charles Wrote:
Many people claim that breast feeding causes women to lose weight more rapidly after a birth because it shrinks the uterus faster.

I've never heard this before. The uterus shrinks rapidly after delivery and should be back to its pre-pregnancy size by the six-week checkup. But I have heard that some women's thigh fat can be mobilized only by breastfeeding.

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**RE: Zero Carb / Meat and Water - MAC - 06-30-2008 11:28 AM**

[quote=Erratica]At this time I am 52 and in the middle of menopause (missed periods, all the usual symptoms like hot flashes and night sweats). This belly fat is refusing to budge. I was diagnosed with diabetes in February (fasting blood glucose of 277), when I went on a low carb diet. The days I 'binge' I eat maybe 100g of carbs, other days much less. I haven't done the ZC yet. My blood sugar is still high in the mornings (2 days ago it was 211 fasting). I think I have dawn syndrome. WHen I get paid next week will buy more test strips and really check my blood sugar."

Based on his last responses about cutting calories to lose weight I don't know if I want to recommend this in advance or not, but Dr. Eades has a new book coming out called the "6 Week Cure for the Middle Aged Middle in March 2009. So I am assuming his book will deal with belly fat.

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**RE: Zero Carb / Meat and Water - Charles - 06-30-2008 11:33 AM**

Zelia Wrote:
I've never heard this before, Charles. I have read that smoking causes insulin resistance. Do you have refs about smokers craving sweets?

Oh, this is very common. Judith Rodin of Rockefeller University performed some good studies in the 1980s. "Weight Change Following Smoking Cessation: The Role of Food Intake and Exercise." Addictive Behaviors. 12(4):303-317.
Subjects who gained weight after cessation did not consume more calories but ate somewhat less protein and significantly more carbohydrate than quitters whose weights did not change. Percentage of calories as sugar, in particular, was increased. Regardless of weight change, subjects who stopped smoking showed increased preference for sweet taste. Subjects who gained weight engaged in significantly less aerobic activity than those who did not.

Zelia Wrote:
I smoked a lot for 35 years, and I've never had trouble with cravings or sweets. I was still smoking when I started LC and lost 40 pounds. Then it all came back when I stopped smoking. Tobacco smoke contains anti-nutrients, like other plant products. Lots of people have used smoking to control their appetite and weight.

So you lost 40 pounds on a low-carb diet, but you had no cravings for sweets? Did you get fat eating vegetables? Low-carb, by definition, means that you obviously cut down on sugars and you lost weight.

The cravings reportably happen when people stop smoking, not when they're smoking. Smokers tend to weigh, on average, six to ten pounds less than nonsmokers. When they quit, studies show that they will invariably gain weight. One in ten will gain over thirty pounds.

Smoking has been associated with insulin resistance but one cannot infer cause from an association.

The common belief is that ex-smokers gain because they eat more once they quit. Rodin's study showed that this increased eating only lasts about two or three weeks. After a month they eat no more than they would have had they continued to smoke. The excess in calories is not enough to explain the weight gain. Smokers also tend to be less active than nonsmokers so differences in physical activity also do not explain the weight change.

Erratica Wrote:
Charles, I'm here to tell you that I never lost weight breast-feeding! I breastfed my daughter for over 22 months, never had a period until 1 week after completely stopping breastfeeding, and have only lost 30 pounds in the past year or two (my dd is almost 17).

Now to compound any hormonal problems from pregnancy, I had 2 c-sections, and had gestational diabetes with the 2nd child, and may have had it with the first one (he weighed in at 10#3oz, my dd weighed 9#4oz).

Okay, so this says that your hormones that should have been shrinking your weight were suppressed by insulin since you mention gestational diabetes. Insulin can trump the action of any other hormone.

I'm not saying that every woman will lose after their pregnancy, I'm saying that all are supposed to. Human beings don't fatten for no reason. It may seem that way but there's just no way.

Erratica Wrote:
At this time I am 52 and in the middle of menopause (missed periods, all the usual symptoms like hot flashes and night sweats). This belly fat is refusing to budge. I was diagnosed with diabetes in February (fasting blood glucose of 277), when I went on a low carb diet. The days I 'binge' I eat maybe 100g of carbs, other days much less. I haven't done the ZC yet. My blood sugar is still high in the mornings (2 days ago it was 211 fasting). I think I have dawn syndrome. WHen I get paid next week will buy more
test strips and really check my blood sugar.

Any suggestions? I'm watching everyone do the ZC diet to see how it works for them. Not sure I'm ready for just meat and water yet, but I'll do what it takes to NOT take oral meds of any kind.

Erica

You don't have to go this low, but certainly any of these plans should be a good start and a powerful alternative to what you're doing now. I always recommend Atkins induction for everyone to start with. Try it and see if you're losing weight during the two weeks. If you are, stay with it. If you're not, then drop the carbohydrates further and see what happens.

Zero-carb is not a "plan" per se; it's just a solution to return our bodies to biological zero. I'm not arguing that everyone needs to do this, regardless of the benefit.

RE: Zero Carb / Meat and Water - Charles - 06-30-2008 11:43 AM

zelia Wrote:
Charles Wrote:
Many people claim that breast feeding causes women to lose weight more rapidly after a birth because it shrinks the uterus faster.

I've never heard this before. The uterus shrinks rapidly after delivery and should be back to its pre-pregnancy size by the six-week checkup. But I have heard that some women's thigh fat can be mobilized only by breastfeeding.

Okay, but what mechanism would cause thigh fat to be mobilized by breastfeeding? It is hormonal as I've been saying all along. Insulin is the chief hormone and it trumps all others. My point was that hormones attempt to return the female body to its pre-pregnancy condition after birth. It will be successful unless there is some other problem that doesn't allow this to happen. If someone is diabetic or close to it, then obviously insulin will trump the action of the sex hormones and they will stay fat regardless of whether they breastfeed or not; their uterus notwithstanding.

RE: Zero Carb / Meat and Water - feckless - 06-30-2008 11:50 AM

Charles Wrote:
In your case, you say that your pancreas was damaged due to alcohol. In what way and how did they come to determine this? Better yet, what treatment did they prescribe to treat this damaged pancreas?

You're not overweight so why would you be secreting excess insulin (causing hypoglycemia)? Alcohol gets processed similar to carbohydrates in that insulin will clear the bloodstream in order to get the muscles to burn the alcohol and not burn fat until it's finished.

It's funny to me that no one describes carbohydrate metabolism in the same way because that's precisely what happens. When you eat carbohydrates, your body suspends fat burning to deal with the glucose and consequently we don't burn glucose and fatty acids simultaneously.

Based on that, I would think it would still be more related to hyperinsulinemia, except that you said your blood sugar is actually low and you have damage to your pancreas. I would imagine that excessive
alcohol consumption caused your body to oversecrete insulin to deal with the alcohol but if your liver is
damaged, it may not signal the pancreas to react as it's supposed to.

So the question is, does your pancrease under secrete (in which case your blood sugar would be high) or
does it over secrete (which would only make blood sugar high if you are also insulin resistant)?

Hi charles...my blood sugar has never tested high, but has tested very low as i mentioned. the doc's say
the hypoglycemia IS the evidence that the pancreas is functioning abnormally after years of conditioning
from the alcohol abuse. they say diet is the only treatment right now but prescribe the usual grain based
diet. they are very concerned my chol. is 300 but my HDL/TRIG are fine (i have to fight off statins each
visit!). they did a diabetes test (H1ac?!?) which was in range. i am on thyroid meds for low thyroid too. as
for being thin, i am a fat thin person, no muscle.

does that help?!

RE: Zero Carb / Meat and Water - zelia - 06-30-2008 12:06 PM

Charles Wrote:
So you lost 40 pounds on a low-carb diet, but you had no cravings for sweets?

Yes, that's exactly right, Charles. I told you before that I don't crave sweets and never have. I've been
reading low-carb boards for a long time, and I've never experienced that drive to eat sugar that so many
struggle with. I dislike the cooked grass flavor of refined sugar and have always avoided eating very
sugary things. My husband and my daughter thought I was ridiculous for rejecting things as tasting too
sugary. I don't care for honey or syrups or jam or sticky stuff. I've always preferred savories -- nuts,
pickles, olives.

Charles Wrote:
Did you get fat eating vegetables? Low-carb, by definition, means that you obviously cut down on
sugars and you lost weight.

Carbs are sugars, but they aren't necessarily sweets. I stopped eating grains, fruits, and starchy
vegetables. The only things I've missed are Premium saltines, and, during the first few months, I missed
golden raisins, which are very sugary and make a nice snack with cheddar. I learned this from my first
reducing diet from a doctor.

RE: Zero Carb / Meat and Water - Charles - 06-30-2008 12:10 PM

zelia Wrote:
Carbs are sugars, but they aren't necessarily sweets. I stopped eating grains, fruits, and starchy
vegetables. The only things I've missed are Premium saltines, and, during the first few months, I missed
golden raisins, which are very sugary and make a nice snack with cheddar. I learned this from my first
reducing diet from a doctor.

You're right and I should have used the word "sugars" not "sweets" but the research I was referring to
addressed sweets because that's a common finding. The real point is that ex-smokers who gain weight
invariably eat more carbohydrates not more fats. For me, saltines, golden raisins and cheese might as
well be the same as sweet potato pie because they would affect my body in a similar fashion! 😊
Charles,
Something i learned being around car racing is that when the car is in a very good balance any adjustments from that point have a large effect. A well tuned body(very sensitive to all hormones) can lead you experience things that you might not have caught before. Therefore my example of more light(summer)= less melatonin(part of the general antioxidant pool)= more use of glutathione to mop up free radicals that we always produce regardless of fuel mix(leaking oil) = less insulin sensitivity = a slight slowdown of fuel = slight craving for sweet.

I still have not had a chance to look for the connection between glutathione status and loss of insulin sensitivity. Meat is a great source of cysteine that we use to make glutathione
Huge dose of antioxidants are not needed if we are not commiting dietary sin.

travis t

RE: Zero Carb / Meat and Water - zelia - 06-30-2008 12:27 PM

Charles Wrote:
Okay, but what mechanism would cause thigh fat to be mobilized by breastfeeding? It is hormonal as I've been saying all along. Insulin is the chief hormone and it trumps all others. My point was that hormones attempt to return the female body to its pre-pregnancy condition after birth. It will be successful unless there is some other problem that doesn't allow this to happen. If someone is diabetic or close to it, then obviously insulin will trump the action of the sex hormones and they will stay fat regardless of whether they breastfeed or not; their uterus notwithstanding.

Body Composition Changes during Lactation Are Highly Variable among Women Debate Centers on Whether Breastfeeding Moms Lose Weight Faster

RE: Zero Carb / Meat and Water - Charles - 06-30-2008 12:57 PM

zelia Wrote:
Charles Wrote:
Okay, but what mechanism would cause thigh fat to be mobilized by breastfeeding? It is hormonal as I've been saying all along. Insulin is the chief hormone and it trumps all others. My point was that hormones attempt to return the female body to its pre-pregnancy condition after birth. It will be successful unless there is some other problem that doesn't allow this to happen. If someone is diabetic or close to it, then obviously insulin will trump the action of the sex hormones and they will stay fat regardless of whether they breastfeed or not; their uterus notwithstanding.

Body Composition Changes during Lactation Are Highly Variable among Women Debate Centers on Whether Breastfeeding Moms Lose Weight Faster

Zelia's abstract Wrote:
Gestational weight gain was the strongest determinant of postpartum weight and fat mass change, which supports the premise that biological mechanisms are aimed at restoring prepregnancy body weight and composition.

Again, if you're eating a proper human diet, then "biological mechanisms" will return you to your pre-pregnancy weight unless there is some problem that inhibits this from happening. High insulin will do it!
We have to be more concerned with providing proper metabolic fuel, not just concerned with body fat as Taubes' research showed.

**RE: Zero Carb / Meat and Water - Charles - 06-30-2008 01:05 PM**

travis t Wrote:
I still have not had a chance to look for the connection between glutathione status and loss of insulin sensitivity. Meat is a great source of cysteine that we use to make glutathione. Huge dose of antioxidants are not needed if we are not committing dietary sin.

travis t

I don't doubt that you're correct. I just wanted to understand the mechanism, that's all. Modern nutrition seems to suggest that we have to scour the globe looking for the latest nutrient or antioxidant just in case we have some sort of deficiency. This is based on the premise that we only get all nutrients from food.

My point is that we just can't analyze food to determine whether or not the body has what it needs. We don't understand enough about what the body is able to synthesize or what cofactors in food lead to synthesis of other nutrients inside our bodies.

I know that our bodies can raise or lower our iron levels to protect us in case we're over fortified in a particular nutrient or to protect us from a deadly combination that might become toxic. We do more harm than good sometimes trying to provide what we believe to be a "missing" nutrient. Look how many of us drink orange juice to get our vitamin C not realizing that the sugar prevents us from absorbing that vitamin C. I'm sure there are many more examples that are just as valid and aptly demonstrate the folly of our thinking. The recent news on the venerable multivitamin comes to mind...

**RE: Zero Carb / Meat and Water - pennypritty1 - 06-30-2008 02:06 PM**

Well, I'm on day 3 and doing pretty okay today.

Although I have an urge for some "munchies"... By this time of the day, I want something to munch on. Since I'm still at work, I'm unable to satisfy the urge, as absolutely everything around me is high carb/junk food.

I'll just drink some more water, suck it up and wait 'til I get home and eat some more beef. 😐

**RE: Zero Carb / Meat and Water - jeepifer - 06-30-2008 03:25 PM**

I've been reading this thread with a lot of interest. Recently found out I have reactive hypoglycemia (thanks, Jimmy and Dr. Berkowitz). My levels vary from a low of 78 to a high of 113 so far. I realize this isn't too far off-kilter yet, so I'm grateful I know about it now.

So, thinking about giving zero carb a real shot, maybe for the month of July to start. I have a few questions, if you all don't mind. I've been checking around, reading the posts as much as I can, so I hope I don't sound a complete noob. 😚

How much do I eat? Especially the first few days (weeks?) when my body is changing over and all that, what is really a hunger signal vs. cravings vs. old habits? I know I should eat a little every 2 hours or so, but is that 1 egg or 3 oz meat or 10 shrimp or ? Any suggestions would be helpful. This has been a steep
learning curve for me, between the blood sugar 101 and the mis-information out there about low fat!

Also (and feel free to think I'm weird 😃) but can I put mayo or mustard or both on my meats? I read somewhere (LindaSue, maybe) that some people use spices. I'd love to know which ones are best. I don't have anything in my cabinet with added sugar, that's for sure.

What's your take on vitamin waters? Kirkland Signature has some excellent ones, zero carb (so I figure 1 per bottle), sweetened with Splenda. Will the sweetener raise my blood sugars or cause cravings?

I can't remember what else I was going to ask, so I'll leave it for now and chime in again when I remember. I need more fat to aid my memory!

-- Jenn

p.s. picked up a beef round tip roast and top loin steaks at Costco. I was very disappointed -- the only fattier ground beef they had was already in patties, at 78%. I'll have to hit my local stupidmarkets and see what they have. (BTW, don't suggest Wal-Mart. I never shop there. Thx. 😊)

RE: Zero Carb / Meat and Water - jeepifer - 06-30-2008 03:29 PM

Ah, also... I know butter, cheese (I'm assuming hard like cheddar, swiss, etc.) and coconut oil are allowed. What about mayo, heavy cream, and cream cheese? Just take it light and count the carbs (keeping under 5 a day)?

RE: Zero Carb / Meat and Water - Valcan - 06-30-2008 05:20 PM

I did it!

I finally got caught up reading this thread. It took me three days but I did it. I am also on day three of zero carb (meat and water).

Here is my story:

I am a Canadian living in the province of Alberta. I Catholic and am proud to be able to live my faith everyday as part of my job. Where I live, Catholic schools are publicly funded by the provincial government. I am married and we have one fifteen year old daughter (she is wonderful teenager - I used to think that was an oxymoron), 3 cats and 1 dog.

At the beginning of June 2007 I was 5'3" and 275 lbs. I felt like I was going to die. I had been successful on low carb (Carb Addicts Diet) in 2000 but once I fell off that wagon I continued to slide downwards (and upwards on the scale). I would try every "quick loss" fix I could and usually I would be able to stick with it for less than a week before the cravings got the better of me. In June 2007 I decided to do Atkins (I had dabbled unsuccessfully before) and went to the grocery store to buy lots of meat. While standing in the checkout I saw a women's magazine with a cover story for a diet that was faster than gastric surgery. I grabbed the magazine and that night I joined the diet that shall not be named (A.K.A. The Double-wide Russian Bride Die - DWRBD). I joined a wonderful group of American educators and with their support I dropped 60 lbs in 3 months.

Things began to smell a bit fishy at the DWRBD site and our group created our own site and jumped
ship the first week of October. I was now down 75 lbs in all. I immediately started to add fat back into my diet to try to stop the rate of hair loss I started to experience. I then went on a quest from then to now trying to find something that I can live with and will work for me. I have tried: G.I., carb cycling, calorie cycling, very low carb, zero carb (yes I did try this a few months ago), Somersize, Atkins Induction, Groves, and a few others I have forgotten. My weight bounced around like crazy but I am down another 25 lbs since October making my total weight loss 100 lbs in a year. A lot of that weight was lost during the several times I have done the Atkins Fat Fast. I also have relied heavily on support from my online teacher group and this forum. I am now stuck again and had a mini carb feast on the last day of school (June 27) that I am still recovering from. I am good at staying on track and do not normally eat carbs. I indulged at Christmas, Easter and then twice in June. I have been part of a few threads on this site but I am still trying to find my way.

One of my biggest downfalls in the last two months has been Greek Salad. It is the only veggies I would allow myself (I would eat zero carb for breakfast and lunch and then meat and Greek salad for dinner). This caused my weight to see-saw and I could not drop at a steady pace. I also have a tendency to overdo it with cheese and cream. I hope to add these back in on maintenance.

I have been working out with a group for the last 3 months with a personal trainer twice a week. She does a mixture of strength, cardio and yoga. For the summer I will have a session with her once a week. I am also playing around with high intensity interval training (HIIT), more specifically Tabata (4 minutes of very intense exercise). My goal is to do a Tabata every second day. I just finished my second one. I am also doing Oxycise everyday and adding in swimming, biking and hiking for enjoyment. It is amazing and what is fun now with 100 less pounds to lug around.

Like I said, I am in day 3 of zero carb. I have cut out eggs, cheese and AS. I feel good and have energy. I had tons of questions but I think most have been answered by the time I read through the entire thread. I have had a very stressful year at work due to some unusual circumstances and think that part of my lack of weight loss may have been due to stress and lack of sleep (What is your opinion on that, Charles?)

Charles - I have so much respect for you and your opinions. I have learned so much from you over the past few months. Thank-you for giving of yourself so unselfishly to others.

Vesna and Kristelle - Nice to see you over here! Small low carb world, huh?

Lauren - Thanks for starting this thread.

Con and Travis - You are doing awesome, thanks for the inspiration

Linda Sue - You are an awesome part of these forum also. Thank-you for all the support you offer others. I have been one of your biggest fans.

Mac - I love your posts, you are very insightful.

Everyone Else - Thanks for "putting yourself out there" and sharing your information. I have learned something from each and everyone of you.

Sorry for the long post but after three days of reading, I feel like I know so much about all of you that I guess i just wanted to get caught up and let you know about me.

I would love to jump aboard and try zero carb with all of you. Now that I am on summer holidays, I am
hopeful that I will be able to see this through and not switch diets again. I am committing to a mixture of carbs under ten and zero carb for July. I think if I commit only to zero carb, I may waiver and quit. With the option to go up to ten carbs a day, I think this will give me a psychological crutch that I need right now. I am rather ashamed of how often I have changed my low carb plan over the last several months. I feel like I keep jumping from one bandwagon to another. I really just want to stay put for awhile and settle in.

Val

RE: Zero Carb / Meat and Water - Vesna - 06-30-2008 05:28 PM

Charles Wrote:
Vesna Wrote:
It's interesting that you attribute my effortless weight drop significantly below pre-pregnancy weight completely to post-pregnancy, and that it seems you consider it unremarkable. I've never heard of that phenomenon.

This is what I usually hear about: (1) easy slide back to pre-pregnancy weight, (2) hard battle back to pre-pregnancy weight, or (3) net gain after pregnancy that took years to lose, or has never yet been lost.

When there is a problem, these things happen; however, many women go right back to where they were. I have a few attorneys in my office who didn't even wait six weeks to return! That's the part I found to be odd.

I'm saying that if everything is working right, the diet is proper, and a woman is young (which shouldn't matter with a proper diet) then she should lose her weight just as every other animal in the animal kingdom does. If she doesn't, then there's a problem. By the same token, when you're pregnant, there's not much one can do to stop the fattening process.

I think if you examine closely and really ask a particular woman, they'll tell you that they lost some weight initially and then begin to gain or the weight loss stopped.

Another question I would ask is whether the menstruation cycles were normal during the period that you lost weight and also during the period that you gained weight?

Charles,

Yes, normal cycles.

Overall, I don't get how your response connects to what I was pointing out.

The experience I related is not a typical post-pregnancy experience. The common experience is that post-pregnancy weight change period is a few months or so. I was back to my pre-pregnancy weight after a few months, predictably.

But then I kept losing for more than a year, until I was more than twenty pounds under my pre-pregnancy weight, and less than ten pounds away from optimum. That's what's uncommon. In fact, the timeline is stretched out so far, that it seems farfetched to me to connect it all to the pregnancy.

It seems you're dismissing the change to a sedentary work life out of hand -- that the pregnancy-related
hormonal environment that caused weight loss just happened to wear off exactly around the time I started sitting around eating chocolate instead of running around eating chocolate, by complete coincidence.

**RE: Zero Carb / Meat and Water - Kristi31 - 06-30-2008 08:30 PM**

On day 5 and I admit I CHEATED!!! Had some blueberries, lots. First 4 days, just meat and water. Today was really awful but I know why...and I know why I've probably been struggling with LC-ZC all this time (> 1 yr).

I skipped my hormone dose 2 nights ago and day 4 went very well BUT took my dose yesterday night and wadda ya know?! Bloating's back, abdominal aches, swollen legs and feet, hives, back pain, cravings for sweets and fatigue after meals, like MAJOR fatigue accompanied by disorientation, increased heart rate. All the symptoms of hyponatremia despite eating much salt. So, right away, it occurred to me that it might be the hormones.

Interestingly, I take my hormones once daily, at night before I go to bed and my symptoms always get better by the time I take my next dose. Morning is the worst and early evening, things improve and I don't get tired after eating...COINCIDENCE? NOT!

I know that sex hormones affect sodium. Since I suffer from low sodium and more so, when taking hormones, it only makes sense to look at the part of the equation that may exacerbate sodium loss. Well, everything seems to point to progesterone and I shouldn't be surprised. Progesterone is a diuretic, whereas estrogen increases sodium retention. Progesterone, BAD (for me), estrogen, GOOD. Progesterone pushes water into cells, so much so that my skin cells become engorged leading to hives, edema, etc. Interestingly, estrogen also inhibits lipase while progesterone tends to do the opposite so if I take estrogen only, fat mobilization will be greater although low insulin will be the predominant factor.

So, I'm dropping the progesterone and only taking estrogen, a tad lower because progesterone inhibits estrogen action to a certain extent so don't quite need to take as much.

Estrogen will help on two fronts:
1) weight loss 2) hyponatremia

Before finding out all this, I was almost ready to give up, part of the reason why I ate blueberries. But I don't give up so easily. 😊

So this is my story today. I'm still going to salt my meat but just enough. Stupid sodium!!! Argh...

p.s.: I'm feeling great right now, licked a little salt off my finger and took some estrogen...life is good, just keep it that way, k?!

Take care all. 😊

**RE: Zero Carb / Meat and Water - poo123 - 07-01-2008 04:34 AM**

Today is day 4. Yesterday I had 1/2 ground beef and then went to the beach with my daughter. When we got hungry we went to Hardee's and I had just a plain hamburger and it was pretty good. Then some steak for supper. I got plenty of sea salt because of all the salt water jammed down my throat by 1 huge wave, my salt intake is fine for at least a week I think, haha. I am very surprised as to how well this is
going. When I have done Atkins in the past and gone on and off sometime I would get the "flu" but this time its been smooth sailing and its wonderful.

RE: Zero Carb / Meat and Water - jeepifer - 07-01-2008 05:21 AM

Started off today with a couple of little steak-lets cooked in bacon grease in the frying pan. Yum! I have slices of roast, a pork chop, and a hackamer to see me through the day. I'll probably reheat more roast for dinner.

Still a little confused about the mayo/cream cheese/etc. but carrying on...

Oh! And I see what you mean about not overeating on the fatty protein -- I ate dinner last night and enough was enough!

Fasting blood sugar this AM: 101.

Better get off to work! TTFN,

Jenn

RE: Zero Carb / Meat and Water - pennypritty1 - 07-01-2008 05:49 AM

Day 4 for me as well today.

I'm happy with how well it's going for me, too. Except I think that already I'm not eating enough. I'm not even hitting the 2000 calorie mark a day. I have gone over the 10 carb count for the past 2 days but that is also because of my intake of both half and half and splenda packets for my coffee.

I need to go food shopping this week and stock up on much more high fat meat. I'm getting tired of ground beef. lol

And I don't want boredom to cause me to lose focus. I'm loving the immediate changes in my body. When eating high carbs, I'd have some trouble breathing because I'd always feel like I was choking or my throat was closing but since I changed my lifestyle of eating, I've been breathing so easily and unrestrainedly. My scale says I lost weight but I won't check it again until the end of my second week. And then I'd like to get into the gym and at least start walking, riding and stretching. Nothing too strenuous until I see how it goes. I bet yoga would be perfect right about now, huh?

have a great day, all. smooches >>

RE: Zero Carb / Meat and Water - pennypritty1 - 07-01-2008 05:51 AM

jeepifer Wrote:
Started off today with a couple of little steak-lets cooked in bacon grease in the frying pan. Yum! I have slices of roast, a pork chop, and a hackamer to see me through the day. I'll probably reheat more roast for dinner...

Jenn, what is a hackamer? You have a much better fare of meat selections than I. lol
I was so impatient to start my zero/low carb change, I didn't really do any shopping for it. Well I'll be changing that this weekend. 😊

smooches ><

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RE: Zero Carb / Meat and Water - MAC - 07-01-2008 06:03 AM

jeepifer Wrote:
Still a little confused about the mayo/cream cheese/etc. but carrying on...

If you are doing Zero Carb/Meat and Water then you don't eat cheese as cheese has carbs. Anything with carbs or is not meat is not ingested if you are truly doing zero carb. Having said that, you have 3 reasons to do zero carb IMO. 1. You are stalled and are looking to see if eliminating carbs let's you lose again. 2. You just prefer this way of eating and think carbs are dung (Herodotus). 3. You think it is just a better way of eating and you don't care to count carbs all the time.

If you want to add a bit of cheese, mayo, etc. to zero carb as the base diet that is fine as long as you have weight to lose and are losing at an acceptable base. But this is really a zero carb, meat only diet at its core based on the reasons stated above.

---

RE: Zero Carb / Meat and Water - pennypritty1 - 07-01-2008 06:56 AM

MAC Wrote:

... If you are doing Zero Carb/Meat and Water then you don't eat cheese as cheese has carbs. Anything with carbs or is not meat is not ingested if you are truly doing zero carb. Having said that, you have 3 reasons to do zero carb IMO. 1. You are stalled and are looking to see if eliminating carbs let's you lose again. 2. You just prefer this way of eating and think carbs are dung (Herodotus). 3. You think it is just a better way of eating and you don't care to count carbs all the time.

If you want to add a bit of cheese, mayo, etc. to zero carb as the base diet that is fine as long as you have weight to lose and are losing at an acceptable base. But this is really a zero carb, meat only diet at its core based on the reasons stated above.

hmm... then I've really been doing just extremely low carb and not zero carbs... I have a looot of weight to lose (100+) but I didn't really start this to lose it quickly... more to propel me into this lifestyle with no looking back. I needed a sort of extreme change but again, I was so impatient to do it, I did not truly prepare my kitchen.

To really be honest, I was nervous about going this extreme for fear of a heart attack or some such crazy thing. lol But even doing what I'm doing I've never felt better--no hunger pangs, no gas (tmi, I know), no strange intestinal dances going on. I'm not even experiencing the crazy migraines and irritability I first did when I did low carb years ago--but then I think that's because I'm still drinking a cup of coffee a day and I remember I completely stopped that when I first did this years ago and ohmigod I can still remember the headaches. (I just cannot stand the taste of decaf anything!)

I know I'm going to have to pull back from coffee really soon. Just water is sort of scary for me. I love water but when you're eating so much food that can be greasy, I'm scared of the possibility of clogging. Oil and water do NOT mix.
Thanks, Mac. I'm definitely extremely low carbing but I will zero carb (soon as I go food shopping) lol

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RE: Zero Carb / Meat and Water - jeepifer - 07-01-2008 07:28 AM

pennypritty1 Wrote:
Jenn, what is a hackamer? You have a much better fare of meat selections than I. lol

Sorry, using family slang here. It's hamburger. 😊

MAC Wrote:
If you are doing Zero Carb/Meat and Water then you don't eat cheese as cheese has carbs. Anything with carbs or is not meat is not ingested if you are truly doing zero carb. Having said that, you have 3 reasons to do zero carb IMO. 1. You are stalled and are looking to see if eliminating carbs let's you lose again. 2. You just prefer this way of eating and think carbs are dung (Herodotus). 3. You think it is just a better way of eating and you don't care to count carbs all the time.

If you want to add a bit of cheese, mayo, etc. to zero carb as the base diet that is fine as long as you have weight to lose and are losing at an acceptable base. But this is really a zero carb, meat only diet at its core based on the reasons stated above.

I've been stalled on the same 5 lbs up/down for the last two months. Some of the up is my own fault, eating off plan because I got frustrated or was having a bad day. I need to address the emotional eating issues behind this behavior, but that's another thread. LOL

Also, as I mentioned previously, I am looking to repair my insulin receptor loss, and based on what I've read so far, giving this a month to get things going in the right direction is a good thing!

I will confess to feeling a pang of loss for the good summer veggies (some growing in my garden!) but I also know these things can be added back in the future should I desire it. I have 90 lbs. to get to my goal, so I'm in this for the long haul.

Didn't Dr. Atkins say that extreme measures are needed short-term to correct imbalances and that as our bodies regulate themselves we can incorporate more things?

Thanks for the clarification on the cheese/cream etc.

pennypritty1 Wrote:
To really be honest, I was nervous about going this extreme for fear of a heart attack or some such crazy thing. lol But even doing what I'm doing I've never felt better--no hunger pangs, no gas (tmI, I know), no strange intestinal dances going on. I'm not even experiencing the crazy migraines and irritability I first did when I did low carb years ago--but then I think that's because I'm still drinking a cup of coffee a day and I remember I completely stopped that when I first did this years ago and ohmigod I can still remember the headaches. (I just cannot stand the taste of decaf anything!)

The headaches and grumpiness are probably from the caffiene withdrawal. If you are anticipating another rough time, then (IMO) I think it's great you're tackling one thing at a time. Get the wheels rolling, so to speak. Making drastic changes all at once can sometimes be too much to make it stick. I wish I were one of those people that makes up their mind and *that's it* boom, never look back. 😊
RE: Zero Carb / Meat and Water - Jenn - 07-01-2008 07:29 AM

Penny,

Don't worry about the clogging, carbs cause problems, not fat. Drink when thirsty. I quit coffee 1 yr ago and I am very happy I did. Made me too anxious, hyperactive. The first week was difficult, with terrible headaches mostly but after that, it was a breeze. I never looked back!

Day 5...I thought day 5 was yesterday, oops. So anyways, I bought some pretty fatty sirloin, much to my surprise, with a few rib steaks. Ate the sirloin this morning and feel just a little tired, even with salt sprinkled on it. But I also drank some water so I might need a little more salt. In any case, I think there is still a little too much progesterone roaming inside my body and that's what still causing a few problems although fatigue is nowhere near it was yesterday and don't feel bloated. Mom noticed how my stomach looked flatter this morning. Skin isn't dry either. Will have to wait another few days to notice significant improvement, I think. Slept very well yesterday night.

Have a good day all. Here, it's Canada Day. Woopie!!!

RE: Zero Carb / Meat and Water - Charles - 07-01-2008 07:40 AM

Valcan Wrote:
I am rather ashamed of how often I have changed my low carb plan over the last several months. I feel like I keep jumping from one bandwagon to another. I really just want to stay put for awhile and settle in.

Val

Please don't feel like that. It's your health we're talking about. Some people spend thousands upon thousands to lose weight buying the latest exercise machines, supplements, surgeries, you name it. Everyone should switch plans or do whatever it takes to attain good health.

We're with you!

Regards,

Charles

RE: Zero Carb / Meat and Water - Vesna - 07-01-2008 07:55 AM

Vesna Wrote:
Overall, I don't get how your response connects to what I was pointing out.

The experience I related is not a typical post-pregnancy experience. The common experience is that post-pregnancy weight change period is a few months or so. I was back to my pre-pregnancy weight after a few months, predictably.
But then I kept losing for more than a year, until I was more than twenty pounds under my pre-pregnancy weight, and less than ten pounds away from optimum. That's what's uncommon. In fact, the timeline is stretched out so far, that it seems farfetched to me to connect it all to the pregnancy.

It seems you're dismissing the change to a sedentary work life out of hand -- that the pregnancy-related hormonal environment that caused weight loss just happened to wear off exactly around the time I started sitting around eating chocolate instead of running around eating chocolate, by complete coincidence.

You're probably right. You posted a lot of information and I clearly don't know the timeline as well as you because...well, I wasn't there! 😊

The pregnancy doesn't seem to have anything to do with anything. You had a baby, you lost weight -- just as you were supposed to.

Then you kept losing weight even afterwards and that is also fine, despite your diet. We all ate a high-carb diet at some point and lost weight or stayed lean despite horrible diets. I don't think anyone will argue that this isn't a slow process. The metabolic problem that causes obesity only results in a .01 of 1 percent slow down in the movement of fatty acids through adipose tissue. That's why it takes so long for the effects to show up.

This is what accounts for the slow, steady weight gain that people experience over time. I gained 65 pounds over 14 years. If it would have happened within a year or two, I might have tried to take action. Instead, it crept up on me like it does everyone else.

At some point there was a metabolic change that caused you to lose energy and slow down. It wasn't the slow down that caused the metabolic change. I'm not going to be able to point to one thing you did that caused the problem. I'm sure it was the accumulation of events largely caused by your bad diet and only at that time did it manifest itself. You did the damage long before you saw it.

William Banting reported on this in 1864. The stuff he used to eat with impunity now caused him to become corpulent. That was the main point he wanted to get out in his "open letter."

Everyone must understand this. Even the good things that you are eating now will not immediately show up on the scale. It takes time. In fact, the food you eat today won't show up on the scale for several days. Many studies bear this out. Of course, there are some people who can eat a piece of chocolate cake and they will weigh 2 pounds more the next morning. Others will actually lose weight the next day, but then a week later, they will show a gain.

I do dismiss the change to a sedentary lifestyle because I have exactly the lifestyle you describe. I sit at a desk daily from 9 to 6 most days and I play XBox360 and even watch television some. I just don't attribute sedentary lifestyle to cause; although I do acknowledge the association.

People move less because they are unable to use the stored energy for fuel. The sedentariness is a symptom not the cause. That's my point.

**RE: Zero Carb / Meat and Water - jeepifer - 07-01-2008 08:36 AM**

Charles Wrote:
The pregnancy doesn't seem to have anything to do with anything. You had a baby, you lost weight -- just as you were supposed to.
I do dismiss the change to a sedentary lifestyle because I have exactly the lifestyle you describe. I sit at a desk daily from 9 to 6 most days and I play XBox360 and even watch television some. I just don't attribute sedentary lifestyle to cause; although I do acknowledge the association.

People move less because they are unable to use the stored energy for fuel. The sedentariness is a symptom not the cause. That's my point.

I'm late to the party, but if you were breastfeeding it is possible to easily keep losing and maintain for a while after stopping. I don't know what changes, since the hormones are normalized by this point, but I started gaining about six months or so after I stopped BF. Unfortunately I didn't notice until I'd gained 40 lbs! Ack.

Also, I have to respectfully disagree with a switch to a sedentary lifestyle not having an impact. Maybe it is more of a factor with women than men, but I can pinpoint the start of my weight gain to going from a retail job to a desk job. If the only "exercise" you are doing is at work, and you suddenly stop doing it, without adjusting anything else, then it's possible to gain weight (I'd add especially if you aren't dieting or trying to lose). Wish I'd realized this at 25 instead of 38!

RE: Zero Carb / Meat and Water - Charles - 07-01-2008 08:42 AM

jeepifer Wrote:
I've been reading this thread with a lot of interest. Recently found out I have reactive hypoglycemia (thanks, Jimmy and Dr. Berkowitz). My levels vary from a low of 78 to a high of 113 so far. I realize this isn't too far off-kilter yet, so I'm grateful I know about it now.

Welcome and it's great to have you join us. If you've read through this thread then you already know why I don't buy reactive hypoglycemia....

jeepifer Wrote:
So, thinking about giving zero carb a real shot, maybe for the month of July to start. I have a few questions, if you all don't mind. I've been checking around, reading the posts as much as I can, so I hope I don't sound a complete noob.

There are no bad questions. Bring 'em on!

Jeepifer Wrote:
How much do I eat? Especially the first few days (weeks?) when my body is changing over and all that, what is really a hunger signal vs. cravings vs. old habits? I know I should eat a little every 2 hours or so, but is that 1 egg or 3 oz meat or 10 shrimp or ? Any suggestions would be helpful. This has been a steep learning curve for me, between the blood sugar 101 and the mis-information out there about low fat!

You should always eat to appetite. When you are hungry you should eat until you are not hungry. When you are not hungry, you should not eat. This may sound obvious, but I assure you, it's not.

You should not eat every 2 hours or so. If you are trying to follow Dr. Berkowitz and Jimmy, then you should go over there and see what they recommend. If you believe your problem is more related to hyperinsulinemia (which I firmly believe it is) then zero carb can help with that because you can condition your insulin response in such a way that will promote the mobilization of fatty acids and decrease the opportunity for fat storage.
Insulin's major job is to regulate blood sugar and fat metabolism among other things. To do this, it clears the bloodstream of any usable fuel in order to allow our body to capture and eliminate dietary things that we were not adapted to consume in large amounts such as alcohol and glucose. This allows the muscles and cells to have unrestricted access to these foreign substances so they can burn them. After the food is digested, the fatty acids, amino acids, and nutrients all return to the bloodstream to power and repair our bodies.

The initial surge of insulin that clears the bloodstream causes the shaking and hypoglycemic feeling that Dr. Berkowitz is describing. Consuming carbohydrates only exacerbates the problem. It does fix the symptom temporarily but it does so by furthering the fattening process. It's a vicious cycle. To break the cycle, you have to greatly reduce or eliminate the carbohydrates and condition the insulin response.

The best mechanism to condition your body's insulin response and assist insulin with regulating blood sugar is consuming fatty protein, preferably that with a 3:1 ratio of fat to protein. Almost any protein works but you want to stay away from the leanest meat as this results in loss of energy and can be toxic if overdone.

Jeepifer Wrote:
Also (and feel free to think I'm weird 😏) but can I put mayo or mustard or both on my meats? I read somewhere (LindaSue, maybe) that some people use spices. I'd love to know which ones are best. I don't have anything in my cabinet with added sugar, that's for sure.

I don't advocate mayo because it contains soy and soy is a major health problem. Mustard is fine. Spices can be good but be careful because some spices promote an insulin response and that is what we're trying to control. Celtic sea salt and pepper are safe choices. You'd be surprised where sugar resides.

Jeepifer Wrote:
What's your take on vitamin waters? Kirkland Signature has some excellent ones, zero carb (so I figure 1 per bottle), sweetened with Splenda. Will the sweetner raise my blood sugars or cause cravings?

I'm not a fan of any additions to good ol' water. I'm certainly not a fan of Splenda and artificial sweetners. In order to be successful on a zero-carb diet, one must control the "urge for the sweet" and this is very difficult to do. I struggle with this myself, especially during the hot summer months. This is probably a natural response and if I was able to go through life without messing up my metabolism, I probably could eat seasonal fruits without a problem. However, today they cause me problems.

Any sweet-tasting thing can cause you to secrete insulin in anticipation of it and if you're hyperinsulinemic, that's a major problem because you already over secrete -- even between meals. This is a problem because anytime you are secreting insulin, you are not circulating fatty acids. We need to decrease the periods that fatty acids are not allowed to circulate and this is how we decrease the size of fat tissue.

Jeepifer Wrote:
I can't remember what else I was going to ask, so I'll leave it for now and chime in again when I remember. I need more fat to aid my memory!

Well, we're here when you think of them. Again, it's great to have you and if this is what you want to do, there are many experienced folks here to help you.

Regards,
Charles

Jenn Wrote:
p.s. picked up a beef round tip roast and top loin steaks at Costco. I was very disappointed -- the only fattier ground beef they had was already in patties, at 78%. I'll have to hit my local stupidmarkets and see what they have. (BTW, don't suggest Wal-Mart. I never shop there. Thx. 😊)

That's too bad because Wal-Mart sells some optimal food at a good price. They sell 73/27 ground beef in a roll and that is the perfect fat to protein ratio. I'm sure you can also find good fatty protein at a "stupidmarket" as you called it. Look for beef spare ribs, lamb rib chops, prime rib, beef balogna (nitrate and nitrite-free) and whole duck. Those are the best. Besides that, brisket, chuck, tenderloin, skirt steak, sirloin, veal, chicken thighs with the skin, cornish hen, mackerel, salmon, snapper, and trout are also good choices.

RE: Zero Carb / Meat and Water - Charles - 07-01-2008 08:52 AM

jeepifer Wrote:
Also, I have to respectfully disagree with a switch to a sedentary lifestyle not having an impact. Maybe it is more of a factor with women than men, but I can pinpoint the start of my weight gain to going from a retail job to a desk job. If the only "exercise" you are doing is at work, and you suddenly stop doing it, without adjusting anything else, then it's possible to gain weight (I'd add especially if you aren't dieting or trying to lose). Wish I'd realized this at 25 instead of 38!

That just means that your diet was wrong. Exercise may mask the symptom of weight gain, but it's difficult to call it a "cause." For instance, if you are eating carbohydrates, then exercising would slow your weight gain because your body is moving more glucose to your cells. That's like applying a bandaid. That doesn't account for why you were putting on weight in the first place.

If your diet is proper, then you will not gain weight despite a lack of exercise. In fact, many people here do no exercise and have dropped an impressive number of pounds. When you increase energy expenditure, your body will respond by prompting you for more energy consumption. By the same token, if you starve yourself, you'll experience an energy slow down within a relatively short time. We see it in this country every January to the end of February.

It's the same thing for any animal in the animal kingdom. No creature fattens for no reason and no creature has to be in constant motion to keep their weight in check.

RE: Zero Carb / Meat and Water - jeepifer - 07-01-2008 08:57 AM

I won't quote all the great info above, but thanks! It is more than possible the issue *is* hyperinsulinemia (whew, that's a mouthful to type!). I'll have to do more digging and reading on this.

Charles Wrote:
I don't advocate mayo because it contains soy and soy is a major health problem. Mustard is fine. Spices can be good but be careful because some spices promote an insulin response and that is what we're trying to control. Celtic sea salt and pepper are safe choices. You'd be surprised where sugar resides.

I never associated my mayo with soy, and I've been so careful to eliminate it everywhere I can. Ugh. I
I've been sea-salting and peppering my meat so far. Don't have Celtic SS yet but will add it to my list to find. Will also do more research on insulin response and spices. Good point!

Charles Wrote:
I'm not a fan of any additions to good ol' water. I'm certainly not a fan of Splenda and artificial sweeteners. In order to be successful on a zero-carb diet, one must control the "urge for the sweet" and this is very difficult to do. I struggle with this myself, especially during the hot summer months. This is probably a natural response and if I was able to go through life without messing up my metabolism, I probably could eat seasonal fruits without a problem. However, today they cause me problems.

Any sweet-tasting thing can cause you to secrete insulin in anticipation of it and if you're hyperinsulinemic, that's a major problem because you already over secrete -- even between meals. This is a problem because anytime you are secreting insulin, you are not circulating fatty acids. We need to decrease the periods that fatty acids are not allowed to circulate and this is how we decrease the size of fat tissue.

Do you consider Stevia then to be an AS? Of course, putting stevia in plain water is a bit... er, strange. But for sake of clarification. LOL

Charles Wrote:
Look for beef spare ribs, lamb rib chops, prime rib, beef bologna (nitrate and nitrite-free) and whole duck. Those are the best. Besides that, brisket, chuck, tenderloin, skirt steak, sirloin, veal, chicken thighs with the skin, cornish hen, mackerel, salmon, snapper, and trout are also good choices.

Ah, a shopping list! Whoohoo! What about nitrate/nitrite-free hot dogs or bacon? I wouldn't consider them more processed than bologna. Thoughts?

What's the difference between beef spare ribs and beef short ribs? The short ribs are boneless, I know that much.

-- Jenn

RE: Zero Carb / Meat and Water - jeepifer - 07-01-2008 09:00 AM

Charles Wrote:
That just means that your diet was wrong. Exercise may mask the symptom of weight gain, but it's difficult to call it a "cause." For instance, if you are eating carbohydrates, then exercising would slow your weight gain because your body is moving more glucose to your cells. That's like applying a bandaid. That doesn't account for why you were putting on weight in the first place.

Ah. Lightbulb moment. 😊Thanks!

RE: Zero Carb / Meat and Water - Charles - 07-01-2008 09:17 AM

Jeepifer Wrote:
I never associated my mayo with soy, and I've been so careful to eliminate it everywhere I can. Ugh. I should experiment with making my own.
There are many recipes floating around. Check out LindaSue's area and I bet you'll find a few. I just don't have anything to put it on! 😊

Jenn Wrote:
Do you consider Stevia then to be an AS? Of course, putting stevia in plain water is a bit... er, strange. But for sake of clarification. LOL

Stevia would seem to be the better choice but as the article points out, the problem with these all-natural sweeteners is that we are now isolating these things from the plant they grew on and we're consuming them at levels much higher than they naturally appear in nature. This is bound to show up somewhere. Moreover, we don't know that much about sweeteners in general as far as their long-term effects. We all thought hydrogenated oils were safe and healty twenty years ago and we see what happened with that.

Fruits were good once upon a time as well, but now we consume fructose at unnatural levels. I read somewhere that it takes eating 60 apples to consume the same amount of sugar that one gets from one can of regular soda.

Jenn Wrote:
What about nitrate/nitrite-free hot dogs or bacon? I wouldn't consider them more processed than balogna. Thoughts?

I think that would be fine but you'll have to experiment and see. If you are losing while eating them, they stay. If you gain weight or your weight loss slows or stalls, then you might try eliminating them. The key is to establish a base level of losing weight by eating fatty protein and water. If you are going to experiment, then maybe add the new food to one meal per day for a week. Then you can see what effect the new food has.

Jenn Wrote:
What's the difference between beef spare ribs and beef short ribs? The short ribs are boneless, I know that much.

It's probably the bone and I think they are more fatty. I love the short ribs as well. For lunch today, I have one big spare rib and three short ribs. I'm wondering if I'll be able to eat all of it! 😊

RE: Zero Carb / Meat and Water - pennypritty1 - 07-01-2008 09:27 AM

Apparently I'm not savvy enough to do the quoting you guys do so effortlessly, so ... 😒

I had no idea mayo had any soy in it!!! And here I thought mayo was a safe use because it's high in fat... sigh... (I loove may) ungh!!! (mental headslap)

As for the Celtic sea salt, I use sea salt but don't have specifically Celtic. But then like Jenn, I'll be doing my search for supplies as well. I love netrition.com and there are many other health sites from where I can order and probably, Celtic is in the "stupidmarket" **I loooove that!!!** I have one of those, too, Jenn!

I'd really prefer to find a reputable meat market near me. Of course there are lots of meat markets around, but I need a good, safe one that I know provides quality foods. So, onto googling I go...!
Far as not having to actually exercise while losing, I'm almost saddened to hear that. I literally just joined a gym to work out along with my low/extreme low carb switchup. LOOL

Of course I'm a true believer in that weight training will help me reshape my glob of a body 😊 as I lose, so while disappointed, I'm not too broken up and the gym won't go unused (again). It just lightens the gym pressure for me--which in turns makes this a Yay!! moment.

I know my message sounds all over the emotional scale but I'm just so glad (overall) to have a forum to pour all this out to. My family still looks at me like they're just waiting for me any day now to snatch the proverbial sugar-laden lollipop from the baby knowing I am now a lowcarber again. They don't understand. While it looks like I just plopped down and said I'm lowcarbing again, it wasn't that quick or easy a decision. This has been something I'd been debating, pulling apart, thinking long and hard as well as reading up on for quite a while. I have an awesome arsenal of recipes, cookbooks, Blaine's low carb cooking DVDs and even some low carb energy magazines from subscriptions that I've continued to purchase to prepare for that major life change.

I'm determined to change my mind and keep saying life change because if I start saying diet, I know me-the diet will end. Even though society has taken a downturn towards low carb saying it was a fad and that it's over, there are still soooo many people and testimonials that are still going on that testify to the success and healthy living this life change brings and I'm glad to be in the number!

...well, back to work!

smooches >>

RE: Zero Carb / Meat and Water - jeepifer - 07-01-2008 09:29 AM

Charles Wrote:
I think that would be fine but you'll have to experiment and see. If you are losing while eating them, they stay. If you gain weight or your weight loss slows or stalls, then you might try eliminating them. The key is to establish a base level of losing weight by eating fatty protein and water. If you are going to experiment, then maybe add the new food to one meal per day for a week. Then you can see what effect the new food has.

I've got a base weight as of this morning, since I "started" today. I'll weigh again in a week and take it from there. I'll nix the dogs/bacon for now.

Charles Wrote:
It's probably the bone and I think they are more fatty. I love the short ribs as well. For lunch today, I have one big spare rib and three short ribs. I'm wondering if I'll be able to eat all of it! 😊

That sounds yummy! How do you cook the spare ribs? I do short ribs on the Foreman, just like any other. Although, I did my steaks in the frying pan with bacon grease, and OH MY! were they good.

-- Jenn

RE: Zero Carb / Meat and Water - MAC - 07-01-2008 09:38 AM

pennypritty1 Wrote:
I had no idea mayo had any soy in it!!! And here I thought mayo was a safe use because it's high in fat... sigh... (I loove may) ungh!!! (mental headslap)

Not all mayos use soybean oil. Some use canola oil. You just have to check the ingredient list to find out. I think they even have organic mayonaise which I guess means the eggs in it are organic.

But then if it has canola oil in it, it has PUFAs and then we can get into a whole discussion about MUFAs and PUFAs and SFAs.

---

RE: Zero Carb / Meat and Water - jeepifer - 07-01-2008 09:41 AM

pennypritty1 Wrote:
Apparently I'm not savvy enough to do the quoting you guys do so effortlessly, so...

It's not effortless, but I do have a bit of html knowledge so it's not so hard for me. There might be a tutorial on here or somewhere that tells you how to do it. Or PM me and I can try to explain -- I'm running out in a moment to meet DH for lunch.

pennypritty1 Wrote:
As for the Celtic sea salt, I use sea salt but don't have specifically Celtic. But then like Jenn, I'll be doing my search for supplies as well. I love netrition.com and there are many other health sites from where I can order and probably, Celtic is in the "stupidmarket" **I looove that!!!** I have one of those, too, Jenn!

I call 'em that cuz they push all the junk food to the masses. Stupid. Where are the deep discounts on MY items, darn it?

Of course, I need to get more savvy about expiration sales and such. I've been spoiled shopping at Costco. 😁

pennypritty1 Wrote:
I'd really prefer to find a reputable meat market near me. Of course there are lots of meat markets around, but I need a good, safe one that I know provides quality foods. So, onto googling I go...!

I find the meats at Costco to be of pretty good quality. Charles likes Wal-Mart ( 😮) and if you have a local butcher shop, stop by and ask them about giving you fattier cuts of meat and ground meat. Maybe they'll give you a discount! I'm sure others have more to add.

pennypritty1 Wrote:
I know my message sounds all over the emotional scale but I'm just so glad (overall) to have a forum to pour all this out to. My family still looks at me like they're just waiting for me any day now to snatch the proverbial sugar-laden lollipop from the baby knowing I am now a lowcarber again. They don't understand. While it looks like I just plopped down and said I'm lowcarbing again, it wasn't that quick or easy a decision. This has been something I'd been debating, pulling apart, thinking long and hard as well as reading up on for quite a while. I have an awesome arsenal of recipes, cookbooks, Blaine's low carb cooking DVDs and even some low carb energy magazines from subscriptions that I've continued to purchase to prepare for that major life change.

Oh, I feel ya... :::hugs:::

pennypritty1 Wrote:
I'm determined to change my mind and keep saying life change because if I start saying diet, I know me-the diet will end. Even though society has taken a downturn towards low carb saying it was a fad and that it's over, there are still sooo many people and testimonials that are still going on that testify to the success and healthy living this life change brings and I'm glad to be in the number!

For those of us that have health issues (that would be me, LOL) this needs to be a life change. It's so great that the folks here can give support and advice.

-- Jenn

RE: Zero Carb / Meat and Water - LindaSue - 07-01-2008 09:50 AM

pennypritty1 Wrote:
As for the Celtic sea salt, I use sea salt but don't have specifically Celtic.

Penny, you don't have to use Celtic sea salt in order to eat this way. Charles just happens to like that kind of salt. I use regular non-iodized table salt and always have done. The thing you have to watch out for with iodized salt is that they sometimes add sugar to it. Check the labels.

Here's a link to a nearly fool-proof homemade mayonnaise recipe that you can make with any oil you choose: [http://www.genaw.com/lowcarb/neanderthin_mayo.html](http://www.genaw.com/lowcarb/neanderthin_mayo.html)

pennypritty1 Wrote:
Far as not having to actually exercise while losing, I'm almost saddened to hear that. I literally just joined a gym to work out along with my low/extreme low carb switchup.

Charles never said that exercise is harmful or that we shouldn't do it for reasons other than weight loss. Going to the gym will probably make you feel and look better. I recently started doing Callanetics twice a week again after stopping them for many months. I like how they make me feel and they help tone up my body. They help me feel younger and not so much like the old lady that I am.

LOL--I didn't mean to imply he said it was harmful, I'm just saying I could've saved two-years of my life not paying for a gym when I'm going to lose weight anyway in this lifestyle. But like you said, the gym is still my favorite place because I like to weight train. It makes me feel really good.

That was just a little humor gone bad. lol

I'm googling Callanetics. I've always wanted to try gyrotonics myself with the machine. It's supposed to be a wonderful toning and stretching workout, but I can't find them in my area which is crazy because pretty much everything is in New York City--so... back to googling.

You do realize we newbies are hanging on to our low-carb guru's every word and considering it gospel right? I just want to do it right and I know you've gone through what I'm working towards so I'm pretty
much absorbing most everything you write or suggest and taking it literally (I'm pretty literal and try to loosen that up as much as possible.)

RE: Zero Carb / Meat and Water - pennypritty1 - 07-01-2008 11:22 AM

jeepifer Wrote:
... Of course, I need to get more savvy about expiration sales and such. I've been spoiled shopping at Costco.

oh good grief! I didn't even think of Costco !!! We have one of them around me. Gotta go shopping!

Thanks, Jenn.

RE: Zero Carb / Meat and Water - Charles - 07-01-2008 11:35 AM

jeepifer Wrote:
That sounds yummy! How do you cook the spare ribs? I do short ribs on the Foreman, just like any other. Although, I did my steaks in the frying pan with bacon grease, and OH MY! were they good.

-- Jenn

I just stuck them in the convection oven this morning and they were really good. I couldn't eat very much of my lunch at all which was a surprise. It's the fat and it really satiated me quick. I could only eat two of the short ribs, which is strange for me.

RE: Zero Carb / Meat and Water - Charles - 07-01-2008 11:48 AM

jeepifer Wrote:
As for the Celtic sea salt, I use sea salt but don't have specifically Celtic. But then like Jenn, I'll be doing my search for supplies as well. I love netrition.com and there are many other health sites from where I can order and probably, Celtic is in the "stupidmarket" **I loooove that!!!** I have one of those, too, Jenn!

LindaSue is right, it doesn't have to be Celtic sea salt. The Weston Price people love Celtic sea salt and that was the first one I tried. When I was at Whole Foods last week, I saw that there were many varieties of "sea salt", some that were different colors and had different nutrients. The thing was that they were all minimally processed and that was the kicker for me. I bought a nice salt grinder from IKEA and I just twist and shake it!

No one has to shop at Wal-Mart, but since they are all over this country, I found it easy to identify products and make recommendations using their stuff because people can easily go out and find it. I don't mean to suggest that they are the only ones who have something or that they are even the best. I also enjoy Costco but I don't always like the big portions they give. Sometimes I just want some cheap steaks, not some big ol' roast! I also hate that they don't take Visa. It's either a bank card or American Express in North Carolina. Is it that way everywhere?

Many people say that they can't afford to eat low-carb because of the expense of meat and things like that. For this reason, I highlight stuff I get at Wal-Mart to show that it is affordable and easy. I'm not a fan of variety. I think variety is what got most of us in trouble in the first place.
When losing weight, I think it's valuable to establish a small group of foods from which one eats regularly. Additions to a diet should be made sparingly in order to account for any changes in weight, energy level, concentration, etc.

Some folks can eat eggs or eat cheese but many cannot. Some may find that they can eat cheese and eggs and lose 100 pounds. However, they may stall after 120 pounds and then the cheese and eggs will have to go in order to proceed any further. Be prepared for these types of things but don't be afraid to strike any food that doesn't work for you.

Oh, and exercise because you enjoy it, not because you think it's going to help you lose weight faster. It may cause you to gain weight in some cases but we discuss this over in the exercise forum. 😔

Let nothing keep you from your goal!

RE: Zero Carb / Meat and Water - jeepifer - 07-01-2008 12:03 PM

LindaSue Wrote:
Here's a link to a nearly fool-proof homemade mayonnaise recipe that you can make with any oil you choose: http://www.genaw.com/lowcarb/neanderthin_mayo.html

Any recommendations on the oil? I have coconut oil, but I'd have to nuke it to liquefy it (or leave it on the counter, seeing as it's 90 degrees here, LOL), and would it harden into clumps again when refrigerated?

LindaSue Wrote:
I recently started doing Callanetics twice a week again after stopping them for many months. I like how they make me feel and they help tone up my body. They help me feel younger and not so much like the old lady that I am.

I have the Beginning and 10 in 10 DVDs but haven't tried them yet. I've heard they do wonders to lean and lengthen and tone! Gotta dust them off!

Charles Wrote:
I just stuck them in the convection oven this morning and they were really good.

Hmm, I'll have to try this. Thanks again!

-- Jenn

RE: Zero Carb / Meat and Water - MAC - 07-01-2008 12:07 PM

Jeepifer Wrote:
Any recommendations on the oil? I have coconut oil, but I'd have to nuke it to liquefy it (or leave it on the counter, seeing as it's 90 degrees here, LOL), and would it harden into clumps again when refrigerated?

It won't refrigerate into clumps. It will harden back to the same state it was in before it melted. At least that is my experience. I put mine to close to the crockpot. It melted and then rehardened when taken away from the crockpot.
Charles Wrote:
LindaSue is right, it doesn't have to be Celtic sea salt. The Weston Price people love Celtic sea salt and that was the first one I tried. When I was at Whole Foods last week, I saw that there were many varieties of "sea salt", some that were different colors and had different nutrients. The thing was that they were all minimally processed and that was the kicker for me. I bought a nice salt grinder from IKEA and I just twist and shake it!

Oh, next time I'm in the IKEA area, I am *so* gonna get one of these. Or add it to my birthday list! I have "fine" ground sea salt from Whole Foods (their 365 house brand). I've never tried the colored varieties, but that might be an interesting change. Somehow I just assumed it was some form of coloring, but different minerals makes sense.

Charles Wrote:
I also enjoy Costco but I don't always like the big portions they give. Sometimes I just want some cheap steaks, not some big ol' roast! I also hate that they don't take Visa. It's either a bank card or American Express in North Carolina. Is it that way everywhere?

Yes on the bankcard or AmEx. I don't mind the big portions because I'll slice, cut and freeze what I can't use in 2-3 days. Or cook up a whole huge roast, and again, freeze for later use. A little time on the front end saves me time later, I guess.

The downside is they don't carry every available selection. I know they have the short ribs, but I don't think I've seen the spare ribs. Or maybe since I wasn't specifically looking, I missed them. Will have to check!

At any rate, I find for me that 1. being informed, 2. being prepared, and 3. planning ahead are all necessary for me to succeed.

For example, today DH wanted to meet me for lunch. BUT since I hadn't thought ahead to figure out where we could go so I could get a steak or hackamer or something, I declined and ate my pork chop since that was the safest bet and I wasn't prepared.

RE: Zero Carb / Meat and Water - LindaSue - 07-01-2008 01:03 PM

pennypritty1 Wrote:
I'm googling Callanetics. I've always wanted to try gyrotonics myself with the machine. It's supposed to be a wonderful toning and stretching workout, but I can't find them in my area which is crazy because pretty much everything is in New York City--so... back to googling.

I saw Gyrotonics on the Rachael Ray show a while back and it looked pretty interesting. The Gyrotonics site does list some studios in NYC:

Amelia Sheftall Studio New York NY USA
Art of Movement New York NY USA
Body Circles New York NY USA
Body Evolutions New York NY USA
Body In Motion New York NY USA
Center for Movement New York NY USA
Charles Wrote:
Many people say that they can't afford to eat low-carb because of the expense of meat and things like that. For this reason, I highlight stuff I get at Wal-Mart to show that it is affordable and easy.

It doesn't have to be expensive to eat this way. I have pretty good luck finding the fatty ground beef marked down to .99 pound just about every week or every other week and it's even nicer than the Wal-Mart ground beef. I just bought about 11 pounds of it today and made pile of patties. If I can manage to get by on a budget of about $50 per week for groceries (food as well as everything else) to feed me and my husband (who doesn't necessarily eat low carb), anyone can do it. We haven't gone hungry yet and my freezer is always full of meat and other stuff that I bought on sale. It takes a bit of work and planning but it can be done.

jeepifer Wrote:
Any recommendations on the oil? I have coconut oil, but I'd have to nuke it to liquefy it (or leave it on the counter, seeing as it's 90 degrees here, LOL), and would it harden into clumps again when refrigerated?

Some people use the mild (not extra virgin) kind of olive oil or peanut oil to make mayo. I just used cheap vegetable oil when I made it but I can't afford the expensive stuff.

jeepifer Wrote:
I have the Beginning and 10 in 10 DVDs but haven't tried them yet. I've heard they do wonders to lean and lengthen and tone! Gotta dust them off!

I have "10 in 10" and "Super Callanetics". Go ahead and dust them off. I think you'll enjoy them. It will be a while before I can get back to doing Super Callanetics. They're enhanced versions of the routines in regular Callanetics and much harder. I sometimes mix a few of the Super exercises into my "10 in 10" session just to make it more of a challenge.

jeepifer Wrote:
At any rate, I find for me that 1. being informed, 2. being prepared, and 3. planning ahead are all necessary for me to succeed.

For example, today DH wanted to meet me for lunch. BUT since I hadn't thought ahead to figure out where we could go so I could get a steak or hackamer or something, I declined and ate my pork chop since that was the safest bet and I wasn't prepared.

This is huge and I'm glad you mentioned it. This can make the difference every time. I am not against fast food either. I can always go to a restaurant and order a big hamburger and eat it without the bun. Those burgers are probably leaner than what I would like but they would get me through lunch if necessary.

feckless Wrote:
sorry to bump my own post charles, but i think it got lost in the shuffle and i really would like your guidance before i enter into meat/water as i am going against all of my docs and am afraid of having severe blood sugar crashes!
feckless Wrote:
Charles Wrote:
In your case, you say that your pancreas was damaged due to alcohol. In what way and how did they come to determine this? Better yet, what treatment did they prescribe to treat this damaged pancreas?

You're not overweight so why would you be secreting excess insulin (causing hypoglycemia)? Alcohol gets processed similar to carbohydrates in that insulin will clear the bloodstream in order to get the muscles to burn the alcohol and not burn fat until it's finished.

It's funny to me that no one describes carbohydrate metabolism in the same way because that's precisely what happens. When you eat carbohydrates, your body suspends fat burning to deal with the glucose and consequently we don't burn glucose and fatty acids simultaneously.

Based on that, I would think it would still be more related to hyperinsulinemia, except that you said your blood sugar is actually low and you have damage to your pancreas. I would imagine that excessive alcohol consumption caused your body to oversecrete insulin to deal with the alcohol but if your liver is damaged, it may not signal the pancreas to react as it's supposed to.

So the question is, does your pancreas under secrete (in which case your blood sugar would be high) or does it over secrete (which would only make blood sugar high if you are also insulin resistant)?

Hi charles...my blood sugar has never tested high, but has tested very low as i mentioned. the doc's say the hypoglycemia IS the evidence that the pancreas is functioning abnormally after years of conditioning from the alcohol abuse. they say diet is the only treatment right now but prescribe the usual grain based diet. they are very concerned my chol. is 300 but my HDL/TRIG are fine (i have to fight off statins each visit!). they did a diabetes test (H1ac?!?) which was in range. i am on thyroid meds for low thyroid too. as for being thin, i am a fat thin person, no muscle.

does that help?!

RE: Zero Carb / Meat and Water - Charles - 07-01-2008 01:55 PM

feckless Wrote:
sorry to bump my own post charles, but i think it got lost in the shuffle and i really would like your guidance before i enter into meat/water as i am going against all of my docs and am afraid of having severe blood sugar crashes!

That's okay. I must have missed your reply post. I had to go back and re-read all that you wrote. Okay, when does your blood sugar show that it's low? In other words, is this from doing a fasting glucose test?

When do you have your crashes and how often does this occur? Is it right before you are going to eat or do they just come at random times?

It shouldn't surprise us that your blood sugar is low during a fasting test because it's more than likely due to hunger. Are you ravenous during the test? By the same token, when folks with pre-diabetes take fasting glucose tests, their tests can oftentimes appear normal because it's a fasting test. That doesn't tell us anything about what it is before they eat. We should expect that the number will be lower for a fasting test.
Are you able to test your numbers prior to meals?

When you have to call the paramedics, is this because you waited too long to eat?

What do you eat and drink now on your Paleo plan?

How long can you go between meals before you're hungry again?

I think zero-carb can work based on what I think you're going to answer me, but I want you to answer anyway. It's going to be a matter of conditioning your insulin response. You will more than likely have to set regular meal times and just not deviate much from those times in order to keep your blood sugar steady. If you are hypersecreting every couple of hours, then you might have to use a low glycemic fruit or salad until you get the response better conditioned.

There's nothing wrong with a very low-carb diet until you get this under control and then you can always lower the carbohydrates as you go along.

Let's see what you answer first.

Charles

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**RE: Zero Carb / Meat and Water** - poo123 - 07-01-2008 02:18 PM

Hi guys, today I was at Sam's Club and picked up some big packages of chicken thighs with skin and chicken legs and the packages were only 5 and 6 dollars. And there were 16-18 in each pack. I use the chicken along with the beef for a taste variety. This meat and water way of eating is really doing wonders for my self esteem. I am able to stick with this, no cheating, no cravings and I feel really good. I told myself when I started this that I am doing this to live better so all other foods are not an option. I like it just this way because if I have too many options then I want more options. Just meat is just meat no other food and that give me a break, in not having to decide what's for dinner, and snacks and what is allowed. And I am doing really well with fixing things for the rest of the family. No tasting, I get my husband to do it and the kids are enjoying the chicken legs way too much. So all in all its a good thing...

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**RE: Zero Carb / Meat and Water** - Charles - 07-01-2008 02:36 PM

poo123 Wrote:

Hi guys, today I was at Sam's Club and picked up some big packages of chicken thighs with skin and chicken legs and the packages were only 5 and 6 dollars. And there were 16-18 in each pack. I use the chicken along with the beef for a taste variety. This meat and water way of eating is really doing wonders for my self esteem. I am able to stick with this, no cheating, no cravings and I feel really good. I told myself when I started this that I am doing this to live better so all other foods are not an option. I like it just this way because if I have too many options then I want more options. Just meat is just meat no other food and that give me a break, in not having to decide what's for dinner, and snacks and what is allowed. And I am doing really well with fixing things for the rest of the family. No tasting, I get my husband to do it and the kids are enjoying the chicken legs way too much. So all in all its a good thing...

Good for you. I can tell that you've developed the resolve to make it happen as well. I just love the no-excuses approach. It helps when you can actually get full from your food and you're having success. That combination makes it much easier to do.
Keep it up!

Charles

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RE: Zero Carb / Meat and Water - MAC - 07-01-2008 02:37 PM

Charles Wrote:
It shouldn't surprise us that your blood sugar is low during a fasting test because it's more than likely due to hunger. Are you ravenous during the test? By the same token, when folks with pre-diabetes take fasting glucose tests, their tests can oftentimes appear normal because it's a fasting test. That doesn't tell us anything about what it is before they eat. We should expect that the number will be lower for a fasting test.

I am questioning if I am pre-diabetic or not these days. Close or there is my guess. My fasting BG was 118 in January with my blood tests. BUT I was doing low carb for over a month by then. But then my meter tells me it gets that high upon rising some days after being up an hour. Not usually at that level anymore via my meter but I don't check my BG as often since I eat very low carb (< 10g/day). So my pre-prandial and 1 hr and 2 hr post-prandial BG levels are pretty much the same. Which is what Dr. Bernstein is all about with BG.

I have read that someone who low carbs sees a rise in their fasting BG over time. Mine seems to hover in the high 90s or low 100s either pre-prandially or post prandially. I did a home version of a GTT (70 g white rice right after getting up in the morning) after having carbo loaded for three days (> 150g carbs per day for three days) a couple of months ago (big mistake as I have never gotten back to the weight I was right before doing the test - now getting closer but no cigar) and my 1 hour PP BG soared to 175 mg/dl and my two hour PP BG was around 130 for that home test. Carb adapted or not those are not particularly great numbers.

GTT BG readings are a much better test than Fasting BGs anyway as you are right that they really can't tell you how glucose impaired you are.

Which is why Jimmy is getting a GTT soon. Fasting BG levels are the last thing to tell you anything. The barn door is already closed.

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RE: Zero Carb / Meat and Water - feckless - 07-01-2008 02:41 PM

Thanks Charles, see my answers in blue below....

Charles Wrote:
That's okay. I must have missed your reply post. I had to go back and re-read all that you wrote. Okay, when does your blood sugar show that it's low? In other words, is this from doing a fasting glucose test?

When do you have your crashes and how often does this occur? Is it right before you are going to eat or do they just come at random times?

during 3 hour GTT, drinking whatever it is they give you drink before hand, my BS stays in the normal range for about 1.5 hours, then plummets to under 30. i do not feel ravenous, i feel manic, almost high, mentally out of it. i never feel what i would call normal organic hunger or fullness. it is either craving all the time, even when i know i have already eaten plenty, or a sort manic high which is when i know a
crash is coming.

Are you able to test your numbers prior to meals?
when i had a monitor i was normal before meals, but that was years ago. in a couple weeks they are going to implant a chip in me which will monitor my BS every 5 minutes!

When you have to call the paramedics, is this because you waited too long to eat?
other people call them, as i have passed out/become very disoriented at work, or in my neighbors house. it was not because i had not eaten, i had eaten and sometimes keep eating frantically. but i keep on crashing anyway. usually only concentrated sugar brings relief. but when i include fruit or caffeine regularly in my diet, it will make attacks more likely. but they can come even when i am being very strict with my VLC diet.

What do you eat and drink now on your Paleo plan?
fatty meat, butter, green veg, sometimes cream/sour cream, green salad with olive oil/vinegar, very few nuts.

How long can you go between meals before you're hungry again?
I always feel craving, i wouldn't call it hunger. i don't think i feel normal hunger at this time. but i can sometimes go 4-5 hours before starting to feel manic.

I think zero-carb can work based on what i think you're going to answer me, but i want you to answer anyway. It's going to be a matter of conditioning your insulin response. You will more than likely have to set regular meal times and just not deviate much from those times in order to keep your blood sugar steady. If you are hypersecreting every couple of hours, then you might have to use a low glycemic fruit or salad until you get the response better conditioned.

agreed, and when i do need to resort to a sugar to avoid a major crash, what would be best and how much?

There's nothing wrong with a very low-carb diet until you get this under control and then you can always lower the carbohydrates as you go along.

Let's see what you answer first.

Charles

i should also note that when i eat a high fat/moderate to low protein meal, i become extremely lethargic and my heart rate rises significantly. my system feel really overburdened. i realize i may have to ride this out. i tried ZC once for two weeks and this never eased. i had to stop because i couldn't function in my life.

Thanks again Charles!

RE: Zero Carb / Meat and Water - poo123 - 07-01-2008 02:44 PM

Thanks Charles, I think you have an amazing ability to give detailed info, and we are able to get it without being hit on the head with a rock. I have learned a lot from your posts and this board. Thanks...
Charles Wrote:
Vesna Wrote:
It seems you're dismissing the change to a sedentary work life out of hand...

I do dismiss the change to a sedentary lifestyle because I have exactly the lifestyle you describe. I sit at a
desk daily from 9 to 6 most days and I play XBox360 and even watch television some. I just don't
attribute sedentary lifestyle to cause; although I do acknowledge the association.

You have exactly the lifestyle I describe? You must have me mixed up with some other poster named
Vesna -- the one who runs marathons and lifts weights twice a week! 😃

Charles Wrote:
People move less because they are unable to use the stored energy for fuel. The sedentariness is a
symptom not the cause. That's my point.

Can't the causal arrow fly either way, depending on the person and the situation?

In my case the sedentariness was brought on by a job offer, not a change in energy availability.

RE: Zero Carb / Meat and Water - MAC - 07-01-2008 03:52 PM

Vesna Wrote:
Charles Wrote:
Vesna Wrote:
Vesna Wrote:
It seems you're dismissing the change to a sedentary work life out of hand...

I do dismiss the change to a sedentary lifestyle because I have exactly the lifestyle you describe. I sit at a
desk daily from 9 to 6 most days and I play XBox360 and even watch television some. I just don't
attribute sedentary lifestyle to cause; although I do acknowledge the association.

You have exactly the lifestyle I describe? You must have me mixed up with some other poster named
Vesna -- the one who runs marathons and lifts weights twice a week! 😃

Charles Wrote:
People move less because they are unable to use the stored energy for fuel. The sedentariness is a
symptom not the cause. That's my point.

Can't the causal arrow fly either way, depending on the person and the situation?

In my case the sedentariness was brought on by a job offer, not a change in energy availability.

This is an interesting question. I lost 45 lbs on a vegan diet over 7 months or so and I was doing cardio
and weight lifting the whole time. My current weight is about the same as when I stopped exercising 7
months ago. I have a desk job and don't do squat for exercise at the moment. I really haven't gained a
pound doing low carb these last 7 months. I've had small ups and downs of 5 lbs or so but I now weigh
the same now as then with no exercise. I haven't exercised squat in the last 7 months and have not
gained any weight. So no exercise and weight gain? Not by my example.

Which reminds me I need to get in 20 minutes of some cardio starting today. I promised myself I would get back to exercising again July 1.

P.S. I had this same discussion in the old forum with Charles. I gained a lot of weight when going to college and so did my brother (and I commuted to college). Hitting the books does not make for a lot of time for exercise. However, can I say the inactivity caused the weight gain? Not really as who knows how much stress I was under or what my diet was like? Or if I ate the same as I did before even though I was less active. Too many variables w/o any documentation.

RE: Zero Carb / Meat and Water - poo123 - 07-01-2008 04:07 PM

uggh, I just had 3 small chicken thighs with skin and I am stuffed. Today I had 1/4 lb ground beef for breakfast, small hamburger with bacon from Wendy's and now the thighs, and water and unsweet tea. I could not eat another bite, but if I was doing some carbs I could have had so much more. This is really COOL !!!

RE: Zero Carb / Meat and Water - jeepifer - 07-01-2008 04:34 PM

Around 3pm or so this afternoon, I was yawning and felt tired. It passed after about an hour, but is there something that causes this? I think I read that feeling tired and lack of energy is normal at first as your body starts to try to switch over. Just wondering. I've felt great otherwise!

My blood glucose first thing this morning was 101, and at 2:30, 1/2 hour after eating my pork chop, it was 98. That's all I've taken so far today...

RE: Zero Carb / Meat and Water - jeepifer - 07-01-2008 04:49 PM

poo123 Wrote:
uggh, I just had 3 small chicken thighs with skin and I am stuffed. Today I had 1/4 lb ground beef for breakfast, small hamburger with bacon from Wendy's and now the thighs, and water and unsweet tea. I could not eat another bite, but if I was doing some carbs I could have had so much more. This is really COOL !!!

How do you cook the thighs?

And yeah, I agree, I was asking how I know I'm not hungry. Dayum, I know! Woot!

RE: Zero Carb / Meat and Water - jeepifer - 07-01-2008 04:50 PM

What about pork? In my shopping excursion today there were pork ribs and tenderloin and such. I thought pork was (or can be) pretty fatty.

I came home with lots of ground beef, 2 cornish hens, some chicken thighs, and beef spare ribs (but the shorter kind).
Hi,

I had a great zero carb day today. Pork belly strips for breakfast, rib-eye for lunch and will have chicken thighs again for dinner. My hunger has dropped a lot and my cravings are gone. I have dropped most of the weight from my bad eating last week. Once I have zero carbed for two weeks, I would like to try adding egg yolks back in to my diet to see what happens. I love ground beef scrambled fried with egg yolks.

It is so much easier to follow this WOE when so many others are doing it also. When you feel that you are the only one it is so much more difficult. I would have to say that the online support has been the number one reason that I have lost 100 lbs. When I first tried low carbing ten years ago, it was a lonely process and without the support, it was so easy to fall back into the "norm" of carby food.

Poo -I have a Nuwave Oven and it is wonderful for cooking any kind of meat you want. It has racks that you put your food on so that the fat drips off. Instead I put the meat in a pan and put the pan on the rack so that none of the fat drops off. I did chicken thighs last night and they came out perfect. I dipped the chicken into the drippings, it was yummy. At lunch today I did a frozen steak in 25 minutes. It was pink, juicy and tender. The temps have been in the 90's here so it is nice to cook meals with something that does not heat up the house. If you go to the "Foods and Recipes" thread, there is a photo and discussion about this oven.

Jeepifer - Try roasted pork belly, it is so good and satisfying. Lots of nice fat on it. You can cook it so that the fat is still squishy or keep cooking until the fat is crispy.

Val

Jeepifer I just throw the thighs in a baking pan sprinkle with some s&p and bake for 45 min at 425. Thats it the skin gets nice and brown but not really crispy so the fat stays in and its great. I do that with my chicken legs too. With my chuck steak I cook them with butter on the stovetop with some garlic and some red wine vinegar. It sure is tasty..

Pork is fine. Just make sure it is fatty. My cousin was married to a hog farmer from Iowa. This goes back 25 years now. They bred pigs for leaness. That is what the low fat movement has wrought. Can't even get some decent fatty meat anymore.
I'm back to just meat and feeling pretty good. Had ribeye tonight WITHOUT salt and no problemo! Maybe the change in hormones is already helping but it's too soon to say.

It's so cool that we're in this all together and that we have Charles to kind of guide us through. Thanks Charlie....Charlie's Angels...hehe! 😊

I was actually part of another group on Yahoo dealing with ketosis, etc. and they kicked me out for arguing with the owner on certain points. For example, she states that protein in excess of what your body needs for amino acids ALWAYS converts to glucose or that muscles can only adapt to ketones if protein is kept to a minimum such that there is no surplus glucose from protein keeping the muscles glucose-dependent. She also says that when blood glucose rises, insulin starts to kick in, whether the glucose comes from protein, fat or carbs. I disagreed, laid my arguments on the table but she seemed to take offense and so, I got kicked out. She and her co-owner thought I wanted to take control of the group. In the end, I was just trying to provoke discussion so that other members could see both sides and share their personal view or what they learnt through research. Interestingly, the owner never substantiated her claims with research, just said she had a Ph.D in nutrition and did lots of research and self-experimentation with measuring BG and such.

We also argued about muscle and liver glycogen stores. Do these always stay full? What's the deal with that?

And glucose from fat? Does glycerol convert back to glucose for the body's needs? I know there is very little glycerol coming from our diet due to lower (or no) carbs but dietary fats provide glycerol, don't they? and that's why we still have triglycerides in our blood, even on zero-carb? right?

Some argue that fat provides glucose (from glycerol) for those cells that rely on glucose entirely like red cells or kidney (??), then if this is not enough, glycogen stores are used up and if these are still not enough, then protein conversion to glucose kicks in. Also, when zero-carbing (or very-low carbing) do our muscles run on free fatty acids because it seems that some people who follow the zero-carb approach exercise and their ketones from before exercising stay the same after, clearly showing that ketones are not being used by muscles. Some also say that muscles will only run on ketones if protein is kept to a minimum (to avoid glucose conversion, which seems strange to me) and carbs to a minimum as well.

Charles, can you clear this up and provide some studies, as you always do? 😊I'm really curious. People keep insisting on protein conversion to glucose. True or false? To me, it seems false. The conversion of glucose from fat also seems suboptimal as only 10% of it can convert.

Here is what I think: glucose from the blood gets sent to cells for immediate use. Then, when cells need more energy and if no glucose is provided in the form of carbs, fatty acids begin to mobilize with ketones as a by-product but because some organs like the brain still functions on glucose (and needs lots) and cannot rely on ketones (or FFA) yet for energy, liver and muscle glycogen stores are used up and exhausted. Then, when brain still requires much glucose, protein becomes the next best source of glucose and it is critical at this moment to eat enough protein so as to not lose muscle mass. Eventually, within 1-2 weeks, the brain starts adapting to ketones and glucose requirements go from 100g to 40g daily or something like that. Muscles run on fatty acids. Protein continues to provide the much needed glucose for those parts that need it. But what happens if protein stops coming in? Does the glucose come from lean mass or fat? I would think lean mass and this probably would result in much slower metabolism, less toned body, weaker energy since muscles are being wasted away. And weight loss obviously. I remember reading about Stefansson having to live off fat only for about 10 days and feeling
satisfied hunger-wise but weak and sleepy.

So, Charlie, what's your take?

Sabrina 😊

RE: Zero Carb / Meat and Water - jeepifer - 07-01-2008 05:39 PM

Valcan Wrote:
It is so much easier to follow this WOE when so many others are doing it also. When you feel that you are the only one it is so much more difficult. I would have to say that the online support has been the number one reason that I have lost 100 lbs. When I first tried low carbing ten years ago, it was a lonely process and without the support, it was so easy to fall back into the "norm" of carby food.

Wow, congrats on the loss! I first did low carb in 1999, and I know what you mean about no one having heard of it or understanding it.

Of course, very few people truly "understand" it now. 😊 I agree the support is the main reason I haven't given up!

Valcan Wrote:
Poo - I have a Nuwave Oven and it is wonderful for cooking any kind of meat you want. It has racks that you put your food on so that the fat drips off. Instead I put the meat in a pan and put the pan on the rack so that none of the fat drops off. I did chicken thighs last night and they came out perfect. I dipped the chicken into the drippings, it was yummy. At lunch today I did a frozen steak in 25 minutes. It was pink, juicy and tender. The temps have been in the 90's here so it is nice to cook meals with something that does not heat up the house. If you go to the "Foods and Recipes" thread, there is a photo and discussion about this oven.

Is this the one? I think I may have to add to my birthday wishlist! Nuwave Oven with Digital Timer on Amazon dot com

Valcan Wrote:
Jeepifer - Try roasted pork belly, it is so good and satisfying. Lots of nice fat on it. You can cook it so that the fat is still squishy or keep cooking until the fat is crispy.

How do I cook it? In the oven? I'm really learning here! And thanks, I will look for that next time I'm out. Is it something a regular grocery would carry or just a butcher?

RE: Zero Carb / Meat and Water - Kristi31 - 07-01-2008 05:42 PM

Valcan,

yes, this is a small world and I'm so glad you're doing well. 😊 Keep it up and don't give up, you're one of us now, a Charlie's angel...we'll have to make up extra angels on top of those three plus some extra boy bodyguards. What a crew we have!! Our mission: to convert everyone one else to zero-carb and make this world better for everyone. 😊

RE: Zero Carb / Meat and Water - Ell.eee - 07-01-2008 05:58 PM
Good success on 3 days of 10 carbs or less down from the 20 I ate last week and the 30 I've been eating for the last 5 years. It's been easy so far but I think I'll have a big problem going down to zero as it will trim out my bit of dairy which I really like. I may hold at 10 for a couple of weeks and see if my post meal shakiness resolves any at that level.

Two big changes so far: 1. I'm only eating twice a day - I can't believe it if I wait out the hungry, shakys for the hour or so after eating I simply don't get hungry for about 10 hours! I eat a big fatty breakfast and dinner and that's it even gave up my evening snack and I never thought I'd be able to do that. Does this mean my hyperinsulinism is improving? 2. The last two days I just felt like exercising more and extended my 3 mile jog to 3.5 miles and wished I had more time to keep going! Very odd for me. However I still find the first mile to be very hard - why is the first mile the worst? My muscles ache, I feel exhausted and then it clears strange.

Anyway I'm hopeful these changes represent an improvement in my insulin levels and maybe it's not too late to avoid medication.

Thanks for the cooking tips everyone. The high fat is new to me and I feel more at home with skinless chicken breasts - but no more and I need any cooking tips for high fat that I can get.

RE: Zero Carb / Meat and Water - Angela2 - 07-01-2008 07:40 PM

11111

RE: Zero Carb / Meat and Water - Valcan - 07-01-2008 11:10 PM

Hi,

Jeepifer - You have the right Nuwave Oven and that is a great price! I read a lot or reviews before I decided to buy mine. I have wasted a lot of money on kitchen gadgets over the years and try to be careful. With zero carb I often use mine three times a day. I love not having the grease splatters all over the place.

Pork Belly is also called side pork. Asian markets usually carry it if you can not find it in your grocery store. If it is sliced, it looks like bacon (sliced pork belly is really just uncured bacon). I like buying a big slab of it and slow roasting it in the oven:

1 kg slab of pork belly
With a very sharp knife, score through the skin in 1/2 inch intervals (don't go through to the meat - just through the skin and a bit of the fat) in a cross-hatch pattern. Place on a rack in a roasting pan. Roast at 300F for about 2 hours. Turn up the heat to 400 F and roast for an additional half hour or so, or until the skin and fat are golden brown and puffed up. Remove from the oven and let stand for 10 minutes before slicing. You can add any kind of seasoning you like. I like just salt and pepper. The layer of fat is so yummy.

Kristelle - Boy bodyguards! Sounds interesting! Great to connect with you on here.

Ell.eee - I know what you mean about exercise. Tonight I walked to the firewords (I have always driven) and on the way back, I actually ran most of the way home. I hate running but I just couldn't seem to help myself. Weird now that I think back on it.
Today was day four in a row of ZC and I feel great. Thanks for all the support and information.

Val

**RE: Zero Carb / Meat and Water - jeepifer - 07-02-2008 02:38 AM**

Val, thanks! Sounds yummy can't wait to try it!

Can't sleep. Been restless with odd/bad dreams all night. Ugh! Not usual for me. Wondering if it's from my body switching fuels?

**RE: Zero Carb / Meat and Water - Vesna - 07-02-2008 04:30 AM**

poo123 Wrote:
Jeepifer I just throw the thighs in a baking pan sprinkle with some s&p and bake for 45 min at 425. Thats it the skin gets nice and brown but not really crispy so the fat stays in and its great. I do that with my chicken legs too. With my chuck steak I cook them with butter on the stovetop with some garlic and some red wine vinegar. It sure is tasty..

Interesting. I do mine for 2 hours at 350. The flesh is marvelously tender and the skin is scrumptious and crispy. However a lot of fat collects in the pan. I save it for cooking, and it's sooo delicious. However, your post makes me wonder if more fat would stay in the meat if I cooked at a higher temp for a shorter time. Thoughts?

**RE: Zero Carb / Meat and Water - pennypritty1 - 07-02-2008 05:41 AM**

LindaSue Wrote:
I saw Gyrotonics on the Rachael Ray show a while back and it looked pretty interesting. The Gyrotonics site does list some studios in NYC:

Amelia Sheftall Studio New York NY USA
Art of Movement New York NY USA
Body Circles New York NY USA
Body Evolutions New York NY USA
Body In Motion New York NY USA
Center for Movement New York NY USA

Wow, you leave the forum to get back to work and it fills up with tons more info.

Thanks, LindaSue. I did google after I wrote this yesterday and saw some of these studios as well. I'm going to look into them.

**RE: Zero Carb / Meat and Water - poo123 - 07-02-2008 06:28 AM**

vesna, these still is fat in the pan but like you said to re use it, that's great. Also the skin is brown but not really crispy so lots of fat stays in it. You could brush it with butter if you wanted to. I also take the thighs, remove the bone flatten it out and put some butter and some spices in the center close it up and hold it together with a toothpick. I put them in a roasting pan or sometimes I put them in a cupcake tin
and cook them skin side up at 425 for about 45 min and they are delicious. Filled with butter and flavor, I used to put them over rice or potato but plain old butter filled chicken it great. Give it a shot....

RE: Zero Carb / Meat and Water - poo123 - 07-02-2008 06:42 AM

Day 5
Down 5.6 lbs in 4 days I am a happy girl. I am glad I have extra energy to play with the kids. No cravings and I am still not hungry at 9:30 am after eating 3 chicken thighs last night. Things are going so well. Glad you are all here

RE: Zero Carb / Meat and Water - jeepifer - 07-02-2008 07:58 AM

poo123 Wrote:
I also take the thighs, remove the bone flatten it out and put some butter and some spices in the center close it up and hold it together with a toothpick. I put them in a roasting pan or sometimes I put them in a cupcake tin and cook them skin side up at 425 for about 45 min and they are delicious.

That sounds wonderful. What a great idea!

poo123 Wrote:
Down 5.6 lbs in 4 days I am a happy girl. I am glad I have extra energy to play with the kids. No cravings and I am still not hungry at 9:30 am after eating 3 chicken thighs last night. Things are going so well. Glad you are all here

Whoohoo! I am down 2.4 lbs as of this morning! I feel like I've *finally* gotten past my 2-month stall. And yeah, no cravings and hunger is virtually gone. ::::happy dance:::

RE: Zero Carb / Meat and Water - pennypritty1 - 07-02-2008 08:21 AM

poo123 Wrote:
I also take the thighs, remove the bone flatten it out and put some butter and some spices in the center close it up and hold it together with a toothpick. I put them in a roasting pan or sometimes I put them in a cupcake tin and cook them skin side up at 425 for about 45 min and they are delicious.

[quote=poo123]
That DOES sound good. REAL good!

jeepifer Wrote:
Whoohoo! I am down 2.4 lbs as of this morning! I feel like I've *finally* gotten past my 2-month stall. And yeah, no cravings and hunger is virtually gone. ::::happy dance:::

Congratulations, Jenn. I've looked at my scale but I'm scared to take it seriously... I'm only on day 5 and I know water's probably the first thing to go but I'm not looking back so I'll wait the scale thingie out. lol

(chicken at heart)

Anyway, I do find that I'm constantly thirsty these days. Between drinking and running back and forth
from the ladies' room, I barely have time to do anything else. lol

Has anyone else experienced a greater thirst in the beginning of their xlc walk?

RE: Zero Carb / Meat and Water - poo123 - 07-02-2008 09:00 AM

Oh, I did forget that you could put some ham in with the chicken and butter and if you are not doing 0 carbs you could also add some cheese. I know I love it, hope you give it a try...

Penny, my thirst is not really bad but I do know if I have the feeling to go the bathroom I had better get there ASAP !!!!!

Good luck to you all...

RE: Zero Carb / Meat and Water - jeepifer - 07-02-2008 09:12 AM

I know Charles uses Celtic sea-salt and pepper. For those of us that want a bit of spice here or there, I was looking into beneficial spices.

Charles, if you get a chance, can you comment on the "benefits" of each spice as they've said below, as to whether or not it's a good thing? I'm still a little confused about how the insulin receptor/response thing works and the last thing I want to do is use something that's going to set me back.

Cinnamon is a potent inducer of insulin sensitivity and the addition of as little as one gram a day to the diet can reduce the blood glucose levels of diabetics by a staggering 30 percent. It does this by enhancing the enzymes that increase insulin receptor sensitivity and inhibiting those enzymes with the opposite action.

Cinnamon has the added benefit of lowering the abnormal lipid levels commonly found in diabetics and reducing oxidative stress caused by lipid oxidation in these patients.

Fenugreek is also highly effective at modulating glucose metabolism and can lower the blood glucose levels of diabetics by up to 45 percent. This spice both increases insulin receptor sensitivity and normalizes the imbalanced blood lipid levels of diabetics. The fiber contained in fenugreek also lowers the GI of a meal, thus modulating the post-prandial blood glucose levels by slowing the absorption of high GI foods.

Ginger and caper increase sensitivity to insulin, and caper mimics the effects of insulin (Jenn's note -- I'm guessing this *isn't* a good thing?). Garlic and coriander are also insulin mimics, while coriander enhances insulin secretion.

The thought of adding a little garlic powder to the buttery chicken thighs has me drooling. Literally! 😋

RE: Zero Carb / Meat and Water - Charles - 07-02-2008 09:43 AM

during 3 hour GTT, drinking whatever it is they give you drink before hand, my BS stays in the normal range for about 1.5 hours, then plummets to under 30. i do not feel ravenous, i feel manic, almost high, mentally out of it. i never feel what i would call normal organic hunger or fullness. it is either craving all the time, even when i know i have already eaten plenty, or a sort manic high which is when i know a
crash is coming.

So the glucose makes your bloodsugar hit the normal range and then insulin comes and pushes it into your cells and then it goes too low. The liver is supposed to signal the pancreas to shut off insulin once blood sugar is stabilized and yours doesn't seem to do this.

when i had a monitor i was normal before meals, but that was years ago. in a couple weeks they are going to implant a chip in me which will monitor my BS every 5 minutes!

I would imagine this will help a great deal.

other people call them, as i have passed out/become very disoriented at work, or in my neighbors house. it was not because i had not eaten, i had eaten and sometimes keep eating frantically, but i keep on crashing anyway. usually only concentrated sugar brings relief. but when i include fruit or caffeine regularly in my diet, it will make attacks more likely. but they can come even when i am being very strict with my VLC diet.

Yes, your insulin is just not being shut off when it's supposed to. It's not surprising that the fruit would make attacks more likely because this is the essence of hyperinsulinemia. Caffeine is another story and I'm not sure how it works. It seems to work like adrenaline in that it comes to mobilize fat, but insulin would override this feature, especially when there is nothing to stop the secretion. I'm not sure if you oversecrete insulin or if you just don't get the signal to shut insulin off.

fatty meat, butter, green veg, sometimes cream/sour cream, green salad with olive oil/vinegar, very few nuts.

I think it would be helpful to keep with this and perhaps you can try lowering the amounts of the carbohydrates really slowly. I wouldn't jump to zero-carb today, but I might just try to remove the nuts and the higher glycemic stuff. Then, if you find that the blood sugar is too low, then you can condition yourself to respond to a lower glycemic thing such as some fruit or something natural as opposed to a refined sugar. Again, you want to take it slow and keep the carbohydrates around 25 to 30 for a few weeks. Then, you might go to 25 or 20 and if you get manic, try something less sweet to see if you respond. I would bet that you could control it easier over time; but I'm speculating.

agreed, and when i do need to resort to a sugar to avoid a major crash, what would be best and how much?

What do you use now?

i should also note that when i eat a high fat/moderate to low protein meal, i become extremely lethargic and my heart rate rises significantly. my system feel really overburdened. i realize i may have to ride this out. i tried ZC once for two weeks and this never eased. i had to stop because i couldn't function in my life.

Describe this meal in detail.

We're getting there. I just don't want you to hurt yourself. This is a tough one for sure, but hopefully you can get to a place where you can lower the amount of sugar it takes to stabilize your blood sugar. It seems you have to play the part of your liver in some ways and this may be something that can't be fixed because it's hard to say whether you're oversecreting or you're just not shutting off secretion. That makes a big difference in my mind.
Remind me where you are weight-wise as well, please.

Regards,

Charles

**RE: Zero Carb / Meat and Water - Charles - 07-02-2008 09:45 AM**

poo123 Wrote:
Thanks Charles, I think you have an amazing ability to give detailed info, and we are able to get it without being hit on the head with a rock. I have learned a lot from your posts and this board. Thanks...

You're welcome, poo123, and thanks for the kind words.

Regards,

Charles

**RE: Zero Carb / Meat and Water - Charles - 07-02-2008 10:01 AM**

Vesna Wrote:
You have exactly the lifestyle I describe? You must have me mixed up with some other poster named Vesna -- the one who runs marathons and lifts weights twice a week! 😁

Actually, I only run half-marathons, but yes, I am rather sedentary. When I walk to my office, old ladies in tennis shoes pass me on all sides. I only run two days a week. I run long distance on Sundays, depending on where I am in my schedule, and sprints on Wednesdays.

I have a race this Friday, so last Sunday I only ran 5 miles. This morning, I went out and ran about eight 100-meter sprints, and I will not lift this Thursday. My point is, my activity level does not account for the many calories I eat or explain my weight maintenance. This morning's workout only reflected .2 on the scale and my weight routine on Monday didn't account for any change; in fact, I think I went up some. Exercise just doesn't account for weight loss or weight gain. Exercise is a symptom of whether or not you have surplus energy that you want to expend or you don't. If you choose not to exercise despite your increased energy, you'll expend it somewhere.

If your diet is correct, then lack of exercising will not show up on your scale.

Vesna Wrote:
Can't the causal arrow fly either way, depending on the person and the situation?
In my case the sedentariness was brought on by a job offer, not a change in energy availability.

I'm sorry, I just don't think so and studies consistently show this not to be the case. Now, you can argue an association in which case I would agree with you. During Desert Shield/Storm, when I was in the Navy, we did a nine-month deployment to Saudi Arabia. Our unit did far less physical activity than we did for the 8 months prior to. We usually did physical training, in formation, three days a week, but we couldn't because of where we were. We could not workout on our own or go running because of the dangers. We were relatively sedentary compared to our other deployments but we all didn't get fat as a result.
If your diet is bad, it may take walking 4 miles a day or it may take running marathons to remain thin. I get that. However, that is an indication that the diet is wrong, that's all. If your diet is correct, you will not require exercise to maintain a lean body just as it takes no effort to maintain blood pressure or body temperature.

The same is true for tigers in circus cages. If you feed them their natural diet of meat, they can get up and perform miraculous feats without any warmup and without any period of exercise. You can make the same argument for Alaskan sled dogs. They sit in their kennels half the year eating meat and then when it's time, they can pull the Eskimos all across the tundra on long, arduous trips without any warmup or conditioning program.

The same is true for man.

RE: Zero Carb / Meat and Water - Charles - 07-02-2008 10:08 AM

jeepifer Wrote:
What about pork? In my shopping excursion today there were pork ribs and tenderloin and such. I thought pork was (or can be) pretty fatty.

I came home with lots of ground beef, 2 cornish hens, some chicken thighs, and beef spare ribs (but the shorter kind).

Pork is fantastic! Enjoy!!!!

RE: Zero Carb / Meat and Water - jeepifer - 07-02-2008 10:32 AM

Charles Wrote:
Pork is fantastic! Enjoy!!!!

I will, thanks. And thanks again for the meat shopping tips -- I am immensely enjoying my spare ribs, although, (don't tell my hubby I said this...) I am considering looking at what they have at Wal-Mart. My local grocery stores were *pathetic* with their selections! 🙁

RE: Zero Carb / Meat and Water - pennypretty1 - 07-02-2008 11:24 AM

Valcan Wrote:
I have a Nuwave Oven and it is wonderful for cooking any kind of meat you want. It has racks that you put your food on so that the fat drips off. Instead I put the meat in a pan and put the pan on the rack so that none of the fat drops off. I did chicken thighs last night and they came out perfect. I dipped the chicken into the drippings, it was yummy. At lunch today I did a frozen steak in 25 minutes. It was pink, juicy and tender. The temps have been in the 90's here so it is nice to cook meals with something that does not heat up the house. If you go to the "Foods and Recipes" thread, there is a photo and discussion about this oven.

I am sooo going to buy that nuwave oven! I saw it on that thread you refer to and went to the site link they provided. The price is so worth it. Cooking in my apt during this time of year is almost tormenting as I don't have a/c.
But I deal because this is the way it's gonna be. But NOW with the nuwave oven, I can both enjoy zero/xlc AND a cooler apt. LOL

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**RE: Zero Carb / Meat and Water - pennypritty1 - 07-02-2008 11:31 AM**

Valcan Wrote:

...I have a Nuwave Oven and it is wonderful for cooking any kind of meat you want...

Val

Val, does the nuwave oven brown the skin as well? I imagine not but never hurts to ask anyways.

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**RE: Zero Carb / Meat and Water - Charles - 07-02-2008 11:55 AM**

First of all, if you call me "Charlie" again, I'll never speak to you again!

Sabrina Wrote:

I disagreed, laid my arguments on the table but she seemed to take offense and so, I got kicked out. She and her co-owner thought I wanted to take control of the group. In the end, I was just trying to provoke discussion so that other members could see both sides and share their personal view or what they learnt through research. Interestingly, the owner never substantiated her claims with research, just said she had a Ph.D in nutrition and did lots of research and self-experimentation with measuring BG and such.

Jimmy, did you get that? .....

Sabrina Wrote:

We also argued about muscle and liver glycogen stores. Do these always stay full? What's the deal with that?

When a person is fat-adapted, they do stay full and the body keeps it that way through a process called glycogen-sparing. The muscles are prevented from burning glucose and they run on fatty acids (the true best fuel for the body) and in effect, spare the muscle glycogen. However, intense, anaerobic exercise will deplete muscle glycogen stores so therefore we shouldn't (and don't due to practicality) operate at such intensities for very long. For this reason, most "experts" advocate a high-carb diet for exercise. However, what needs to be changed are training methods and philosophies that work with this supposed limitation as opposed to using it as a reason to use carbohydrates.

Sabrina Wrote:

And glucose from fat? Does glycerol convert back to glucose for the body's needs? I know there is very little glycerol coming from our diet due to lower (or no) carbs but dietary fats provide glycerol, don't they? and that's why we still have triglycerides in our blood, even on zero-carb? right?

The missing ingredient here are ketones. Ketones supply the energy for tissues that normally use glucose. Ketones are made from fat. The tissues that can only use glucose get them from gluconogensis (from protein) but this doesn't happen very long because it is inefficient. Francis Benedict's famous starvation studies showed that during fasting, after about 7 days, our bodies rely totally on protein, fat and ketones and don't use any glucose. "Fat will supply 85 percent of our energy needs and protein the rest via gluconogenesis." Benedict, F. G. W. R. Miles, P. Roth and H. M. Smith. 1919 *Human Vitality and Efficiency Under Prolonged Restricted Diet*, Washington, D.C.; Carnegie Institution of Washington.
Sabrina Wrote: When zero-carbing (or very-low carbing) do our muscles run on free fatty acids because it seems that some people who follow the zero-carb approach exercise and their ketones from before exercising stay the same after, clearly showing that ketones are not being used by muscles. Some also say that muscles will only run on ketones if protein is kept to a minimum (to avoid glucose conversion, which seems strange to me) and carbs to a minimum as well.

Muscles run on free fatty acids and this is the best fuel for the body. As Dr. Groves explains:

Quote:
Fatty acids are transported into the mitochondria as completely intact molecules. Glucose, on the other hand, can be transported only after it has been broken down first into pyruvate by the process of glycolysis. This is then used anaerobically to produce energy with lactate as a by-product.

The by-products of the energy-production process when fatty acids are used are carbon dioxide and water, both of which are easily excreted. But when glucose is used, the lactic acid produced in the conversion process can build up in muscle cells and make them ache. It is this that is the cause of the aching muscles or pain involved in strenuous exercise - 'the wall' as athletes call it. This 'wall' severely limits an athlete's performance.

Sabrina Wrote: Charles, can you clear this up and provide some studies, as you always do? 😊I'm really curious. People keep insisting on protein conversion to glucose. True or false? To me, it seems false. The conversion of glucose from fat also seems suboptimal as only 10% of it can convert.

You're right. Actually, gluconogenesis is only used to stabilize blood sugar. Once blood sugar is stabilized, the liver will shut down production of glucose. If this were not true, I would be very fat indeed because I only eat fat and protein. We've known since 1956 with a publication of papers by Vincent Dole at Rockefellar University; Robert Gordon at the National Institutes of Health, and Sigfrid Laurell of the University of Lund in Sweden. The muscles run from the circulating fatty acids which rises and falls in relation to the need for fuel.

Sabrina Wrote: Here is what I think: glucose from the blood gets sent to cells for immediate use. Then, when cells need more energy and if no glucose is provided in the form of carbs, fatty acids begin to mobilize with ketones as a by-product but because some organs like the brain still functions on glucose (and needs lots) and cannot rely on ketones (or FFA) yet for energy, liver and muscle glycogen stores are used up and exhausted.

The body will burn carbohydrates for fuel only as long as blood sugar is elevated and the reserve supply of carbohydrates stored as glycogen in the liver and muscles is not being depleted. As these carbohydrate reserves become tapped, or if there is a sudden demand for more energy, then the flow of fatty acids from the fat tissue into the circulation accelerates to take up the slack. A significant portion of the carbohydrates and fats we consume will be stored as fat in our fat cells before being used as fuel. This stored fat, in the form of fatty acids, will provide 50 to 70 percent of all the energy we expend over the course of a day. As Albert Renold described it, "This is the major site of active regulation of energy storage and mobilization, one of the primary control mechanisms responsible for the survival of any given organism."

This discovery in 1956 proved that fat was not just a trash can where fatty acids sit, but an active
participant in metabolism. In fact, fat never sits still. Fatty acids and all nutrients go through the bloodstream and are offered to every muscle, tissue and cell. The stream of nutrients changes direction in response to energy needs all over the body. When insulin is high, the fatty acids go into adipose tissue so the muscles can have unrestricted access to the glucose in order to burn it (read: eliminate it). Once the meal is digested, the fatty acids, amino acids and nutrients return and they provide the fuel and repair we need.

After this, we have to understand the Krebs and the Randall cycles which demonstrate what happens when we eat a fat or a carbohydrate meal. I've posted on these cycles many times so do a search on the site and you're sure to find them. Taubes mentions them in Chapter 22.

Sabrina Wrote:
But what happens if protein stops coming in? Does the glucose come from lean mass or fat? I would think lean mass and this probably would result in much slower metabolism, less toned body, weaker energy since muscles are being wasted away. And weight loss obviously. I remember reading about Stefansson having to live off fat only for about 10 days and feeling satisfied hunger-wise but weak and sleepy.

The body gets protein from your lean muscle mass in this case. This will make you weak and you'll lose weight alright, but you'll look emaciated. If you meant "Stefansson having to live off of lean protein" then you would be correct. Living off fat is what we all do. The question becomes, why does fat get stored for long periods and we're unable to use that fat, despite it's large presence? Knowing the answer is why people come here for support in implementing it.

Regards,
Charles

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**RE: Zero Carb / Meat and Water** - [Charles](#) - 07-02-2008 12:30 PM

Ell.eee Wrote:
Two big changes so far: 1. I'm only eating twice a day - I can't believe it if I wait out the hungry, shakys for the hour or so after eating I simply don't get hungry for about 10 hours! I eat a big fatty breakfast and dinner and that's it even gave up my evening snack and I never thought I'd be able to do that. Does this mean my hyperinsulinism is improving?

Absolutely and this is why I don't buy hypoglycemia. You ate so you were able to wait out the craving. This should improve over time such that you don't get the craving.

Ell.eee Wrote:
2. The last two days I just felt like exercising more and extended my 3 mile jog to 3.5 miles and wished I had more time to keep going! Very odd for me. However I still find the first mile to be very hard - why is the first mile the worst? My muscles ache, I feel exhausted and then it clears strange.

This is what I remember as well. I generally feel a bit tired at first, but once I start lifting or running, I discover that I have this almost endless energy supply that is long-lasting. It's an amazing feeling that I wish everyone could experience. It's different than the carb-blowout I used to have.

Ell.eee Wrote:
Anyway I'm hopeful these changes represent an improvement in my insulin levels and maybe it's not too late to avoid medication.

You're on the road to recovery!

Ell.eee Wrote:
Thanks for the cooking tips everyone. The high fat is new to me and I feel more at home with skinless chicken breasts - but no more and I need any cooking tips for high fat that I can get.

Pretty soon you'll discover how truly nasty skinless chicken breasts actually are! You'll be like Neo in the Matrix, you'll use your taste buds for the first time!

Regards,
Charles

RE: Zero Carb / Meat and Water - Charles - 07-02-2008 12:33 PM

poo123 Wrote:
Day 5
Down 5.6 lbs in 4 days I am a happy girl. I am glad I have extra energy to play with the kids. No cravings and I am still not hungry at 9:30 am after eating 3 chicken thighs last night. Things are going so well. Glad you are all here

Sounds fantastic! You all make me appreciate chicken more. We all grown in my house when chicken thighs are on the menu. We usually talk ourselves into Golden Corral like we did last night. Looking at the way you make chicken thighs makes me want to eat them today. Don't get me wrong, I enjoy them, but I much prefer beef.

Congrats,
Charles

RE: Zero Carb / Meat and Water - Charles - 07-02-2008 12:35 PM

pennypritty1 Wrote:
Has anyone else experienced a greater thirst in the beginning of their xlc walk?[/color]

You will have that, but make sure to only drink when you're thirsty. Don't just drink just to drink or you'll dilute your electrolytes and feel like crap. Don't be afraid of water, but just don't guzzle just for the sake of trying to make your 8 glasses of water. We humans are used to going a little bit without water during the course of a day!

RE: Zero Carb / Meat and Water - Charles - 07-02-2008 12:38 PM

jeepifer Wrote:
Charles, if you get a chance, can you comment on the "benefits" of each spice as they've said below, as to whether or not it's a good thing? I'm still a little confused about how the insulin receptor/response thing works and the last thing I want to do is use something that's going to set me back.

I'm not familiar with all of them, unfortunately. The main rule of thumb is this. If there is some spice or ingredient that you use that would just make you sick if you couldn't have it, that's probably one to avoid. One that makes you crave it. You should be able to take or leave any food or condiment in your diet. If you can't live without it, that's a sign that it probably shouldn't be there on a regular basis.

RE: Zero Carb / Meat and Water - feckless - 07-02-2008 01:02 PM

thank you charles...new info you requested in purple...

Charles Wrote:

Yes, your insulin is just not being shut off when it's supposed to. It's not surprising that the fruit would make attacks more likely because this is the essence of hyperinsulinemia. Caffeine is another story and I'm not sure how it works. It seems to work like adrenaline in that it comes to mobilize fat, but insulin would override this feature, especially when there is nothing to stop the secretion. I'm not sure if you oversecrete insulin or if you just don't get the signal to shut insulin off.

fatty meat, butter, green veg, sometimes cream/sour cream, green salad with olive oil/vinegar, very few nuts.

I think it would be helpful to keep with this and perhaps you can try lowering the amounts of the carbohydrates really slowly. I wouldn't jump to zero-carb today, but I might just try to remove the nuts and the higher glycemic stuff. Then, if you find that the blood sugar is too low, then you can condition yourself to respond to a lower glycemic thing such as some fruit or something natural as opposed to a refined sugar. Again, you want to take it slow and keep the carbohydrates around 25 to 30 for a few weeks. Then, you might go to 25 or 20 and if you get manic, try something less sweet to see if you respond. I would bet that you could control it easier over time; but I'm speculating.

agreed, and when i do need to resort to a sugar to avoid a major crash, what would be best and how much?

What do you use now?
i try to eat something protein/fat but if i still feel i am spiraling down, i have to go for the honey or candy. it's hard to tell when i have done enough to stop the crash because i always feel craving, am never sure where my BS is at and i can't let it the crash get away from me.

i should also note that when i eat a high fat/moderate to low protein meal, i become extremely lethargic and my heart rate rises significantly. my system feel really overburdened. i realize i may have to ride this out. i tried ZC once for two weeks and this never eased. i had to stop because i couldn't function in my life.

Describe this meal in detail.
20% fat burger sometimes with some broccoli or asperagus smothered in butter. it has been suggested my liver can't handle too much fat at one time. if my liver is sluggish/damaged that might be why it isn't regulating insulin properly too. should i try to treat the liver somehow, or just try to get lower and lower carb and let time heal it...or is it permanent?! maybe i have to eat smaller amounts more often, but i know that is not the goal.
Remind me where you are weight-wise as well, please.
i am 5'7" and weigh 130, but i have a lot of fat on me, very little muscle, have a very hard time putting muscle on.
Regards,

Charles

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RE: Zero Carb / Meat and Water - Valcan - 07-02-2008 01:06 PM

pennypritty1 Wrote:
Valcan Wrote:
...I have a Nuwave Oven and it is wonderful for cooking any kind of meat you want...
Val

Val, does the nuwave oven brown the skin as well? I imagine not but never hurts to ask anyways.

It browns very nicely. I love making chicken wings in the Nuwave. They are brown and crispy like the ones you deep fry. It is not fast like a microwave but it does reduce about 25% of the time things would take in an oven. I am making a big beef roast in there tonight.

It makes excellent dry meat (jerky without the seasoning) which I eat with a soft butter dip. I am staying away from that and will try it again when I reintroduce butter to my diet.

Val

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RE: Zero Carb / Meat and Water - Charles - 07-02-2008 01:37 PM

i try to eat something protein/fat but if i still feel i am spiraling down, i have to go for the honey or candy. it's hard to tell when i have done enough to stop the crash because i always feel craving, am never sure where my BS is at and i can't let it the crash get away from me.

Perhaps this chip will help us with this part. This is the hardest for me, I can't really recommend anything here because I don't know what this is like.

20% fat burger sometimes with some broccoli or asparagus smothered in butter. it has been suggested my liver can't handle too much fat at one time. if my liver is sluggish/damaged that might be why it isn't regulating insulin properly too. should i try to treat the liver somehow, or just try to get lower and lower carb and let time heal it...or is it permanent?! maybe i have to eat smaller amounts more often, but i know that is not the goal.

That's the part I wish I knew. People say to drop the fat for everything so we can discount that. What you're eating doesn't look too bad, but if you can slowly get to where you're eating that 20% fatty ground beef without the brocoli and asparagus, that might tone down the insulin release over time; but I worry about those shaky moments because you would have to endure some of those before it gets better.

The thing is, it doesn't sound like gradually reducing would be any worse than it is right now. Eating the honey and candy can only make matters worse over the long term because they only increase fat storage.
and make insulin worse.

i am 5'7" and weigh 130, but i have a lot of fat on me, very little muscle, have a very hard time putting muscle on.

Do you lift weights? Some weight lifting, using Slow Burn principles would help with the muscle issues. You would want to reduce the carbohydrates and keep them there in order to expose more lean muscle. You probably have about 12 pounds to lose, I think, and this diet plus some weights would probably be about right.

The thing is that you should reduce your carbohydrates slowly and try to get accustomed to a regular eating pattern. This chip will help tremendously because then you could spot the blood sugar number and perhaps we can get some low-glycemic carbs in you before you get low enough to crash.

What do you think?

RE: Zero Carb / Meat and Water - poo123 - 07-02-2008 01:54 PM

Charles, I too love beef, I usually make the chicken thighs with ham, butter and some cheese for my husband and kids. Now for myself I just leave out the cheese. I bet if you wanted to add some ground beef instead of the ham in the chicken thigh roll ups you would have a whole new taste sensation....Now that I think about it, it really does sound tasty with beef too.. haha I may try it later this week....

RE: Zero Carb / Meat and Water - feckless - 07-02-2008 02:04 PM

Charles Wrote:
i am 5'7" and weigh 130, but i have a lot of fat on me, very little muscle, have a very hard time putting muscle on.

Do you lift weights?
yes, i do the slow burn! but my energy is so bad....i do it maybe once every 10-14 days. i feel that if the energy is not there i should not force it. but that's not too far off from what they recommend anyway!
still, my body doesn't make muscle easily. my neurologist thinks my addictions may have resulted in mitochondrial myopathy. if my energy improves, i will work out more. i would love to shave 12 pounds of fat off me!

The thing is that you should reduce your carbohydrates slowly and try to get accustomed to a regular eating pattern. This chip will help tremendously because then you could spot the blood sugar number and perhaps we can get some low-glycemic carbs in you before you get low enough to crash.

What do you think?

i think you are supercool to be so helpful. i will work on getting the carbs down slowly. as for regular meals, how far do you think i should space them to begin with? should i gradually move them further apart? unfortunately, the chip will not tell me in the moment what is going on, it just records a whole week of readings for the doc to analyze. i will keep a detailed food log and see when my blood sugar is getting low. the doc is gonna be upset when she sees what i am eating, but oh well, i'll still have the data.

i also suspect my armour thyroid med dumps my blood sugar in the morning, because i have severe
cravings after i take it. salt also makes me crave sugar. how did something so simple as food get so complicated??!!

RE: Zero Carb / Meat and Water - Charles - 07-02-2008 02:22 PM

feckless Wrote:
[i] think you are supercool to be so helpful. i will work on getting the carbs down slowly. as for regular meals, how far do you think i should space them to begin with? should i gradually move them further apart? unfortunately, the chip will not tell me in the moment what is going on, it just records a whole week of readings for the doc to analyze. i will keep a detailed food log and see when my blood sugar is getting low. the doc is gonna be upset when she sees what i am eating, but oh well, i'll still have the data.

I usually try to go with hunger, which I'm sure is tough in your case. How often do you eat now? I wouldn't change it too much, but I would just make it more of a priority to eat close to the same times each day if possible.

feckless Wrote:
i also suspect my armour thyroid med dumps my blood sugar in the morning, because i have severe cravings after i take it. salt also makes me crave sugar. how did something so simple as food get so complicated??!!

Okay, you're making my red flag meter go crazy. You have thyroid medication also? I don't know that the food is complicated but we sure are! How long have you been taking the thyroid medication and how long have you had the crashes?

RE: Zero Carb / Meat and Water - Charles - 07-02-2008 02:27 PM

poo123 Wrote:
Charles, I too love beef, I usually make the chicken thighs with ham, butter and some cheese for my husband and kids. Now for myself I just leave out the cheese. I bet if you wanted to add some ground beef instead of the ham in the chicken thigh roll ups you would have a whole new taste sensation....Now that I think about it, it really does sound tasty with beef too.. haha I may try it later this week....

I'll pass it all on to the cook!

Thanks 😊

Charles

RE: Zero Carb / Meat and Water - pootti - 07-02-2008 03:01 PM

Hi Charles and company!

As yall can see I'm new to this thread and have been reading it with avid attention over the last 2 days. I have finally caught up with all 75 pages of posts.
I have a comment and a couple of questions if you don't mind me asking?

First the comment:

RE: People feeling tired especially when first starting very low carb or zero carb. Could that possibly be caused by a reduction in potassium due to the diuretic effect that early lc has on the body? If so, one way to test this hypothesis would be to have some NoSalt brand potassium chloride salt substitute available. You could sprinkle a large pinch (around 1/4 tsp) in an 8oz glass of water and observe what happens about 20-30 minutes after consuming it. Drink the water as close to one go round as possible. If I am right about this, you should feel a resurgence of energy and also have a brief cessation of thirst. If I'm wrong about this, it should not mess anyone up too badly. The exception would be if you are taking any medications that have a potassium sparing effect such as some blood pressure medicines.

Now for the questions:

1. Do any of you have baseline and 3 month/6 month etc studies that show your lipid profiles/liver/kidney profiles following the zero carb woe that would be helpful?

2. Has everyone experienced a weight loss following the zero carb woe or have some gained? I think I read of at least one recent poster who has had a temporary 2lb gain. Are there others?

3. Charles, my understanding about the Inuit Indians lack of Beriberri or Scurvy or any other disease is that they did indeed eat all parts of seal/walae and fish/seafood. This included all organs including stomach with their contents. It's my understanding that by eating the rumen (inner lining) of the stomach and some of it's contents of seals especially they got nutrients and vitamins such as Vitamin C from the animal as a result of them eating the areas of the animal where actual nutrients were being produced and digested. Likewise with calcium, my understanding was they gnawed the ends of the bones (epiphyses I think?) and ingested calcium that way as well as cooked bone broths using the bones. They also cracked the bone and ate marrow and I wanna think they may have even ground the bone and consumed it. My memory on this is very sketchy though, it's been a long time ago. So wouldn't the lack of these practices in our lifestyle be causally connected to experiencing vitamin/mineral deficiencies with zero carb nutrition? Or am I working with faulty logic here?

Thanks in advance for this information everyone! Great thread and very thought provoking to say the least!

I have tried doing the Banta diet before and result was not very pleasant. I would eat fat up around the 80% mark with moderate to high protein and very low to know carbohydrate and I would have terrible adrenalin rushes with profuse sweating, heart palpitations, nausea, dumping, shaking. At the time, another very knowledgeable poster who was a med tech and had done tireless research on diabetes, blood sugar control and the role of insulin in our body told me that there was some evidence in new studies coming out that deep ketogenic states can encourage adrenalin surges (much like power surges) due to an excess secretion of the cortisol hormone. So where as one might not notice a dramatic shift in blood sugar due to insulin resistance of the cells, you would still have an underlying insulin surge going on. Does anyone know about this? Could someone point me towards the studies that talk about this? I've googled and googled and haven't been able to come up with much. TIA! Keep up the great information.

RE: Zero Carb / Meat and Water - Kristi31 - 07-02-2008 03:04 PM

Thanks CHARLES for answering all my questions. You confirmed what I thought.
Today was not so good, again! I ate some rib steak today and crashed almost immediately after. Actually, I tend to fall asleep as I eat and the more I eat, the more I get tired. It's almost like falling into a coma and then I sleep for 2-3 hours. Feels like I haven't slept in days! It's really strange. And my meat has plenty of fat, believe you me! So, nothing do with "rabbit starvation".

A change in hormones hasn't really made a difference, after all. Or maybe I'm just being too impatient. BUT, thinking back to when this problem first started, it was when I started eating my meat raw. Maybe there is something to eating raw meat that doesn't agree with me but I'd find that strange, why? Is there more water in raw meat which would dilute electrolytes and cause problems? Or more minerals than my body needs, an excess? The former seems more likely. I have a strong suspicion my problem has to do with water and electrolytes.

I know people who cook their meat and eat more or less like me (protein+ fat, very low carb or no carbs) never have this problem. Some who have tried eating raw meat have actually experienced similar problems. So, perhaps it's the "RAW" thing.

You may ask yourself, why RAW? Seems like it's more healthy for the body for various reasons, but in the end, eating protein+fat, cooked (not overcooked obviously) or not shouldn't make much of a difference, I think. I hope!

So, I ate some meat 30 mins ago and cooked it rare. It was delicious. Wow! So much better than raw. So much flavour. And the smell...No problems to speak of yet. Hopefully, this will solve this neverending problem I have for GOOD!

I did eat 2 (small!) apples today because I was just tired of dealing with this and kind of rebelled. But then I regretted it...I go through these from time to time when things aren't working out how I expect them to happen...I go right to sweets and then hate myself for doing that.

So, it's back to fatty meats only, cooked meat, that is. 😊

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RE: Zero Carb / Meat and Water - feckless - 07-02-2008 03:22 PM

i eat 3-4 times a day. i would probably need to eat at least every 4 hours to keep crashes at bay, and might be more comfortable if i ate every 3 hours as i can't eat too much fat at one time without the accelerated heart rate problem (and i get so sleepy from eating) -see i pass out from not eating...and from eating!

Charles Wrote:
Okay, you're making my red flag meter go crazy. You have thyroid medication also? I don't know that the food is complicated but we sure are! How long have you been taking the thyroid medication and how long have you had the crashes?

i have been on thyroid for 20 years or so. i was dumb at the time and took it because the doc told me too. now i can't get off. i've tried to go off very slowly a couple times and the results were disastrous (my tsh went through the roof and i went a little crazy). i was only subclinically low when i went on. i complained about low energy a lot, but didn't know anything about diet then. the docs diagnosed me with a bunch of bullcrap stuff like chronic fatigue and MVP and hypothyroid and hypotension when the truth is i was just unhealthy because of the drinking! although, i was obese and binging as a kid, so maybe there was some BS problem earlier that was undiagnosed. anyway, the thyroid meds never
helped the energy situation and now i'm stuck on them for life.

i think the bad BS crashes started, oddly enough, after i cut my drinking down from 20 drinks most nights to 2-3 drinks just occasionally. that was in 1993. i think my body was somehow adapted to run on alcohol! sorry i'm such a difficult case! believe me, it ain't no fun and i appreciate the help!

RE: Zero Carb / Meat and Water - usmaid - 07-02-2008 03:22 PM

I've been following along for a few weeks now (I actually posted my info 3 weeks ago but no one really responded) but I took the zero carb challenge and for the last 3 weeks I have lost zero lbs. I only have 10-15 to lose so I'm not looking for HUGE numbers but something would be nice. I was having a protein shake with flax in the morning (replaced that with half lb hamburger patty), another half lb patty at lunch and then 6-10 oz of steak, or two chicken thigh/legs or 8 oz fish for dinner. I drink only water. I even stopped chewing gum when I saw it had 2g carbs! The hamburger is 80/20 so I add 1T of butter to it. I started FitDay today and I'm at 3700 cal for today!! I know we're not suppose to pay attention to that but could that be the problem? I'll be honest- I have cheated.... with extra meat or I'll get a cheeseburger if we're out (it's hard to get a cheeseburger cooked even a little rare anymore). But that's it in 3 weeks. Anyone have any ideas?

I lost 100 lbs 6 years ago counting calories and managed to keep it off until 2 years ago when I quit smoking. Then put on 10. Since changing to low carb, I've put on another 5 (which I expected)

Any suggestions will be appreciated
Beth

RE: Zero Carb / Meat and Water - Lauren - 07-02-2008 03:43 PM

usmaid Wrote:
I've been following along for a few weeks now (I actually posted my info 3 weeks ago but no one really responded) but I took the zero carb challenge and for the last 3 weeks I have lost zero lbs. I only have 10-15 to lose so I'm not looking for HUGE numbers but something would be nice. I was having a protein shake with flax in the morning (replaced that with half lb hamburger patty), another half lb patty at lunch and then 6-10 oz of steak, or two chicken thigh/legs or 8 oz fish for dinner. I drink only water. I even stopped chewing gum when I saw it had 2g carbs! The hamburger is 80/20 so I add 1T of butter to it. I started FitDay today and I'm at 3700 cal for today!! I know we're not suppose to pay attention to that but could that be the problem? I'll be honest- I have cheated.... with extra meat or I'll get a cheeseburger if we're out (it's hard to get a cheeseburger cooked even a little rare anymore). But that's it in 3 weeks. Anyone have any ideas?

I lost 100 lbs 6 years ago counting calories and managed to keep it off until 2 years ago when I quit smoking. Then put on 10. Since changing to low carb, I've put on another 5 (which I expected)

Any suggestions will be appreciated
Beth

Hi Beth,

I wish I had a suggestion but my experience was similar to yours. I had about 8 pounds to lose but gained 2-3. I wasn't even eating near 3700 calories. I'm still eating VLC but not only meat and water. It seems that for some of us, weight loss does not follow ZC. I don't buy that we are at our ideal weight as
some suggest. I think that there is a missing part of the puzzle. I've been trying to be patient and consistent with my VLC diet but up to now, the scale has only moved slightly up and stayed there. Sorry I can't be of help.

---

**RE: Zero Carb / Meat and Water - usmaid - 07-02-2008 04:57 PM**

Thanks Lauren-
I was just wondering if I was doing something wrong or should be doing something else. I strength train 3xweek and do some kind of cardio 3xweek plus walk 1.25 miles to work 3-4 days a week. I was bored with calorie restriction and so excited about LC. I actually started Metabolic Solution back in Feb (that's when I gained the 5 lbs) switched to Atkins Induction end of March and went serious zero carbs 3 weeks ago......NOTHING! I'm 52 yrs old, 5'5" and 165 lbs. Not my idea of "ideal" body weight!

Anyone have any ideas? If I lost 1 lb a month I'd be happy!

Thanks
Beth

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**RE: Zero Carb / Meat and Water - deedum - 07-02-2008 05:13 PM**

usmaid Wrote:
I've been following along for a few weeks now (I actually posted my info 3 weeks ago but no one really responded) but I took the zero carb challege and for the last 3 weeks I have lost zero lbs. I only have 10-15 to loose so I'm not looking for HUGE numbers but something would be nice. I was having a protein shake with flax in the morning (replaced that with half lb hamburger patty), another half lb patty at lunch and then 6-10 oz of steak, or two chicken thigh/legs or 8 oz fish for dinner. I drink only water. I even stopped chewing gum when I saw it had 2g carbs! The hamburger is 80/20 so I add 1T of butter to it. I started FitDay today and I'm at 3700 cal for today!! I know we're not suppose to pay attention to that but could that be the problem? I'll be honest- I have cheated.... with extra meat or I'll get a cheesburger if we're out (it's hard to get a cheeseburger cooked even alittle rare anymore). But that's it in 3 weeks.

Anyone have any ideas?

I lost 100 lbs 6 years ago counting calories and managed to keep it off until 2 years ago when I quit smoking. Then put on 10. Since changing to low carb, I've puy on another 5 (which I expected)

Any suggestions will be appreciated
Beth

Me too Beth. I've been low carbing since January and zero carbing for about 3 months and haven't lost one pound. I suspect adrenal fatigue in my case. I'm just waiting for my adrenals to rest or heal or whatever they need to do. I'm thinking it may take me years to recover and maybe I won't lose weight until then. But that's OK.

Deanna
Me too Beth. I've been low carbing since January and zero carbing for about 3 months and haven't lost one pound. I suspect adrenal fatigue in my case. I'm just waiting for my adrenals to rest or heal or whatever they need to do. I'm thinking it may take me years to recover and maybe I won't lose weight until then. But that's OK.

Deanna

Deanna
[/quote]

Deanna- Thanks for the info. how do you stay motivated? I just keep plugging away. Should I lower calories? Should I lower fat? According to FitDay, today I had 68% fat- 2500 calories. I can't help but wonder about that (maybe just old school thinking). I'd have to say that today was "typical". Not a heavy day by any means. Charles and others here always seem to be telling people they need to eat more meat, more fat and they're dropping lbs. why not us? There has to be an answer or I at least need a plan.

Thanks for the info
Beth

For those with 8-10 lbs to lose. Are you all taking your measurements? Often you will hear people say that doing LC they may weigh 5-10 lbs more than they did previously but are actually smaller now. Particularly, if they are working out.

Angela2 Wrote:
For those with 8-10 lbs to lose. Are you all taking your measurements? Often you will hear people say that doing LC they may weigh 5-10 lbs more than they did previously but are actually smaller now. Particularly, if they are working out.

I have not but I can tell from the way clothes are fitting that I'm not going in the right direction. No big changes- clothes still fit but just not as well. Some one told me that 10 lbs is a size. At this point I'd have to agree.
Beth

Hi Everyone,

Today is day five of zero carb (actually I did have one carb today - a clove of garlic). I made a blade roast in my Nuwave Oven and it turned out fabulous. Brown and crispy of the outside and still pink in the middle (the way I like it). I dipped the beef in roasted garlic mashed into butter. This is the first time I have done a roast in the Nuwave and it will not be the last. There was lots of fat on the roast which made it extra yummy. I love beef fat!
RE: Zero Carb / Meat and Water - Lauren - 07-02-2008 07:05 PM

Angela2 Wrote:
For those with 8-10 lbs to lose. Are you all taking your measurements? Often you will hear people say that doing LC they may weigh 5-10 lbs more than they did previously but are actually smaller now. Particularly, if they are working out.

Angela,

Clothes fit the same for me too.

Beth,

I think about calories too but something deep inside me screams out to NOT go back to calorie restriction. I'd rather weigh more than I want and not be hungry. I still hope that as my hyperinsulinemia lessens, I will eventually be able to drop a few pounds.

RE: Zero Carb / Meat and Water - Angela2 - 07-02-2008 08:49 PM

I dropped a size, but I loss 18lbs. I too have about 10 more to loose. My weight has only dropped 3 lbs in the last 9 weeks but some of my clothes appear to be be a bit looser. And sure enough a few inches have left.
Good Luck to you both!

RE: Zero Carb / Meat and Water - Vesna - 07-03-2008 06:51 AM

Let's put it this way.

Let's say my ideal amount of stored fat weighs x pounds.

I currently store x + 15 pounds of fat.

When I started low-carbing in March 2007, that amount was x + 25.

By the summer of 2007, the amount had been reduced to x + 15.

Since then, the amount has almost always been (x + 15) ± 2. It has occasionally gone as low as x - 11 and (once only) as high as x + 22.

The highs occurred during times of slacking off.

The lows occurred during periods of being "on plan." However, fat storage returned to x +15 despite continuing on plan.

Since January of 2008, I've spent significant stretches of time on variations of: below 20g, meat and water, no AS, no coffee, single-digit carbing, no processed meats, no processed foods whatsoever, low-
calorie (below 1300).

None of these variations have led to a departure from $(x + 15) \pm 2$.

A note on measurements and clothing: no changes there, either.

---

**RE: Zero Carb / Meat and Water - MAC - 07-03-2008 07:15 AM**

Vesna Wrote:

Let's put it this way.

Let's say my ideal amount of stored fat weighs $x$ pounds.

I currently store $x + 15$ pounds of fat.

When I started low-carbing in March 2007, that amount was $x + 25$.

By the summer of 2007, the amount had been reduced to $x + 15$.

Since then, the amount has almost always been $(x + 15) \pm 2$. It has occasionally gone as low as $x - 11$ and (once only) as high as $x + 22$.

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None of these variations have led to a departure from $(x + 15) \pm 2$.

A note on measurements and clothing: no changes there, either.

Here is a question from a forum participant and an answer from Gary Taubes on another website. I have a post with all the questions and answers on this forum.

"I have been living on a low carb diet since being diagnosed with T2 diabetes 6 years ago. I have lost over 160 lbs and have the disease in very tight control with a usual A1c at 5% or close to it. I am still 30 lbs overweight at 5 ft tall & cannot lose any more no matter how low I cut carbs. I see no way around counting calories to lose these last pounds but my calorie needs are so low that I am intensely hungry all the time which is defeating me. What do you suggest?"

Taubes answer:

All I can do here is speculate, as I have no clinical experience treating people with carbohydrate-restricted diets, I'm just an investigative reporter with a somewhat obsessive interest in the subject. That said, between 1956 and 1972, the British physician Robert Kemp prescribed carbohydrate-restricted diets to almost 1,500 patients. He concluded that a small proportion, particularly the most obese and those who had been obese the longest, often failed to lose weight on the diets even though they faithfully
followed them. It is possible that if you were heavy for a long time, your fat tissue has accumulated chronic damage and so you're just stuck with those 30 pounds, and little or nothing you can do will change that.

Another possibility -- and this is really speculation, because as I've said I'm not a doctor -- is that the diet actually works best when it is a high calorie diet with a lot of fat. The idea is that we consciously or subconsciously try to restrict calories on the diet and so our body still thinks it's in starvation mode, even with the absence of carbohydrates, and holds on to the fat. I have no idea if this is the case -- it's the kind of thing that, in an ideal world, would be studied by obesity researchers.

---

**RE: Zero Carb / Meat and Water - deedum - 07-03-2008 07:38 AM**

usmaid Wrote:
Angela2 Wrote:
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I have not but I can tell from the way clothes are fitting that I'm not going in the right direction. No big changes- clothes still fit but just not as well. Some one told me that 10 lbs is a size. At this point I'd have to agree.
Beth

My clothes fit the same also. What keeps me motivated is the acid reflux and IBS I get when I eat carbs!

I weaned myself off coffee about 3 weeks ago and now I have to take a nap everyday. Before, if I felt sleepy during the day I would have coffee. Without it, I'm sleeping alot. I take this as a sign that I need alot of resting to do. Unfortunately, I still have to teach 3 Turbo Kick classes a week and that is definately too much for me. I feel so tired, that I am unable to walk my dogs everyday. In fact, I started putting on the weight when I increased my classes from 2 to 3. I'm getting up the nerve to get rid of one of those classes.

Every once in a while, I want a salad so I have a small one. 2 days ago, I realized I wasn't enjoying my decaf and cream so I stopped that. So now just meat, eggs maybe once a week and that occasional salad.

I just keep telling myself that I'm in recovery and to just get out of the way and let my body do what it needs to do.

Deanna

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**RE: Zero Carb / Meat and Water - Clabbergirl - 07-03-2008 07:38 AM**

Well I'm back from Disney World, and if I wasn't convinced that ZC and LC was a good way to eat before the trip, I certainly am convinced of it now.

The first day there, I managed to stay fairly low on carbs, maybe 15g. On the second day, I tossed all notion of low carb out the window and ate whatever I wanted in great amounts! Potatoes, breads, croissants, you-name-it. Forgot about the turkey legs and went straight for the Mickey Mouse ice cream. 😊I had forgotten in the 2 weeks prior of LC just how uncomfortable a bloated stomach is, and how
sluggish and foggy I could feel. The worst was probably low energy and the stomach bloat - my
waistband would hardly close after the meal and would stay that way for hours, when going into the
meal I had extra room! Waking up the next morning after a big carb-heavy dinner was almost like
having a hangover. Anyone ever felt like that?

I don't know if I gained while I was gone - I didn't bother to check the scales. My clothes don't feel
different, but I ate so many carbs and calories, I'm guessing I probably gained some of the 10 lbs I lost
back. Big deal though - I believe anything I gained will leave again soon enough.

Anyway, I'm back at home, back into my routine, and already on Day 2 of a high fat/high protein/super
low carb diet. I'm feeling tired and craving bread like mad, but I'm coping by staying busy and focusing
on my goal mentally because I know this rough spot is temporary. In a couple of days I will feel like I
did before I went on vacation - better all around. I'm still eating cheese and eggs, and I'm going to
continue this as long as I lose and feel good. If and when I reach the wall, I'll experiment with cutting
them out of my diet completely. The eggs do not fill me up near as much as meat or cheese, but I love
eggs and they're so portable and versatile.

I ran by the store last night to stock up on hamburger patties and eggs - fried them/boiled them for
ready-to-eat meals while I started the mass of laundry we accrued while gone. It really isn't as hard as I
tried to make it, preparing I mean. I am so glad for this website, and the support of everyone here.

---

RE: Zero Carb / Meat and Water - Vesna - 07-03-2008 07:40 AM

MAC,

I edited my post (and the whole x system) while you were making yours -- maybe you could edit your
post to contain my updated one? That way if anyone quotes from yours, it'll be correct.

(And if you're anything like me, you won't be able to rest until you've done it!) 😃

---

RE: Zero Carb / Meat and Water - con - 07-03-2008 07:44 AM

Mac thanks for that information,
I would love to read more of that post!!!!!!!!!!!!

c

---

RE: Zero Carb / Meat and Water - deedum - 07-03-2008 07:44 AM

Quote:
Here is a question from a forum participant and an answer from Gary Taubes on another website. I have
a post with all the questions and answers on this forum.

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over 160 lbs and have the disease in very tight control with a usual A1c at 5% or close to it. I am still 30
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It might be the second possibility for me because I have never been overweight.

BTW Mac, what website is that from?

---

RE: Zero Carb / Meat and Water - deedum - 07-03-2008 07:46 AM

Quote:
It might be the second possibility for me because I have never been overweight.

...until last year, DOI!

---

RE: Zero Carb / Meat and Water - MAC - 07-03-2008 07:48 AM

Vesna Wrote:
MAC,

I edited my post (and the whole x system) while you were making yours -- maybe you could edit your post to contain my updated one? That way if anyone quotes from yours, it'll be correct.

(And if you're anything like me, you won't be able to rest until you've done it!) 😁

Done. Have a look.

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RE: Zero Carb / Meat and Water - MAC - 07-03-2008 07:50 AM

con Wrote:
Mac thanks for that information,
I would love to read more of that post!!!!!!!!!!!

con

You can find it here: Taubes answers questions
Hey gang, day 3 here. Feeling very tired. Enjoyed my steak this morning, and made another for lunch.

I ate lunch yesterday (4 small spare ribs), then about 3 hours later, ate more "lunch" (3 more small ribs). But didn't feel like eating the rest of the evening. Wasn't ravenous this morning, either. 6 oz of steak, and I'm good.

But very tired. I know this is normal until my body figures out what's going on. I get off work early and may take a nap if I can before picking up the kids. 😴

Charles, you need to come down here and run the Peachtree. Too late this year, it's tomorrow morning.

There may be hormones and other things in our factory system beef, but I'm with you. I'd rather feel good WHILE I'm living. I'm also good with the fact that eating generally available meat might mean less time in the nursing home. My great granny lived to 106 and she had just sold the farm 2 years prior to her death.

Hey Penny, I don't use a/c either - it makes me feel bad. People are amazed that I can do that. I'm amazed at their $400 monthly electricity bills!!!

I thought about buying a NuWave, but since I'm such a cheapskate, I ordered a book of low carb, crockpot recipes. I've used the book (bought used for $7 on amazon) a couple of times and the results were good. But most of the time, I just throw it in the fryin' pan and enjoy.

Let us know what you think of the NuWave. I've heard stuff, but won't taint your "life experience" with it.

Take care, Kitty

I edited my post (and the whole x system) while you were making yours -- maybe you could edit your post to contain my updated one? That way if anyone quotes from yours, it'll be correct.

(And if you're anything like me, you won't be able to rest until you've done it!) 😞

Done. Have a look.
Thanks!

**RE: Zero Carb / Meat and Water - con - 07-03-2008 08:49 AM**

Hey everyone,
Thanks for the website Mac.
Just wanted to update my husband's progress. He started doing sorta low carb(SLC) approximately 2 weeks ago to rid himself of 'extreme gas production' in his stomach for which he was taking Alka Seltzer every night. After 2 days of SLC WOE he doesn't take Alka Seltzer any more. YEAH FOR ALL CONCERNED!

Now the next problem----he kinda complained to ME (me who has only lost 30 lbs. in 6 months) that he lost another 10 pounds!!!!!!!!!!!!!!!!! (btw : this is a 70 yr. old man who has NEVER in his life dieted.) That makes -22 lbs. in TWO WEEKS!#$&%

He's worried that he's losing too much too fast. He only has 30 more to lose-not that he is concerned about his weight, he only cares about the gas and arthritic knees. (I also told him LC would help his arthritic knees.)

Sort'a LC=because he still insists on eating corn tortillas, bread, apples, and small amts. potato and isn't crazy about nice fatty meat... "sigh" :>)

Worst thing about it all is that I now feel responsible for his success or failure with this WOE. Maybe I should have let him keep burping?

con

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**RE: Zero Carb / Meat and Water - Charles - 07-03-2008 08:54 AM**

pooti Wrote:
First the comment:

RE: People feeling tired especially when first starting very low carb or zero carb. Could that possibly be caused by a reduction in potassium due to the diuretic effect that early lc has on the body?

Could be, but I think it has more to do with the body's changeover from not having to deal with glucose and the well-known adaptation period that all must go through. Dr. Stephen Phinney's studies on cyclists also bear this out and show that it doesn't matter who you are or what type of condition you're in, this adaptation period will happen and it's anywhere from two weeks to two months. I don't take any supplements whatsoever. I endured the first two weeks and woke up one day and felt as good as I ever felt.

Our bodies attempt to anticipate what we're planning to do and insulin is secreted in anticipation of our meals. Now that there is no glucose (or much less than before) the insulin secretions are felt more acutely since the role of insulin is to remove all nutrients from the bloodstream allowing the muscles the opportunity to deal with the glucose. Many think they are experiencing hypoglycemia during this time because it's a powerful reaction. However, research shows that it's really hyperinsulinemia and it takes time for the body to become conditioned to secrete less insulin and mobilize fat for longer periods of time. This is an adjustment and it takes some time.
Pooti Wrote:
1. Do any of you have baseline and 3 month/6 month etc studies that show your lipid profiles/liver/kidney profiles following the zero carb woe that would be helpful?

I don't. On the old forum, people used to share their lipid profiles all the time. When I had my carbs at about 20-30 per day, I had a profile done and my HDL went up and my triglycerides plummeted. My LDL also predictably went up and this scared my doctor who wanted to put me on a statin. I haven't seen the doctor since. I'm not at all worried about my lipid profile and the only thing necessary to know about it is whether your HDL is high and your triglycerides are low. If you have these two things, you're following a low-carb diet properly and you can expect your health to only improve.

Pooti Wrote:
2. Has everyone experienced a weight loss following the zero carb woe or have some gained? I think I read of at least one recent poster who has had a temporary 2lb gain. Are there others?

Just go back a few pages on this thread. People have been reporting losing weight over the last couple of weeks. Some of these new folks are losing like gangbusters. My friend, Con, is in her 60s and she is ready to start modeling bathing suits, I think! 😊

Quote:
3. Charles, my understanding about the Inuit Indians lack of Beriberri or Scurvy or any other disease is that they did indeed eat all parts of seal/whale and fish/seafood. This included all organs including stomach with their contents. [...] So wouldn't the lack of these practices in our lifestyle be causally connected to experiencing vitamin/mineral deficiencies with zero carb nutrition? Or am I working with faulty logic here?

No need to speculate. If you read through this thread, you'll see that I have provided a copy of Stefansson's book where he addresses this and much more, including the famous Bellevue experiment from the 1920s which silenced all the veggie pushers.

The Inuit ate seal meat only part of the year. The major tenet of their diet was actually young Caribou. Because this animal was young, they did not have tough food to eat. Many speculated that their lack of dental caries was due to the strong teeth brought about by crushing bones and the like. Stefansson says their food was actually very soft. They did nibble on bones as did many so-called primitive peoples, but there's more.

An analysis of Inuit food would show that they did not get enough calcium from their diets. However, Dr. Horton analyzed the remains of Inuit Eskimos (not Indians) and found that they had no calcium deficiencies which directly challenges the notion that we only get these minerals through our diet.

In fact, it appears we have a baseline of nutrients and we either enhance them with our diets or we cause our bodies to lose nutrients by eating carbohydrates. Moreover, meat contains all of the essential amino acids and they do so in ratios that maximize their utility to humans. To reach the same amount with wheat, a 176 pound male would have to stuff himself with 3.3 pounds of wheat bread per day! Meat is a particularly concentrated source of vitamins A and E and the entire complex of B vitamins. Vitamins D and B12 are only found in animals products, although we usually get sufficient vitamin D from sunlight when carbs are not in the equation.

Folks on mixed diets and higher carbohydrate plans should be more concerned about deficiency diseases than us.
Vitamin C has long been the point of contention. It is contained in animal foods in such small quantities that nutritionists have considered it insufficient for good health. James Lindt only demonstrated that scurvy is a diet deficiency that can be cured by the addition of fruits and vegetables. This doesn't necessarily imply that lack of vitamin C is caused by lack of fruits and vegetables.

Sailors on sailing ships carried processed and easily digestible carbohydrates (to avoid mice from eating them) and they developed scurvy. The prisoners in the Phillipine prison developed scurvy eating white rice. Van Itallie of Columbia University testified before the Mc Govern committee that "there is an increased need for vitamins when more carbohydrate in the diet is consumed."

Julie Will and Tim Byers of the Centers for Disease Control and the University of Colorado both said that it was "biologically plausible and empirically evidence that high blood sugar and/or high levels of insulin work to increase the body's requirement for vitamin C.

Moreover, University of Massachusetts nutritionist John Cunningham informs us that vitamin C and sugar take the same pathway. Glucose usually wins the race when insulin levels are high. Thus, drinking a glass of orange juice with 26 grams of sugar means that we will not absorb the vitamin C from the orange juice. However, when we remove sugar from the diet, we find that our vitamin C levels are just fine.

Stefansson argued these things back in the 1920s. Many suppose the Inuit were somehow genetically adapted to their high-fat diets and thus could enjoy good health. However, this doesn't explain Stefansson and the members of his expeditions who were represented by many races and nationalities.

Fortunately, we don't have to live as the Inuit lived. Stefansson and Karsten Anderson undertook the all-meat trial in the 1920s at Bellevue and this experiment is much more valuable to us than the Inuit. They ate two pounds of broiled sirloin per day with the fat. This broke down to 3/4 of their calories coming from fat, even though the diet appears to be high in protein. Many people try to do high-protein diets eating lean meat and report feeling miserable. That's a shame because a little knowledge goes a long way.

Dr. DuBois reported on the findings as follows:

"The only dramatic part of the study was the surprisingly undramatic nature of the findings. Both men were in good physical condition at the end of the observation. There was no subjective or objective evidence of any loss of physical or mental vigor. Stefansson lost six pounds over the course of the year and Anderson lost three. (They were not fat to begin with.) Anderson's blood pressure dropped from 140/80 to 120/80. Stefansson's stayed low throughout, 105/70." (My blood pressure is 105/62)

The researchers did not detect any evidenec of kidney damage or diminished function and vitamin deficiencies did not appear, nor did mineral deficiencies although the diet contained only a quarter of the calcium usually found in mixed diets and the acidic nature of a meat-rich diet was supposed to increase calcium excretion and so deplete the body of calcium. Stefansson began the experiment with mild gingivitis but this cleared up entirely after the meat diet was taken.

As DuBois said in 1946 in the New York Times:

Dr. DuBois Wrote:
"Mr. Stefansson makes the mixed-diet technicians and the nuts and fruits addicts look terribly silly. A great many dire predictions faded into nothingness. Quite evidently, we must revise some of our textbook statements."
Unfortunately, the textbook statements would go unrevised!

RE: Zero Carb / Meat and Water - usmaid - 07-03-2008 08:54 AM

[quote=Vesna]
Let's put it this way.

Let's say my ideal amount of stored fat weighs x pounds.

But who or what determines "ideal" weight? And isn't there a way to change that? As I said earlier, I'm 5'5" and 165lbs- hardly ideal. I guess I can't help thinking there has to be something to do. More calories, less calories, more fat, less fat.....Charles keeps saying to add things in to try and if you continue to loose it stays. How can one experiment if you're not loosing to begin with? It's sooooo confusing and frustrating!!

RE: Zero Carb / Meat and Water - Charles - 07-03-2008 08:57 AM

Kristi31 Wrote:
So, it's back to fatty meats only, cooked meat, that is. 😊

Well, the Inuit very rarely ate raw meat. In fact, there are not too many cultures that did eat raw meat. Dr. Groves reports that even vegetables need to be cooked in order to release their nutrients. This raw and natural stuff has to go!

Glad you're feeling better!

RE: Zero Carb / Meat and Water - MAC - 07-03-2008 08:57 AM

con Wrote:
Hey everyone,
Thanks for the website Mac.
Just wanted to update my husband's progress. He started doing sorta low carb(SLC) approximately 2 weeks ago to rid himself of 'extreme gas production' in his stomach for which he was taking Alka Seltzer every night. After 2 days of SLC WOE he doesn't take Alka Seltzer any more. YEAH FOR ALL CONCERNED!

Now the next problem----he kinda complained to ME (me who has only lost 30 lbs. in 6 months) that he lost another 10 pounds!!!!!!!!!!!!!!!!! (btw : this is a 70 yr. old man who has NEVER in his life dieted.) That makes -22 lbs. in TWO WEEKS!#@$&%!

He's worried that he's losing too much too fast. He only has 30 more to lose-not that he is concerned about his weight, he only cares about the gas and arthritic knees. (I also told him LC would help his arthritic knees.)
Sort'a LC=because he still insists on eating corn tortillas, bread, apples, and small amts. potato and isn't crazy about nice fatty meat... "sigh" :) )

Worst thing about it all is that I now feel responsible for his success or failure with this WOE. Maybe I should have let him keep burping?

This begs the question with that quick weight loss, what was he eating before? I am guessing a lot of refined white stuff.

**RE: Zero Carb / Meat and Water - Charles - 07-03-2008 09:04 AM**

feckless Wrote:
i eat 3-4 times a day. i would probably need to eat at least every 4 hours to keep crashes at bay, and might be more comfortable if i ate every 3 hours as i can't eat too much fat at one time without the accelerated heartrate problem (and i get so sleepy from eating) -see i pass out from not eating...and from eating!

Oh dear. Honestly, I don't know how zero-carb could be any worse than what you're enduring now. I mean, really. You could crash whether or not you eat so why not? Removing the carbohydrates slowly can't hurt and the medications would also have to be lowered slowly. The bottom line is that you'll have some days and events that are very tough to endure, but I think that if you can bear with them long enough, you can improve the situation on the other side. That's a tough thing to write, but that's just how I see it. I wouldn't blame you for not trying it, that's for sure.

Feckless Wrote:
i think the bad BS crashes started, oddly enough, after i cut my drinking down from 20 drinks most nights to 2-3 drinks just ocassionally. that was in 1993. i think my body was somehow adapted to run on alcohol! sorry i'm such a difficult case! believe me, it ain't no fun and i appreciate the help! [/color]

I think you're right. Alcohol is processed identically to carbohydrates so I don't see any difference. Stopping carbohydrates should feel as familiar to you as stopping alcohol. It will likely be just as painful but just as necessary.

I wish I had a better way, but that's how it appears to me.

Regards,

Charles

**RE: Zero Carb / Meat and Water - con - 07-03-2008 09:10 AM**

Hey Mac,
You're exactly right. He was trying to eat "healthy" so lots of bananas for potassium, sandwiches with healthy whole grain breads, lots of Jamba Juices, lots of cokes( healthier than wine & beer), a pastry or two daily for when he felt tired. In Chinese restaurants he would drive the waiters mad trying to find sugar for his green tea.
He finally gave up his beloved bananas and Jamba Juices. Also no more outright sugar or pastries.

con
usmaid Wrote:
I've been following along for a few weeks now (I actually posted my info 3 weeks ago but no one really responded) but I took the zero carb challenge and for the last 3 weeks I have lost zero lbs. I only have 10-15 to lose so I'm not looking for HUGE numbers but something would be nice. I was having a protein shake with flax in the morning (replaced that with half lb hamburger patty), another half lb patty at lunch and then 6-10 oz of steak, or two chicken thigh/legs or 8 oz fish for dinner. I drink only water. I even stopped chewing gum when I saw it had 2g carbs! The hamburger is 80/20 so I add 1T of butter to it. I started FitDay today and I'm at 3700 cal for today!! I know we're not suppose to pay attention to that but could that be the problem? I'll be honest- I have cheated.... with extra meat or I'll get a cheeseburger if we're out (it's hard to get a cheeseburger cooked even alittle rare anymore). But that's it in 3 weeks. Anyone have any ideas?

I apologize for not seeing your post. Let me say, and that goes for anyone, if you put my name in your post and I don't respond to you, send me a PM and let me know you've written. I don't spend all day on this thing and it's easy for me to miss what you've written. I'm not saying you put my name on your post, but I just want to put that out there.

How tall are you and what do you weigh?

You said you want to lose 10 or 15, so that means you are close and you could just be where you're going to be. Minor tweaks at this level can help, like removing cheese and dairy. That was huge for me. I also took eggs out of my diet and lost 5 pounds within a week. Other than that, your menu looks pretty good.

Try to remain eating cleanly for a week or two and let's see what happens. When you're this close, it doesn't take much to derail you. Are you getting 5 or 6 hours out of your meals?

Regards,
Charles

Vesna Wrote:
Let's put it this way.
Let's say my ideal amount of stored fat weighs x pounds.

But who or what determines "ideal" weight?

I do, of course. Who else? I'm basing it on where I tipped the scale years ago when I felt comfortable in my body and looked good in a wide variety of clothes.

Notice, I didn't say ideal weight. I said ideal amount of stored fat.

usmaid Wrote:
And isn't there a way to change that?

For what purpose?

usmaid Wrote:
I guess I can't help thinking there has to be something to do. More calories, less calories, more fat, less fat.....Charles keeps saying to add things in to try and if you continue to lose it stays. How can one experiment if you're not losing to begin with? It's sooooo confusing and frustrating!!

I'm totally with you on that! Whenever I hear, "You just didn't stick with [whatever] long enough," I'm reminded of the famous definition of insanity: doing the same thing and expecting different results. (That is what the low-fat people do, after all.)

RE: Zero Carb / Meat and Water - Charles - 07-03-2008 09:12 AM

deedum Wrote:
Me too Beth. I've been low carbing since January and zero carbing for about 3 months and haven't lost one pound. I suspect adrenal fatigue in my case. I'm just waiting for my adrenals to rest or heal or whatever they need to do. I'm thinking it may take me years to recover and maybe I won't lose weight until then. But that's OK.

Deanna

Okay, and what are you eating and how much? Give me the rundown again, how tall, how much do you weigh, etc.

RE: Zero Carb / Meat and Water - Charles - 07-03-2008 09:22 AM

deedum Wrote:
I weaned myself off coffee about 3 weeks ago and now I have to take a nap everyday. Before, if I felt sleepy during the day I would have coffee. Without it, I'm sleeping a lot. I take this as a sign that I need a lot of resting to do. Unfortunately, I still have to teach 3 Turbo Kick classes a week and that is definitely too much for me. I feel so tired, that I am unable to walk my dogs everyday. In fact, I started putting on the weight when I increased my classes from 2 to 3. I'm getting up the nerve to get rid of one of those classes.

Every once in a while, I want a salad so I have a small one. 2 days ago, I realized I wasn't enjoying my decaf and cream so I stopped that. So now just meat, eggs maybe once a week and that occasional salad.

I just keep telling myself that I'm in recovery and to just get out of the way and let my body do what it needs to do.

Deanna

See, these are the things that amaze me. When you say that you've been zero-carbing for weeks, and then you post about coffee, cream and salad that makes me wonder. If you're going to do zero-carb, you have to do it and give it some time to work. You have to be consistent and stay out of your body's way.

You can't think that because you eat cleanly for two days that you're now going to drop 5 pounds based
on that. We're talking about conditioning and insulin control. That takes time and it takes consistency. When you load yourself up just once with some carbs or some substance, it takes a few days for the effects of that to show up. I don't know how caffeine works. For Travis, it works great. For others, not so much. Some people are addicted to it and others can take or leave it. If you can't live without it, you're addicted to it. Once you quit drinking it, you have to allow a couple of weeks for the effects to show up.

When you quit smoking, it's well documented that these folks put on weight after they stop, especially if they don't go zero-carb with a bunch of fat right away.

Please don't eat for weight loss, eat for health and the weight may be a part of it. What would you do otherwise, just eat unhealthy because there's no use?

I know it's hard to do things right for a while and not see results, but you can't view it that way. Each day you eat right, you are becoming healthier. Obesity is one of many symptoms we want to avoid. If you have none of the others, consider yourself fortunate!

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**RE: Zero Carb / Meat and Water** - **con** - 07-03-2008 09:32 AM

[quote=Charles]
"My friend, Con, is in her 60s and she is ready to start modeling bathing suits, I think! 😊"

HA HA! Very funny Charles, still losing 12 lbs. this last month is nothing to sneeze at. ACH CHOO! AH CHO! how the heck DO you spell that word?

con

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**RE: Zero Carb / Meat and Water** - **MAC** - 07-03-2008 09:42 AM

I just started a new thread based on Charles mention of adaptation to a low carb diet here: [Finney on low carb diets and physical performance](http://www.livinlowcarbdiscussion.com/showthread.php?tid=618&pid=11602#pid11602)

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**RE: Zero Carb / Meat and Water** - **travis t** - 07-03-2008 10:12 AM

Meat and coffee diet still working awesome. My wife is starting to be interested in zero carb for herself. We have eliminated almost all wheat and corn products from our house. My wife has not bought bread in about a month(which is amazing in itself). My three girls still love eating white rice with everything, but they are chinese and i am not one hundred percent sure about zero carb for children yet. They are very lean and are performing well in school and gymnastics. We for the most part feed them meat, butter, rice, whole milk, drinkable yogurt, and some fruit.


travis t

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**RE: Zero Carb / Meat and Water** - **Charles** - 07-03-2008 10:41 AM

Clabbergirl Wrote:
Well I'm back from Disney World, and if I wasn't convinced that ZC and LC was a good way to eat before the trip, I certainly am convinced of it now.

Welcome home! 😊

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RE: Zero Carb / Meat and Water - Charles - 07-03-2008 10:57 AM

kittyatlanta Wrote:
Charles, you need to come down here and run the Peachtree. Too late this year, it's tomorrow morning.

There may be hormones and other things in our factory system beef, but I'm with you. I'd rather feel good WHILE I'm living. I'm also good with the fact that eating generally available meat might mean less time in the nursing home. My great granny lived to 106 and she had just sold the farm 2 years prior to her death.

I may try to do it next year. My wife brought up the idea this year but it was too late. I understand that the race sells out in hours. All of that fuss for a 10k? Amazing!

I think the grass-fed folks have a good point in that this meat has more nutrients and the animals are healthier, it just means I have to eat more of the feedlot variety which I'm more than happy to do!

One-hundred six is nothing to sneeze at. My great-granny lived until 94 and I'm trying very hard to follow right behind her! That gives me about 54 more years to try to get in the Peachtree!

Regards,
Charles

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RE: Zero Carb / Meat and Water - pooti - 07-03-2008 10:59 AM

Charles thanks for answering my questions so thoroughly and informatively. I downloaded the Steffanson file and will start reading it this weekend. 😊

It's very intriguing. I don't know if I'm cut out to do zero carb but I can certainly do very low carb with little effort (<10 day). I would do just about anything to figure out why I am stuck at my weight and to get rid of the fatty liver disease. For the last two days I've thrown caution to the winds and have been eating to appetite with tons of fat. I've been averaging between 73 - 75% fat and taken my calories up from 1400-1700/day to over 2300-3400/day! :eek: Carbs have been right at 20/day net (fiber only).

I had gained 14 lbs in about 10 days from being sick with bronchitis/cold and taking cough drops (sugar free), SF Tussin DM, Advair, Flonase, Loratidine, Cozaar, Prevacid. I went from trying the 5 little meals per day (God I hate that! Always hungry. Always eating...) to eating whatever I could put in my mouth and keep down cuz of lack of breath - usually chicken broth with noodles (hence the quick weight gain I'm sure). But now I'm better and want to get back on track and quit being self-indulgent and self-destructive. My T2 doesn't magically go away just because I'm sick...dangit.

So the result is that I went from 272.6 on July 1 to this morning 267.4 and I know that is all water weight. But dayum, being able to eat over 2000-3000 cals/day??? Seems too good to be true. So far no funny buzzing/adrenaline surges.
I will try to post the past couple of days for you to look at out of MasterCook:

**7.1.08:**

**Daily Totals:** Grams Fat 179 C 28 Fib 8 Prot 122 Cals 2201
% of Cals Fat 73% Carbs 5% Protein 22%

**Brekky:**
24 oz Decaf Coffee
2 Eggs, fried
1 Tbsp Butter, unsalted
2 oz Mushrooms
1 tsp Carlson's Fish Oil

**Lunch:**
3.2 oz Salmon, canned
1 Egg, boiled
2 c Romaine Lettuce
1/2 c Cucumber
3/8 c Red Bell Pepper
1/8 c Onion
2-1/2 Tbsp Vinaigrette
1 Tbsp Olive Oil

**Dinner:**
2c Romaine Lettuce
1/2 c Cucumber
1/8 c Red Bell Pepper
2 oz Blue Cheese
1 Tbsp Butter, unsalted
8 oz 80/20 Ground Meat, raw measure

**Bedtime Snack:** STARVING!
1 oz Mozzarella
.25 oz Porkrinds

And here's today so far as planned:

**Daily Totals:**
Grams Fat 133 Carbs 14 Fiber 4 Protein 101 Total Calories 1694
% of Cals Fat 72% Carbs 3% Protein 24%

**Brekky:**
24 oz Decaf Coffee
3 Eggs, fried
1 tsp Butter, unsalted
3.5 oz Beef, ground 80/20 pan fried
1 tsp Carlson's Fish Oil

**Lunch:**
3 oz Salmon, canned
3 Tbsp Mayo, Homemade with olive oil
1 Tbsp Mustard
1 Egg, hardboiled  
1/2 oz Porkskins  
1/2 c. Cucumber  

Dinner:  
2c Romaine Lettuce  
1/4 c Cucumber  
1/8 c Red Bell Pepper  
1/8 c Onion  
3 Tbsp Vinaigrette  
1 oz Blue Cheese  
2 Tbsp Butter, unsalted  
4 oz Arm Roast  

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**RE: Zero Carb / Meat and Water - jeepifer - 07-03-2008 11:00 AM**

Had an awesome lunch! Not sure if the fat was high enough, though. We went to a mongolian grill place where you select a bowl full of food and they stir-fry it for you. I got their sirloin and pork, loaded up with olive and garlic oil, and a bit of ginger and pepper. They only had table salt or season salt, and since most season salts have sugar, I stayed away. It was great and I am very full. So glad to know I *can* eat out and make a great choice!

---

**RE: Zero Carb / Meat and Water - Charles - 07-03-2008 11:05 AM**

con Wrote:  
Just wanted to update my husband's progress. He started doing sorta low carb(SLC) approximately 2 weeks ago to rid himself of 'extreme gas production' in his stomach for which he was taking Alka Seltzer every night. After 2 days of SLC WOE he doesn't take Alka Seltzer any more. YEAH FOR ALL CONCERNED!

Now the next problem----he kinda complained to ME (me who has only lost 30 lbs. in 6 months) that he lost another 10 pounds!!!!!!!!!!!!!!!!!!! (btw : this is a 70 yr. old man who has NEVER in his life dieted.) That makes -22 lbs. in TWO WEEKS!#@&%  

He's worried that he's losing too much too fast. He only has 30 more to lose-not that he is concerned about his weight, he only cares about the gas and arthritic knees. (I also told him LC would help his arthritic knees.)

Sort'a LC= because he still insists on eating corn tortillas, bread, apples, and small amts. potato and isn't crazy about nice fatty meat... "sigh" :>

Worst thing about it all is that I now feel responsible for his success or failure with this WOE. Maybe I should have let him keep burping?  
con

That's hilarious. Shame on you actually helping your husband get healthy! You just can't win! 😞

I have people in my life who think I should gain some weight. If only it were that easy.....
Charles Wrote:
How tall are you and what do you weigh?

You said you want to lose 10 or 15, so that means you are close and you could just be where you're going to be. Minor tweaks at this level can help, like removing cheese and dairy. That was huge for me. I also took eggs out of my diet and lost 5 pounds within a week. Other than that, your menu looks pretty good.

Try to remain eating cleanly for a week or two and let's see what happens. When you're this close, it doesn't take much to derail you. Are you getting 5 or 6 hours out of your meals?

Regards,

Charles

Thanks for the response, Charles. For the last 2 weeks I've done only meat and water with an added 1 slice of cheese 2times. I'm 52 yrs old, 5'5" and 165 lbs. I'd like to lose 10-15 lbs. I'm going to keep at it. Just want to make sure I'm doing it right or all that I can.

I was adding 1 tablespoon of butter to my 80/20 hamburger but I'll drop that too. I usually eat 1/2 lb hamburger at 6 am. Then another one or two 1 pm. By the time I get home at 5- I'm hungry. I usually have a good size steak or 2 leg/thigh chicken. If I have the chicken, I'm hungry again by 8 so I'll open a can of chicken. Other then the butter, I've only used seasoned salt, and garlic pepper for seasonings. If we go out for dinner (usually 1-2x week) I'll order a cheeseburger-no bun. That would be my only "cheat" or carb in 2 weeks.

I just started keeping track on FitDay and the calories scared me. Again I just wanted to be sure I was doing all I could be doing.

Thanks again for responding.
Beth

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RE: Zero Carb / Meat and Water - Valcan - 07-03-2008 11:13 AM

Hi,

I had left over roast beef for breakfast and was not too hungry at lunch but was going out for the afternoon so I thought I better have something. I fried a few jumbo shrimp in chicken fat. They were so good but I could only eat three and had to give the rest to my daughter.

I have a question for you Charles. I am trying to keep my fat up and eat enough because I do not want my calories to drop too low. I am having a hard time getting my head around the possibility of skipping meals and ending up with a low calorie total at the end of the day. Is it alright to have lower calories if you are eating to hunger and just not hungry? Today is day six of zero carb so maybe the lack of hunger is just part of the adjustment period. Thanks for your input, I am so glad I have someone to go to with all my questions.

Val
RE: Zero Carb / Meat and Water - Charles - 07-03-2008 11:14 AM

usmaid Wrote:
But who or what determines "ideal" weight? And isn't there a way to change that? As I said earlier, I'm 5'5" and 165lbs- hardly ideal. I guess I can't help thinking there has to be something to do. More calories, less calories, more fat, less fat.....Charles keeps saying to add things in to try and if you continue to lose it stays. How can one experiment if you're not loosing to begin with? It's sooooo confusing and frustrating!!

That's exactly the point. Body weight is regulated by your body not your head. You can't increase or decrease your stature without doing more harm than good. This is the part no one seems to want to understand. All you can do is provide the correct raw materials and your body will respond to it in myriad ways, most of which we don't understand. Hunger tells you how much to eat and satiety tells you when you've had enough. You can't make yourself hungry or make yourself not be hungry. You have no control over that. So why would you think you should control the number of calories you consume?

Obesity is just a symptom. Eating zero-carb takes care of the problem. Unfortunately, we have no way of knowing which symptom your body is interested in fixing first. We also have no way of knowing if the damage done was too extensive as to reverse it, as Gary Taubes answered on the site MAC provided. We also can't see the changes that are happening to you on the inside.

We know that HDL goes up and triglycerides go down but we don't get to see the increased cell destruction that happens as a result of insulin being lowered. We don't get a report of how many AGE's or cross-linked cells were spared this month as compared to last month. This would be helpful but we don't have it.

All we can do is eat for health and trust our bodies to work it all out. There's really nothing else to be done. If you give up eating healthily because you're frustrated, you only make matters worse for yourself. At some point, the choice has to be made to just eat for health.

RE: Zero Carb / Meat and Water - Charles - 07-03-2008 11:19 AM

Vesna Wrote:
I'm totally with you on that! Whenever I hear, "You just didn't stick with [whatever] long enough," I'm reminded of the famous definition of insanity: doing the same thing and expecting different results. (That is what the low-fat people do, after all.)

I respectfully disagree. I'm asking you to shift your paradigm here. If you're only eating zero-carb to lose weight, then you're missing the boat entirely. I'm saying that this is the most healthy way to eat. I frankly don't care if you lose weight or not. I care that you reduce your risk for dying of some disease of civilization. Not too many of us die from being too fat. We die because of the cellular damage we do through a bad diet.

What would you do otherwise, eat a bunch of carbohydrates and just say "to Hell with it all?" I don't really get what the converse is to all of this. Tell me a better alternative.

RE: Zero Carb / Meat and Water - Charles - 07-03-2008 11:25 AM

pooti Wrote:
It's very intriguing. I don't know if I'm cut out to do zero carb but I can certainly do very low carb with little effort (<10 day). I would do just about anything to figure out why I am stuck at my weight and to get rid of the fatty liver disease. For the last two days I've thrown caution to the winds and have been eating to appetite with tons of fat. I've been averaging between 73 - 75% fat and taken my calories up from 1400-1700/day to over 2300-3400/day! :eek: Carbs have been right at 20/day net (fiber only).

I just don't like the "starving" at bedtime thing. That indicates that the carbohydrates may still be a little high for your insulin levels. I know it's less than 10, but you shouldn't be starving at bedtime. As Gary Taubes said, the studies show that this diet works best with high fat and high calories. You're finding that out.

Regards,

Charles

RE: Zero Carb / Meat and Water - Charles - 07-03-2008 11:28 AM

jeepifer Wrote:
Had an awesome lunch! Not sure if the fat was high enough, though. We went to a mongolian grill place where you select a bowl full of food and they stir-fry it for you. I got their sirloin and pork, loaded up with olive and garlic oil, and a bit of ginger and pepper. They only had table salt or season salt, and since most season salts have sugar, I stayed away. It was great and I am very full. So glad to know I *can* eat out and make a great choice!

Nice job! The only way to know if you got enough fat was your energy level and how full you got with the meal. If the meal is high in fat, you don't usually need to eat that much of it and you're full. You also can go 5 or 6 hours afterwards before being hungry. Most leaner portions of meat cause me to eat a bunch of them.

I can eat two small 73/27 hamburger patties and be in good shape. However, I need three chicken leg and thigh portions to get full. I need about 14 ounces of a ribeye steak to get full, but I can eat a 12-ounce piece of prime rib and I'm good.

RE: Zero Carb / Meat and Water - jeepifer - 07-03-2008 11:29 AM

Charles Wrote:
What would you do otherwise, eat a bunch of carbohydrates and just say "to Hell with it all?"

Been there, done that. 75 lbs. later... Blech.

RE: Zero Carb / Meat and Water - Charles - 07-03-2008 11:35 AM

usmaid Wrote:
Thanks for the response, Charles. For the last 2 weeks I've done only meat and water with an added 1 slice of cheese 2times. I'm 52 yrs old, 5'5" and 165 lbs. I'd like to lose 10-15 lbs. I'm going to keep at it. Just want to make sure I'm doing it right or all that I can.

You're welcome. What you're doing sounds pretty good, actually. The cheese may hurt, but you didn't
eat that much of it. I hate to be so personal, but have you encountered menopause yet? If not, are you regular? You don't have to answer these questions online but you should think about them and decide whether everything is fine in this area.

I've often mentioned homeostasis and we can't only talk diet without making sure everything else is working properly. If you eat zero-carb for a good amount of time without good results, then you want to check that other systems in your body are also working properly. If they are not, that's probably the culprit.

Hormones are the driver of this whole shootin' match.

Beth Wrote:
I just started keeping track on FitDay and the calories scared me. Again I just wanted to be sure I was doing all I could be doing.

The butter is not that big of a deal. Don't be afraid of the calories. If they freak you out, quit using FitDay. I want you to just eat until you are full. I want you to eat when you are hungry and do not eat if you are not hungry. Try it for a week without the cheese and let's see what happens.

Regards,
Charles

RE: Zero Carb / Meat and Water - Charles - 07-03-2008 11:44 AM

Valcan Wrote:
I have a question for you Charles. I am trying to keep my fat up and eat enough because I do not want my calories to drop too low. I am having a hard time getting my head around the possibility of skipping meals and ending up with a low calorie total at the end of the day. Is it alright to have lower calories if you are eating to hunger and just not hungry? Today is day six of zero carb so maybe the lack of hunger is just part of the adjustment period. Thanks for your input, I am so glad I have someone to go to with all my questions.
Val

Okay, this is why you mustn't use FitDay and these calculators because they are going to mess you up. You must not be concerned about totals. It's only about your hunger. If you are not hungry, you should not eat. That's a great thing. That means your body is running off of your stored fat as it's supposed to. Hunger comes when your long-term fuel supply is faltering.

By the same token, don't go on a fast either. You don't want to be losing muscle and that's why it's important to get good fatty protein. Having said that, it doesn't mean you have to eat three times a day if you don't feel like it. Twice a day is just fine. Some can probably eat once a day and do just fine. The only caviat here is that the meal must be good fatty protein with no carbohydrates and you'll continue to not feel hunger.

Zero-carb is very much like fasting. In fact, it's identical from a metabolic standpoint. Why? Because your body can't tell (nor does it care) if the fat and protein it needs comes inside the body or outside the body. It will get what it needs regardless. You just don't want it eating your muscles to survive so we provide adequate protein through the diet.
I say all that to stress, **only eat when you are hungry. Do not eat when you are not hungry.** If you do, then you are participating in an overfeeding experiment. That means you'll gain a few pounds and quickly lose those pounds when you stop eating.

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**RE: Zero Carb / Meat and Water - Kristi31 - 07-03-2008 11:55 AM**

Charles Wrote:
Well, the Inuit very rarely ate raw meat. In fact, there are not too many cultures that did eat raw meat. Dr. Groves reports that even vegetables need to be cooked in order to release their nutrients. This raw and natural stuff has to go!

Glad you're feeling better!

Charles,

Thanks! 😊

There is a big difference between veggies and meat as the former contain cellulose. Heat breaks down cellulose and allows the body to have access to the nutrients inside those plant cells.

I think for most our history, humans ate raw but I'm also not convinced that there is much difference between cooked and raw, in terms of health when carbs are substantially reduced.

I actually had some raw meat this AM and liked it BETTER, much to my surprise. What's going on with my taste buds??

Did alot of searching RE:iodine and although meat contains some, it seems I do much better when adding iodized salt to my meat. Sea salt without iodine isn't quite as effective, actually quite ineffective. Iodine gives me back energy and doesn't get me all sleepy when I eat. It also regulates thyroid and could explain why I've actually gained weight on zero-carb after losing so much for many months. Mild hypothyroidism? Perhaps...

So, we'll see how that goes.

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**RE: Zero Carb / Meat and Water - Charles - 07-03-2008 12:05 PM**

Kristi31 Wrote:
I think for most our history, humans ate raw but I'm also not convinced that there is much difference between cooked and raw, in terms of health when carbs are substantially reduced.

You're probably right, but I know my stomach can sure tell the difference if my meat isn't cooked enough. I pay for it within a few hours too! 😊

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**RE: Zero Carb / Meat and Water - poo123 - 07-03-2008 12:05 PM**

Hi guys, today is day 6 for me and I think I am doing really well. Today I had 1/2 lb of chuck steak for breakfast at 7:00am then had the other 1/2 lb chuck steak cooked with butter for lunch at 2:00. I am full all the time and have no feeling that I need to eat. I LOVE it. I am drinking water but not to excess and
the trips to the ladies room has really dropped off. I will weigh myself on Saturday to see the total. Most
days I am only eating twice a day breakfast and dinner, but today I was working so I had a small
"snack", I will most likely have dinner during the fireworks tonight. My husband keeps looking at my
meals compared to his meals and he is a little jealous that I get the steak and he gets all the other stuff in
the house. I guess he wants it all, but the meat is MINE!!!!!!..hahaha

RE: Zero Carb / Meat and Water - Dwayne - 07-03-2008 12:20 PM

I have been finally finished reading through all of these messages. Wow you all are some
active posters! I have found this to be a great source of information, and I am strongly leaning
towards joining the 0 carb way. I started a low carb diet on Monday this week and have already
seen some results. I have to say this seems like such an open group here I really like the
"keep eliminating and find what works for you" mentality. It is nice to see such an open group
of people.

I started my own little "blog" to keep myself honest and chart my progress. It has my
background info. I am not going to re-post my large background in trying to lose weight, but
most of it is kept there. What is important is the now.

Currently I am at 332.5 and that is down from 335 on Monday, also I am a 32 year old male.
Already losing weight! I have been eating < 25 carbs a day and plan on decreasing that. I am
going to keep the cheese and eggs for now and see how rapid my weightloss keeps up. After
reading this thread I have realized that I need to give up diet coke/coke zero. I have to say I
am addicted to these and it is going to be hard. Currently I am weaning myself off of them and
trying to get down to just 2 a day and 1 starbucks coffee. Next week is going to be just the
morning coffee and hopefully I can get rid of it all.

Anyway feels like my post is getting too long so I will just say hello once again, and it is nice to
see such a great group of people.

Dwayne

RE: Zero Carb / Meat and Water - Charles - 07-03-2008 12:23 PM

poo123 Wrote:
Hi guys, today is day 6 for me and I think I am doing really well. Today I had 1/2 lb of chuck steak for
breakfast at 7:00am then had the other 1/2 lb chuck steak cooked with butter for lunch at 2:00. I am full
all the time and have no feeling that I need to eat. I LOVE it. I am drinking water but not to excess and
the trips to the ladies room has really dropped off. I will weigh myself on Saturday to see the total. Most
days I am only eating twice a day breakfast and dinner, but today I was working so I had a small
"snack", I will most likely have dinner during the fireworks tonight. My husband keeps looking at my
meals compared to his meals and he is a little jealous that I get the steak and he gets all the other stuff in
the house. I guess he wants it all, but the meat is MINE!!!!!!..hahaha

Sounds great, Pooti!

RE: Zero Carb / Meat and Water - Charles - 07-03-2008 12:24 PM

Dwayne Wrote:
Anyway feels like my post is getting too long so I will just say hello once again, and it is nice to see such a great group of people.

Dwayne

Welcome Dwayne, to the forum. Don't worry about long posts. I am the king of long posts! If I can be of any help in your journey, don't hesitate to send me a long post! 😊

Regards,

Charles

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**RE: Zero Carb / Meat and Water - travis t - 07-03-2008 12:32 PM**

Welcome Dwayne,
As i work my way along the path of what works and what doesn't i think that my top rules are.
1. protein of animal origin (no plant proteins)
2. fats as saturated as possible (i know it sounds scary)
3. Butter and salt are good
4. fiber and fructose are dreadful for us
5. artificial anything is bad (its not nice to fool your brain)
6. coffee is my friend.
travis t

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**RE: Zero Carb / Meat and Water - Lindasue - 07-03-2008 12:38 PM**

Welcome, Dwayne. You're off to a great start.

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**RE: Zero Carb / Meat and Water - travis t - 07-03-2008 12:45 PM**

tidbit about me for today

I have never lived more than ten miles from the hospital that i was born in.
travis t

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**RE: Zero Carb / Meat and Water - deedum - 07-03-2008 01:18 PM**

Quote:
See, these are the things that amaze me. When you say that you've been zero-carbing for weeks, and then you post about coffee, cream and salad that makes me wonder. If you're going to do zero-carb, you have to do it and give it some time to work. You have to be consistent and stay out of your body's way.

You can't think that because you eat cleanly for two days that you're now going to drop 5 pounds based on that. We're talking about conditioning and insulin control. That takes time and it takes consistency. When you load yourself up just once with some carbs or some substance, it takes a few days for the effects of that to show up. I don't know how caffeine works. For Travis, it works great. For others, not so much. Some people are addicted to it and others can take or leave it. If you can't live without it, you're addicted to it. Once you quit drinking it, you have to allow a couple of weeks for the effects to show up.
Thanks Charles for that thorough spanking, it hurt so good!😊

After I wrote and read my post I thought to myself, "I think I'm in denial about doing zero-carb" and I've been flinching ever since waiting for you to pounce!

Does this mean I can't even have my daily, one square of Lindt 85% chocolate? (Now I'm actually ducking under my computer).

---

**RE: Zero Carb / Meat and Water - pooti - 07-03-2008 01:31 PM**

Charles Wrote:

poo123 Wrote:
Hi guys, today is day 6 for me and I think I am doing really well...

Sounds great, Pooti!

Hi Charles that I think you may be getting Poo confused with Pooti. I'm Pooti, and um well Poo isn't. 😅😅

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**RE: Zero Carb / Meat and Water - deedum - 07-03-2008 01:51 PM**

Quote:
Zero-carb is very much like fasting. In fact, it's identical from a metabolic standpoint. Why? Because your body can't tell (nor does it care) if the fat and protein it needs comes inside the body or outside the body. It will get what it needs regardless. You just don't want it eating your muscles to survive so we provide adequate protein through the diet.

Ok, I know you've said this before Charles, zero-carb is very much like fasting, but for some reason I didn't get it until now! Duh!

I was considering doing intermitent fasting but I just couldn't go more than 4 hours during the day without eating (except at night I go about 13 hours). After Charles spanked me in that earlier post I now see that if I stop eating the little bit of carbs I was eating before (occasional salad, cream in the decaf, 1 oz. cheese, 85% chocolate) I don't have to do intermitent fasting! Gawd, I'm one stubborn (or dense) woman.

BTW, Charles, you asked how tall and how much I weigh: 5' and 130 lbs. I'm very muscular and I weighed 120 to 124 last year right before I gained.

Besides the carbs I listed above, I eat 3 to 4x a day: 73/27 ground beef, rib eye, chuck, sirloin steak. Occasional eggs cooked in butter. All to appetite. I don't weigh or measure food.

Deanna

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**RE: Zero Carb / Meat and Water - usmaid - 07-03-2008 03:21 PM**

Charles Wrote:
You're welcome. What you're doing sounds pretty good, actually. The cheese may hurt, but you didn't eat that much of it. I hate to be so personal, but have you encountered menopause yet? If not, are you regular? You don't have to answer these questions online but you should think about them and decide whether everything is fine in this area.

I don't mind answering any questions. I appreciate you answering mine! I just want to get it right. I've been post (yippee!) menopausal for about 7 years. They think me cutting to 1000 cal/day and losing 100lbs back in 2001 stopped things. I see my doc regularly and everythings fine. I took HRT's for 2 yrs but have stopped that, too about 1 yr ago.

I understand the eating for health part. And I know that it's healthy but it sure makes it easier in the beginning to "see" some progress, too. After all, I can't look inside and "see" healthier insides. Fortunately, I've never had any medical problems that will be resolved by this WOE. I've always had tons of energy and I sleep great. My great grandmother lived to be 97 and my grandmother lives alone and travels at 92. I was also blessed with a HUGE appetite and a love for all foodsHence my strong desire to see some "fruits of my labors".-I couldn't resist that one!

Thanks Everyone

And HAPPY 4TH!!
Beth

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**RE: Zero Carb / Meat and Water - Charles - 07-03-2008 04:56 PM**

deedum Wrote:
Thanks Charles for that thorough spanking, it hurt so good!

After I wrote and read my post I thought to myself, "I think I'm in denial about doing zero-carb" and I've been flinching ever since waiting for you to pounce!

Does this mean I can't even have my daily, one square of Lindt 85% chocolate? (Now I'm actually ducking under my computer).

Oh gosh, I really don't want to be thought of as the "pouncer". I just want you to be happy! 😞 If you can stop at 1 square of Lindt 85% then fine. I hate that one, it's a little too bitter. I do like the 72% Lindt, though. 😊

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**RE: Zero Carb / Meat and Water - Charles - 07-03-2008 04:57 PM**
pooti Wrote:
Hi Charles that I think you may be getting Poo confused with Pooti. I'm Pooti, and um well Poo isn't. 😊 😊

I'm sorry, you're right. That's why I use my real name. I know it makes me more exposed, but I don't care. It's much easier that way. It seems both of you are doing well, so there you go! 😊

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**RE: Zero Carb / Meat and Water - Charles - 07-03-2008 05:02 PM**

usmaid Wrote:
I don't mind answering any questions. I appreciate you answering mine! I just want to get it right. I've been post (yippee!) menopausal for about 7 years. They think me cutting to 1000 cal/day and losing 100lbs back in 2001 stopped things. I see my doc regularly and everythings fine. I took HRT's for 2 yrs but have stopped that, too about 1 yr ago.

This is very important. Since you had menopause naturally, you may not be able to go down as low as you want to because the sex hormones regulate this. If you were taking an HRT, I would advise you to go back to the doctor and see if you could get another one that altered the estrogen/progesterone/testosterone balance. Sometimes it's just a matter of finding the right one for your body. This can cause you to gain weight if you have the wrong one.

Since you stopped taking it two years ago, that surely isn't the culprit, but you can't discount the effects of menopause.

Regards,

Charles

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RE: Zero Carb / Meat and Water - pennypritty1 - 07-03-2008 05:23 PM

kittyatlanta Wrote:
Hey Penny, I don't use a/c either - it makes me feel bad. People are amazed that I can do that. I'm amazed at their $400 monthly electricity bills!!!

I thought about buying a NuWave, but since I'm such a cheapskate, I ordered a book of low carb, crockpot recipes. I've used the book (bought used for $7 on amazon) a couple of times and the results were good. But most of the time, I just throw it in the fryin' pan and enjoy.

Let us know what you think of the NuWave. I've heard stuff, but won't taint your "life experience" with it.

Take care, Kitty

LOL--thanks, Kitty. I'm sure there are as many negative experiences with things as there are positive. I certainly do plan to buy the nuwave but alas, it is not in my budget just yet. I'm only just setting up a budget and it's telling me "not now" lol

But I do look forward to adding my joy to the list of happy nuwave cookers.

I do the amazon marketplace purchasing thing as well. Amazon is a great place.

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RE: Zero Carb / Meat and Water - pennypritty1 - 07-03-2008 05:32 PM

Charles Wrote:

... I say all that to stress, **only eat when you are hungry. Do not eat when you are not hungry.** If you do, then you are participating in an overfeeding experiment. That means you'll gain a few pounds and quickly lose those pounds when you stop eating.
Wow—that just stopped me in my tracks! MY eating tracks, I mean.

Thanks for putting that out there, Charles. I'm sitting here trying to get through my pork roast and I am NOT really hungry for it. My hunger pangs stopped a little bit ago. I'm not hungry very often now but I'm afraid I'm not getting enough fat in and I don't want to stall so early in the this low carb way of eating.

But I'm putting the rest of this roast pork away ... right now!

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**RE: Zero Carb / Meat and Water** - [Valcan](#) - 07-03-2008 05:59 PM

Charles Wrote:

Valcan Wrote:

I have a question for you Charles. I am trying to keep my fat up and eat enough because I do not want my calories to drop too low. I am having a hard time getting my head around the possibility of skipping meals and ending up with a low calorie total at the end of the day. Is it alright to have lower calories if you are eating to hunger and just not hungry? Today is day six of zero carb so maybe the lack of hunger is just part of the adjustment period. Thanks for your input, I am so glad I have someone to go to with all my questions.

Val

Okay, this is why you mustn't use FitDay and these calculators because they are going to mess you up. You must not be concerned about totals. It's only about your hunger. If you are not hungry, you should not eat. That's a great thing. That means your body is running off of your stored fat as it's supposed to. Hunger comes when your long-term fuel supply is faltering.

By the same token, don't go on a fast either. You don't want to be losing muscle and that's why it's important to get good fatty protein. Having said that, it doesn't mean you have to eat three times a day if you don't feel like it. Twice a day is just fine. Some can probably eat once a day and do just fine. The only caviat here is that the meal must be good fatty protein with no carbohydrates and you'll continue to not feel hunger.

Zero-carb is very much like fasting. In fact, it's identical from a metabolic standpoint. Why? Because your body can't tell (nor does it care) if the fat and protein it needs comes inside the body or outside the body. It will get what it needs regardless. You just don't want it eating your muscles to survive so we provide adequate protein through the diet.

I say all that to stress, **only eat when you are hungry. Do not eat when you are not hungry.** If you do, then you are participating in an overfeeding experiment. That means you'll gain a few pounds and quickly lose those pounds when you stop eating.

Thanks for the reassurance. I am a KK survivor so I am paranoid about having calories dip too low now. When I did KK, I ate to hunger. The problem was I was rarely hungry so I didn't eat enough. I never want to have to handuls of hair come out in the shower again. When I do eat, I always eat fatty meat so I guess I should just relax a little. After I got home this afternoon, I ended up being hungry so I ate two chicken thighs. I am not sure if I will eat dinner tonight or not. I guess my tummy will tell me.

Charles - Do you ever use condiments like garlic, vinegar, fish sauce or soy sauce? I don't have a craving for them, I just love to cook and thought that these might add some variety to my meals (after
only six days, I have not adapted to the lack of variety but I am sure I will in time).

Today I went to see my butcher. I got some beef fat that I am rendering down right now, some pork hocks, Korean cross-cut ribs, prime rib steak, chicken wings, rouladen beef (to make dry meat) and ground beef. I think I have enough meat to last a month! My hubby works away from home and he left today for a 21 day shift. He is a carb eater (he eats what he wants and still maintains a healthy weight and a muscular physique). He is living in our RV while working so I gave him everything carby from the fridge and washed it all down inside. It looks like a different fridge tonight. Meat and a few standard condiments. I threw out all my Frankenfood lc sauces. I never use them anyway. Now I just have to make sure I don't buy them again.

Val

RE: Zero Carb / Meat and Water - feckless - 07-03-2008 06:37 PM

Charles Wrote:
feckless Wrote:
i eat 3-4 times a day. i would probably need to eat at least every 4 hours to keep crashes at bay, and might be more comfortable if i ate every 3 hours as i can't eat too much fat at one time without the accelerated heartrate problem (and i get so sleepy from eating) -see i pass out from not eating...and from eating!

Oh dear. Honestly, I don't know how zero-carb could be any worse than what you're enduring now. I mean, really. You could crash whether or not you eat so why not? Removing the carbohydrates slowly can't hurt and the medications would also have to be lowered slowly. The bottom line is that you'll have some days and events that are very tough to endure, but I think that if you can bear with them long enough, you can improve the situation on the other side. That's a tough thing to write, but that's just how I see it. I wouldn't blame you for not trying it, that's for sure.

Feckless Wrote:
i think the bad BS crashes started, oddly enough, after i cut my drinking down from 20 drinks most nights to 2-3 drinks just occasionally. that was in 1993. i think my body was somehow adapted to run on alcohol! sorry i'm such a difficult case! believe me, it ain't no fun and i appreciate the help! [/color]

I think you're right. Alcohol is processed identically to carbohydrates so I don't see any difference. Stopping carbohydrates should feel as familiar to you as stopping alcohol. It will likely be just as painful but just as necessary.

I wish I had a better way, but that's how it appears to me.

Regards,

Charles

i just want to thank you again charles...i think you are right, my body is going to have a particularly difficult time adapting to running on fat because it was conditioned to run on alcohol for 20+ years. this is a problem for a LOT of recovering addicts. and, of course, they deal by eating sugar because they don't know any better. well, since LC and VLC has not led to any real relief for me, i am going to slowly work into ZC and give it a go.....
LindaSue Wrote:
weirdstuffinmydesk Wrote:
Hey Charles,

So the only seasoning you use is sea salt? I saw you mention Celtic Sea Salt, is plain sea salt okay? How come iodized won't work or shouldn't be used?
I just use regular un-iodized table salt. I wasn't aware that there can be any problems eating regular salt. I don't buy iodized salt because I don't like the taste and I don't need the iodine anyway. I hope that table salt isn't harmful in some way because I can't afford to buy sea salt.

LindaSue, I don't know if you have a Sam's near you, but they have Sea Salt in a "disposable" grinder for less than 4.00.

Just lurking.

RE: Zero Carb / Meat and Water - Vesna - 07-04-2008 05:34 AM

Charles Wrote:
Vesna Wrote:
I'm totally with you on that! Whenever I hear, "You just didn't stick with [whatever] long enough," I'm reminded of the famous definition of insanity: doing the same thing and expecting different results. (That is what the low-fat people do, after all.)

I respectfully disagree. I'm asking you to shift your paradigm here. If you're only eating zero-carb to lose weight, then you're missing the boat entirely. I'm saying that this is the most healthy way to eat. I frankly don't care if you lose weight or not. I care that you reduce your risk for dying of some disease of civilization. Not too many of us die from being too fat. We die because of the cellular damage we do through a bad diet.

Can't I have both? Can't I want both good health and weight loss? I am fortunate in that my health is excellent. I live on wholesome, homemade whole foods low in carbs because I believe they're the best for my health and I feel best eating this way. And for other reasons close to my heart about politics, economy, and how humans should interrelate. (Local, sustainable, self-reliant, traditional cooking skills, low-impact, family farming, and other stuff is all in this grab bag.)

In addition, I'm pining to be slimmer, feel more comfortable, look better and wear more interesting clothes. I want my outward appearance to match the me I feel myself to be. There are about 15 pounds of surplus body fat that stand in the way of my being able to do that. I don't believe those few pounds have an impact on my health. I want them gone for other reasons.

I'm sure there are plenty of others who can relate to that, however many pounds are involved. Maybe this is a bigger issue for women.

While I am firmly convinced that some variation of a whole foods low-carb diet rich in natural fats and based on animal foods is the most healthful diet for humans, I'm not convinced that zero-carb is the sine
qua non for everyone. So, yes, I'm going all the way to single-digit-carbing as a weight-loss effort. I'm sure I'm not the only one here.

Charles Wrote:
What would you do otherwise, eat a bunch of carbohyrates and just say "to Hell with it all?" I don't really get what the converse is to all of this. Tell me a better alternative.

In informal logic, this is known as a "false dilemma." Zero carbs on one side; "to Hell with it all" on the other, as if these were the only choices.

RE: Zero Carb / Meat and Water - poo123 - 07-04-2008 05:53 AM

Today is day 7 and I do have to say this has been a great week. I have lost weight, which is my first and foremost goal of this way of eating. I feel great and I want that to continue. This has been much better on me than when I would do an Atkins induction. I think going "cold turkey" off the carbs was better for me than dropping slowly from 20 down to 0. I had no cravings, "flu" like stuff and no headaches, so I am relieved that week 1 is done. I really am hoping for some amazing weight loss from this but even if it is very slow I will stick with it because I really do feel much better. My hot flashes have been much less by the the end of the week, my mood is much better, I am not STARVING after 2 hours eating, no headaches and I am sleeping thru the night instead of waking up and going to the fridge just to stare into it and tell myself NO GO BACK TO BED, then lay in bed thinking Boy, oh Boy am I hungry. For me this really is the way to go.

RE: Zero Carb / Meat and Water - LindaSue - 07-04-2008 07:50 AM

LCMama Wrote:
LindaSue, I don't know if you have a Sam's near you, but they have Sea Salt in a "disposable" grinder for less than 4.00.

I'm sure that there's one around here somewhere but then that $4.00 grinder would cost $4.00 plus the cost of a membership and the extra gas to drive there. I don't need to buy food in bulk and actually save a lot more money by shopping the sales and getting triple coupons at regular grocery stores. Anyway, there's a good chance that Wal-Mart would probably have the same grinder for the same price. Thanks for the tip.

RE: Zero Carb / Meat and Water - Kristi31 - 07-04-2008 08:00 AM

I'm back to just (raw) meat and doing fine. I ditched the salt (terrible, painful bloating) and I am taking a kelp supplement instead to provide with the much needed iodine.

...change that to JUST iodine, kelp contains too much sodium and other stuff I don't really need.

RE: Zero Carb / Meat and Water - LCMama - 07-04-2008 05:38 PM

LindaSue Wrote:
LCMama Wrote:
LindaSue, I don't know if you have a Sam's near you, but they have Sea Salt in a "disposable" grinder for less than 4.00.
I'm sure that there's one around here somewhere but then that $4.00 grinder would cost $4.00 plus the
cost of a membership and the extra gas to drive there. I don't need to buy food in bulk and actually save
a lot more money by shopping the sales and getting triple coupons at regular grocery stores. Anyway,
there's a good chance that Wal-Mart would probably have the same grinder for the same price. Thanks
for the tip.

I know what you mean about that Sam's membership. We don't shop there often, but my husband's
company pays our membership. I tend to over buy.

Charles, thanks for the info on grass fed vs grain fed beef. I'm in the group of people who can't afford
the grass fed. I'm barely hanging on with the grocery store meat! 😔

RE: Zero Carb / Meat and Water - Charles - 07-05-2008 06:14 AM

Valcan Wrote:
Charles - Do you ever use condiments like garlic, vinegar, fish sauce or soy sauce? I don't have a
craving for them, I just love to cook and thought that these might add some variety to my meals (after
only six days, I have not adapted to the lack of variety but I am sure I will in time).

Val

I don't use any of those. I just normally rely on salt and pepper. You have to understand that I also don't
cook, so I'm really only responsible for breakfast and lunch. My wife is good about respecting my
wishes though. However, for the fourth of July ribs, she did use a rub that has smoked paprika, salt,
pepper, and garlic.

The rest of my family had some sauce by Newman, which we picked out of the store simply because it
didn't have high fructose corn syrup in it and only 2 grams of sugar per serving. My wife and oldest son
ate that, but my daughter, younger son and I passed on the saucy ribs.

RE: Zero Carb / Meat and Water - Charles - 07-05-2008 06:18 AM

feckless Wrote:
I just want to thank you again charles...i think you are right, my body is going to have a particularly
difficult time adapting to running on fat because it was conditioned to run on alcohol for 20+ years. this
is a problem for a LOT of recovering addicts. and, of course, they deal by eating sugar because they
don't know any better. well, since LC and VLC has not led to any real relief for me, i am going to slowly
work into ZC and give it a go.....[/color]

Please keep me posted often on your progress. I think it will be difficult, but hopefully together we can
beat this and get your body working better!

I saw a list of low carb doctors around here somewhere, do you have any in your area? I wish you could
come here to the Raleigh-Durham area so you could work with Dr. Westmann. If I were in your shoes
and could afford it, I would plan a trip to Kansas and get with the great Dr. Mary Vernon, at least for a
consultation.

Just a thought....
Best regards,

Charles

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**RE: Zero Carb / Meat and Water - Charles - 07-05-2008 06:20 AM**

poo123 Wrote:
Today is day 7 and I do have to say this has been a great week. I have lost weight, which is my first and foremost goal of this way of eating. I feel great and I want that to continue. This has been much better on me than when I would do an Atkins induction. I think going "cold turkey" off the carbs was better for me than dropping slowly from 20 down to 0. I had no cravings, "flu" like stuff and no headaches, so I am relieved that week 1 is done. I really am hoping for some amazing weight loss from this but even if it is very slow I will stick with it because I really do feel much better. My hot flashes have been much less by the the end of the week, my mood is much better, I am not STARVING after 2 hours eating, no headaches and I am sleeping thru the night instead of waking up and going to the fridge just to stare into it and tell myself NO GO BACK TO BED, then lay in bed thinking Boy, oh Boy am I hungry. For me this really is the way to go.

Now that I have the right poo, I'll tell you that your week has been exciting for me as well. Stories like this keep me coming back!!!!

Keep it up,

Charles

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**RE: Zero Carb / Meat and Water - Charles - 07-05-2008 06:29 AM**

LCMama Wrote:
Charles, thanks for the info on grass fed vs grain fed beef. I'm in the group of people who can't afford the grass fed. I"m barely hanging on with the grocery store meat! 🙃

You're welcome. You know, it's funny you say that. After my race yesterday morning, there was this lady who was walking around passing out information sheets about the evils of factory farming on the environment. You know that I was the last person who wanted to hear about her little crusade.

She gave me the paper (I thought it was advertising a race like most flyers we receive after a race) and I skimmed through it. I turned to her and said, "so, you don't think we should eat any meat and become vegetarians?" She said, definitely, and how it was so much better for environment. Essentially, she wants to save the environment and slowly kill all the people. I countered that all those vegetables, especially the corn, should be fed to the cattle so we can have more healthy beef for everyone. Our grain gets spread all over the world and all we've done is made more people ill.

Needless to say we agreed to disagree, but I stand firmly by what I've written many times. I agree that grass-fed beef is better for the environment and that it has more nutrients than feed-lot beef. However, the difference can be overcome by eating more of the cheaper, better tasting, fattier feedlot beef. Moreover, they are able to feed far more people than the grass-fed beef farmers can. Because of the benefit to feeding more people healthier food, I am a feedlot beef advocate and I encourage everyone to buy the cheapest, fattier beef possible and watch your health improve.
If you are visiting or live in the Raleigh-Durham area, I'll be at the Golden Corral in RTP tomorrow for our low-carb meetup dinner. You can best believe I'll be enjoying some good ol' feed lot meat with my friends. Hope to see as many of you as possible there.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - lowcarbscott - 07-05-2008 06:44 AM**

Every time I read this thread my Ground Beef craving kicks in 😋
I will be grilling a 1 lb cube of the fattiest ground beef I can find for lunch today!

Scott

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**RE: Zero Carb / Meat and Water - poo123 - 07-05-2008 07:08 AM**

Well today is day 8 and my total weight loss for the 7 days was 7.6 lbs. I am very very happy with that amount. Last night when I was watching the fireworks I thought these are for me too because I did something that I have not done in a while and that is loose weight and feel better. Fireworks now have a whole new meaning for me!!!

244.0 start
236.4 current
?? goal

I like that I have to change my numbers !!!

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**RE: Zero Carb / Meat and Water - Clabbergirl - 07-05-2008 08:39 AM**

I've been wondering about something that I'm hoping Charles or others can clear up. If high fat/high protein is the most efficient way to lose fat (among its other benefits), how does one explain the low-fat/high protein diet most body builders use to cut before a competition? If this has been covered before, my apologies. I don't recall seeing it before, and I saw some kind of bodybuilding comp on tv that made me wonder about this.

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**RE: Zero Carb / Meat and Water - poo123 - 07-05-2008 03:20 PM**

Well my husband finally decided to go for it. Starting tomorrow he is zero carbs just like me. He looked at how much weight I lost and how happy I was and how I was not craving stuff and he decided to get on the bandwagon. I am very happy and proud of him for the decision. He needs to lose around 50-75 lbs, he thinks he only needs to lose 25 lbs. I guess his mirror lies to him too !!!! So tonight he asked for his favorite so he is getting his pasta and garlic bread and milk meal for the last carbs. And while cooking all this I have no desire to taste or to eat it at all. Actually the garlic bread smells not so good to me. I think thats cool. And I have convinced him this will save us money in the long run and only buying healthy foods for our kids will be much cheaper and easier too. So everybody wins!!!
RE: Zero Carb / Meat and Water - LindaSue - 07-05-2008 05:11 PM

That's great, Poo. It will be nice having your husband's support.

RE: Zero Carb / Meat and Water - Valcan - 07-05-2008 08:49 PM

Hi Everyone!

I hope you are enjoying your holiday weekend.

I just completed day eight of zero carb. I didn't think I would last a week and here I am heading into week two, no problem.

June was a rough month for me with two cheat days (yes days, not meals) and lots of Greek salad. My body could not handle the extra carbs and after my last cheat day (which was June 27), my weight soared up 15 lbs! I know most of it was the water I stored after eating carbs but it is still scary to see the scale go so high. Yikes! After a week of zero carb, I have lost 12 of those pounds and am only three pounds from my one year weight on June 9. I hope to drop the other three pounds by the end of next week. After that I will be able to see if zero carbs will help me lose weight.

I have been following the advice of not drinking too much water. After the first three days, my thirst diminished. Now, I find myself blocked up so today I am drinking extra water to try to alleviate this problem. It has been four days since my last "big event" so I think I am due soon. I had this trouble last year on KK and I do not want to do through it again. If the water does not work, I may have to eat some veggies to help me along. I am surprised this happened considering how much fat I eat.

Any suggestions would be appreciated.

Val

RE: Zero Carb / Meat and Water - pooti - 07-06-2008 06:31 AM

Val try taking magnesium citrate pills (tablets). You get them in the supplement section. You slowly increase them until you go potty. Magnesium works the best for me when I have the odd time or two that I have to deal with that. Good luck!

RE: Zero Carb / Meat and Water - poo123 - 07-06-2008 07:06 AM

Well today is the day for my husband to begin. He was not all that thrilled so I did alter his diet. I said he could eat, meat like me, along with eggs and cheese. That made him very happy. This morning he ate 5 sausages and said if he could eat these all the time he could do it. Well he did buy the sausages, and was so excited to help with the shopping for the diet that I didn't have the heart to tell him he could not eat them because they contained corn syrup. I let him have them and he has quite a few left (he bought 3 packages) but when they are gone I will tell him and then show him what to buy if he does want to help with the shopping. His favorite thing he is looking forward to is when I cook some ground beef, then add eggs and cheese for a big beefy scrambled eggs. I had him write down his start weight, and I think he was a tad surprise at how much that was, because he never gets on a scale. This let him see he not only has to lose 25 lbs but a few more. I am so thankful that he is doing this because I want our family
around for a long time and being overweight helps no one. The weight and how he feels does affect the 
family because he sleeps all the time and does no physical stuff with the kids, just games and computer. 
This will make the kids have more fun with dad too. I am really happy he is doing this for himself and 
the family. Together we can do it.

RE: Zero Carb / Meat and Water - cbmarie - 07-06-2008 07:08 AM

Valcan, I use SmoothMove Tea by Traditional Medicinals. It has senna in it which some say is habit 
forming, but I found it works extremely well. I only use it once in a great while; maybe I need 
something once a month. I would usually drink a big mug of it in the evening and by the next afternoon, 
everything would be back to normal. I never had cramping or any "out of control" urges to go. This is 
just another option to try if you need it.

I have been trying to do zero carb and am having a terrible time with it. I know it is a good way to go, but 
my brain wants variety. I will start induction again today and take it one step at a time. Right now my 
favorite food is porksteak. It has plenty of fat and flavor. Really good stuff.

RE: Zero Carb / Meat and Water - Vesna - 07-06-2008 08:42 AM

Smooth Move has never let me down! I only use it a few times a year, maybe, only when necessary. I 
steep the bag in the mug for a longer time than recommended -- until it's cooled down enough to drink. 
Then I squeeze out the bag into the mug. So I guess I make it strong. I drink it in the evening, then the 
next morning ... a smooth move, shall we say. I only have the one mug. That's all it takes.

RE: Zero Carb / Meat and Water - Charles - 07-06-2008 10:11 AM

Vesna Wrote:
Can't I have both? Can't I want both good health and weight loss?

There's no difference. Your body regulates weight loss, not your brain or your eyes. If you rely on your 
brain and your eyes, then you will impact your health as our Kimkins brothers and sisters found out. 
You're either healthy or you're not. If you're healthy, your body will regulate your weight. Eat your 
whole foods as you described and be healthy. Why all the questions for me?

Are you just saying that you disagree with me? Stand in line. I'm not trying to convince anyone of 
anything. I did it this way and I'm helping others achieve the same for themselves. If it doesn't work for 
you, go find something that does. If you don't agree with zero-carb, then you can go and find millions of 
people who agree with you.

Many people would love to be 15 pounds away from what they think is their ideal weight. Only your 
body knows whether or not you have 15 pounds to lose. You may not have any weight to lose. Your 
answer may be found in a gym or through some activity that gives you what you desire.

Regards,

Charles

RE: Zero Carb / Meat and Water - Charles - 07-06-2008 10:18 AM
Clabbergirl Wrote:
I've been wondering about something that I'm hoping Charles or others can clear up. If high fat/high protein is the most efficient way to lose fat (among its other benefits), how does one explain the low-fat/high protein diet most body builders use to cut before a competition? If this has been covered before, my apologies. I don't recall seeing it before, and I saw some kind of bodybuilding comp on tv that made me wonder about this.

It's a low-carbohydrate diet as well. There is no "recipe" if you will. It's simply to cut out those refined and easily digestible carbohydrates and your body will have no reason to store fat, period. This results in the "cut".

The low-fat, high-fat issue comes into play when you're talking about energy levels, sense of well being, and optimum efficiency among other things. Low-fat, high-protein can only be tolerated for a short time because ammonia will build-up in the blood and make you sick.

Their idea of low-fat really isn't as low-fat as you might think. Some of the leanest pieces of meat still have fat present, and depending on how much you eat, you still get the fat. The ratios that people keep touting are largely irrelevent. Quantity is most important as far as fat is concerned, not the percentage.

RE: Zero Carb / Meat and Water - caroline - 07-06-2008 10:20 AM

I'm finding that zero carb is the BEST way to maintain health, encourage lean muscle (I'm 40 years old, do less exercise than ever and am seeing MORE results than when I was in my 20's.)

If I eat vegetables or cheese, it is a psychological padding for feelings. I know this works the best. So any detour from this way of eating, and my progress declines. Charles, you appear to have the goal of optimal health. Yes, it "tastes good" to eat those other things, but your health is first priority. Period. This is how I think and I was 360 degrees away not more than four months ago with a lifetime eating disorder. I am empowered by feeling freedom, not by "treats." The ultimate hedonism is living with optimal health.

RE: Zero Carb / Meat and Water - Charles - 07-06-2008 10:22 AM

Valcan Wrote:
I have been following the advice of not drinking too much water. After the first three days, my thirst diminished. Now, I find myself blocked up so today I am drinking extra water to try to alleviate this problem. It has been four days since my last "big event" so I think I am due soon. I had this trouble last year on KK and I do not want to do through it again. If the water does not work, I may have to eat some veggies to help me along. I am surprised this happened considering how much fat I eat.

Any suggestions would be appreciated.

Val

Don't run out and take a bunch of supplements unless you have some pain. You also haven't been eating as much if I remember correctly, so you just may not have to go. Wait it out some and see what happens. Granted, if you're having bloating or stomach cramps then by all means, take something to get things moving. Just don't take a bunch of fiber which could make things worse.
Don't panic.

Charles

RE: Zero Carb / Meat and Water - Charles - 07-06-2008 10:29 AM

caroline Wrote:
I'm finding that zero carb is the BEST way to maintain health, encourage lean muscle (I'm 40 years old, do less exercise than ever and am seeing MORE results than when I was in my 20's.)

If I eat vegetables or cheese, it is a psychological padding for feelings. I know this works the best. So any detour from this way of eating, and my progress declines. Charles, you appear to have the goal of optimal health. Yes, it "tastes good" to eat those other things, but your health is first priority. Period. This is how I think and I was 360 degrees away not more than four months ago with a lifetime eating disorder. I am empowered by feeling freedom, not by "treats." The ultimate hedonism is living with optimal health.

I can't add anything to this. You are exactly correct. It does take time to come to this and that's what Stefansson and his friends found out as well. If people can last about six weeks, there's a chance they'll make it. If they can last until six months, then they were likely to remain on meat-only and not go back. Even those who went back after six months, voluntarily chose to return to meat later on because they are very much aware of the health changes.

Well said.

Charles

RE: Zero Carb / Meat and Water - MAC - 07-06-2008 11:06 AM

Charles Wrote:
caroline Wrote:
I'm finding that zero carb is the BEST way to maintain health, encourage lean muscle (I'm 40 years old, do less exercise than ever and am seeing MORE results than when I was in my 20's.)

If I eat vegetables or cheese, it is a psychological padding for feelings. I know this works the best. So any detour from this way of eating, and my progress declines. Charles, you appear to have the goal of optimal health. Yes, it "tastes good" to eat those other things, but your health is first priority. Period. This is how I think and I was 360 degrees away not more than four months ago with a lifetime eating disorder. I am empowered by feeling freedom, not by "treats." The ultimate hedonism is living with optimal health.

I can't add anything to this. You are exactly correct. It does take time to come to this and that's what Stefansson and his friends found out as well. If people can last about six weeks, there's a chance they'll make it. If they can last until six months, then they were likely to remain on meat-only and not go back. Even those who went back after six months, voluntarily chose to return to meat later on because they are very much aware of the health changes.

Well said.
I have to concur with Charles that it takes some time to adjust to zero carb or even VLC. I have been low carbing for 7 months now and my desire for sugary things and even vegetables has wained to the point that I don't care if I eat them or not. E.g., my son and wife really like Dip-n-Dots ice cream. Last night before my wife tossed away the other half of what she hadn't eaten I had one small spoonful of it. Tasted ok but I had no desire to eat any more of it. In fact food doesn't taste the same as it used to before I went LC and lost the sweet tooth. To me these days, I eat to live, not live to eat. Quite a turn around.

P.S. Taubes had the following reply in the question and answer post:

What is your choice as a recommended sweetener for diabetics?

I'm afraid to say this question I can't answer. I will say that my research suggests that fructose is particularly noxious -- even if it has no immediate effect on blood sugar levels and insulin -- and so fructose alone or sucrose, which is half fructose, would be particularly bad choices.

As for the non-caloric sweeteners, I simply haven't done enough research to make any informed statement. I do believe on a fundamental level that the single healthiest thing to do might be to lose the sweet tooth entirely. In other words, treat the cravings for sweets like cravings for any other addictive substance and try to break it, even if it takes years of effort and many, many, many, many attempts before you succeed.

P.P.S. I think by extension this could be applied to any carb at all since your body does not require carbs to function.

RE: Zero Carb / Meat and Water - caroline - 07-06-2008 12:50 PM

This is a great point--it seems that there's a lot of focus on low-carb treats. Recipe after recipe of how you can have your treats on low carb. The rationale for many people is "it doesn't affect my blood sugar." If it doesn't affect your blood sugar, then why do you need it? Addiction, plain and simple.

RE: Zero Carb / Meat and Water - Charles - 07-06-2008 01:48 PM

MAC Wrote:
As for the non-caloric sweeteners, I simply haven't done enough research to make any informed statement. I do believe on a fundamental level that the single healthiest thing to do might be to lose the sweet tooth entirely. In other words, treat the cravings for sweets like cravings for any other addictive substance and try to break it, even if it takes years of effort and many, many, many, many attempts before you succeed.

P.P.S. I think by extension this could be applied to any carb at all since your body does not require carbs to function.

This is especially powerful. It may take years of effort and many, many attempts before we succeed. This can't be overstated enough!
What do you do if you inadvertently have taken too much fiber? I was unfortunately away from home and had nothing around me that I could eat to maintain my lc except pecans and I fear I ate way too many to keep hunger pangs at bay.

And now I'm suffering greatly. My stomach's blown up and I am extremely uncomfortable... I imagine pecans have a bit of fiber in them? If not, they have something! Because I feel horrible. 😞

Well today is my 7 day mark of reducing carbs. I am a little frustrated, but I am eliminating things gradually so I guess slow is what I should expect. This weekend I didn't cheat at all, and was never hungry. This week I am eliminating carbonated diet drinks. I think I am going to try to get as close to 0 as I can manage this week with the goal of going 0-5 the week after. Since my first weigh in was flawed I don't know if I have lost 3 pounds or 7, but I guess it is still a loss. I have to say it is disheartening to lose soo little when I weight so much. I am used to the beginning being much easier.

Anyway, still plugging along with 0 cheats so far, now to start refining my induction down to my 0 carb. =)

pennypritty1 Wrote:
What do you do if you inadvertently have taken too much fiber? I was unfortunately away from home and had nothing around me that I could eat to maintain my lc except pecans and I fear I ate way too many to keep hunger pangs at bay.

And now I'm suffering greatly. My stomach's blown up and I am extremely uncomfortable... I imagine pecans have a bit of fiber in them? If not, they have something! Because I feel horrible. 😞

I'm not sure if there's anything you can do if you're sensitive to fiber. Taking a laxative would just add more fiber and might make you feel worse. I've tried taking laxatives a couple of times over the years and they've never helped me at all. I even took a double dose of EX-LAX once and it had no effect.

Dwayne, can you post an example of what you eat per day along with the amounts? Maybe we can spot something that could be a problem. How many carbs are you currently eating per day?

If you did lose 7 pounds this past week, that's nothing to sneeze at. If you only lost 3 pounds, that's not so bad either but I agree that it's typical for someone your size to lose more than that in the beginning.

Well, I got through the night.

I don't know what it was but it wasn't the conventional sufferings of a fiber overdose. Not trying to be too TMI (too much info) but I didn't spend my night in the bathroom. I more or less burped my way
through the night. LOOL

NOT attractive, I know but because of the bloated stomach and sort of constricted throat, I couldn't really sleep well so I am very tired...

...and will NOT do that again! I'll keep my pecan intake to a bare minimum and just drink water until I can get to the nearest fat/protein possible.

However, I'm not seeing any major changes in my weight--the scale goes back and forth between 5 and 10 pounds loss/gain. But I am eating a lot of dairy to supplement my low carbing. I just can't seem to eat enough fat or meat. I get full too quickly on it. And then I worry I'm not eating enough calories. I'm nowhere near 2000/day calories now - more like 1500 and that kind of worries me. I don't have any energy during the day eating only that much. 😞

RE: Zero Carb / Meat and Water - Charles - 07-07-2008 09:01 AM

pennypritty1 Wrote:
However, I'm not seeing any major changes in my weight--the scale goes back and forth between 5 and 10 pounds loss/gain. But I am eating a lot of dairy to supplement my low carbing. I just can't seem to eat enough fat or meat. I get full too quickly on it. And then I worry I'm not eating enough calories. I'm nowhere near 2000/day calories now - more like 1500 and that kind of worries me. I don't have any energy during the day eating only that much. 😞

It's probably best to eliminate them altogether. I would recommend beef jerky or pork rinds before I mess with nuts. I know those things are processed, but I think they are much better than nuts.

Getting full on fat and meat is the point. The dairy is slowing you down. I don't eat any dairy. Who said that you have to eat 2,000 calories per day? You have to lose these notions to get this under control. It's all about your hunger, not some arbitrary number that was based on a starvation diet study performed 50 years ago on middle-aged men who were conscientious objectors to the war!

Just eat that pork roast when you get hungry and eat until you are full then stop. Don't eat anything when you are not hungry. That's the only way. Don't worry about the number of calories. They are irrelevant to what you are trying to do. Dairy has carbohydrates and these are likely causing you to oversecrete insulin which means you are storing fat for longer periods of time. Going a long time between meals is evidence that your body is running off of its stored fat. You want these periods to be long. Allow your body to regulate your weight, not your mind.

Regards,

Charles

RE: Zero Carb / Meat and Water - pennypritty1 - 07-07-2008 10:00 AM

Charles Wrote:
It's probably best to eliminate them altogether. I would recommend beef jerky or pork rinds before I mess with nuts. I know those things are processed, but I think they are much better than nuts.

Getting full on fat and meat is the point. The dairy is slowing you down. I don't eat any dairy. Who said that you have to eat 2,000 calories per day? You have to lose these notions to get this under control. It's
all about your hunger, not some arbitrary number that was based on a starvation diet study performed 50 years ago on middle-aged men who were conscientious objectors to the war!

Just eat that pork roast when you get hungry and eat until you are full then stop. Don't eat anything when you are not hungry. That's the only way. Don't worry about the number of calories. They are irrelevant to what you are trying to do. Dairy has carbohydrates and these are likely causing you to oversecrete insulin which means you are storing fat for longer periods of time. Going a long time between meals is evidence that your body is running off of its stored fat. You want these periods to be long. Allow your body to regulate your weight, not your mind.

Regards,

Charles

Sheesh!

Charles!

This is truly a different mindset than I ever thought. And to be honest--I have NO IDEA where I got the 2000 caloric intake info from. It's just one of those nonsensical things you always knew and just accepted as truth...?

Probably from the low fat, high carb world... a world that encouraged me to cheat in every possible way--and keep me hungry. I'm not used to be so full all the time. lol

Anyway, thank you, Charles. This makes me feel much better.

But what about the tiredness? Does that ever go away? I'm thinking yes, from your marathon pic/avatar...?

RE: Zero Carb / Meat and Water - Valcan - 07-07-2008 10:08 AM

Hi Everyone,

Today is day ten of zero carb. My weight seems to be stuck again so I am not adding in things (eggs, dairy) until I lose a few more lbs. My system problems corrected themselves with the addition of the extra water. Thanks of the other ideas. I tired the magnesium and tea last year on KK. The magnesium made me nauseous and the tea gave me horrible cramps and was very violent for me (not smooth at all).

Yesterday I had to take my DD to camp and we stopped to eat at a restaurant. After questioning the owner for several minutes about the menu, I finally ordered plain chicken wings. He must have lied to me about what he put on them because I did not have a good reaction. Gas, cramps, bloating, etc. I will never stop in that restaurant again. The scale was up 3 lbs today but I know that is temporary and not fat. I rarely go to restaurants for this very reason. I only trust my own cooking these days.

I made some dry meat last night (jerky with no seasoning expect salt and pepper. I will have that for a meal today dipped in lard (I usually use butter). When I first starting teaching, I was in a fly-in in the far north of Saskatchewan, Canada, near the Northwest Territories border. The aboriginal people there had only been settled in a community for 30 years. Prior to this they were nomadic. They still hunted caribou and made use of all parts to the animal. Huge sheets of meat were sliced thinly and hung on wood racks
over the wood stove in their houses. They would eat this dry meat with lard and salt. They had a great way of slicing the meat. Thankfully I was brave enough to try some (this is in the 80's so I had never heard of low carb - low fat was rage for weight loss) and learned to love it. The caribou is a very lean animal so the dipping in fat was a really good idea. Unfortunately, the people there did not eat only a traditionally diet. They ate their caribou and fish with processed junk that they could buy from the grocery store in town. Pop, chips, sugar, flour and chocolate were the largest sellers. Obesity, cancer and diabetes were and continue to be a growing problem them. I wish I knew then what I know now.

Val

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**RE: Zero Carb / Meat and Water - Charles - 07-07-2008 10:16 AM**

pennypritty1 Wrote:
Charles!

This is truly a different mindset than I ever thought. And to be honest--I have NO IDEA where I got the 2000 caloric intake info from. It's just one of those nonsensical things you always knew and just accepted as truth...?

Yes, it's one of those things we've heard so many times, not to mention the fact that it's listed on the label of every package of food we buy! Two-thousand calories was the level they thought was good to avoid the effects of those poor guys in the starvation studies who got so depressed and hungry that some of them began cutting off limbs and just going whacko.

They would steal food and do all sorts of things. The experts think that if you eat at least 2,000, then you can avoid all that. Of course, to lose weight, they say you must create a calorie deficit. Well, that brings you close to Keys' starvation diet and all the psycho problems that went along with it. Not to mention the fact that it never resulted in long term weight loss in study after study.

Pennypritty1 Wrote:
Probably from the low fat, high carb world... a world that encouraged me to cheat in every possible way- and keep me hungry. I'm not used to be so full all the time. lol

You got it.

Pennypritty1 Wrote:
But what about the tiredness? Does that ever go away? I'm thinking yes, from your marathon pic/avatar...?

Oh, yes, obviously. Matter of fact, there are two attorneys in my office who are currently on a three-week induction experiment. They were both very tired during their first week. I just spoke to one of them this morning and she says that the tiredness went away and now she feels great. She has no cravings and she's not hungry. She also lost 3 pounds last week.

The key is to eat that fatty protein and water and don't give in to carbs. Work though the fatigue and one of these days you'll wake up and feel better than you have in a long time. Again, just eat when you're hungry and don't worry about calories, either too many or not enough. Listen to your body and just do what it says.

Regards,
Valcan Wrote:
Hi Everyone,

Today is day ten of zero carb. My weight seems to be stuck again so I am not adding in things (eggs, dairy) until I lose a few more lbs. My system problems corrected themselves with the addition of the extra water. Thanks of the other ideas. I tired the magnesium and tea last year on KK. The magnesium made me nauseous and the tea gave me horrible cramps and was very violent for me (not smooth at all).

Great update, Val. I like your approach. Keep it up. I recently watched "My Big Fat Diet" and I was so moved with the Aboriginees and their return to health with Dr. Wortman. It almost seems too simple, doesn't it?

Regards,

Charles
iron. DOH!

Dwayne

RE: Zero Carb / Meat and Water - MAC - 07-07-2008 10:39 AM

Dwayne Wrote:
I have stopped drinking carbonated beverages.

How about naturally flavored seltzer water instead? Schweppes has a lemon and a lime one that I drink. I really don't care about the flavor so much as the fzzzzzzz.....

RE: Zero Carb / Meat and Water - Valcan - 07-07-2008 10:43 AM

Dwayne Wrote:
So far today I have had:
2 Tbsp low carb ketchup (2g Carbs)

Lunch:
< 1 Tbsp A1 (1g Carbs)

Dinner: (Projection)
1 or 2 Hamburgers with 2-3 Tbsp of LC Ketchup (2-3 carbs)

Hi Dwayne,

I used to love ketchup too, especially on steak! One way I got past this was my dipping my steak (or sausages, etc.) in butter. I grew to enjoy the taste of this just as much as ketchup. Now I do not even use butter most times.

You are doing great! Keep up the good work!

Val

RE: Zero Carb / Meat and Water - pennypritty1 - 07-07-2008 10:47 AM

GREAT success pics in your signature, Val. I'm looking forward to eventually noting a 100 lb weight loss. That'd be awesome (and encouraging knowing someone has already done it!)

RE: Zero Carb / Meat and Water - pennypritty1 - 07-07-2008 10:48 AM

Charles Wrote:
The key is to eat that fatty protein and water and don't give in to carbs. Work though the fatigue and one of these days you'll wake up and feel better than you have in a long time. Again, just eat when you're hungry and don't worry about calories, either too many or not enough. Listen to your body and just do what it says.

Regards,
Will do... thanks, Charles.

---

**RE: Zero Carb / Meat and Water - pennypritty1 - 07-07-2008 12:00 PM**

I took a sip of a diet coke today and gaaag!!!

I'm so happy! It's only been little over a week since I literally stopped drinking sodas and while I wasn't a fan of diet soft drinks, I could tolerate it. Now??

*I CAN'T STAND THEM!!! I'M SOOOO HAPPY!* That is a huge hurdle for me. Sodas were a mainstay in my pre-low carb days. I'm happy to report I'm tossing the remainder of the dregs down the sink and dancing out of the kitchen.

laa laa laa laa!!!
don't want to take another iron pill until she (my doctor) gives me an iron supplement alternative. I don't talk with her about low carbing--she is adamantly against it and only thinks low fat is the way.

Has anyone gone through something to this extent? A reaction like this to any kind of supplement? I'm angry with myself about the crackers but they really did stop the pains immediately but I would much prefer a low carb alternative should anything like this happen again!

---

**RE: Zero Carb / Meat and Water - rozi - 07-08-2008 09:46 AM**

Penny are you sure you need iron? If you are eating enough red meat there should be no need. Perhaps your lack of energy has another source. Be sure your Dr checks levels before prescribing iron. It is hard on the tummy.

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**RE: Zero Carb / Meat and Water - jeepifer - 07-08-2008 09:50 AM**

pennypritty1 Wrote:
Has anyone gone through something to this extent? A reaction like this to any kind of supplement? I'm angry with myself about the crackers but they really did stop the pains immediately but I would much prefer a low carb alternative should anything like this happen again!

Have your vitamin D levels checked. It is crucial to have enough Vit D, and this is one of the leading causes of low energy, as well as a whole host of other issues.

Maybe Charles or someone that's done this for a long time can speak to whether a supplement is needed with zero carb? I know living in a northern climate, and not getting much (if any) sun exposure, I *have* to take one daily.

---

**RE: Zero Carb / Meat and Water - Charles - 07-08-2008 09:56 AM**

I don't take any supplements of any sort. She's just getting started on this lifestyle and the tiredness is just something you have to endure until your body adapts to not having to deal with glucose. There's no easy way through it but if you try to take shortcuts, you only prolong the process. Eat real fat and protein and things should clear up shortly. It's amazing how it happens. You just wake up one day and it's as if you just had the best sleep of your life!

---

**RE: Zero Carb / Meat and Water - pennypritty1 - 07-08-2008 10:19 AM**

rozi Wrote:
Penny are you sure you need iron?

Hmm... I'm making an appointment to get tested to see if I can stop taking them, Rozi. My energy wasn't much increased taking them but I certainly had to eat a lot of bread to just tolerate the iron supplements. And all of this was before lowcarbing. So it's quite possible I can stop--I really hope so. I am trying to eat more red meat.

jeepifer Wrote:
Have your vitamin D levels checked. It is crucial to have enough Vit D, and this is one of the leading causes of low energy, as well as a whole host of other issues.
Vitamin D levels checked? They have tests for that??? wow--I'll ask about that as well. Thanks, jeepifer!

Charles Wrote:
You just wake up one day and it's as if you just had the best sleep of your life!
Charles, I truly look forward to that moment happening. 😊

RE: Zero Carb / Meat and Water - MAC - 07-08-2008 10:24 AM

pennypritty1 Wrote:
rozi Wrote:
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Vitamin D levels checked? They have tests for that??? wow--I'll ask about that as well. Thanks, jeepifer!

Charles Wrote:
You just wake up one day and it's as if you just had the best sleep of your life!
Charles, I truly look forward to that moment happening. 😊

Make sure you get the right vitamin D tested. You want to be tested for D3 levels not D2 levels.

RE: Zero Carb / Meat and Water - jeepifer - 07-08-2008 10:24 AM

Charles Wrote:
I don't take any supplements of any sort. She's just getting started on this lifestyle and the tiredness is just something you have to endure until your body adapts to not having to deal with glucose. There's no easy way through it but if you try to take shortcuts, you only prolong the process. Eat real fat and protein and things should clear up shortly. It's amazing how it happens. You just wake up one day and it's as if you just had the best sleep of your life!

I'm looking forward to that too. I know the switch takes time and just to stick it out, but I am *so* tired! I've been checking in at the gym (to get my insurance reimbursement) and just reading a book. How embarrassing! 😳

RE: Zero Carb / Meat and Water - Charles - 07-08-2008 10:37 AM

Vitamin D is lowered by eating foods such as grains that require the body to expend Vitamin D to process them. When you don't eat these foods, you'll find that your vitamin D levels rise. It's not about consuming all these nutrients. It's more about protecting your body's store of nutrients so that they are not needlessly expended.
Deficiency diseases are not caused by failing to eat certain nutrients. You get them by consuming foods that sap the nutrients. We learned this in the famous the prisoner study where the inmates were eating brown rice. One day, they ran out and started serving the prisoners white rice and they developed scurvy.

People used to take flour, bread, white rice and sugar on sailing ships because they could be transported easily without fear of spoilage and rat infestation. However, the sailors developed deficiency diseases while eating this food.

Those old-school nutritionists such as Robert McCarrison, who touted the vitamin theory we hold on to so dearly never seemed to recognize that those isolated populations he studied not only ate whole foods, they also consumed no refined carbohydrates. The nutritionists of his era had no way of knowing that meat contains all of the essential amino acids and they do so in a ratio that maximizes their utility to humans. Meat is a concentrated source of vitamins A, E, and the entire complex of B vitamins. Vitamins D and B12 are ONLY found in animal products so even if you can't get enough from the sun, just eat some good ol' meat and you should have plenty of vitamin D.

RE: Zero Carb / Meat and Water - Charles - 07-08-2008 10:39 AM

jeepifer Wrote:
Charles Wrote:
I don't take any supplements of any sort. She's just getting started on this lifestyle and the tiredness is just something you have to endure until your body adapts to not having to deal with glucose. There's no easy way through it but if you try to take shortcuts, you only prolong the process. Eat real fat and protein and things should clear up shortly. It's amazing how it happens. You just wake up one day and it's as if you just had the best sleep of your life!

I'm looking forward to that too. I know the switch takes time and just to stick it out, but I am *so* tired! I've been checking in at the gym (to get my insurance reimbursement) and just reading a book. How embarrassing! 😃

How long have you been at it?

My two "patients" in my office, they were on it for 7 days and they felt fine after day 8. They were pretty tired before that.

RE: Zero Carb / Meat and Water - pennypritty1 - 07-08-2008 10:54 AM

jeepifer Wrote:
I'm looking forward to that too. I know the switch takes time and just to stick it out, but I am *so* tired! I've been checking in at the gym (to get my insurance reimbursement) and just reading a book. How embarrassing! 😃

LOOL--at least you're getting in to the habit of going! I've been draggin' my sorry self home each evening after work.

I should do that! 😃
If nothing else, take the book and read while pedaling on the recumbent bike. That way I'm at least used to being in the gym for when that spurt of energy finally kicks in! 😊

RE: Zero Carb / Meat and Water - pennypritty1 - 07-08-2008 10:59 AM

Charles Wrote:
People used to take flour, bread, white rice and sugar on sailing ships because they could be transported easily without fear of spoilage and rat infestation. However, the sailors developed deficiency diseases while eating this food.

Those old-school nutritionists such as Robert McCarrison, who touted the vitamin theory we hold on to so dearly never seemed to recognize that those isolated populations he studied not only ate whole foods, they also consumed no refined carbohydrates. The nutritionists of his era had no way of knowing that meat contains all of the essential amino acids and they do so in a ratio that maximizes their utility to humans. Meat is a concentrated source of vitamins A, E, and the entire complex of B vitamins. Vitamins D and B12 are ONLY found in animal products so even if you can't get enough from the sun, just eat some good ol' meat and you should have plenty of vitamin D.

????

I mean good grief!!! How do you know all this, Charles?

This is incredible!!! ARE you a doctor? Can I make an appointment? If I knew you when I'd first started low carbing years ago, I'd still be living strong in it and well into my goals and more!

RE: Zero Carb / Meat and Water - rozi - 07-08-2008 11:04 AM

I think you may find that D is an exception to your theory Charles. It is the one vitamin that we were not meant to get from food, but from sunshine. But then men or the precursors of such were meant to be out in the sunshine for much of the time, as well as originating in Africa where there is a lot of sunshine I understand. Now that we are indoors most of the time, and often wearing clothing and sunscreen we do need to supplement with D. We do get a small amount from fish and eggs, but not enough unless you take cod liver oil.

RE: Zero Carb / Meat and Water - jeepifer - 07-08-2008 11:09 AM

I guess my concern is that if you are already deficient, you wouldn't get the dosages needed to bring your supply back up. Once in a healthy range, then yes, with no dietary needs to deplete it, you'd be fine.

RE: Zero Carb / Meat and Water - Charles - 07-08-2008 11:09 AM

pennypritty1 Wrote:  
I mean good grief!!! How do you know all this, Charles?

This is incredible!!! ARE you a doctor? Can I make an appointment? If I knew you when I'd first started low carbing years ago, I'd still be living strong in it and well into my goals and more!
No, I'm not doctor. I'm an avid reader and Taubes book, Good Calories/Bad Calories changed my life. Most of the stuff I tell you can probably be found in that book somewhere. I'm also very fortunate in that I have Gary Taubes' e-mail. I try not to abuse it but if I have a burning question, he always writes back.

From what I've read, most of the stuff we're dealing with doesn't require doctors. We've made this all too technical. Look at most societies and they went through a nutrition transition where they abandoned their historical diets and started consuming refined carbohydrates. The diseases all appeared within 70 years from the first bite. It has happened so many times I can't tell you.

By the same token, when any of those people went back to their high-fat and protein diets, they invariably recovered their health. Unfortunately, it doesn't happen for every one of them, but a good 75-80 percent recover.

What is a disease of civilization? Any one of them that isolated populations don't get until they start eating like us. It starts with teeth and fertility problems and before long, there is diabetes, cancer and everything in between. If you don't believe it, go find out who has the highest chance of getting heart disease and cancer: Diabetics. How do you get diabetes?

RE: Zero Carb / Meat and Water - Charles - 07-08-2008 11:15 AM

jeepifer Wrote:
I guess my concern is that if you are already deficient, you wouldn't get the dosages needed to bring your supply back up. Once in a healthy range, then yes, with no dietary needs to deplete it, you'd be fine.

But those dosages in food are all you need. The problem with supplements is that we don't know what our absorption rate is with them and it's well known that we absorb the most nutrients directly from food because it has co-factors that aid in absorption which the supplements don't have. More often than not, the supplement is made from some real food item anyway.

Not only that, but as you become healthy, you would need to reduce the dosages to keep your body from excreting some other nutrient that conflicts with the supplement as a protective measure. When you get your nutrients solely from food, your body automatically adjusts its absorption to match what it needs.

It works much like your diet. Your body has to regulate its nutrient level and it will let you know. If you are low on sodium, you'll crave salty foods. If you are are low on anything, I'm sure your appetite will let you know.

RE: Zero Carb / Meat and Water - Charles - 07-08-2008 11:19 AM

rozi Wrote:
I think you may find that D is an exception to your theory Charles. It is the one vitamin that we were not meant to get from food, but from sunshine. But then men or the precursors of such were meant to be out in the sunshine for much of the time, as well as originating in Africa where there is a lot of sunshine I understand. Now that we are indoors most of the time, and often wearing clothing and sunscreen we do need to supplement with D. We do get a small amount from fish and eggs, but not enough unless you take cod liver oil.

I strongly disagree with this. Vitamin D and B12 are found in animal protein (and sunshine of course) I
don't think you have to be outdoors all that long to get enough vitamin D. You can't just analyze food to determine whether or not you are getting enough.

The Inuit diet never showed enough calcium yet an examination of their remains showed that they had plenty of calcium.

Getting too much of a nutrient is just as bad if not worse than not getting enough.

RE: Zero Carb / Meat and Water - Dwayne - 07-09-2008 06:08 AM

Well good news today, I am down to 329.8 (yes my scale is way too accurate) which I believe is 6.2 or 5.2 pounds down! Last night I had some sugar free candy which I imagine is a huge no no and was rewarded by barely being in ketosis this morning. Well at least now I know how that affects me. I have had a headache until this morning. I have given up everything diet except my one morning coffee. It is hard for me to pinpoint the headache as coming from diet coke caffeine withdrawl, aspartame or induction flu. One thing I do know is that my headache went through the night and this morning when I had my coffee it is gone. So I may end up having to go cold turkey if caffeine is going to do that to me the rest of the day. At least I know I am losing weight the way I am eating and that is exciting. Last night I made fajitas for my wife and son. It turned out really well! I had bought a cast iron skillet last week and used some basic spices and my family loved it too (I made them some tortillas.) I was a smidge bad and had about 1 Tbsp of salsa and 2Tbsp of guacamole. However it was soooo good. =)

Anyway hope you are all having a great day. I hope this switching to 95% water goes better for me today. I feel good this morning at least, but that may be the weightloss talking.

RE: Zero Carb / Meat and Water - LindaSue - 07-09-2008 06:15 AM

That's great news, Dwayne. I can tell you for sure that quitting diet cola can cause headaches. For me the withdrawal headache lasts no more than a day or two whether it's from cola or coffee.

RE: Zero Carb / Meat and Water - Charles - 07-09-2008 07:49 AM

Great job, Dwayne!

RE: Zero Carb / Meat and Water - jeepifer - 07-09-2008 08:27 AM

Now for the post of shame... 😞

I ate dinner out with the in-laws last night. I won't go into it, but long story short I *thought* I could eat a little meat. There must've been some hidden sugar(s) in/on the stuff, cuz I had mad cravings and ended up eating a whole heck of a lot more, not just meat.

Anyhow, moving on... I know my blood sugar went nuts (got the headache to prove it) and I'm sure my stomach isn't too happy with me. What other damage did I do? I'm assuming it will take a couple of days for this junk to clear my system. Did I reset the clock to day 1, or can my body recover faster?

I was just seeing a light at the end of the tunnel, one week gone and feeling better. Now what? 😞
jeepifer Wrote:
Now for the post of shame... 😟

Anyhow, moving on... I know my blood sugar went nuts (got the headache to prove it) and I'm sure my stomach isn't too happy with me. What other damage did I do? I'm assuming it will take a couple of days for this junk to clear my system. Did I reset the clock to day 1, or can my body recover faster?

Okay, take a deep breath! Did you do it? Okay, now relax. It usually takes a couple of days to see any result from the food you ate. All food gets stored in fat tissue first, and then it's added to your long term food supply.

The question is what it will do to your insulin levels. You may experience more cravings than usual for the next two days before meals. As long as you ignore them and stay the course, then there should be minimal harm. Your body does not like to be caught off guard so it will likely overcompensate for a couple of days by secreting a little extra insulin prior to meals.

Make sure you eat plenty of fat and protein and if you do eat some amount of carbohydrates, lower them for the next couple of days. By "ignore them" I don't mean go hungry. I'm just saying don't give in to them if you can help it. Make sure you eat enough so that you're full. It's much easier to fight cravings on a full stomach!

Jeepifer Wrote:
I was just seeing a light at the end of the tunnel, one week gone and feeling better. Now what? 😊

Just go right back to work and everything should be fine. Even if the scale goes up a couple of pounds, don't worry about it. Just keep eating healthy and keep living. This is all we can every do anyway!

Best regards,

Charles

RE: Zero Carb / Meat and Water - Charles - 07-09-2008 09:11 AM

By the way, I just want to say that I don't think there's such a thing as "off plan" or a "cheat" or any other thing. Zero-carb is not some diet plan. Rather, it's an attempt to return to biological zero, a reboot, if you will. I'm betting that once a person recovers their health, they will voluntarily choose to stick with it for the long term.

Granted, there will be times where you eat some saucy meat, or you indulge in chocolate or cheesecake or whatever it is, on the way to your destination. This is something that just happens. However, you will learn how this will make you feel. You will be able to make the determination as to whether that was a good idea or not. It is necessary to go through things like this to stick with zero-carb for the long term.

It's not at all about being perfect; Rather, it's about learning your body and becoming attuned to what it's trying to tell you. We all should endeavor to eat and drink cleanly the majority of the time. If you do this, then you'll get the biological feedback you need from the foods you eat. If you constantly eat badly, then those biological receptors won't work as well and they won't give you the feedback necessary to
make better choices. I think the same thing about supplements. Let your body tell you what you need, rather than sticking something in your mouth concocted in a laboratory.

This is in contradistinction to Dr. Atkins, but Gary Taubes agrees that his research reveals that the best thing to do is to remove the carbohydrates and get to the lowest weight your hormones will allow. Once there, you can experiment with different foods if you so choose but your body will be able to have a conversation with you regarding what it thought of those foods.

Just eating carbohydrates to the level of weight loss is not very good because obesity is just one of the many symptoms of the metabolic disorder of fat metabolism. Only the lucky ones get obese. Not only that, but when you're coming from a high-carb diet, just lowering carbs a little will produce weight loss, but your "biological ears" are not fine-tuned enough to provide adequate feedback.

I've learned over the past year that my body is now hypersensitive to carbohydrates. I can eat a piece of cheesecake or dark chocolate today and not notice any change TODAY. However, by the next day, all that fiber will make my digestive system go crazy. In the next couple of days I'll see some weight gain, some cravings, and probably eat more. But then, about four days out, I would lose the taste for the sweet item and then I'll be repulsed and feel really bloated. That would make me throw any remaining sweet items out and voluntarily return to my zero-carb lifestyle.

You might say, well, why not just stop with one piece or something like that? I'll tell you that I've never been able to do that. I can never eat a "single serving" or one square of chocolate. I have always been one to eat until I'm satisfied and that goes for everything. If I eat donuts, I'll eat them until I'm tired of them. My wife can keep a chocolate bar for six weeks and she'll occasionally eat a square and she's just fine. I can't seem to do that.

I only know this through error and trial. By the same token, you must go through this as well with the foods you eat. That's why I say, never view anything as a failure or as a cheat. This is all about health and your body will let you know what is healthy and what is not; but first you have to learn to listen to it. Unfortunately, sometimes the only way to do that is by eating something you probably shouldn't.

Stay strong friends!

Charles
Charles Wrote:
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That's what I'm hoping. I have a long way until health, though.

Charles Wrote:
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This is in contradistinction to Dr. Atkins, but Gary Taubes agrees that his research reveals that the best thing to do is to remove the carbohydrates and get to the lowest weight your hormones will allow. Once there, you can experiment with different foods if you so choose but your body will be able to have a conversation with you regarding what it thought of those foods.

Just eating carbohydrates to the level of weight loss is not very good because obesity is just one of the many symptoms of the metabolic disorder of fat metabolism. Only the lucky ones get obese. Not only that, but when you're coming from a high-carb diet, just lowering carbs a little will produce weight loss, but your "biological ears" are not fine-tuned enough to provide adequate feedback.

I've learned over the past year that my body is now hypersensitive to carbohydrates. I can eat a piece of cheesecake or dark chocolate today and not notice any change TODAY. However, by the next day, all that fiber will make my digestive system go crazy. In the next couple of days I'll see some weight gain, some cravings, and probably eat more. But then, about four days out, I would lose the taste for the sweet item and then I'll be repulsed and feel really bloated. That would make me throw any remaining sweet items out and voluntarily return to my zero-carb lifestyle.

Very good information, and something I need to remember!

Charles Wrote:
You might say, well, why not just stop with one piece or something like that? I'll tell you that I've never been able to do that. I can never eat a "single serving" or one square of chocolate. I have always been one to eat until I'm satisfied and that goes for everything. If I eat donuts, I'll eat them until I'm tired of them. My wife can keep a chocolate bar for six weeks and she'll occasionally eat a square and she's just fine. I can't seem to do that.

I'm the same way. If I eat one potato chip, I'll eat the bag (or darn near).

Charles Wrote:
Stay strong friends!

Thanks, it's one step at a time, sometimes one minute at a time.
poo123 Wrote:
I was really happy he is trying so hard. Well maybe Charles can figure out why the weight has decided to stay....
I have no advice for you, but just wanted to offer hugs and congrats on keeping on! It really is easier when you have someone close to you supporting and helping.

jeepifer Wrote:
... There must've been some hidden sugar(s) in/on the stuff, cuz I had mad cravings and ended up eating a whole heck of a lot more, not just meat.

Anyhow, moving on... I know my blood sugar went nuts (got the headache to prove it) and I'm sure my stomach isn't too happy with me. What other damage did I do? I'm assuming it will take a couple of days for this junk to clear my system. Did I reset the clock to day 1, or can my body recover faster?

I was just seeing a light at the end of the tunnel, one week gone and feeling better. Now what? 😞

You're not alone in this, jeepifer. I didn't bring my lunch today and went to a buffet and had what I thought was "safe" meats only (of course) and now -- within minutes of finishing -- I now have a lovely little headache. I don't feel any other symptoms yet but trust me, a headache is more than enough for me to realize I can't go back there as my backup lunch anymore...

*sigh* Obviously the only "safe" food I can really truly rely on is MY food.

Tough lesson to learn. 😞

jeepifer Wrote:
I found nutritional info on their website this morning. I was SHOCKED at the junk they inject in the meat at the manufacturer, as well as the crud they put in their "rubs" and "seasoning" -- quite the eye opener!

Like this, for what you'd *think* was plain chicken breasts (not that I eat them, but as an example):
GRILLED CHICKEN BREAST - USDA Chicken Breast, boneless, skinless, Marinade (water, vinegar, high fructose corn syrup, salt, modified tapioca starch, dehydrated garlic, soybean oil, lemon juice concentrate, dehydrated carrots, xanthan gum, dehydrated onion, onion powder, propylene glycol alginate, dehydrated red bell peppers, citric acid, color {caramel, beta carotene, carrot extractives}, spices, calcium disodium EDTA {used to protect flavor}, cottonseed oil).

or this, a freakin' "hamburger":
BURGER - 100% Ground Beef, Steak & Burger Seasoning (salt, sugar, lactose {milk}, garlic powder, spices, dehydrated onion, hydrolyzed soy protein, corn starch, dehydrated garlic, soybean oil, calcium silicate {anti-caking agent}, citric acid, dehydrated parsley, lemon juice powder {corn syrup solids, lemon juice solids, natural flavor}, natural smoke flavor, caramel color), Cheddar Cheese (pasteurized milk, cheese culture, salt, enzymes, annatto {vegetable color}, calcium chloride) OR Jack Cheese
It's *outrageous* the stuff they're allowed to put in our food! I am truly shocked and angry!

But I did eat the food.

**RE: Zero Carb / Meat and Water - MAC - 07-09-2008 11:43 AM**

jeepifer Wrote:
I found nutritional info on their website this morning. I was SHOCKED at the junk they inject in the meat at the manufacturer, as well as the crud they put in their "rubs" and "seasoning" -- quite the eye opener!

Like this, for what you'd *think* was plain chicken breasts (not that I eat them, but as an example):
**GRILLED CHICKEN BREAST - USDA Chicken Breast, boneless, skinless, Marinade (water, vinegar, high fructose corn syrup, salt, modified tapioca starch, dehydrated garlic, soybean oil, lemon juice concentrate, dehydrated carrots, xanthan gum, dehydrated onion, onion powder, propylene glycol alginate, dehydrated red bell peppers, citric acid, color {caramel, beta carotene, carrot extractives}, spices, calcium disodium EDTA {used to protect flavor}, cottonseed oil).**

or this, a freakin' "hamburger":
**BURGER - 100% Ground Beef, Steak & Burger Seasoning (salt, sugar, lactose {milk}, garlic powder, spices, dehydrated onion, hydrolyzed soy protein, corn starch, dehydrated garlic, soybean oil, calcium silicate {anti-caking agent}, citric acid, dehydrated parsley, lemon juice powder {corn syrup solids, lemon juice solids, natural flavor}, natural smoke flavor, caramel color), Cheddar Cheese (pasteurized milk, cheese culture, salt, enzymes, annatto {vegetable color}, calcium chloride) OR Jack Cheese (pasteurized milk, cheese culture, salt and enzymes). CONTAINS: Milk, Soy**

It's *outrageous* the stuff they're allowed to put in our food! I am truly shocked and angry!

But I did eat the food.

Yep. Same issue I had with the food at Famous Dave's Barbeque. Sugar in all the seasonings let alone the BBQ sauce. So if you get their items naked you still get sugar. Just like this place even in the darn hamburger. Not one single item on their menu does does not contain sugar either as corn syrup or dextrose.

**RE: Zero Carb / Meat and Water - LindaSue - 07-09-2008 11:48 AM**

jeepifer Wrote:
I found nutritional info on their website this morning. I was SHOCKED at the junk they inject in the meat at the manufacturer, as well as the crud they put in their "rubs" and "seasoning" -- quite the eye opener!

Like this, for what you'd *think* was plain chicken breasts (not that I eat them, but as an example):
**GRILLED CHICKEN BREAST - USDA Chicken Breast, boneless, skinless, Marinade (water, vinegar, high fructose corn syrup, salt, modified tapioca starch, dehydrated garlic, soybean oil, lemon juice concentrate, dehydrated carrots, xanthan gum, dehydrated onion, onion powder, propylene glycol alginate, dehydrated red bell peppers, citric acid, color {caramel, beta carotene, carrot extractives}, spices, calcium disodium EDTA {used to protect flavor}, cottonseed oil).**
or this, a freakin' "hamburger":
BURGER - 100% Ground Beef, Steak & Burger Seasoning (salt, sugar, lactose {milk}, garlic powder, spices, dehydrated onion, hydrolyzed soy protein, corn starch, dehydrated garlic, soybean oil, calcium silicate {anti-caking agent}, citric acid, dehydrated parsley, lemon juice powder {corn syrup solids, lemon juice solids, natural flavor}, natural smoke flavor, caramel color), Cheddar Cheese (pasteurized milk, cheese culture, salt, enzymes, annatto {vegetable color}, calcium chloride) OR Jack Cheese (pasteurized milk, cheese culture, salt and enzymes). CONTAINS: Milk, Soy

Where did you eat this food? Just curious and surprised that they have the ingredients posted online.

RE: Zero Carb / Meat and Water - LindaSue - 07-09-2008 11:51 AM

poo123 Wrote:
Maybe I am not eating enough. I usually have 1/2 lb of steak at around noon and then 3/4 lbs of ground beef at around 8-9pm. Thats it. I do drink water and I cook all my stuff with butter. But I am really full and do not feel like eating. Should I try and eat a third meat somewhere in there?

That's close to the amount of food that I've been eating lately but it's not enough to keep me from getting hungry, even if I spread that food out into 6-8 mini meals. If you're not hungry on that amount of food, you shouldn't force yourself to eat more. I wish that I could get by only eating twice a day. Sometimes eating all day long gets to be a drag.

RE: Zero Carb / Meat and Water - pennypritty1 - 07-09-2008 11:59 AM

poo123 Wrote:
Maybe I am not eating enough. I usually have 1/2 lb of steak at around noon and then 3/4 lbs of ground beef at around 8-9pm. Thats it. I do drink water and I cook all my stuff with butter. But I am really full and do not feel like eating. Should I try and eat a third meat somewhere in there?

I wish I could even eat that much ground beef. I get tired of it quickly and it's pretty much the cheapest meat item in my area. Real glum about that.

RE: Zero Carb / Meat and Water - Charles - 07-09-2008 12:08 PM

poo123 Wrote:
Hi guys, I have been off the radar for a few days. Well I am still doing just meat and water. I have lost 7.5 lbs and I have been on it since June 28th. I was hoping to lose more weight than that.

I'm glad you're still with us. Listen, for 11 days, that's nothing to sneeze at. I think I read somewhere that 2.5 pounds of weight loss per 7 days is considered healthy. You lost quite a bit more than that.

My weight loss didn't happen overnight. It took seven months of very low-carbohydrate eating to get from 207 to 164. I started off really fast but then I had weeks where I wouldn't lose any weight. There were weeks when I went the other way as well, but the key is you have to stick with it and not make any drastic changes or you can do more harm than good. Keep in mind that it's your body that regulates the weight, not your brain. Eat to appetite, get good sleep, relax, make love, be happy! I'm serious.

My weight loss pattern usually went like this. Let's say I just broke 200. Monday thru Thursday, it would be 198. Friday thru Sunday, it might be 196. Then, Monday thru Thursday, it would be 197, then by
Sunday, it would be 194. It would stay that way for two days and then go to 192. Then, I would sit there for an entire week or two before going to 188.

You see, it was all over the map. Even now on so-called "maintenance" it's still all over the place. My so-called goal was 164, but I spent most of this year at 156-159. I've spent a few days at 162 or 163, only to be back at 159 or even 158 a couple of days later even though I didn't change a thing. I can't stress this to you all enough. Weight is regulated by your body, not your brain. It's very similar to blood pressure and body temperature. Your body knows what it's doing, you just have to stay out of the way.

pooh123 Wrote:
I am a little sad but I am still doing the diet. Maybe I am not eating enough. I usually have 1/2 lb of steak at around noon and then 3/4 lbs of ground beef at around 8-9pm. That's it. I do drink water and I cook all my stuff with butter. But I am really full and do not feel like eating. Should I try and eat a third meat somewhere in there?

NO! (Sorry to yell...) Please do not eat if you are not hungry. You are doing fine.

poo123 Wrote:
I really want to stick with this and lose some weight. And my husband is doing a very low carb version. He is having meat, with eggs and some cheese. He is doing really well to. He started on Sunday and tonight he is going to do a weight check. I hope he is happy with the numbers. We are supporting each other really well, today he even went on a bike ride with me. I was really happy he is trying so hard. Well maybe Charles can figure out why the weight has decided to stay....

Don't lose heart. And I'll tell you something else, your husband may lose more weight than you and will likely lose it faster than you. Do not be angry at him or at yourself because of it. He doesn't have the hormones that you have and he likely has more muscle which makes a big difference.

The most beautiful thing you wrote is that you went on a bike ride together. Eating for health enables you to do things like this together and that's a wonderful thing. Don't ruin it by getting competitive or by having the wrong expectations. All you can do is continue to eat healthy and provide your body with the fuel it needs. Let it do the rest. Maybe it's not saving you from obesity as fast as you would like it to, but it's simultaneously saving you from diabetes, cancer, and heart disease. Your body is really busy right now so give it a break and be happy!

Congratulations on your 7.5-pound weight loss!

Best regards,

Charles

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RE: Zero Carb / Meat and Water - jeepifer - 07-09-2008 12:11 PM

LindaSue Wrote:
Where did you eat this food? Just curious and surprised that they have the ingredients posted online.
At least I can't complain about not giving full disclosure! I admire them for that, at least.

MAC Wrote:
Yep. Same issue I had with the food at Famous Dave's Barbeque. Sugar in all the seasonings let alone the BBQ sauce. So if you get their items naked you still get sugar. Just like this place even in the darn
hamburger. Not one single item on their menu does does not contain sugar either as corn syrup or dextrose.

Yes, it was Famous Daves BBQ. I thought I'd have a plain burger. Hah! I used to love their food, but taking a long, hard look at the additives just killed any thought of going back there. Ever. I can't believe I let my children ingest this stuff. 😞

**RE: Zero Carb / Meat and Water - Charles - 07-09-2008 12:16 PM**

jeepifer Wrote:
I found nutritional info on their website this morning. I was SHOCKED at the junk they inject in the meat at the manufacturer, as well as the crud they put in their "rubs" and "seasoning" -- quite the eye opener!

I always wonder, why the hell do they put high fructose corn syrup in EVERYTHING? What does chicken need with sugar? I understand it's also a preservative. Then we have soybean oil and you know I hate soy in any form. It looks like all of the crap in the chicken breast and the burger came from the marinade and the seasonings.

I really got depressed on the Fourth of July when I was looking through the sauces for the ribs for my family. Practically all of them had HFCS in them so we ended up settling for a rub; but even most of those were terrible. Fortunately, they had a section for the local purveyors and there are some local farmers who have made rubs without all the crap. I learned that real North Carolina barbecue is not sweet, it's more vinegar-tasting so that was kind of cool.

**RE: Zero Carb / Meat and Water - poo123 - 07-09-2008 12:21 PM**

Thanks Charles and everyone else, I did need the little pep talk. Ok, I will just eat when hungry have fun and let my body do its thing. I will try not to KILL my husband when he is losing more than me (HAHA) I will stick with the program because I really like it and it does make me happy knowing I only eat twice a day and am full on that, no nibbling or snacking as before. I will go on more bike rides and start doing my weight training like before. And I will remember that I didn't put all the weight on overnight so I will not lose it overnight!! Thats my pledge and I am going to stick with it, Thanks again guys...

**RE: Zero Carb / Meat and Water - Angela - 07-09-2008 12:23 PM**

pennypritty1 Wrote:
poo123 Wrote:
Maybe I am not eating enough. I usually have 1/2 lb of steak at around noon and then 3/4 lbs of ground beef at around 8-9pm. Thats it. I do drink water and I cook all my stuff with butter. But I am really full and do not feel like eating. Should I try and eat a third meat somewhere in there?

I wish I could even eat that much ground beef. I get tired of it quickly and it's pretty much the cheapest meat item in my area. Real glum about that. 😞

I can eat much more steak, particularly porterhouse with fat then I can ground beef. GB does seems to
fill me up more and I have tried various seasonings to no avail. Coconut oil helps but I must say I don't really enjoy ground beef much. 😞

I can eat a 16 oz porterhouse steak 2-3Xs a day! 😋 It does have the bone so the net weight is about 12oz..

Ribs are good and grilled fish with butter are tasty!!!

RE: Zero Carb / Meat and Water - jeepifer - 07-09-2008 12:30 PM

Porterhouse! Drool. So expensive, though. 😞

RE: Zero Carb / Meat and Water - travis t - 07-09-2008 12:36 PM

Charles you wonder why they put high fructose corn syrup in everything. According to GCBC page 393, Taubes wrote that fructose is converted to glycerol phosphate at a better rate than glucose. More glycerol phosphate = more fat locked into adipose tissue = less fuel for body tissues = quicker hunger = more food sales for them. I don't think that this has been done by accident.

travis t

RE: Zero Carb / Meat and Water - Charles - 07-09-2008 12:48 PM

travis t Wrote: Charles you wonder why they put high fructose corn syrup in everything. According to GCBC page 393, Taubes wrote that fructose is converted to glycerol phosphate at a better rate than glucose. More glycerol phosphate = more fat locked into adipose tissue = less fuel for body tissues = quicker hunger = more food sales for them. I don't think that this has been done by accident.

travis t

Well, I try really hard not to be a conspiracy theorist, but it's hard to ignore it when it pops up so many places. Honestly, I don't believe it's a conspiracy. I think that would give them too much credit.

I do believe that nutrition in this country is a religion. It just is. These people truly believe that people are fat because they eat too much and move too little. They think HFCS is safe for diabetics because it doesn't raise their blood sugar, it goes straight to the liver. The diabetes web site says that it's a myth that diabetics got the disease from eating too much sugar and that they should be allowed to eat carbohydrates just like everyone else. They also say that everyone with high insulin levels don't get fat (which is true -- only the lucky ones get fat) so insulin is not the problem.

As totally retarded as these ideas are, you can find religions that make claims just as fantastic yet people buy them hook, line and sinker because they believe them. When belief is involved, reason and science are tossed from the window!

RE: Zero Carb / Meat and Water - jeepifer - 07-09-2008 12:54 PM
Charles Wrote:
They also say that everyone with high insulin levels don't get fat (which is true -- only the lucky ones get fat) so insulin is not the problem.

I don't quite understand this... Am I lucky to be overweight, instead of diabetic? I know I'm probably borderline pre-diabetic, which is why I am trying to get my glucose/insulin under control w/ zero carb.

jeepifer Wrote:
I don't quite understand this... Am I lucky to be overweight, instead of diabetic? I know I'm probably borderline pre-diabetic, which is why I am trying to get my glucose/insulin under control w/ zero carb.

Yes, I believe you are. The same metabolic disorder of fat metabolism that leads to high insulin also causes obesity, Syndrome X (AKA Metabolic Syndrome) diabetes, cancer, hypertension, heart disease, dementia, Alzheimer's and accelerates the aging process. On this forum, we refer to these diseases as the diseases of civilization.

All of these diseases are symptoms of the metabolic disorder. We know this because diabetics have the highest risk of getting cancer and heart disease than those without diabetes. I can be more specific on an individual disease if you would like.

In the late 1980s, the medical establishment via Gerald Reaven and his discovery of metabolic syndrome (formerly called Syndrome X) finally realized that these diseases may be related although they still seem to be unsure of the cause. They know that chronically-high insulin levels has been implicated in each one of these diseases yet they are so specialized, they are unable to put it all together.

They know that high insulin levels are common to all of these diseases but they still consider each to be a separate disease so they are unable to get to the cause. Do you ever notice that they tell you to exercise and lose weight to lower your risk for each of them? They are busy looking for a drug to lower insulin rather than telling the public to cut out the carbohydrates.

Epidemiology shows us quite clearly that when new civilizations increase their consumption of refined carbohydrates to 70 pounds of sugar per person, per annum, these diseases begin showing up. Once one appears, they all follow closely behind usually within one or two generations.

jeepifer Wrote:
Porterhouse! Drool. So expensive, though.

Just bought some New York steaks on sale last week as well as some rib eye steaks. 4th of July all the groceries put these on sale for around $4.00/lb. Not cheap but not the usual $9-$10/lb.

A New York steak is just the large portion of a porterhouse. I actually prefer rib eyes as they are fattier.
In the late 1980s, the medical establishment via Gerald Reaven and his discovery of metabolic syndrome (formerly called Syndrome X) finally realized that these diseases may be related although they still seem to be unsure of the cause. They know that chronically-high insulin levels has been implicated in each one of these diseases yet they are so specialized, they are unable to put it all together.

I just ordered Reaven's book today from Amazon as well as McCleary's Brain Trust. Will see if it has anything interesting in it. A lot cheaper than his text book on syndrome X at $120.

RE: Zero Carb / Meat and Water - Charles - 07-09-2008 01:17 PM

MAC Wrote:
I just ordered Reaven's book today from Amazon as well as McCleary's Brain Trust. Will see if it has anything interesting in it. A lot cheaper than his text book on syndrome X at $120.

That should be good. Taubes says that Reaven is pretty upset because he feels that in GCBC he came across as supporting the alternative hypothesis. He's concerned about his reputation! Someone needs to tell him that his work supports the hypothesis and it's not necessary that he does!

RE: Zero Carb / Meat and Water - jeepifer - 07-09-2008 01:18 PM

No one in my family is diabetic. But we all have high blood pressure. I developed mine at 28, before the worst of my weight gain. So I'm the 3rd generation, and it is progressing with me. Yikes.

So, first came hypertension, then obesity, and will continue on to diabetes if I don't get my act together. Wow. And scary.

I think I will go get myself a nice steak for dinner. My kids are getting homemade hamburgers, sans bun of course. 😊

RE: Zero Carb / Meat and Water - MAC - 07-09-2008 01:21 PM

Charles Wrote:
MAC Wrote:
I just ordered Reaven's book today from Amazon as well as McCleary's Brain Trust. Will see if it has anything interesting in it. A lot cheaper than his text book on syndrome X at $120.

That should be good. Taubes says that Reaven is pretty upset because he feels that in GCBC he came across as supporting the alternative hypothesis. He's concerned about his reputation! Someone needs to tell him that his work supports the hypothesis and it's not necessary that he does!

Taubes really outed some of these researchers in his book. They could not make the connection between carbs and what they found. Or as he says they couldn't come out and say it publicly for fear of losing their reputations.

RE: Zero Carb / Meat and Water - Charles - 07-09-2008 01:22 PM

jeepifer Wrote:
So, first came hypertension, then obesity, and will continue on to diabetes if I don't get my act together. Wow. And scary.

Generally yes, although it's not always so neat. Many thin people get diabetes and some obese people never get diabetes. However, many thin people in seemingly good physical condition get heart attacks and cancer every day. However, people in isolated populations that don't eat refined carbohydrates do not get any of these things. I forgot to add dental problems such as crowded teeth, gingivitis, etc, to our list. These actually show up first and are usually passed from the first generation parents to the children (as is the traits for all of these things).

Jeepifer Wrote:
I think I will go get myself a nice steak for dinner. My kids are getting homemade hamburgers, sans bun of course. 😊

Great choice!

RE: Zero Carb / Meat and Water - travis t - 07-09-2008 01:23 PM

Charles,
I used to despise conspiracy theorys also but now i have to admit that i believe some are true. Any time there is big money involved the concern for safety goes out the window.
I read a story a couple of years ago in the Chicago tribune about Kraft foods and Phillip morris trading information about brain chemistry. Marlboros and oreo cookies, what a combo.

http://www.dailypress.com/news/specials/chi-oreo-1,0,2212016.story?page=1

http://fox17.trb.com/business/chi-0601290254jan29,0,2357733.story

travis t

RE: Zero Carb / Meat and Water - jeepifer - 07-09-2008 01:24 PM

Question for you:

I see a new doc on Friday. Should I ask for a glucose tolerance test with insulin levels? Would this tell me anything I don't suspect already? I have mixed feelings about an "official" diagnosis.

I think I pretty much *know* what's going on, and I need to see her to go over my blood pressure meds anyway, since my BP's been rising and I have to get those numbers down. What moron of a doctor put me on a drug that is *known* to raise blood glucose levels over time? Sheesh. I should have a red flag on my file called Metabolic Syndrome. Why do I as a layperson know this, and my doctor doesn't???

As you said, they treat one symptom at a time without regard to the whole. She was thinking "get that BP down" but the drug will lead me towards diabetes faster. Oh well, when that happens we'll just do meds for that too, right?

No. No. No. I am in this to get healthy and get off of as many medications as possible, thanks.
RE: Zero Carb / Meat and Water - Charles - 07-09-2008 01:29 PM

By the way, I should add that I have to go home and speak to my children today about my biological father (the m----f---- who didn't raise me). I learned at our family reunion last week that he has diabetes. Well, when he went home, he had a heart attack. Today, he's being fitted for a pacemaker. If you saw him, you would think he is a little overweight, but you probably wouldn't call him fat by any means. Most people in my extended family didn't understand how I could eat an all-meat diet. However, they couldn't deny how I looked.

My Aunt is 70 years old and looks fabulous. She believes she looks this way because she doesn't eat fat. Upon closer inspection, I found out that she doesn't eat sweets....

RE: Zero Carb / Meat and Water - Charles - 07-09-2008 01:49 PM

jeepifer Wrote:
I see a new doc on Friday. Should I ask for a glucose tolerance test with insulin levels? Would this tell me anything I don't suspect already? I have mixed feelings about an "official" diagnosis.

You might if it will ease your mind. The thing about the fasting test is that it may say that your blood sugar is normal. It's really quite irrelevant what happens to your blood sugar after a fasting test because in the real world, the blood sugar is what it is. The relevant question is how much insulin does it take to push glucose into your cells and lower the blood sugar. In other words, how insulin resistant are you? The damage has already been done by the time your blood sugar is abnormally high and by the time that test tells you anything.

If it does show something, then the situation is quite a bit worse than the test results show. If it shows nothing, you can't relax because the test was a fasting test. Jimmy just had a better test after a low-carb meal and I think he'll come back and tell you that his insulin was skyrocketing an hour after he ate a low-carb meal.

Insulin clears the bloodstream of any and all nutrients and makes you hungry compelling you to eat again. This is not hypoglycemia. This is too much insulin (hyperinsulinemia). The hypersecretion increases the time that fatty acids stay in fat tissue rendering them unable to circulate. To shrink fat tissue, you have to decrease the time that fatty acids stay trapped. You can do this in two ways. First, you have to slow the creation of triglycerides via glucose phosphate (by severely restricting dietary carbohydrate); and second, you have to find a way to increase the time fatty acids are mobile and decrease the time they are stored. You do this by eating when hungry and not eating when you're not hungry. You want to live off of stored fat for longer periods which conditions your pancreas to secrete less insulin.

Jeepifer Wrote:
I think I pretty much *know* what's going on, and I need to see her to go over my blood pressure meds anyway, since my BP's been rising and I have to get those numbers down. What moron of a doctor put me on a drug that is *known* to raise blood glucose levels over time? Sheesh. I should have a red flag on my file called Metabolic Syndrome. Why do I as a layperson know this, and my doctor doesn't???

Simply because of specialization. She's trying to be the best doctor she can in her specialty and she probably doesn't have much time to keep up on the latest in about 12 other relevant disciplines. Has your blood pressure changed since you've been zero-carbing? I noticed that mine went down rapidly after I began eating properly.
Jeepifer Wrote:
As you said, they treat one symptom at a time without regard to the whole. She was thinking "get that BP down" but the drug will lead me towards diabetes faster. Oh well, when that happens we'll just do meds for that too, right?

Actually, they are all concerned about heart disease. That's the number one killer so everything is geared towards that. Based on this, they'll tell you that your cholesterol is too high and you need a low-fat diet, statins, and blood pressure medication because that nasty fat and cholesterol (the deadly duo) will clog your arteries and lead to heart disease. If you have your lipid profile done, come back and share it with us (if you want to) and we'll know exactly where you are.

Jeepifer Wrote:
No. No. No. I am in this to get healthy and get off of as many medications as possible, thanks.

It's nice to have these tests for comparison if you're worried about it. My last doctor visit involved my lipid profile. I was standing in front of her after losing 46 pounds, my blood pressure was 105/60 (much like it is today), my triglycerides were low and my HDL was high. This lady only looked at my big, puffy LDL and my total cholesterol and decided I needed a drug (she didn't understand that large puffy stuff was good. I asked her to treat the patient standing in front of her, not the piece of paper. She was unable to do that so that's the last time I saw her.

I hope your visit is better!

Regards,

Charles

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**RE: Zero Carb / Meat and Water - Charles - 07-09-2008 02:12 PM**

travis t Wrote:
I used to despise conspiracy theories also but now i have to admit that i believe some are true. Any time there is big money involved the concern for safety goes out the window.
I read a story a couple of years ago in the Chicago tribune about Kraft foods and Phillip morris trading information about brain chemistry. Marlboros and oreo cookies, what a combo.

Okay, Travis, when I read stuff like this, I tend to agree with you:

*Studies on Oreos and other snack foods suggest that the same brain chemicals that create the rush of narcotics also keep people coming back for sugary treats.*

*The controversy over the American diet in recent years has centered on how much obese consumers are stuffing into their mouths. But the root of our overeating lies not in our stomachs, but in our brains.*

*Moments after a person eats an Oreo or any other sweet, the brain's pleasure centers release opiatelike compounds--chemical cousins of morphine. The result bears similarities to addiction, though many researchers say it is more like turning on a built-in craving.*

*Such work supports the controversial notion that our eating habits stem from brute physiology as well as free choice.*
Even though I figured some of these companies must know or suspect this, especially since they employ researchers and scientists to know, I wondered how it would impact them in light of the religious fervor that the obesity epidemic generates.

For instance, now they are saying that the problem originates in the brain (which it doesn't, but it surely affects the brain -- it starts with insulin and insulin regulates fat metabolism which is connected to the brain via the central nervous system). This fits with the dogma that obese people lack the willpower to stop overeating and being sedentary. If it affects the brain, then the obese really have no choice but to overeat because they are addicted to sugar. That's kind of what we're saying in the end, that sugar is an addiction and it compels you to eat more and more of it by placing you in a vicious cycle that leads to all the diseases of civilization.

That's powerful stuff but the snackfood industry will fight this really hard and I'm sure they'll marshal many experts of their own to lessen their liability. However, when you link them to Phillip Morris, who people already hate because of their cancer sticks, now you're on to something! It's not at all hard for anyone to believe that these guys are hiding stuff.

Great information, Travis! Wow!

**RE: Zero Carb / Meat and Water - MAC - 07-09-2008 02:19 PM**

jeepifer Wrote:
I see a new doc on Friday. Should I ask for a glucose tolerance test with insulin levels? Would this tell me anything I don't suspect already? I have mixed feelings about an "official" diagnosis.

Remember that a 'standard' GTT requires a 3 day carb load of 150g of carbs for each of three days prior to the test to normalize the values obtained. If they can do this like Jimmy's without the carb load you would be better off as those carbs are going to cause weight gain. The 'standard' GTT is to give you 75 g of a glucose syrup. Much better the way Jimmy's doctor did it with a low carb meal. But then Jimmy's symptoms may be different than your own and he is going to a well known low carb doctor.

**RE: Zero Carb / Meat and Water - Valcan - 07-09-2008 02:32 PM**

Valcan Wrote:
This post is by me on July 5 after eight days of zero carb:

June was a rough month for me with two cheat days (yes days, not meals) and lots of Greek salad. My body could not handle the extra carbs and after my last cheat day (which was June 27), my weight soared up 15 lbs! I know most of it was the water I stored after eating carbs but it is still scary to see the scale go so high. Yikes! After a week of zero carb, I have lost 12 of those pounds and am only three pounds from my one year weight on June 9. I hope to drop the other three pounds by the end of next week. After that I will be able to see if zero carbs will help me lose weight.

Today is July 9, day 13 of zero carb. In the last four days I have gained six pounds. WTF? I had some chicken wings at a restaurant on Sunday night that I thought were zero carb but I had cramps from them. Is this the result of the chicken wings? Six pounds though, it does not make sense. Since that meal, I have not ingested any carbs - just fatty meat and water. This is one of the reasons I jump around to different ways of eating. Charles, is this temporary? Is it normal to see an increase? How in the world is my body storing fat without insulin? I am confused and very discouraged.
On a different note, I received a call last night from the Alberta Cancer Society. They were doing a survey about the healthy habits of people who live in Alberta. Questions included ones that asked if I ate healthy - i.e. lots of grains, vegetables, fruit and low fat. I was more than happy to do the survey and answered every question. By the end of the survey, the woman knew what kind of diet I was eating and how much weight I had lost. I also convinced her to read GCBC and check out the Taubes Berkeley lecture online. Too bad she was a woman doing a job doing telephone surveys and not someone in the higher ranks of the Canadian Cancer Association.

Val

RE: Zero Carb / Meat and Water - Charles - 07-09-2008 02:46 PM

Valcan Wrote:
Today is July 9, day 13 of zero carb. In the last four days I have gained six pounds. WTF? I had some chicken wings at a restaurant on Sunday night that I thought were zero carb but I had cramps from them. Is this the result of the chicken wings? Six pounds though, it does not make sense. Since that meal, I have not ingested any carbs - just fatty meat and water. This is one of the reasons I jump around to different ways of eating. Charles, is this temporary? Is it normal to see an increase? How in the world is my body storing fat without insulin? I am confused and very discouraged.

The real question was what was in the sauce? I just looked at sauces from Buffalo Wild Wings for a friend of mine today and practically every sauce had high fructose corn syrup among other things and at least 2 grams of sugar per serving. That could cause problems. Plus, were those wings fried or breaded?

Six pounds sounds kind of high, but I've gone up pretty high myself at times after eating the wrong things. I'm sure it's temporary, just keep on your fatty meat and water and you'll be fine. Stay out of restaurants. Above all, take a deep breath and relax. Cortisol can account for 10 pounds so you have to relax and stay the course.

Insulin is always present. Just because you're eating fatty protein and water, that doesn't mean that you're not secreting insulin. This happens before the first bite. This is based on how you've eaten in the past. You have to consistently eat fatty protein and water for a long period of time to get your pancreas conditioned to secrete less. If you keep switching around, you'll keep your pancreas confused and it will continue to hypersecrete. Eight days is good, but it can take up to two months to become fat-adapted. As a matter of fact, Stefansson said it took six months to determine whether a person adapted to an all-meat diet.

I'm not trying to scare you but it takes time. Think about health, not weight loss.

It's not the amount of sugar that does us in, it's the presence of sugar and how much we crave food. If you watch someone else eat or think about food, that can cause you to secrete insulin. The longer you have been obese, the worse this is. This is the evil of hyperinsulinemia. Whenever you feel a little hungry, that's insulin prompting you to eat. Check out Chapter 24 of GCBC. Pavlov and Le Magnen were all over this.

All people secrete before meals, but those with this condition secrete more and also they secrete more often. All the time that chronic insulin levels are present, you will continue to store fatty acids and they will not be in your circulation. The time the fatty acids are out of circulation is more important than even the amount of sugar you eat sometimes.
Hang in there,

Charles

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RE: Zero Carb / Meat and Water - pennypritty1 - 07-09-2008 02:59 PM

Charles Wrote:
All people secrete before meals, but those with this condition secrete more and also they secrete more often. All the time that chronic insulin levels are present, you will continue to store fatty acids and they will not be in your circulation. The time the fatty acids are out of circulation is more important than even the amount of sugar you eat sometimes.

Hang in there,

Charles

Charles, you are truly the doctor of zero carbs.

(I was going to call you the godfather of zero carbs but I don't want you to blush) 😊

What would we do without you? I hope never to find out.

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RE: Zero Carb / Meat and Water - Valcan - 07-09-2008 03:03 PM

Valcan Wrote:
Today is July 9, day 13 of zero carb. In the last four days I have gained six pounds. WTF? I had some chicken wings at a restaurant on Sunday night that I thought were zero carb but I had cramps from them. Is this the result of the chicken wings? Six pounds though, it does not make sense. Since that meal, I have not ingested any carbs - just fatty meat and water. This is one of the reasons I jump around to different ways of eating. Charles, is this temporary? Is it normal to see an increase? How in the world is my body storing fat without insulin? I am confused and very discouraged.

The real question was what was in the sauce? I just looked at sauces from Buffalo Wild Wings for a friend of mine today and practically every sauce had high fructose corn syrup among other things and at least 2 grams of sugar per serving. That could cause problems. Plus, were those wings fried or breaded?

Six pounds sounds kind of high, but I've gone up pretty high myself at times after eating the wrong things. I'm sure it's temporary, just keep on your fatty meat and water and you'll be fine. Stay out of restaurants. Above all, take a deep breath and relax. Cortisol can account for 10 pounds so you have to relax and stay the course.

Insulin is always present. Just because you're eating fatty protein and water, that doesn't mean that you're not secreting insulin. This happens before the first bite. This is based on how you've eaten in the past. You have to consistently eat fatty protein and water for a long period of time to get your pancreas conditioned to secrete less. If you keep switching around, you'll keep your pancreas confused and it will continue to hypersecrete. Eight days is good, but it can take up to two months to become fat-adapted. As a matter of fact, Stefansson said it took six months to determine whether a person adapted to an all-meat diet.
I'm not trying to scare you but it takes time. Think about health, not weight loss.

It's not the amount of sugar that does us in, it's the presence of sugar and how much we crave food. If you watch someone else eat or think about food, that can cause you to secrete insulin. The longer you have been obese, the worse this is. This is the evil of hyperinsulinemia. Whenever you feel a little hungry, that's insulin prompting you to eat. Check out Chapter 24 of GCBC. Pavlov and Le Magnen were all over this.

All people secrete before meals, but those with this condition secrete more and also they secrete more often. All the time that chronic insulin levels are present, you will continue to store fatty acids and they will not be in your circulation. The time the fatty acids are out of circulation is more important than even the amount of sugar you eat sometimes.

Hang in there,
Charles

Thanks Charles. The wings were confusing, I asked the owner if they had any flour or sugar and he assured me that there was none. I ordered them plain without hot sauce. They looked seasoned but not floured and they did not taste sweet so I thought I was okay. I do not go to restaurants for this very reason but I was out of town and figured I could find something safe if I asked lots of questions.

I have given up on weight loss at this point in time and have committed to eating healthy and maintaining for the next year. The stress of stalling and not being able to drop has gotten to me over the last while so I thought I should take a break from weight loss. The pounds up freaked me out because I would like to maintain, now I feel I need to lose again before I start maintaining. I guess I am also disappointed that after cutting out cheese, eggs and AS I am not seeing a downward trend. Maybe if I relax and stay the course, my body will start to let go and the scale will go down without me even trying.

Again, Charles, thanks for the encouragement.

Val

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RE: Zero Carb / Meat and Water - Lauren - 07-09-2008 03:14 PM

Charles Wrote:
Jimmy just had a better test after a low-carb meal and I think he'll come back and tell you that his insulin was skyrocketing an hour after he ate a low-carb meal.
Charles

So what do you think this means for Jimmy? Will it be a matter of him cleaning up his diet or is there something more he can/should do?

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RE: Zero Carb / Meat and Water - MAC - 07-09-2008 03:32 PM

Lauren Wrote:
Charles Wrote:
Jimmy just had a better test after a low-carb meal and I think he'll come back and tell you that his insulin was skyrocketing an hour after he ate a low-carb meal.
Charles

So what do you think this means for Jimmy? Will it be a matter of him cleaning up his diet or is there something more he can/should do?

Here is what Jimmy said in his "A Whole Lot Less of Moore, More or Less" thread:

"Well, I got the results and quite frankly I'm not surprised. I'll give a full report this weekend when I get back home (I'm in NYC today), but my suspicions about the insulin were confirmed and something baffling happened. Although my blood sugar remained steady within 13 points throughout the test (between 78-90 including the fasting and rise after the meal--which there wasn't much of), my insulin dropped from the lower 4s to 13 in just 30 minutes after eating...and it remained elevated for nearly 3 hours! EEEEK! I'll have more to share in my blog post about this since I'm using my iPhone to type this. We've got some rather peculiar methods for dealing with this that I'll share too. See ya!"

We await the definition of "peculiar methods".

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**RE: Zero Carb / Meat and Water - poo123 - 07-09-2008 05:10 PM**

Valcan,
Charles gave me some great advice on page 90 of this thread, he cheered me up because I was down in the dumps about not losing weight as fast as I wanted. I am sticking with it because I feel so much better eating this way meat and water only. I hope you stick with it too, I have to keep telling myself every diet has its ups and downs and I just have to go with the flow.

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**RE: Zero Carb / Meat and Water - Ell.eee - 07-09-2008 05:33 PM**

Hi everybody. Thought I'd check in with my week three report as I gradually lower carbs trying to get hyperinsulinism and "prediabetes" (my Dr's word) in check. I don't post much. I feel a little out of sync as I'm not doing zero carb and I'm skinny with no weight to lose. I guess I'm one of those Charles talks about who have the metabolic problems without the symptom of obesity or weight gain.
Anyway I tried for 10 carbs last week, but didn't quite make it. Fitday gives me 13 for the week, so I'm trying again this week. No change in the shakes and hunger after eating (sounds a little like Jimmy - 30-60 minutes after eating I'm shakey and hungry though full) but when I wait it out I'm fine for hours.
Good news is 2 meals a day is working great - no hunger once I wait out my insulin surge(I guess that's what it is). And I only have to be strong twice a day rather than 3 or 4 times. And the increase in energy continues. I find myself continuing to jog a little further, do some chair exercise at work, and take on some physical chores just because I feel like doing it! As I've cut the carbs from 30 to 20 to 10 I've gained 2 pounds. I think it may be my body eagerly grabbing the fats it is now getting and I'm trying to learn to listen to it.
So the goal this week is maintain the VLC>10 and imagine my body healing itself internally.

Also what is the deal with all these Docs. Mine wrote prescriptions for pravachol - a statin, HRT, metformin, and fosamax. I threw them all away. I think I'm safer without them.
RE: Zero Carb / Meat and Water - **Mel** - 07-09-2008 06:41 PM

I'm another one that suffers what feels like low blood sugar between meals and I've tried lots of the ideas I found here. What is working for me is to increase my fat eating and decrease the amount of protein while still eating VLC. I think I was eating more protein than I needed and it was being converted to glucose therefore triggering more insulin release. That's just my best guess. I can tolerate heavy cream so I drink 100 gm, mixed with some water, over ice for lunch. I save the 50-60 grams of protein per day limit to have at dinner which is my biggest meal. So far, it has been an improvement. BTW, for breakfast, I've been having either cream over ice or an egg omelet using 1 whole egg and 3 additional yolks, some cream and about a tablespoon of butter, topped with sour cream, yum. Since starting this a few days ago, I finally saw a new low number on the scales this morning. It hadn't budged in about a month.

Mel

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RE: Zero Carb / Meat and Water - **Lauren** - 07-09-2008 07:00 PM

That's interesting Mel. It sounds like what Hyperlipid eats. In case you're interested, here is his link:

[http://high-fat-nutrition.blogspot.com/search/label/What%20do%20I%20eat%3F%20%281%29](http://high-fat-nutrition.blogspot.com/search/label/What%20do%20I%20eat%3F%20%281%29)

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RE: Zero Carb / Meat and Water - **MAC** - 07-09-2008 07:18 PM

Lauren Wrote:
That's interesting Mel. It sounds like what Hyperlipid eats. In case you're interested, here is his link:

[http://high-fat-nutrition.blogspot.com/search/label/What%20do%20I%20eat%3F%20%281%29](http://high-fat-nutrition.blogspot.com/search/label/What%20do%20I%20eat%3F%20%281%29)

Hyperlipid follows the Optimal Diet by the Polish doctor Kwasniewski. The main difference is that this diet is not a ketonegenic diet. Optimal Diet followers eat carbs (> 50 g/day) to stay out of ketosis or close to it.

[Optimal Diet](http://high-fat-nutrition.blogspot.com/search/label/What%20do%20I%20eat%3F%20%281%29)

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RE: Zero Carb / Meat and Water - **rozi** - 07-09-2008 08:12 PM

jeepifer Wrote:
I think I pretty much *know* what's going on, and I need to see her to go over my blood pressure meds anyway, since my BP's been rising and I have to get those numbers down. What moron of a doctor put me on a drug that is *known* to raise blood glucose levels over time? Sheesh. I should have a red flag on my file called Metabolic Syndrome. Why do I as a layperson know this, and my doctor doesn't????

As you said, they treat one symptom at a time without regard to the whole. She was thinking "get that BP down" but the drug will lead me towards diabetes faster. Oh well, when that happens we'll just do meds for that too, right?

Can I ask just what medication that moron of a doctor put you on that is *known* to raise blood glucose levels? I just got put on a new drug for blood pressure that I know little to nothing about. It is called Labetalol and is a alpha and beta blocker. I keep quitting my meds because I have a reaction to them,
they make me cough, not a little but so hard that I can't sleep or even lay down and keep gagging and vomiting. So far this one hasn't done that, thank goodness. I really do need a medication that I can take I think since low carbing or losing weight hasn't lowered the numbers for me.

RE: Zero Carb / Meat and Water - jeepifer - 07-09-2008 08:19 PM

The one that's at issue is part of the thiazide family, a diuretic. Here's a really good article written by a (now) retired doc about the class of drugs:
Do thiazide diuretics cause "benign" diabetes?

RE: Zero Carb / Meat and Water - jeepifer - 07-09-2008 08:22 PM

I take two medications: triamterene/hydrochlorothiazide (tradename Maxzide) and lisinopril. They took me off lisinopril in March because my creatinine levels were rising (not good for the kidneys!) but I'm back on it temporarily as my BP is back up and needed to come down.

How's the alpha/beta blocker working for you? I'm trying to have some recommendations handy for when I see my new doc Friday.

RE: Zero Carb / Meat and Water - zelia - 07-09-2008 08:33 PM

jeepifer Wrote:
The one that's at issue is part of the thiazide family, a diuretic. Here's a really good article written by a (now) retired doc about the class of drugs:
Do thiazide diuretics cause "benign" diabetes?

Thanks for posting this. I've been taking this drug for seven years. Nobody ever talked to me about its effects on blood sugar, dang'em.

RE: Zero Carb / Meat and Water - Mel - 07-09-2008 08:44 PM

Lauren Wrote:
That's interesting Mel. It sounds like what Hyperlipid eats. In case you're interested, here is his link:

http://high-fat-nutrition.blogspot.com/search/label/What%20do%20I%20eat%3F%20%281%29

That's where I got the idea. At my level of overweight, I just don't trust their recommended level of carbs. The high fat really ups my energy and I find I can't sit still, I figure that's good. I think, just as Charles has said repeatedly, that if you supply "plenty" of fuel to your cells they will relax and give up hoarded energy. That's what it feels like.

RE: Zero Carb / Meat and Water - waywardsister - 07-09-2008 09:47 PM

Just finished reading this whole thread! Not all at once, though I could have since I find this topic so fascinating.

I'm not new to all meat/fat - I go on and off it. I would like to stay on it, or at least <20, bc I've noticed that's when I feel my absolute best. I'm celiac - well, not dx'ed bc why have a biopsy? I tested via
Enterolab as gluten and casein intolerant, but lately I've been struggling with dairy. Ugh. I do believe it's an addiction (and the proteins can and do act as opiates in the body). Anyway, I'm going off dairy AGAIN with the exception of butter, which causes no problems for me. My diet's been a bit shoddy lately due to pure laziness regarding cooking (schedule's been a bit crazy, but hey, health should be a priority regardless). So thought I'd go back to basics.

Left to my own devices, I prefer eating meat and fat and condiments - mustard, mayo (I can get soy-free mayo, or I make my own), some veggie condiments like sauerkraut. I don't think I have blood sugar/insulin problems, as I can go hours and hours without eating even if I do carbs. Regardless, I prefer to keep them low bc I think it's just a more natural way to eat, at least the majority of the time. I've found that I want veggies and fruit less and less - the most I want is a little lemon juice on my steak, mainly bc I like sour flavours esp. with fat.

For now, I would like to go to biological zero and stay there for a bit. I have shed the majority of my excess body fat, just 5-10lbs left over, but I'm more interested in feeling good and doing what I think is best for my body. I'm also interested in seeing how a longer-term meat/fat diet suits me. So at the moment, I'm aiming for <20 (bc I know I'll get carbs from mayo, eggs etc). I'm so happy to have found this thread! Can I do biological zero at <20?

Charles, I've read (and still read) a ton of stuff about LC and VLC, etc etc, but I have to say that you have a knack for explaining the details in clear, plain language. Thank you - it's refreshing! It's a challenge for me, reading studies, bc I get all caught up in the terminology and my eyes glaze over. Thanks for taking the time to lay things out plainly.

On a happy food note, I found hot dogs today with a natural sheep casing! Some nitrates, yes, but other than that all full of good stuff. I'm in Canada, and I've noticed that we don't have HFCS in everything like you do in the States (it's not even in our pop) I spent a week in DC last year, and I couldn't believe the crap that was in things like rotisserie chicken! Just insane.

I'm very lucky to live in a city that has about a million farmer's markets with a variety of meat available (game as well as regular ol' beef, chicken etc), a butcher that sells me lard and duck fat, and pretty much whatever I want (bones, organs when available), and tons of ethnic markets and delis. I am not so lucky in that us city folk are apparently willing to pay premiums for just about everything 😒I like supporting farmers though, and since I'm just feeding myself and my three cats (all raw fed), it's not too bad.

Looking forward to keeping up with all your news and progress! We all have such different challenges, and to me that's what helps us all learn and makes things so interesting.

RE: Zero Carb / Meat and Water - Dwayne - 07-10-2008 05:24 AM

Hey guys and gals, I weighed in this morning and of course I went up a pound. I think it is just normal variance/water retention. I feel sooo much better without the diet drinks. My afternoon headaches have gone away. I am still having my morning coffee, but I think I will be able to wean myself off of that. I may try getting it Monday, Wednesday, Friday next week and then try to keep getting it down. Last night I had a big cobb salad and had more carbs than I probably should have. It had a little avocado and about 3 cherry tomatoes on it. So lettuce, cheese, dressing and all it was probably 10-12 carbs. =/ I still don't feel too bad, but I think I may try to go down to two meals a day. I am seldom hungry until I eat which usually means I could wait.

Oh and I had a doctor (the last time I went low carb) who tried to put me on some blood pressure/cholesterol drugs and I just told her no. She asked why I wouldn't take the drugs and I told her
because I had just lost 60 pounds from our last visit and wanted to see what more weight did. She looked at her chart and said, "Wow you did lose 60 pounds!" I can't believe she didn't check that out before attempting to prescribe the drugs. Well I only have about 12 more months before my wife forces me onto the drugs. She is being fairly understanding for being an ER doc herself. She wants it under control but thinks I should try to do it my way first. =)

Hope you all are having a great day.

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RE: Zero Carb / Meat and Water - Lauren - 07-10-2008 05:52 AM

Quote:
Hyperlipid follows the Optimal Diet by the Polish doctor Kwasniewski. The main difference is that this diet is not a ketonegenic diet. Optimal Diet followers eat carbs (> 50 g/day) to stay out of ketosis or close to it.

Quote:
That's where I got the idea. At my level of overweight, I just don't trust their recommended level of carbs. The high fat really ups my energy and I find I can't sit still, I figure that's good. I think, just as Charles has said repeatedly, that if you supply "plenty" of fuel to your cells they will relax and give up hoarded energy. That's what it feels like.

Do you know why the Optimal Diet wants you to stay out of ketosis? I tried to find the reason on the website but must be missing something. I've been doing a modified version of this too (and also don't trust the recommended carb levels)- more fat, minimum protein and less than 20 carbs. I just wondered if he has a good reason for recommending against ketosis?

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RE: Zero Carb / Meat and Water - MAC - 07-10-2008 05:58 AM

Lauren Wrote:
Quote:
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Quote:
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If you go to that site and I think click on the protein link, I believe he says something about protein
metabolism being hard on the body compared to glucose metabolism and thus wants to avoid gluconeogenesis.

RE: Zero Carb / Meat and Water - Copmagnt - 07-10-2008 06:03 AM

I am now zero carb to try and jump start myself again. I have hit a stall and I want this to keep working.

RE: Zero Carb / Meat and Water - rozi - 07-10-2008 06:45 AM

jeepifer Wrote:
I take two medications: triamterene/hydrochlorothiazide (tradename Maxzide) and lisinopril. They took me off lisinopril in March because my creatinine levels were rising (not good for the kidneys!) but I'm back on it temporarily as my BP is back up and needed to come down.

How's the alpha/beta blocker working for you? I'm trying to have some recommendations handy for when I see my new doc Friday.

Really too soon to tell, I've just been on it a week, and it has slowed my heart rate by about 10 beats per minute, but hasn't had more that about 10 points affect lowering my BP. My body fights mightily to keep it(my BP) up! I wish I understood I also wish I knew if the high blood pressure or the meds were worse for my body. Since my Mother and my oldest sister both died from total renal failure because of HBP and my next two older sisters have had strokes I do worry about it. Needless to say they were all being medicated!!

RE: Zero Carb / Meat and Water - Charles - 07-10-2008 07:47 AM

Valcan Wrote:
I have given up on weight loss at this point in time and have committed to eating healthy and maintaining for the next year. The stress of stalling and not being able to drop has gotten to me over the last while so I thought I should take a break from weight loss. The pounds up freaked me out because I would like to maintain, now I feel I need to lose again before I start maintaining. I guess I am also disappointed that after cutting out cheese, eggs and AS I am not seeing a downward trend. Maybe if I relax and stay the course, my body will start to let go and the scale will go down without me even trying.

Again, Charles, thanks for the encouragement.

Val

Well, this is very wise on your part. I hate to sound like a drone, but I really believe you just need to stay the course and avoid any drastic changes in your diet. It just takes time for our bodies to adjust to different fuels in different amounts. Remember that our ancestors did not enjoy much variety in their diets. Everyone ate what was local to their location and that was it. There was no supermarket or daily special. Trouble only began when the traders came through with their refined and easily digestible carbohydrates.

I was down 2.2 pounds today. I didn't do anything special yesterday. I ran some sprints yesterday morning, but I had 3/4 pound of ground beef for breakfast, about 5 country-style pork ribs for lunch and 2 chicken leg quarters for dinner, and water throughout the day. However, yesterday, I was up 2.8 pounds largely because I went to a Chinese buffet the night before and had some real sugary Asian ribs.
The sauce must have been 95% sugar. I only ate a couple, but I was up 2.8 the next morning. I just went back to my normal foods for a day and lost those pounds.

I'm just trying to say that it happens like this sometimes. Just keep to your routine the majority of the time and things should be fine. However, when you've got a lot to lose, you have to play it a little closer to the vest, that's all.

Regards,

Charles

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RE: Zero Carb / Meat and Water - Charles - 07-10-2008 07:51 AM

Lauren Wrote:
So what do you think this means for Jimmy? Will it be a matter of him cleaning up his diet or is there something more he can/should do?

I've never changed my opinion for Jimmy and don't worry, I tell him so when I see him. He needs to join us over here on zero-carb and stay there consistently in order to lose whatever his hormones will allow him to lose. He has to ditch all those products and keep it clean, period. Will he ever become as lean as he wants? I'm not so sure since he's been obese most of his life, but I think he can certainly get to a very nice weight and that coupled with his weight training should make for a handsome young man.

Losing 200 pounds of weight is amazing in its own right and most people would be very happy with such a result, if that's all he's able to achieve!

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RE: Zero Carb / Meat and Water - Charles - 07-10-2008 07:53 AM

MAC Wrote:
We await the definition of "peculiar methods".

That's the truth. I was with him the evening after those tests and he said that after he ate his low carb breakfast, he was super hungry within two hours, which totally fits hyperinsulinemia from what I've read. We'll see.

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RE: Zero Carb / Meat and Water - con - 07-10-2008 08:08 AM

I know I can't wait to hear the "news"!!!!!!!!! What is it about Jimmy that makes it all so interesting? Is he just a good storyteller that knows how to draw out the suspense????????? I'm cheering for the ZC team and hyperinsulinemia---why do I hope Charles is right? Is it like routing for the home team?

con

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RE: Zero Carb / Meat and Water - Charles - 07-10-2008 08:08 AM

Ell.eee Wrote:
Good news is 2 meals a day is working great - no hunger once I wait out my insulin surge (I guess that's what it is). And I only have to be strong twice a day rather than 3 or 4 times. And the increase in energy continues. I find myself continuing to jog a little further, do some chair exercise at work, and take on some physical chores just because I feel like doing it! As I've cut the carbs from 30 to 20 to 10 I've gained 2 pounds. I think it may be my body eagerly grabbing the fats it is now getting and I'm trying to learn to listen to it.

So the goal this week is maintain the VLC>10 and imagine my body healing itself internally.

Also what is the deal with all these Docs. Mine wrote prescriptions for pravachol - a statin, HRT, metformin, and fosamax. I threw them all away. I think I'm safer without them.

This is fantastic news. I wish you would post more because I love good news! 😊 I like that you are noticing the cues from your whole body not just the scale. If you get a little hungry or gain a little weight when increasing physical activity, that too is a sign that your body is working correctly. I experience my greatest energy surges sometimes when my weight is a little higher than what I think it should be.

In addition to what Ell.eee has found, people should look for things such as the quality of their hair, maybe it's a little shinier or has more vitality; or perhaps hair loss may have stopped. Perhaps your libido has improved, or your skin tone, decreased acne, you sleep better, you urinate more despite not drinking more water. You may feel a bit tired at times, but once you get up and get going you find that you have more energy than you thought you had.

Sugar gives you that instant surge but then declines shortly after. The energy we get is a slow burning type of energy that is long lasting, but it's not so obvious at first. It takes time to get used to this and to realize how much energy you actually have. When I race I typically feel tired at the starting line, but once I start running, I have a big reservoir of energy at my disposal!

When I did my sprints Wednesday morning, I was awesome (if I say so myself) and I was very surprised. I was a little peeved about the 2.8 pound gain and I was also a bit tired because I got up so early, so I didn't expect much at the track. Let me tell you, I breezed through my workout and far exceeded my expectations. I got back and jumped on the scale before I hit the shower, and I lost a whopping .2. However, the next morning, I was down 2.2, so it was all a matter of just staying the course and doing what I was supposed to.

No matter how many times I prove this to myself, I'm still amazed when it happens.

Oh, and yes, doctors are totally following some script. They see X and they prescribe Y. I don't think they treat patients. I think they treat scenarios and test results. They have not been trained to think critically and search for certain variables that could change the entire equation. I really think it's a product of specialization.

Regards,

Charles

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waywardsister Wrote:
For now, I would like to go to biological zero and stay there for a bit. I have shed the majority of my excess body fat, just 5-10lbs left over, but I'm more interested in feeling good and doing what I think is best for my body. I'm also interested in seeing how a longer-term meat/fat diet suits me. So at the
moment, I'm aiming for <20 (bc I know I'll get carbs from mayo, eggs etc). I'm so happy to have found this thread! Can I do biological zero at <20?

Absolutely you can. The fact that you felt the difference for yourself at <20 proves the point. Each time I lowerd my level, I felt better. Sometimes, going up is the only way to show a person how good it was at the lower carb level. Unfortunately, I've had to learn that the hard way as well.

waywardsister Wrote:
Charles, I've read (and still read) a ton of stuff about LC and VLC, etc etc, but I have to say that you have a knack for explaining the details in clear, plain language. Thank you - it's refreshing! It's a challenge for me, reading studies, bc I get all caught up in the terminology and my eyes glaze over. Thanks for taking the time to lay things out plainly.

Thanks for the kind words. I shutter to think how many times I must have repeated myself when someone says they read through the entire thread. 😅

waywardsister Wrote:
Looking forward to keeping up with all your news and progress! We all have such different challenges, and to me that's what helps us all learn and makes things so interesting.

Great to have you and best regards,

Charles

**RE: Zero Carb / Meat and Water - Charles - 07-10-2008 08:29 AM**

Dwayne Wrote:
Hey guys and gals, I weighed in this morning and of course I went up a pound. I think it is just normal variance/water retention. I feel sooo much better without the diet drinks. My afternoon headaches have gone away. I am still having my morning coffee, but I think I will be able to wean myself off of it. I may try getting it Monday, Wednesday, Friday next week and then try to keep getting it down. Last night I had a big cobb salad and had more carbs than I probably should have. It had a little avocado and about 3 cherry tomatoes on it. So lettuce, cheese, dressing and all it was probably 10-12 carbs. =/ I still don't feel too bad, but I think I may try to go down to two meals a day. I am seldom hungry until I eat which usually means I could wait.

Great news, Dwayne. Just think if you didn't have the cobb salad, you would have probably been down a pound or two. Remember that we are hyperphagic beings. We store fat in the daytime and we burn them at night. If you eat carbohydrates late, those will likely have no choice but to be stored. Salad doesn't contain many, but all carbohydrates cause us to retain more water than we ordinarily would so if you do eat salads, I would try to eat them earlier in the day and just stick with fat and protein for dinner if possible.

Dwayne Wrote:
She looked at her chart and said, "Wow you did lose 60 pounds!" I can't believe she didn't check that out before attempting to prescribe the drugs. Well I only have about 12 more months before my wife forces me onto the drugs. She is being fairly understanding for being an ER doc herself. She wants it under control but thinks I should try to do it my way first. =)
Sounds eerily similar to my doctor. She was more interested in her script than actually treating you! Way to stand your ground. Well, hopefully you can make great inroads this year so your wife backs off. We're all with you, man!

Charles

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**RE: Zero Carb / Meat and Water** - Charles - 07-10-2008 08:30 AM

Copmagnnt Wrote:
I am now zero carb to try and jump start myself again. I have hit a stall and I want this to keep working.

Tell us more, Copmagnnt and we'll see if there's anything obvious. What are you eating, how often, when did you start, etc.

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**RE: Zero Carb / Meat and Water** - Mel - 07-10-2008 08:34 AM

Lauren Wrote:
Quote:
Hyperlipid follows the Optimal Diet by the Polish doctor Kwasniewski. The main difference is that this diet is not a ketonegenic diet. Optimal Diet followers eat carbs (> 50 g/day) to stay out of ketosis or close to it.

Quote:
That's where I got the idea. At my level of overweight, I just don't trust their recommended level of carbs. The high fat really ups my energy and I find I can't sit still, I figure that's good. I think, just as Charles has said repeatedly, that if you supply "plenty" of fuel to your cells they will relax and give up hoarded energy. That's what it feels like.

Do you know why the Optimal Diet wants you to stay out of ketosis? I tried to find the reason on the website but must be missing something. I've been doing a modified version of this too (and also don't trust the recommended carb levels)- more fat, minimum protein and less than 20 carbs. I just wondered if he has a good reason for recommending against ketosis?

Yes, I do sort of know why. Dr JK thinks too many ketones aren't good for your brain, some are necessary but not a flood. I could not follow the science so I don't know. At least now, when I feel I'm not in ketosis, I don't fret about it. If I run across the thread about it, I'll post it. I spend a lot of time on that blog these days.

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**RE: Zero Carb / Meat and Water** - Charles - 07-10-2008 09:27 AM

I think they're afraid of keto-adaptation because of the intense flu-like symptoms that people experience. It's one of those things that has to be endured. Another reason people get ketosis is when they consume too much lean protein because it's a precursor to hyperammonemia, which is a build-up of ammonia in the blood which can cause lethargia and even death in a short time. The Optimal diet is concerned with high fat as they should be. I don't think there is such a think as a high-protein diet, but people keep insisting on labeling certain eating plans as such.
The ketosis that most are afraid of is the kind where ketones get wasted in the urine and the body. A person who is keto-adapted uses ketones efficiently and therefore show no waste. I do not show positive on those strips even though I eat zero carbohydrates. Even if I were to eat 20 grams of carbohydrates today I would still not show positive.

RE: Zero Carb / Meat and Water - jeepifer - 07-10-2008 10:38 AM

So the ketones present initially are because our body hasn't adapted fully to running on them yet, and when it has, we won't show anything on those stupid sticks? Uck. WTH didn't anyone tell me this before? 🙄

RE: Zero Carb / Meat and Water - Dwayne - 07-10-2008 11:06 AM

Charles Wrote:
Great news, Dwayne. Just think if you didn't have the cobb salad, you would have probably been down a pound or two. Remember that we are hyperphagic beings. We store fat in the daytime and we burn them at night. If you eat carbohydrates late, those will likely have no choice but to be stored. Salad doesn't contain many, but all carbohydrates cause us to retain more water than we ordinarily would so if you do eat salads, I would try to eat them earlier in the day and just stick with fat and protein for dinner if possible.

Yeah I should have known better than to eat that salad. I know the pound will come off with a good clean day behind me. So far I haven't eaten lunch and it doesn't look like I will. I am just not hungry. I feel like I already have more energy and cleaned up the office today to work off some excess. I may go to the gym tonight if I can squeeze away after dinner. My wife's schedule is later in the evening and it is a bit frustrating not being able to build a consistent routine.

RE: Zero Carb / Meat and Water - Angela - 07-10-2008 11:38 AM

Charles Wrote:
My Aunt is 70 years old and looks fabulous. She believes she looks this way because she doesn't eat fat. Upon closer inspection, I found out that she doesn't eat sweets....

My grandmother lived to be 97 and she was in excellent health almost up until her death. She could kick her leg above her head and often would climb ladders to do things around her home. She basically lived alone and was never fat. I am sure genes had something to do with it but she was a very basic eater: meat and veggies and never relly cared for sweets!! 😏

RE: Zero Carb / Meat and Water - Charles - 07-10-2008 12:22 PM

jeepifer Wrote:
So the ketones present initially are because our body hasn't adapted fully to running on them yet, and when it has, we won't show anything on those stupid sticks? Uck. WTH didn't anyone tell me this before? 🙄

That's right. I always smile when I see people so preoccupied with them. They think they are evidence of
"fat-burning." It's just waste and a sign that there are not many sources of glucose present in the diet so the body begins converting fatty acids to ketones. All evolutionary systems in the body tend to overcompensate and this one is no different.

Some tend to stay around 20-30 grams of carb per day and this unfortunately puts them right on the cusp of ketosis especially if they eat leaner meats. Staying right on the edge seems uncomfortable in my opinion because you never really go one way or the other. It's best to just bite the bullet and get yourself keto-adapted so you experience the beauty of an all-fat metabolism as it was designed to be.

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**RE: Zero Carb / Meat and Water - Charles - 07-10-2008 12:26 PM**

Dwayne Wrote:
Yeah I should have known better than to eat that salad. I know the pound will come off with a good clean day behind me. So far I haven't eaten lunch and it doesn't look like I will. I am just not hungry. I feel like I already have more energy and cleaned up the office today to work off some excess. I may go to the gym tonight if I can squeeze away after dinner. My wife's schedule is later in the evening and it is a bit frustrating not being able to build a consistent routine.

Just make sure you don't overdo it. It's easy to do once you begin experiencing this new energy. You are right to skip the meals if you're not hungry. The fact that you're living off of your stored fat is proof that things are working. When you do eat, make sure you always include some protein so that your body doesn't go after that new muscle you're creating at the gym.

Remember, don't allow yourself to be depleted at the gym. Stop before you get wore out. Only exercise if you feel like you literally have "energy to burn." Never make yourself go workout when you don't feel like it because this does more harm than good over the long term.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - lowcarbscott - 07-10-2008 12:28 PM**

Charles Wrote:
travis t Wrote:
I used to despise conspiracy theoreys also but now i have to admit that i believe some are true. Any time there is big money involved the concern for safety goes out the window.
I read a story a couple of years ago in the Chicago tribune about Kraft foods and Phillip morris trading information about brain chemistry. Marlboros and oreo cookies, what a combo.

Okay, Travis, when I read stuff like this, I tend to agree with you:

*Studies on Oreo's and other snack foods suggest that the same brain chemicals that create the rush of narcotics also keep people coming back for sugary treats.*

*The controversy over the American diet in recent years has centered on how much obese consumers are stuffing into their mouths. But the root of our overeating lies not in our stomachs, but in our brains.*

*Moments after a person eats an Oreo or any other sweet, the brain's pleasure centers release opiatelike...*
compounds--chemical cousins of morphine. The result bears similarities to addiction, though many researchers say it is more like turning on a built-in craving.

Such work supports the controversial notion that our eating habits stem from brute physiology as well as free choice.

Even though I figured some of these companies must know or suspect this, especially since they employ researchers and scientists to know, I wondered how it would impact them in light of the religious fervor that the obesity epidemic generates.

For instance, now they are saying that the problem originates in the brain (which it doesn't, but it surely affects the brain -- it starts with insulin and insulin regulates fat metabolism which is connected to the brain via the central nervous system). This fits with the dogma that obese people lack the willpower to stop overeating and being sedentary. If it affects the brain, then the obese really have no choice but to overeat because they are addicted to sugar. That's kind of what we're saying in the end, that sugar is an addiction and it compels you to eat more and more of it by placing you in a vicious cycle that leads to all the diseases of civilization.

That's powerful stuff but the snackfood industry will fight this really hard and I'm sure they'll marshal many experts of their own to lessen their liability. However, when you link them to Phillip Morris, who people already hate because of their cancer sticks, now you're on to something! It's not at all hard for anyone to believe that these guys are hiding stuff.

Great information, Travis! Wow!

I read in USA Today that Nestle owns Jenny Craig, one company sells the poison and the other charges $100 to take the result off. Must be some kind of hedge strategy.
Scott

RE: Zero Carb / Meat and Water - Ell.eee - 07-10-2008 02:18 PM

Oh my gosh I just ate beef back ribs for the first time in my life. Wow fatty, flavorful and delicious. I won't be able to afford them too often usually stick to the 73/27 ground beef I learned about here or cheap bacon or sausage and these are new to me too. I feel like I've been deprived my whole life eating skinless chicken breasts and 99% lean ground turkey - I just didn't know it. Now what do I do with all this extra lean meat in my freezer? I have to eat it. Maybe drown it in butter or bacon fat? Sorry for the silly post but I know you guys may best appreciate what a huge surprise and pleasure it is to find a whole new category of food at age 55! And DH says he loves my "new style" of cooking.

RE: Zero Carb / Meat and Water - Charles - 07-10-2008 02:25 PM

Ell.eee Wrote:
Oh my gosh I just ate beef back ribs for the first time in my life. Wow fatty, flavorful and delicious. I won't be able to afford them too often usually stick to the 73/27 ground beef I learned about here or cheap bacon or sausage and these are new to me too. I feel like I've been deprived my whole life eating skinless chicken breasts and 99% lean ground turkey - I just didn't know it. Now what do I do with all this extra lean meat in my freezer? I have to eat it. Maybe drown it in butter or bacon fat? Sorry for the silly post but I know you guys may best appreciate what a huge surprise and pleasure it is to find a whole new category of food at age 55! And DH says he loves my "new style" of cooking.
You could do that, but you could also eat it alongside the fattier stuff. For instance, if you have some chicken breast, cook some bacon along with it and use a lot of the fat. Cook some ground turkey with some 73/27 so you can make use of the fat. The fats that come naturally in beef, pork and poultry are superior to what you get from dairy creams.

Enjoy!

Charles

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**RE: Zero Carb / Meat and Water - Dwayne - 07-11-2008 05:49 AM**

Well I just updated my little weight ticker with my morning weigh in. You can actually see my starting weigh now! That was a little mental mini goal I guess. I am at 328 as of this morning and very excited. Finally another little jog of movement. The lasagna poppers I made last night were not so good so back to the drawing board. Anyway, we walked the little guy last night so that was my exercise. A nice loop of the neighborhood. I feel great again today and I hope it keeps going. My wife is not happy with the very fatty cooking, but I think I may start using lean meats and adding bacon and what not for myself on them and leaving them off of hers. She is worried about my acute triglyceride spikes. Does that make sense Charles? I told her low carb makes tri go down, but she said that increasing spikes throughout the day could be bad for building up plaque in the ol veins regardless of the long term measurements. As a side not her father just recently had 3 stints put in and has been on Atkins maintenance for 5 years. 10 years ago he had a cath down and no blockages. She says she knows there are lots of other factors for him, and she is glad about his atkins diet and the health benefits of it, but that she wishes for him and me that we would eat lower fat/healthier fat meats and oils.

Anyway just curious. At the end of the day she wants what is best for us and doesn't care how I lose the weight since it will cause more health issues than not losing the weight. I think she wants to make sure I don't pump her and the baby up with high fat meals as well all the time since I am the primary cook of the house.

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**RE: Zero Carb / Meat and Water - Tana - 07-11-2008 06:00 AM**

Charles Wrote:
jeepifer Wrote:
So the ketones present initially are because our body hasn't adapted fully to running on them yet, and when it has, we won't show anything on those stupid sticks? Uck. WTH didn't anyone tell me this before? 😏

That's right. I always smile when I see people so preoccupied with them. They think they are evidence of "fat-burning." It's just waste and a sign that there are not many sources of glucose present in the diet so the body begins converting fatty acids to ketones. All evolutionary systems in the body tend to overcompensate and this one is no different.

Some tend to stay around 20-30 grams of carb per day and this unfortunately puts them right on the cusp of ketosis especially if they eat leaner meats. Staying right on the edge seems uncomfortable in my opinion because you never really go one way or the other. It's best to just bite the bullet and get yourself keto-adapted so you experience the beauty of an all-fat metabolism as it was designed to be.
Charles,
You are right about the ketosis. Every time I let my carbs creep back, I end up with the cravings and difficulty staying on course. Just eating fattier meats and not worrying about doing any counting is by far the easiest!

RE: Zero Carb / Meat and Water - Clabbergirl - 07-11-2008 06:21 AM

I felt like updating today. After doing lo-carb/zero carb for 16 days and losing 10 lbs, not to mention feeling better and ridding myself of gastrointestinal issues, I went on vacation to Disney World and made up for all those carbs I hadn't been eating. I went back to ZC eating afterward, but struggled to resist the cravings in that beginning system carb purse that can be so difficult for us, and carb-loaded, shall we say, over the July 4th weekend. Sigh.

I've been ZC for 4 days now, and am finally beginning to feel less 'seduced' by the loaf of bread my family uses, or the cupcakes that are on the counter waiting for my daughter's weekend birthday party. It has been especially hard this week to avoid carbs, and the only way I've managed is to keep myself super busy, and/or to drink diet cokes when I'm desperate. I realize the party may be difficult, with a cake and all, but I feel better on near-ZC (around 10 carbs or less per day so far).

I don't know how much I gained while eating at WDW, or the carb-loading this past weekend, but I weighed today and I'm back where I was before the trip. I can accept that positively because it's better than a gain, and I have lost inches. My stomach is no longer distended and bloat - something I have been mystified by for over a year, and something every doctor I've mentioned it to has balked at as just excess fat. When you go up one pant size after eating a normal sized meal? Hardly.

So back where I was, and determined to keep going with this. I've got a fridge full of ground beef, hamburger patties, bacon, and sausage. Still doing cheese, eggs, and cream, but time will tell if those need to leave.

RE: Zero Carb / Meat and Water - Dwayne - 07-11-2008 06:28 AM

Clabbergirl Wrote:
I don't know how much I gained while eating at WDW, or the carb-loading this past weekend, but I weighed today and I'm back where I was before the trip. I can accept that positively because it's better than a gain, and I have lost inches. My stomach is no longer distended and bloat - something I have been mystified by for over a year, and something every doctor I've mentioned it to has balked at as just excess fat. When you go up one pant size after eating a normal sized meal? Hardly.

So back where I was, and determined to keep going with this. I've got a fridge full of ground beef, hamburger patties, bacon, and sausage. Still doing cheese, eggs, and cream, but time will tell if those need to leave.

Congrats on getting back to it. There is hardly a person out there that is not going to get caught up in life from time to time and stray off of plan for a little while. The important thing is knowing that regardless you are going to get back on the horse and keep plowing along. I know my greatest weight loss successes always come when I am able to refocus myself periodically. It lets me know I am in it for the long haul. Of course my last cheat period lasted through a move, a job change and my wedding! =) I am sure it will melt back off for you.
How was Disney? Ironically I lived in Orlando for 3 years(still have a house there) and have never been.

**RE: Zero Carb / Meat and Water - Charles - 07-11-2008 07:57 AM**

Dwayne Wrote:
Well I just updated my little weight ticker with my morning weigh in. You can actually see my starting weigh now! That was a little mental mini goal I guess. I am at 328 as of this morning and very excited. Finally another little jog of movement.

Congratulations, Dwayne. There is nothing like success to make all of this easier.

Dwayne Wrote:
My wife is not happy with the very fatty cooking, but I think I may start using lean meats and adding bacon and what not for myself on them and leaving them off of hers. She is worried about my acute triglyceride spikes. Does that make sense Charles?

No. There is no such thing as a "triglyceride spike." She is trying to scare you, I'm sorry to say. Triglyceride is a term that means three fatty acid molecules (tri) attached to one glucose molecule (glyceride). Triglycerides are formed when you eat carbohydrates, not fats. That is the way the body deals with dietary carbohydrates. They are broken down upon digestion and the glucose goes to the fat tissue where it is assembled into triglycerides. This is what is inside your fat tissue at all times during the day. They don't just sit there, but they keep getting assembled, disassembled, and reassembled each time the fatty acids pass through your fat tissue. If you are eating zero carb, you are not making ANY triglycerides because you are not making any glycerol phosphate which is the necessary ingredient to make triglycerides.

If there is any "spike" it's when you eat carbohydrates such as pastas, salads, fruits, etc.

Lean meats will sap your energy and cause ammonia to build up in your blood stream. If she really wants you to have a chance to do it your way, she has to back off and allow this process to work. Eating lean meats and lasagna will only make this worse for you, not better. Oils should be avoided, unless you're talking about coconut oil, extra virgin olive oil, lard, or butter. I would avoid all of them, personally. Just use the natural fats that come with the meats that you should be eating.

Dwayne Wrote:
I told her low carb makes tri go down, but she said that increasing spikes throughout the day could be bad for building up plaque in the ol veins regardless of the long term measurements.

You are exactly right. If she's concerned about you making triglycerides, then you should avoid any and all carbohydrates. Have your blood work done in three months and if your triglycerides are higher in three months, then you can do it her way. If they are down (which they will be if you eat as I'm saying) then she should back off.

Dwayne Wrote:
As a side not her father just recently had 3 stints put in and has been on Atkins maintenance for 5 years. 10 years ago he had a cath down and no blockages. She says she knows there are lots of other factors for him, and she is glad about his atkins diet and the health benefits of it, but that she wishes for him and me that we would eat lower fat/healthier fat meats and oils.
I can assure you, without knowing him, that if he did Atkins as written in the book, he did not receive heart disease from eating according to Atkins. He most likely had atherosclerosis prior to his Atkins diet. I've been at this long enough to know that everyone who says they're "doing Atkins" is not doing Atkins. Most people have not read the book nor do it as the good doctor proposed.

Moreover, Atkins can sometimes provide a false sense of security. The carb level that one uses to maintain their weight is not necessarily the carb level for optimum health. The metabolic disorder that causes obesity also manifests itself in other ways that don't result in weight gain at all for many people. Because of that, the symptom (obesity) should not be the gauge by which one determines whether their diet is in fact healthy.

You've been losing weight and noting improvement by eating high fat without the so-called healthy oils. Why would you change?

Dwayne Wrote:
Anyway just curious. At the end of the day she wants what is best for us and doesn't care how I lose the weight since it will cause more health issues than not losing the weight. I think she wants to make sure I don't pump her and the baby up with high fat meals as well all the time since I am the primary cook of the house.

She obviously does care or wouldn't urge you to eat unhealthy lean meats and harmful oils. As I said earlier, have a lipid profile done in three months and continue to eat as instructed for the three month period. Once you get the results, you will have proof whether what I'm saying is true or not.

I'll include myself in this challenge along with your wife. If your triglycerides and HDL don't improve in three months, I won't give you any more advice either and will publically declare myself to be wrong, and even send your wife an e-mail letting her know how correct she was.

Best regards,

Charles

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RE: Zero Carb / Meat and Water - Charles - 07-11-2008 08:23 AM

Clabbergirl Wrote:
I felt like updating today. After doing lo-carb/zero carb for 16 days and losing 10 lbs, not to mention feeling better and ridding myself of gastrointestinal issues, I went on vacation to Disney World and made up for all those carbs I hadn't been eating. I went back to ZC eating afterward, but struggled to resist the cravings in that beginning system carb purse that can be so difficult for us, and carb-loaded, shall we say, over the July 4th weekend. Sigh.

I've been ZC for 4 days now, and am finally beginning to feel less 'seduced' by the loaf of bread my family uses, or the cupcakes that are on the counter waiting for my daughter's weekend birthday party. It has been especially hard this week to avoid carbs, and the only way I've managed is to keep myself super busy, and/or to drink diet cokes when I'm desperate. I realize the party may be difficult, with a cake and all, but I feel better on near-ZC (around 10 carbs or less per day so far).

Once again, I have to tell you, please, don't be so hard on yourself. What you experienced is the absolute best way to convince yourself that zero-carb works and is necessary. There's only so much I can write
and you may or not believe what I say. When you experience it for yourself, you find that you need no more convincing or studies or anything else.

Think about it: You lost 10 pounds in 16 days of eating zero-carb. You went to Disney and returned to carbs, but now you feel so awful that you have voluntarily returned to zero-carbs. Just think if you have been on zero-carb for 90 days and lost 60 pounds...This may happen several more times to you before it's over and I'm telling that it's fine.

Travis and Gary Taubes both presented us with evidence that sugar is an addiction. When we say sugar, we're talking about all products made from sugar, flour, rice, grains, or plants of any kind. That includes those precious fruits and vegetables everyone thinks are so great for us. Your body interprets all these things as sugar and acts accordingly.

Gary Taubes Wrote:
Whether the addiction is in the brain or the body or both, the idea that sugar and other easily digestible carbohydrates are addictive also implies that the addiction can be overcome with sufficient time, effort, and motivation.

Dr. James Sidbury, Jr Wrote:
"After a year to eighteen months, the appetite is normalized and the craving for sweets is lost."

Because we're talking about an addiction, we have to have compassion and remember all those celebrities who are constantly in and out of rehab. These things take time and effort to overcome. Living without starches, flour, and sugar will be more difficult for some than others but it's also possible that we will all be thinner and healthier for our efforts. Whether we're thinner or not is a bit beyond our control but certainly we can make the choice to be healthy regardless.

Regards,
Charles

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**RE: Zero Carb / Meat and Water** - jeepifer - 07-11-2008 08:50 AM

You know how I've been worried about my blood pressure? I've had several weeks of high readings, and was going to ask for a medication adjustment. Well, OMG, it was so freakin' LOW this morning I must've looked like a nutcase! I mean, 107/70 low. Not my usual ballpark of 135-140/90-105.

So I have to "monitor" it for the next month, then go back in with my readings. Sheesh. 😳

Could it be the zero carb bringing it down? I've only really been back to ZC for a couple of days. If so, it's a good thing, but still. I hate looking dumb. 😏

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**RE: Zero Carb / Meat and Water** - jeepifer - 07-11-2008 08:55 AM

Speaking of triglycerides, I had a blood lipid panel done this morning, so I am looking forward to seeing the results.

She was perplexed because my last fasting panel a year ago, my triglycerides were 238. I had a lipid panel, *not* fasting, done in Feb. and my tris were 116. She says, "That's odd, because a non-fasting panel you'd expect your tris to be higher during the day. That's why we like fasting panels."
I'm sitting there thinking, Well, Duh... I eat low carb. Hahahahahaha!

**RE: Zero Carb / Meat and Water - Charles - 07-11-2008 09:01 AM**

jeepifer Wrote:
You know how I've been worried about my blood pressure? I've had several weeks of high readings, and was going to ask for a medication adjustment. Well, OMG, it was so freakin' LOW this morning I must've looked like a nutcase! I mean, 107/70 low. Not my usual ballpark of 135-140/90-105.

So I have to "monitor" it for the next month, then go back in with my readings. Sheesh. 😞

Could it be the zero carb bringing it down? I've only really been back to ZC for a couple of days. If so, it's a good thing, but still. I hate looking dumb. 😞

Mine happened quickly. It's always 105/62. I would be very shocked if you needed blood pressure medication with ZC. You may want to reduce that medication real soon or it could go too low along with the medication.

**RE: Zero Carb / Meat and Water - poo123 - 07-11-2008 09:53 AM**

Well here I am at day 14 and still at 236. I am still doing zero carb and FEEL GREAT !!!!! I am sleeping perfect and not sweating and the hot flashes have nearly gone away. No headaches and my moods are "normal" for a mom of twins !! I am eating twice a day and very happy about that. My husband is down 7 lbs in 5 days and I have not KILLED him yet so that is a good thing. He is doing low carb but mostly trying to eat the same meat at me. He trying to get used to fatty meats to go all the way like me. So I guess this update is to say everything is GREAT !!!!

**RE: Zero Carb / Meat and Water - waywardsister - 07-11-2008 11:45 AM**

Ell.eee Wrote:
Now what do I do with all this extra lean meat in my freezer? I have to eat it. Maybe drown it in butter or bacon fat?

Wrap bacon around it, and cook it that way! Everything really is better with bacon.

While I tend to agree that animal fats are better than dairy fats (still an animal fat, but you know what I mean), you can make some really nice butter sauces to dip or coat your lean meat. Heck, or your fatty meat, if you're so inclined - I make a sauce for lamb with pan juices and melted butter and some concentrated mint sauce (basically mint and a bit of vinegar). Lemon or lime butter (if you 'do' lemon/lime), herbs mixed with pan juice and melted butter...all good! ETA: you could do this with any fat, like lard, duck fat, etc. Doesn't have to be butter)

Or...'bread' that lean meat in crushed pork rinds (seriously, it's good and doesn't taste like, say, chicken breaded in pork) and fry it up in lard. Oh mama. Spice accordingly, however you like it. Or, slice it up and stir-fry in lard, and try some Asian or Middle Eastern spices.
If you do dairy, there's always bearnaise sauce or cheese sauces (lotsa fatty French sauces out there) - but that's my dairy addict talking 😁 Hush, dairy addict.

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**RE: Zero Carb / Meat and Water - Charles - 07-11-2008 12:09 PM**

poo123 Wrote:
Well here I am at day 14 and still at 236. I am still doing zero carb and FEEL GREAT !!!!! I am sleeping perfect and not sweating and the hot flashes have nearly gone away. No headaches and my moods are "normal" for a mom of twins !! I am eating twice a day and very happy about that. My husband is down 7 lbs in 5 days and I have not KILLED him yet so that is a good thing. He is doing low carb but mostly trying to eat the same meat at me. He trying to get used to fatty meats to go all the way like me. So I guess this update is to say everything is GREAT !!!

Great is good! Please don't kill your husband, there's been too much of that going around lately.... 😁

Don't forget to look for those other cues that this is all working besides the scale. Check out your husband's hair, libido, teeth, lack of gas, skin complexion, less acne (if he had it), less body odor in general, especially the underarm variety -- You know, I don't use those deodorants (antiperspirants) with aluminum in them and they actually work. Those would have never worked in the old days....

Guys don't notice these things about their wives (or at least we don't always say) so you might ask after a while and see if he's noticed any changes in you. Measuring is also good if you're so inclined. I have noticed that clothes fit much looser despite no change in the scale. It isn't always good. I was so happy to get down to a 30-inch waist; but now, I can wear a 29 in most jeans and a 28 in most shorts. The problem is, they are few and far between. I practically can't shop at Macy's anymore. They always have sales!

Losing weight is a two-edged sword. It's great, but it can be expensive especially if you have to dress nice for work. It certainly forces you to strongly consider changing your diet plan...

Have a great weekend,
Charles

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**RE: Zero Carb / Meat and Water - jeepifer - 07-11-2008 12:25 PM**

Charles Wrote:
Losing weight is a two-edged sword. It's great, but it can be expensive especially if you have to dress nice for work. It certainly forces you to strongly consider changing your diet plan...

Ha! All the cutest clothes are in the smaller sizes. I am right on the verge of 18-land and the cute stuff was too tight, but the "Women's" sizes were all frumpy and ugly.

I can't *wait* to be able to buy and wear cute clothes again!!!

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**RE: Zero Carb / Meat and Water - nyteez - 07-11-2008 03:59 PM**

Hi Everybody! I have been reading "theBears" All Meat thread over on some other forum. It is LONG! I
am only on page 110 of over 300! It is a fascinating thread. It really backs up the zero carb WOE. I got the link to it from Jimmys blog. I have been eating zero carb for quite a while now. I have no problem with it all, no cravings for carbs ever. I did go away for 4th of July and was in a weird food situation so I had to eat salads (better than nothing!) and had some asparagus w/ steak one night. I felt terrible! Gassy & bloated! Then in the morning the counter was full of pastries, artisan fresh baked scones & bagels! I didn't even think about having any of that and I was starving! I am at the point where I would rather go hungry than eat bread. I had stomach pains the whole weekend, I could not wait to get home and have a big fatty ribeye! That weekend just proved to me that I need to just stick to meat. I feel so much better only eating meat & fat.

I am not losing as fast as I think I should be, but I am OK with that because I do see other benefits. Like clearer skin, no puffy skin or ankles, my body shape has changed, it is more defined, not chubby, I have lost inches and no brain fog! I did go away for 4th of July and was in a weird food situation so I had to eat salads (better than nothing!) and had some asparagus w/ steak one night. I felt terrible! Gassy & bloated! Then in the morning the counter was full of pastries, artisan fresh baked scones & bagels! I didn't even think about having any of that and I was starving! I am at the point where I would rather go hungry than eat bread. I had stomach pains the whole weekend, I could not wait to get home and have a big fatty ribeye! That weekend just proved to me that I need to just stick to meat. I feel so much better only eating meat & fat.

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I am not losing as fast as I think I should be, but I am OK with that because I do see other benefits. Like clearer skin, no puffy skin or ankles, my body shape has changed, it is more defined, not chubby, I have lost inches and no brain fog! I also haven't been able to run like I usually do for the past 5 weeks, due to all the smoke. I live in N calif, just 5 miles from some huge fires. I started lifting weights though and have already noticed a difference in my arms.

RE: Zero Carb / Meat and Water - Kristi31 - 07-11-2008 04:29 PM

Haven't posted in awhile but I'm back on track and feeling pretty good...but only after I figured out my hormones were keeping my from reaping all the benefits associated with a zero-carb diet.

For those who don't know, I've had a hysterectomy (almost 3 years) so need to take hormones, namely estrogen (i.e. estradiol) and progesterone.

I finally came to the conclusion that I was taking way too much estrogen and most, if not all of the symptoms I was experiencing were due to that. To name a few, bloating, indigestion, swelling in ankles and feet, distended stomach, lethargy, hair thinning, body hair loss, loss of libido, dry skin, constipation, sinus problems, hives. Too many!!! I also GAINED weight, about 15-20lbs in a few months. Despite being 100% committed to zero-carb for many months at a time, no cheats. Estrogen was just causing too much water retention and all the other problems that go with that AND more...probably having some effect on the thyroid, on fat metabolism, etc.

I now realize how important it is to have both enough of progesterone and estrogen to balance each other's effects. They work in opposition. Too much or too little of one and you're screwed. And when that comes from outside sources (i.e. not your body like ovaries or testicles), nothing about your diet can solve the problem until you figure out the right dosage for you.

So...I lowered estrogen and kept progesterone the same. For the first 3 days, I actually took no estrogen at all since it takes some time for all the estrogen to leave my body. In a matter of hours, thing were already starting to improve until I realized I needed to add back in some estrogen. I'm taking a little estrogen now and may increase it a little more, if need be, depending on how I feel and physical symptoms. But, I'm practically there. I feel it. I'm also losing 1lb a day since a couple of days. Stomach is flatter, I feel more relaxed, have more energy.

I have to go eat (some fatty wild arctic char)...take care everyone, best of luck and have a great week...zero-carb is the way to go!!! but sometimes, you just need to tweek a few things as well to make it work optimally, as I've learnt.

RE: Zero Carb / Meat and Water - Clabbergirl - 07-11-2008 04:49 PM
My husband just got results of his latest blood test, and while his cholesterol was 227, his triglycerides were above 500. The doctor told him to eat 'no sugar, no carbs' and come back in a month. I was impressed. But she also wrote him an Rx for Tricore...and said to fill it asap too. She didn't provide him with any diet plans or suggestions, but at least she didn't give him the low-fat and lose weight garbage.

I wish I'd been able to talk to the doctor for more in depth info about the diet she suggested (my husband's not one for details). But it gives me hope nonetheless that maybe the message is getting through even in small town America.

RE: Zero Carb / Meat and Water - Ell.eee - 07-11-2008 06:31 PM

Hey waywardsister Thankyou so much for the recipe ideas for my stocked freezer of lean meats. I'm definitely going to try the pan sauces and the crushed pork rinds. I've never tried a pork rind in any form but it sounds great. And I agree anything tastes better wrapped in bacon. Thanks again.

nyteez Wrote:
I am not losing as fast as I think I should be, but I am OK with that because I do see other benefits. Like clearer skin, no puffy skin or ankles, my body shape has changed, it is more defined, not chubby, I have lost inches and no brain fog! I also haven't been able to run like I usually do for the past 5 weeks, due to all the smoke. I live in N calif, just 5 miles from some huge fires. I started lifting weights though and have already noticed a difference in my arms.

Sounds good to me, nyteez! However you get there is the correct way to do it. With each experience you'll only become stronger and healthier.

All the best,

Charles

RE: Zero Carb / Meat and Water - jeepifer - 07-13-2008 04:59 AM

Hi gang. Day 4 here, feeling better. Less cravings, was able to pass on veggies, dessert, and DQ yesterday without much effort. Off to have short ribs for breakfast...

RE: Zero Carb / Meat and Water - poo123 - 07-13-2008 05:48 AM

Well today is a full 2 weeks. I am down to 234.6 from 244.0 so 9.4 lbs is good. I am having no problems with this way of life at all. I am going to start using my recumbent bike and my weight machine today and everyday so maybe the weight will move a little faster. Once I start doing the exercise I really love it. My husband is doing really well. He still likes to nibble at night during tv time so he is eating some pork rinds, pepperoni and some cheese. During his 2 meals a day he is eating the same as me, steak, ground beef or chicken thighs. He is really happy he is not hungry during the day. So all in all it been really great.
I did the exercise I said I would. I did 5 miles on the bike and I did arms and abs on the weight machine. Now off to hit the shower and plan the day with the family.

poo123 Wrote:
Well today is a full 2 weeks. I am down to 234.6 from 244.0 so 9.4 lbs is good. I am having no problems with this way of life at all. I am going to start using my recumbent bike and my weight machine today and everyday so maybe the weight will move a little faster. Once I start doing the exercise I really love it. My husband is doing really well. He still likes to nibble at night during tv time so he is eating some pork rinds, pepperoni and some cheese. During his 2 meals a day he is eating the same as me, steak, ground beef or chicken thighs. He is really happy he is not hungry during the day. So all in all it been really great.

Great news!

(REmember, just don't overdo the exercise. Stop before you're totally spent. Exercise is great to shape that body but can cause problems if you deplete yourself.)

By the way, I did read Jimmy's blog post about his test results and I stand by what I told Lauren last week. This protein thing is all a ruse. Many of you have been doing zero carb for a couple of weeks now and have been losing weight despite the amount of protein you've been eating to appetite.

Yesterday, I ate 9 hamburgers during the course of the day and two cubes of chicken on a stick in the mall. Add in some water and I had about 2 1/2 pounds of meat yesterday. I lost 1.2 pounds with all that protein. Protein and fat are natural nutrients for our bodies. We need them from the diet or we start eating our own tissue to get these nutrients. Glucose can be synthesized by our bodies as needed. Since no meat-eating population has obesity problems then we can safely assume that our bodies don't convert enough protein to cause long term weight gain. Like anything, if you semi-starve yourself by cutting back, you will lose weight; however, this is not the kind of weight loss that stays over the long term.

By the same token, if I would have eaten 20 hamburgers yesterday, sure, I would have gained some weight, but it would have been gone within a day or two as I returned to eating to appetite. Overeating only means that you go longer between meals, that's all. It's a storage mechanism that enables us to plan ahead. This shouldn't be manipulated just to drop a couple of superflous pounds.

Simply put, don't try to regulate your weight by yourselves. Rely on your appetite and only eat when hungry and don't eat when you're not. If you do this, your body will regulate your weight and make you as lean as your hormones will allow. **There is simply nothing else that can be done from a dietary perspective.** No one wants to look like Ghandi, we want to look like Jack La Lanne.

Dr. Eades posted the following in the most recent comments section of his blog:
"Protein does indeed elevate insulin levels, a subject described in depth in Protein Power. Protein also elevates glucagon (insulin’s counter-regulatory hormone) levels, which counters insulin’s effects."

Taubes said the same thing in a Q&A that I posted to a question about lean proteins raising insulin levels in The Insulin Index study.

Maybe somebody can comment more from Protein Power as I don't have a copy of it.

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**RE: Zero Carb / Meat and Water - Lauren - 07-13-2008 03:00 PM**

Charles Wrote:
By the way, I did read Jimmy's blog post about his test results and I stand by what I told Lauren last week. This protein thing is all a ruse. Many of you have been doing zero carb for a couple of weeks now and have been losing weight despite the amount of protein you've been eating to appetite.

I agree that it seems unlikely that we would produce more glucose than is minimally necessary. There would seem to be no biological reason for that.

I do wonder though that if we are producing too much insulin for other reasons- if we have not been consistent enough with VLC or if we are eating too many "products"- wouldn't it be possible to gain weight even eating VLC or ZC?

Carbohydrates drive insulin and insulin drives fat. If we have too much insulin even without the carbs, wouldn't it be possible to store fat as long as our insulin levels remain elevated?

To be fair Charles, many people have dropped off of ZC either because they couldn't take it or because they didn't lose weight and sometimes even gained weight. I think this has happened with enough people that you shouldn't dismiss it.

With Jimmy, I can't help suspect all the franken-foods he eats (no offense Jimmy). Maybe they were fine while he was going from 400 to 230 because at the time, it was such an improvement from the way he had been eating. The fact that he may no longer be able to tolerate these foods may actually be a good thing. His body may be rebelling from these kinds of engineered foods.

On a completely different topic, I have been realizing that I confuse FFA's and ketones. Both are made from fat, right? Both are used for fuel, right? If you're in the mood Charles (or anyone), can you go into how, if at all, they are related?

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**RE: Zero Carb / Meat and Water - pennypritty1 - 07-13-2008 03:44 PM**

Lauren Wrote:
I do wonder though that if we are producing too much insulin for other reasons- if we have not been consistent enough with VLC or if we are eating too many "products"- wouldn't it be possible to gain weight even eating VLC or ZC?

...

To be fair Charles, many people have dropped off of ZC either because they couldn't take it or because they didn't lose weight and sometimes even gained weight. I think this has happened with enough people that you shouldn't dismiss it.
With Jimmy, I can't help suspect all the franken-foods he eats (no offense Jimmy). Maybe they were fine while he was going from 400 to 230 because at the time, it was such an improvement from the way he had been eating. The fact that he may no longer be able to tolerate these foods may actually be a good thing. His body may be rebelling from these kinds of engineered foods.

...

I myself haven't been able to maintain the zero carbs/very low carbs only because of poor planning and I have had a few lc frankenfoods to help supplement. Meat is very expensive in my area of NYC and I have taken a dislike to eating ground meat which is unfortunately the cheapest meat I'd been able to find. However, I've not left low carbing completely and don't plan to.

I hope to plan better, shop more wisely, cook more and find a good meat market where they have more sales/specials (a friend suggested a place nearby for me to check out) to try vlc/zc again. It's been more frustrating for me - financial-wise - to continue the zero carbing. Otherwise being a meat lover in general, this way of eating is definitely for me.

Meanwhile it has been two weeks and my scale says I'm down 15 pounds. The changes are very subtle but I'm okay with that because I started this change at 285. I know that more changes are coming and they will be obvious as I continue to lose weight. But the other benefits are well worth the patience. So I'm more or less still here just reading about others and silently rooting you on.

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**RE: Zero Carb / Meat and Water - Charles - 07-13-2008 03:54 PM**

MAC Wrote:
Taubes said the same thing in a Q&A that I posted to a question about lean proteins raising insulin levels in The Insulin Index study.

Maybe somebody can comment more from Protein Power as I don't have a copy of it.

I'm not too concerned about what Dr. Eades says these days, but please post what you found from Taubes. I can tell you that I just e-mailed this question last week and he told me that his understanding was just like mine. He provided the following:

Gary Taubes Wrote:
Hey Charles,
Short response: My understanding of gluconeogenesis is similar to yours. I would also assume that we have to be able to store some fat without carbs in the diet, because we do need some minimal level of fat for insulation, padding, and excess fuel, etc. I think the question is two-fold: one, whether we can store excess fat to begin with without carbs -- i.e., can we get overweight or obese without easily digestible carbohydrates and sugars in the diet -- and I would say no. The evidence to support it is the fact that fat accumulation is regulated by a-g-p and the amount of a-g-p in the fat tissue will be regulated, for the most part, by dietary carbohydrates. Then you have the epidemiologic evidence suggesting that you don't get obesity in cultures that didn't eat sugar and flour.

Now, if you're talking about lean protein, well that raises all sorts of things in our bodies so that wouldn't surprise me. However, I don't think we can blame lean protein for Jimmy's situation.
Lauren Wrote:
I do wonder though that if we are producing too much insulin for other reasons- if we have not been consistent enough with VLC or if we are eating too many "products"- wouldn't it be possible to gain weight even eating VLC or ZC?

I think it's very possible to gain weight with too many "products." I dropped these things during my weight loss and I eliminated any stalling that I went through. We just don't know enough about the effects of artificial sweeteners on our bodies at this point. Because they are sweet, I believe they do keep us secreting insulin. Remember, insulin is mostly anticipatory, not just reactionary to what we've eaten. If you eat more than your body anticipates, you'll secrete more at the next meal as your body will not want to be surprised.

Lauren Wrote:
Carbohydrates drive insulin and insulin drives fat. If we have too much insulin even without the carb, wouldn't it be possible to store fat as long as our insulin levels remain elevated?

Look at you! 😊 That's exactly right. As a matter of fact, if you have hyperinsulinemia, it just doesn't take that many carbs. Just because you're eating under 20 grams, that doesn't mean you won't store some fat. It all depends on your level of insulin resistance and it all depends on your hormones. As I've said many times, you can only lose what your hormones will allow. I think this is the problem for most people who do not find success on zero-carb. I don't think they're necessarily cheating.

Lauren Wrote:
To be fair Charles, many people have dropped off of ZC either because they couldn't take it or because they didn't lose weight and sometimes even gained weight. I think this has happened with enough people that you shouldn't dismiss it.

You haven't been reading my posts lately. I have written at least three times last week that the "urge for the sweet" is an addiction. Like any addiction it takes a great deal of time and motivation to beat it. I expect people to fall off the wagon and to even give up. Why would this be any different? Stefansson didn't say that EVERYONE was able to survive on an all-meat diet. He said that if people made it six months, there was a good chance (not a guarantee) that they would remain and even voluntarily remain on it. That tells me that many were unable to do it. However, it also tells me that many WERE able to do it and he said that they were of every nationality, both women and men. I'm talking about the traders that went with him, not the Inuit.

Lauren Wrote:
With Jimmy, I can't help suspect all the franken-foods he eats (no offense Jimmy). Maybe they were fine while he was going from 400 to 230 because at the time, it was such an improvement from the way he had been eating. The fact that he may no longer be able to tolerate these foods may actually be a good thing. His body may be rebelling from these kinds of engineered foods.

I said as much when I posted to you about this last week. Hogsfan was the first, I saw, to mention this, but it's just highly possible that he's close to the weight that his hormones will allow and that's as far as he's going to go. As I just posted from Taubes, it may depend on how long the obesity has lasted. He's been obese all his life so he may not achieve the leanness he desires but he'll be healthier for his efforts. Everyone should take note because it's possible this may be someone else's experience. It's much more important to eat for health and let the weight fall where it may.
On a completely different topic, I have been realizing that I confuse FFA's and ketones. Both are made from fat, right? Both are used for fuel, right? If you're in the mood Charles (or anyone), can you go into how, if at all, they are related?

Free fatty acids are fat. Ketones are made from fat. Ketones are not fuel per se, they are used for those cells and tissues that can normally use glucose such as the brain, eyes and a few others. Fat can supply up to 75 percent of our energy needs, and we'll make very little glucose when there are no carbohydrates in our diets.

It's not correct to say that we burn ketones for fuel in lieu of carbohydrates. Carbohydrates are only burned to eliminate them. They are processed similar to the way our bodies handle free fatty acids and that's why people think carbs are used for fuel since our body gets to them first when they are available. When fatty acids are used for fuel, the cells are prevented from burning glucose and they only burn fatty acids.

This is another reason I don't believe excess protein converts enough for fat storage. If there was enough glucose from protein, we would make glucose phosphate from it and store it as triglycerides. The fact that triglycerides still fall despite eating tons of protein, this is proof that we are not making triglycerides out of those glucose molecules which are converted from protein. There has to be triglycerides before there is fat storage.

Triglycerides are our bodies way to handle glucose molecules. Glucose must be converted to fat (read: used with fat) in order for our bodies to process it. It can't just go to the mitochondria as glucose. It has to be converted pyruvate via a process called glycolysis. Our mitochondria were clearly designed to burn fat. This proves to you that we were not designed for dietary glucose. We've adapted a mechanism to deal with glucose but too much and we get ill.

Regards,

Charles

RE: Zero Carb / Meat and Water - wifezilla - 07-13-2008 04:23 PM

Quote:
It's much more important to eat for health and let the weight fall where it may.

That's what I have been telling people...usually right before they switch to some screwed up plan because they aren't losing weight fast enough. ::sigh::

Sure, I would like to lose at least 20 more pounds, but weight loss is SECONDARY to health. All I have to do is take my blood pressure to remember why I am low carbing....it is sure nice not having to worry about having a stroke at any second 😋

RE: Zero Carb / Meat and Water - Charles - 07-13-2008 04:27 PM

pennypritty1 Wrote:
I myself haven't been able to maintain the zero carbs/very low carbs only because of poor planning and I have had a few lc frankenfoods to help supplement. Meat is very expensive in my area of NYC and I have taken a dislike to eating ground meat which is unfortunately the cheapest meat I'd been able to find.
However, I've not left low carbing completely and don't plan to.
[...]
Meanwhile it has been two weeks and my scale says I'm down 15 pounds. The changes are very subtle but I'm okay with that because I started this change at 285. I know that more changes are coming and they will be obvious as I continue to lose weight. But the other benefits are well worth the patience. So I'm more or less still here just reading about others and silently rooting you on.

That's perfectly fine. I'm not a "numbers" guy. It really doesn't matter to me, in the grand scheme of things, how many people find success with zero-carb. That doesn't change my view of what the science says. Just because everyone can't do it doesn't mean it doesn't work. I've always presented it as something to try and I provide examples from my own life where helpful. I don't get any brownie points for how many people succeed and how many don't.

I'm only here to help. If only a few people are able to achieve what I have then I'm very happy. In fact, I know of many who have. As I've said many times, when I put people in my personal peer group on a low-carb diet, I start with Atkins Induction. I think it's very sound. If they don't have any problems losing weight, I tell them to stick with that. If they are losing slowly or are unable to lose, we drop the carbohydrates further until they can lose weight.

Even Steffanson, as the end of his book, said that this was not for everyone and in fact, he questioned why a person would want to do it if they don't have to. I chose to do it because Gary Taubes' research loudly suggested to me that this was way to go. I had a hard time wrapping my mind around it at first, but after several months, it has become second nature.

Just like you, I've tried certain things like cheeses and sweets, but I noticed quickly what they did to me and I was fortunate to have the resolve to leave them behind and stay "clean." For me, it's all about health and that's all that matters. In my own family, only my myself and my middle son are zero-carbers. My wife, oldest son and daughter have the occasional sweet thing, but mostly they eat meat as well.

For those who can, stay strong. For others, find what works and do it for the rest of your lives!

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RE: Zero Carb / Meat and Water - Charles - 07-13-2008 04:28 PM

wifezilla Wrote:
That's what I have been telling people....usually right before they switch to some screwed up plan because they aren't losing weight fast enough. ::sigh::

Sure, I would like to lose at least 20 more pounds, but weight loss is SECONDARY to health. All I have to do is take my blood pressure to remember why I am low carbing....it is sure nice not having to worry about having a stroke at any second 😊

Amen!

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RE: Zero Carb / Meat and Water - MAC - 07-13-2008 05:14 PM

Charles Wrote:
I'm not too concerned about what Dr. Eades says these days, but please post what you found from Taubes. I can tell you that I just e-mailed this question last week and he told me that his understanding was just like mine
Taubes said the following. I had this laid out in my Insulin Index thread.

"In fact in my post 'Taubes answers questions' he addresses that specific study.

Insulin Index

In some follow-up reading, I ran into the concept of the insulin index, which purports to index the insulin response of foods. This index appears to indicate that certain protein rich foods (like beef and fish) may actually have more impact on insulin than certain carbohydrate foods. This is counter-intuitive based on the science that Gary writes about. I would be interested to know whether Gary has any comments about this index.

It's always been known that protein stimulates an insulin response, because some of the amino acids in the protein are converted to glucose. The assumption has always been that this effect is small compared to that of carbohydrates, and that it is muted because it takes considerably longer to digest protein from meat, for instance, than does glucose from high glycemic index carbohydrates. Moreover, protein also stimulates secretion from the pancreas of a hormone called glucagon, which is not the case with carbohydrates. Glucagon works opposite insulin on the fat tissue itself and so would be expected to mute or counteract entirely any fat accumulation stimulated by the insulin.

Another factor to keep in mind is that the paper cited most often as evidence for the insulin secretion in response to meat and fish -- a 1997 paper in the American Journal of Clinical Nutrition titled "An insulin index of foods: the insulin demand generated by 1000-kJ portions of common foods" -- used extremely lean steaks and whitefish for the measurement. The fish was roughly 90 percent calories protein and 10 percent fat and the meat was 70-30. The more interesting question, and the one more relevant to the arguments in the book, is what happens when the meat and fish are more in the neighborhood of 70 percent or even 80 percent fat by calories. That hasn't been addressed. In short, the assumption that our insulin is primarily regulated by the carbohydrates in the diet is a reasonable one and will tell us most of what we need to know when it comes to fat accumulation and chronic disease."

Eades said he laid all this out in Protein Power in detail. I would like someone to expand on this if there is anything of significance. I don't own that book so I can't look it up.

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**RE: Zero Carb / Meat and Water** - **poo123** - **07-14-2008 05:01 AM**

Well today I did 6 miles on the bike but not weights. I think I am going to stick with the bike for a while before I add some weights. I really enjoy riding much more than weights. Which is better on a zero carb should I do the weights instead? I will switch to whatever ever is better. Thanks for the input...

**RE: Zero Carb / Meat and Water** - **Dwayne** - **07-14-2008 05:21 AM**

No change in weight this morning which is good (326.6 so down almost 10 pounds.) I hate it when I seesaw upwards. This morning I had an egg and three sausage patties. For the last 3-4 days I have only eaten breakfast and dinner. I have been impressed with not needing the food.

Yesterday I cleaned the our two cars out. Had a nifty little spotbot we purchased to clean up pet messes. Turns out it is great to shampoo car floor mats and floors. It worked like a charm and she is very happy with her vehicle this morning. It was quite a workout since it was hot here yesterday.
Last night I check my keto level and it was as high as possible. I am glad about that since I have cut so much out of my diet to get there. I am going to continue eating the way I have been. I need to keep the losing up and adding things to see when it stops seems counter productive until I plateau for awhile. Then I will change it up so that I can reset myself and get past the plateau.

The last time I low carbed I plateaued every two weeks which became quite frustrating. The only bright part of that was after it broke I just woke up 3-5 pounds lighter and moved on. I really hope I can get to 20 pounds lost in the each of my first two months. That would put me close to where I was before my last major slip up period. Realistically I only lose 10 pounds a month max so I need to keep that in perspective.

Anyway, hope everyone is having a great day.

RE: Zero Carb / Meat and Water - LindaSue - 07-14-2008 07:04 AM

MAC, I have a copy of the original Protein Power book but I'm not sure what to look under to find the part that Dr. Mike is referring to. I found the page where he shows the relationship of various foods/types of diets on insulin and glucagon but it's a very short section. He shows a chart comparing varying ratios of protein, fat and carbs and how much insulin is produced compared to glucagon for each ratio. Under protein, the amount of insulin is the same as the amount of glucagon produced so they cancel each other out. Fat is completely neutral and has no affect on either. Carbs produce lots of insulin and no glucagon. Then he shows that high carb/low protein produces lots of insulin and a tiny bit of glucagon and high protein/low carb produces minimal insulin and slightly less glucagon than insulin but pretty close to equal amounts.

RE: Zero Carb / Meat and Water - MAC - 07-14-2008 07:17 AM

LindaSue Wrote:
MAC, I have a copy of the original Protein Power book but I'm not sure what to look under to find the part that Dr. Mike is referring to. I found the page where he shows the relationship of various foods/types of diets on insulin and glucagon but it's a very short section. He shows a chart comparing varying ratios of protein, fat and carbs and how much insulin is produced compared to glucagon for each ratio. Under protein, the amount of insulin is the same as the amount of glucagon produced so they cancel each other out. Fat is completely neutral and has no affect on either. Carbs produce lots of insulin and no glucagon. Then he shows that high carb/low protein produces lots of insulin and a tiny bit of glucagon and high protein/low carb produces minimal insulin and slightly less glucagon than insulin but pretty close to equal amounts.

Thanks Linda. I will read it when I get my copy. I just ordered a used copy today off of Amazon.

RE: Zero Carb / Meat and Water - Charles - 07-14-2008 07:41 AM

MAC Wrote:
used extremely lean steaks and whitefish for the measurement. The fish was roughly 90 percent calories protein and 10 percent fat and the meat was 70-30. The more interesting question, and the one more relevant to the arguments in the book, is what happens when the meat and fish are more in the neighborhood of 70 percent or even 80 percent fat by calories. That hasn't been addressed. In short, the assumption that our insulin is primarily regulated by the carbohydrates in the diet is a reasonable one
and will tell us most of what we need to know when it comes to fat accumulation and chronic disease."

I'm with Gary Taubes here. The fact that these studies were performed with lean protein doesn't tell us what we're really trying to know. Even if lean protein does raise insulin levels to that degree, one could only consume such a diet for a few days before they would run into trouble so any fat accumulation number would only be speculative because we all know the effects of rabbit starvation.

Saying that consuming excess lean protein raises insulin enough to where it causes fat storage is the equivalent of arguing that a high protein/high fat diet leads to calcium loss and liver damage. The initial numbers are one thing but we know if someone continues on it the studies consistantly show that the adherents never show any such damage.

I think the same is true here. Someone may note some temporal reading but over the long term I don't think they would hold up. Everyone continues to cite this 150g glucose "need" for the brain. However, we know that if we get the carbohydrates low enough or eliminate them, we don't need even this much -- and of course after 7 days of fasting, we need none at all. There are too many variables and most of them are not static. This is a homeostatic system so we have to expect that any change will affect the entire organism and force a corresponding compensation.

We do know that Jimmy is not eating lean protein. He eats fatty protein and low-carb products and vegetables.

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RE: Zero Carb / Meat and Water - zelia - 07-14-2008 07:56 AM

Charles,
The lean meat was 70/30. You recommend 73/27 ground beef as fatty meat, though it's leaner than 73/30. Please clarify.

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RE: Zero Carb / Meat and Water - jeepifer - 07-14-2008 08:00 AM

My first thought was that eating lean protein without upping the fat is not a good thing. 😢

Day 6 here. Was having serious "munchie" cravings yesterday. I wanted french fries or potato chips in the worst way. For the salt, maybe?

I ended up with pork rinds and some sour cream. Satisfied the crunch craving, hopefully in the least damaging way possible. 😊

BTW, the scale is down to 208.8, my lowest weight in 3 years! That's over 7 lbs. since I started ZC the beginning of July. Not bad considering I ate some junk for a few days around the 4th and had to wrestle to get the cravings away again.

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RE: Zero Carb / Meat and Water - MAC - 07-14-2008 08:02 AM

zelia Wrote:
Charles,
The lean meat was 70/30. You recommend 73/27 ground beef as fatty meat, though it's leaner than 73/30. Please clarify.
No in the case Taubes is citing, it is 70 % protein, 30 % fat. For the way we designate hamburger it should have been 30/70 in relation to 73/27.

RE: Zero Carb / Meat and Water - KimPossible - 07-14-2008 08:02 AM

I am going to have to go back and catch up (again 😊) but wanted to share that since attempting to do zero carb (not at "zero" but way lower than I've ever been--under 20 definitely and under 10 many days) I have lost 11 lbs (175 to 164). I know some of that is water...but not all of it. I am looking forward to continuing--it is an easy way to eat and most of my cravings have gone. 😊

Way to go Kim! See, all things are KimPossible!!!! 😊

RE: Zero Carb / Meat and Water - Charles - 07-14-2008 08:14 AM

KimPossible Wrote:
I am going to have to go back and catch up (again 😊) but wanted to share that since attempting to do zero carb (not at "zero" but way lower than I've ever been--under 20 definitely and under 10 many days) I have lost 11 lbs (175 to 164). I know some of that is water...but not all of it. I am looking forward to continuing--it is an easy way to eat and most of my cravings have gone. 😊

RE: Zero Carb / Meat and Water - Charles - 07-14-2008 08:16 AM

Sorry Zelia and Jeepifer. MAC is absolutely correct. Don't eat lean protein!

RE: Zero Carb / Meat and Water - zelia - 07-14-2008 08:54 AM

MAC Wrote:
zelia Wrote:
Charles,
The lean meat was 70/30. You recommend 73/27 ground beef as fatty meat, though it's leaner than 73/30. Please clarify.

No in the case Taubes is citing, it is 70 % protein, 30 % fat. For the way we designate hamburger it should have been 30/70 in relation to 73/27.

Hmmm. I thought this over after I posted, and I was confused.

Taubes said 70% of calories from protein and 30% of calories from fat. The ground beef designation means 73% lean and 27% fat (243 cal/100g), which amounts to 61 cal/pro and 243 cal/fat or 20% cal from protein and 80% cal from fat.

70% of calories from protein and 30% from fat is extremely lean. The leanest ground beef in the USDA database is 95% lean/5% fat and it still has 34% of calories from fat.
As readers of this thread know, I'm not the greatest Dr. Eades fan but I never discount the entire person just because they have a view I don't agree with. Along those lines, he wrote a fantastic article today about anti-glycation effects and aging. The end of it was of great interest to those following the zero-carb path:

Dr. Eades Wrote:
Granted, this study was a rat study, and I’m not a big fan of extrapolating rat studies to human studies. But, rat mitochondria aren’t that different from ours so it’s a little easier to make the leap of faith. So, I would recommend for a long and healthy life that you ketonate (keep carbs severely restricted, even more than that which allows weight loss) as much as possible. Let those ketones do the job of blood sugar, keeping your blood sugar low. Lower sugar, lower AGEs, Lower AGEs, longer life
(Parens mine)

RE: Zero Carb / Meat and Water - MAC - 07-14-2008 08:59 AM

zelia Wrote:
MAC Wrote:
zelia Wrote:
Charles,
The lean meat was 70/30. You recommend 73/27 ground beef as fatty meat, though it's leaner than 73/30. Please clarify.

No in the case Taubes is citing, it is 70 % protein, 30 % fat. For the way we designate hamburger it should have been 30/70 in relation to 73/27.

Hmmm. I thought this over after I posted, and I was confused.

Taubes said 70% of calories from protein and 30% of calories from fat. The ground beef designation means 73% lean and 27% fat (243 cal/100g), which amounts to 61 cal/pro and 243 cal/fat or 20% cal from protein and 80% cal from fat.

70% of calories from protein and 30% from fat is extremely lean. The leanest ground beef in the USDA database is 95% lean/5% fat and it still has 34% of calories from fat.

Now you have it. But the lean to fat ratio of 70/30 that Taubes was talking about was from lean meat not hamburger.

In the original study the beef was "Lean topside beef fillets bought in bulk from supermarket, trimmed and stored frozen."

RE: Zero Carb / Meat and Water - poo123 - 07-14-2008 09:05 AM

Charles, any suggestions for the exercise. Should I do cardio or should I do weight machine. And how much do you suggest/. thanks

RE: Zero Carb / Meat and Water - zelia - 07-14-2008 09:19 AM

Charles Wrote:
The ground beef we eat is 73 percent fat and 27 percent protein just like the beef spare ribs, the duck, etc. The ideal ratio is 3:1; that is, 3 parts fat, 1 part protein.

Nope, Charles, the ground beef label means 73% lean and 27% fat. The ratio of fat to lean is 1:2.7. The ratio of calories from fat to calories from protein is actually 4:1, a little more than fois gras, if you eat all the fat. If you leave the fat in the pan, you're getting 40% of calories from protein and 60% of calories from fat.

Okay. The point is, eat fatty protein and don't eat lean protein and all should be fine -- at least it is for me.

RE: Zero Carb / Meat and Water - Charles - 07-14-2008 09:31 AM

poo123 Wrote:
Charles, any suggestions for the exercise. Should I do cardio or should I do weight machine. And how much do you suggest/. thanks

The only exercise that is truly "beneficial" in my opinion is weights because you can actually get stronger and improve your ability to do everything else. Plus, you get the great body sculpting benefits which, admittedly, is partly why I do it! Free weights are the best, but machines are also just fine.

Do cardio only if you enjoy it.

For all of these things, it's important not to overdo them. Stop before you get too fatigued. At the end, you should be tired, but you should also feel like you could do another set or go another ten minutes or so if you needed to.

I lift weights on Monday and Thursday and I run Sunday and Wednesday. I find this is optimal for me and it provides plenty of rest days and doesn't become too tiresome. If you don't feel like working out, you should not. Nor should you work out if sick or injured. Rest must be scheduled just like workouts.

If you adhere to these guidelines, I think you'll enjoy exercise and you'll get maximum benefit and not get injured.

Hope this helps,

Charles

RE: Zero Carb / Meat and Water - jeepifer - 07-14-2008 09:52 AM

I'm tired just reading about working out. 😞
RE: Zero Carb / Meat and Water - Sambeziou - 07-14-2008 09:58 AM

ME too, Jeepifer! I'm gonna schedule today as a rest day! 😊

Sam

RE: Zero Carb / Meat and Water - MAC - 07-14-2008 10:10 AM

jeepifer Wrote:
I'm tired just reading about working out. 😊

The famous quote along these lines is from Robert Hutchins who was president of the University of Chicago. He said that when he thinks about exercising he lays down until the feeling passes.

RE: Zero Carb / Meat and Water - zelia - 07-14-2008 10:38 AM

MAC Wrote:
Now you have it. But the lean to fat ratio of 70/30 that Taubes was talking about was from lean meat not hamburger.

You can get 95% lean/5% fat ground beef at supermarkets or have any cut ground to order.

MAC Wrote:
In the original study the beef was "Lean topside beef fillets bought in bulk from supermarket, trimmed and stored frozen."

The USDA database doesn't use this terminology. From googling, it seems that "topside beef fillet" is a UK and Australian usage. According to Food Standards Australia New Zealand: Online Version Beef, topside steak, raw, lean, 100g has 22.2g protein and 3.5g fat = 88.8 cal pro and 31.5 cal pro or 74% from pro and 26% from fat. But this is still too fat for the example. This is just about as lean as dressed beef can be. All meat has inseparable fat inside.

This is kind of off-topic, but I've been generally interested in this sort of question for several years. Meat was much fatter in this country when Dr. Atkins's diet was developed and his first book was published. I have an old USDA Home and Garden Bulletin, "Nutritive Value of Foods," from 1971, and the standard trim on meat at that time was 1/2" of fat. The few cuts of beef with 1/2" trim now listed in the USDA database are graded prime, which goes to restaurants, not to supermarkets. Anyhow, the diet Dr. Atkins originally published assumed much fattier meat than is now on the market.

RE: Zero Carb / Meat and Water - poo123 - 07-14-2008 11:13 AM

Thanks Charles,
I will start doing the weight machine (no gym membership but I do have a great home machine) and I will do full body every other day and if I feel like going for a bike ride I will. Diet + fitness = Alison's happy healthy life !!

RE: Zero Carb / Meat and Water - Charles - 07-14-2008 11:22 AM
poo123 Wrote:
Thanks Charles,
I will start doing the weight machine (no gym membership but I do have a great home machine) and I will do full body every other day and if I feel like going for a bike ride I will. Diet + fitness = alison's happy healthy life !!

I like Alison so much better than poo123! 😊 I would kind of recommend every third day for the full body, at least for the first month. It's easy to overdo it when you're just starting again with it.

Also, if you lift, take the heaviest weight you can lift about 7 times. Then go to the next exercise. Don't do three sets of 10 or whatever the conventional thing is. This will deplete your muscle glycogen unnecessarily which could cause cravings for sugar. You won't experience the muscle loss common on low-fat diets so therefore you don't have to exercise as often and you'll still get great results.

Trust me on this one.

Regards,

Charles

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RE: Zero Carb / Meat and Water - Angela - 07-14-2008 11:45 AM

Charles Wrote:
poo123 Wrote:
Charles, any suggestions for the exercise. Should I do cardio or should I do weight machine. And how much do you suggest/. thanks

The only exercise that is truly "beneficial" in my opinion is weights because you can actually get stronger and improve your ability to do everything else. Plus, you get the great body sculpting benefits which, admittedly, is partly why I do it! Free weights are the best, but machines are also just fine.

Do cardio only if you enjoy it.

For all of these things, it's important not to overdo them. Stop before you get too fatigued. At the end, you should be tired, but you should also feel like you could do another set or go another ten minutes or so if you needed to.

I lift weights on Monday and Thursday and I run Sunday and Wednesday. I find this is optimal for me and it provides plenty of rest days and doesn't become too tiresome. If you don't feel like working out, you should not. Nor should you work out if sick or injured. Rest must be scheduled just like workouts.

If you adhere to these guidelines, I think you'll enjoy exercise and you'll get maximum benefit and not get injured.

Hope this helps,

Charles

I agree that resistance exercise/weight lifting is the key. But I have to admit that after 10 months of
doing weights and LC, and only 6 weeks of HIIT and running, I have seen the best results ever in the cellulite on my legs in the last 6 weeks !!!

---

RE: Zero Carb / Meat and Water - **poo123** - 07-14-2008 11:59 AM

Poo123 ended up being a family nickname, but Alison is good too. Thanks for the info, I will follow it and hope to see good results, anything is better than where I am now !!!

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RE: Zero Carb / Meat and Water - **jeepifer** - 07-14-2008 12:16 PM

Charles Wrote:
Also, if you lift, take the heaviest weight you can lift about 7 times. Then go to the next exercise. Don't do three sets of 10 or whatever the conventional thing is. This will deplete your muscle glycogen unnecessarily which could cause cravings for sugar. You won't experience the muscle loss common on low-fat diets so therefore you don't have to exercise as often and you'll still get great results.

This is great to know. Thanks!

---

RE: Zero Carb / Meat and Water - **Charles** - 07-14-2008 12:54 PM

Angela Wrote:
I agree that resistance exercise/weight lifting is the key. But I have to admit that after 10 months of doing weights and LC, and only 6 weeks of HIIT and running, I have seen the best results ever in the cellulite on my legs in the last 6 weeks !!!

Does that mean pictures are coming soon? 😊

You should have been doing squats (both Bulgarian split and regular), lunges, leg presses and calf raises. A good workout of these is equivalent to some serious running.

I haven't done these since high school track, but [plyometrics](http://example.com) are also an amazing workout without running. You step up and down on boxes, do leaps and bounds, and even jumping over hurdles with both feet. They used to wear me out but they were amazing. Some of the Olympic athletes swear by them.

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RE: Zero Carb / Meat and Water - **jeepifer** - 07-14-2008 01:20 PM

I just got a couple of Callenetics DVDs. I've heard they're awesome for leaning and toning and lifting. I may take some before/after pix for my own observation, but don't plan on me sharing. 😊

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RE: Zero Carb / Meat and Water - **waywardsister** - 07-14-2008 01:44 PM

Charles Wrote:
Also, if you lift, take the heaviest weight you can lift about 7 times. Then go to the next exercise. Don't do three sets of 10 or whatever the conventional thing is. This will deplete your muscle glycogen unnecessarily which could cause cravings for sugar. You won't experience the muscle loss common on low-fat diets so therefore you don't have to exercise as often and you'll still get great results.
Thanks for this. I'm starting back at the gym sometime this week after a few months off, and I have trouble getting out of the old 3 sets of 15, or whatever, mentality.

I'm sure you have a workout thread somewhere, and I'll hunt it down! I like doing compound moves (squats, deads etc) and I'm intrigued also by the results some are having with the Slow Burn technique - wondering about ppl's thoughts on that. I do not like to spend much time in the gym, though I enjoy lifting bc IMO, I lift smarter than many of the guys in there 😜

My goal - an unassisted pull-up. Anyway, this is about zero carb so I will find a workout thread!

Starting in earnest today with my <20. The play I directed is over now, and life once again slows to a nice, steady pace and I will no longer be tempted to grab a gluten-free slice when I'm racing around the city!! I've got 2lbs of water (carb) weight to shed, and the rest is excess body fat. Plus, I've got my complexion to clear up - it really goes to hell when I'm not eating right.

RE: Zero Carb / Meat and Water - Kristi31 - 07-14-2008 04:23 PM

This is day 7 (I think) of zero-carb. Nothing but raw fatty meats. I actually prefer raw to cooked, just got used to it, I guess. I mostly eat chuck and rib (beef).

I'm feeling pretty good, especially since lowering my estrogen dosage significantly, dropping progesterone and (very important!) giving up salt. The bloating is practically gone, my stomach is flatter and looking back, my weight increased after reintroducing salt into my diet so this could be key to getting back to a normal, more manageable weight. Pennington, in the 50's (I think) advised his patients to cut salt out of their diet as this could interfere with weight loss. He claimed, based on at least another study, that weight gain was not only due to water weight. I also think that some may be more vulnerable to salt, like women who have high estrogen levels due to dilated blood vessels, increased blood volume and water retention. I also recall reading about progesterone's tendency to relax muscles and increase blood volume so double whammy when both are high, like 1-2 weeks before our period or during pregnancy. Zero-carb (or low-carb) could also increase water retention (increase in vasopressin or anti-diuretic hormone) to offset the increased water excretion due to low insulin. Right? So imagine...

Right now, I'm feeling much better (not 100%) after my meals and had more energy today than usual so I did some weight lifting, to my suprise! I'm definently on the right track. But, I think I need to drop estrogen a little bit more to feel my best which leads to my question of the day!...

Could zero-carb have led to an increased production of sex hormones despite my ovaries being removed? Perhaps due to to less insulin, less sex-hormone binding globulin, increased fat, etc...?

If the answer is yes, then perhaps I only need a tiny amount of estrogen or even, none at all!

I'm cutting my dose in half and will now be taking 1.5mg estradiol sublingually daily. If that's still too much, then I'll go down to 1mg, then 0.5mg, then 0mg. My body is my guide. 😊

I tend to favor estrogen over progesterone for its fat burning properties (i.e. lipolysis), because I remember feeling (and looking) my best 1-2 weeks after my period when estrogen levels were moderately high to high (ovulation) and when progesterone levels were very low and because progesterone makes me sleepy. I realize progesterone and estrogen balance each other out but I'd rather go with my own experience. Maybe some testosterone in the near future but I already feel my libido going up and an increase in energy so maybe not...time will tell.
jeepifer Wrote:
I'm tired just reading about working out. 😛

LOOOOL!!!

Charles Wrote:
Also, if you lift, take the heaviest weight you can lift about 7 times. Then go to the next exercise. Don't do three sets of 10 or whatever the conventional thing is. This will deplete your muscle glycogen unnecessarily which could cause cravings for sugar. You won't experience the muscle loss common on low-fat diets so therefore you don't have to exercise as often and you'll still get great results.

Trust me on this one.

Regards,

Charles

Woow--this is good to know, Charles. When I did work out, I DID three sets (12, 10, 8), gradually using heavier weights up to the third set. Going directly for the heaviest weight, and a limited number, means a shorter time in/out of the gym I just joined and still seeing great results. I've only just started getting back in to working out consistently.

The info on muscle glycogen depletion causing me sugar cravings would've driven me crazy. I'd never have thought it was because I was working out incorrectly! Awesome info to know, Charles.

Charles Wrote:
Angela Wrote:
I agree that resistance exercise/weight lifting is the key. But I have to admit that after 10 months of doing weights and LC, and only 6 weeks of HIIT and running, I have seen the best results ever in the cellulite on my legs in the last 6 weeks !!! 😍

Does that mean pictures are coming soon? 😏

You should have been doing squats (both Bulgarian split and regular), lunges, leg presses and calf raises. A good workout of these is equivalent to some serious running.

I haven't done these since high school track, but plyometrics are also an amazing workout without running. You step up and down on boxes, do leaps and bounds, and even jumping over hurdles with both feet. They used to wear me out but they were amazing. Some of the Olympic athletes swear by them.
I was/am doing lunges, squats, presses and calf raises and although the results were promising, the running and the HIIT just took it to another level and the results were so obvious after I started. My measurements confirmed what I was seeing. Maybe it accelerated the fat burning.

Also I am too old to be jumping on boxes and over hurdles unless someone is chasing me. 😂!

Pictures will come later!!

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**RE: Zero Carb / Meat and Water** - **Dwayne** - 07-15-2008 06:16 AM

Argh up a pound! Normal fluctuations are still frustratingly common. I still feel like I should be in a low carb free fall. =) Hopefully down 3 tomorrow. I plan on going back to the gym as well. I love working out with free weights and a few machines. The last time I lost weight I was in the gym 4 days a week doing only weight training. I think it is the best way to continue weightloss since the lean muscle helps get rid of those excess calories even when you aren't working out. Gaining lean mess for fat mass is always a good deal. Just remember when you start your weightloss will turn into inches lost for awhile sometimes which is actually better. Just a warning if you see the scale stall you are still losing fat, but gaining muscle. If you have never really done resistance training you will gain muscle quickly. It feel great (to me) and I can't wait to do it again.

Anyway, my .02 for the day, hope things are going well for you all.

---

**RE: Zero Carb / Meat and Water** - **jeepifer** - 07-15-2008 07:06 AM

I've made it a week. Whoohoo! Weight at 208 this morning, down 7 lbs. since July 1, even with my carb-fest over the holiday weekend.

I was up late last night, and early this morning. The tired feeling is going away and I feel like my energy is picking up a bit.

I need to be better prepared in my food choices, though. I ran out the door with pork rinds, a cheese spread, and some pork back ribs. It will do, but I need to emphasize the time in the morning to cook myself a few burgers or steak strips.

---


Dwayne Wrote:

Argh up a pound! Normal fluctuations are still frustratingly common. I still feel like I should be in a low carb free fall. =) Hopefully down 3 tomorrow. I plan on going back to the gym as well. I love working out with free weights and a few machines.

That's true but you have to stay out of your body's way. Please provide some more detail on what you're eating. I know you're not quite at zero-carb yet, but there may be some things in your diet that are affecting you.

Dwayne Wrote:
The last time I lost weight I was in the gym 4 days a week doing only weight training. I think it is the best way to continue weight loss since the lean muscle helps get rid of those excess calories even when you aren't working out.

This is what people say but it hasn't been proven. We're not trying to burn "excess calories" we're trying to shrink fat tissue. Thinking this way will make you want to work hard and eat less and this will be counterproductive to your weight loss efforts. If you're not eating enough (meaning, not eating to appetite) then your body will go the starvation route and store more fat to guard against your efforts. When I see your menus, that will tell it all.

Dwayne Wrote:
If you have never really done resistance training you will gain muscle quickly. It feel great (to me) and I can't wait to do it again.

This is true, but just because you gain muscle, that does not mean you should gain weight. You should still be able to lift weights and lose if your diet is correct. If it is not, then you will gain weight and your appetite will increase.

Let's see what you're eating and see if we can get the weight loss into "freefall" as you said.

Regards,
Charles

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jeepifer Wrote:
I've made it a week. Whoohoo! Weight at 208 this morning, down 7 lbs. since July 1, even with my carb-fest over the holiday weekend.

Now, that's what I'm talking about.

jeepifer Wrote:
I was up late last night, and early this morning. The tired feeling is going away and I feel like my energy is picking up a bit.

come on, come on...

jeepifer Wrote:
I need to be better prepared in my food choices, though. I ran out the door with pork rinds, a cheese spread, and some pork back ribs. It will do, but I need to emphasize the time in the morning to cook myself a few burgers or steak strips.

Nothing to say to that...

Congratulations on the weight loss. There is nothing like success to keep you motivated and keep you on the straight and narrow. I had lunch with one of the attorneys who is doing my three-week challenge at work and she is so happy. She's lost weight and her cravings are gone and she continues to learn and learn. I'm so happy for her just as I am all of you who are getting healthy by the day.

Best regards,
I've posted my latest bloodwork here:

Jeep's latest results

Charles, they did a very thorough panel, with all sorts of other stuff (sodium, calcium, potassium, magnesium, etc.). Is there anything else I should be monitoring? I was pretty much in the normal ranges for most things.

zelia Wrote:
This is kind of off-topic, but I've been generally interested in this sort of question for several years. Meat was much fatter in this country when Dr. Atkins's diet was developed and his first book was published. I have an old USDA Home and Garden Bulletin, "Nutritive Value of Foods," from 1971, and the standard trim on meat at that time was 1/2" of fat. The few cuts of beef with 1/2" trim now listed in the USDA database are graded prime, which goes to restaurants, not to supermarkets. Anyhow, the diet Dr. Atkins originally published assumed much fattier meat than is now on the market.

I like to collect old cookbooks. In the photos, you can see a huge difference in the fattiness of the meat. Starting around the early 1980s, the meat starts getting leaner. Before that, it's rich and luxurious-looking. I just can't find anything in the butcher case that looks like those old photos. So sad.

I have been on vacation for the last week and a half from work and also from zero carb. I ate a lot of carb stuff over my time off, but I don't seem any worse for wear. I weighed myself last night and it was about the same as before the vacation (169). Started back with just coffee and ground beef with butter yesterday at work. I am going to see where this all leads me. I always felt my best when I was in the low 150's so maybe I will shoot for that.

travis t

That's true but you have to stay out of your body's way. Please provide some more detail on what you're eating. I know you're not quite at zero-carb yet, but there may be some things in your diet that are affecting you.

Breakfast-
Starbucks w/ Heavy Cream!
3 sausage patties
1 egg
Lunch (yes I ate a lunch)
3 Double Cheeseburgers (sans bun)
LC Ketchup

Dinner-
Crackerbarrel Chicken Tenders (grilled 6)
Side Salad with Blue Cheese
Green beans

I snuck in a diet coke yesterday and I ate 2 pieces of sugar free candy. After doing some reading I found that the Malitol syrup used in them can actually cause spikes in Insulin so they are going bye bye.

Charles Wrote:
This is what people say but it hasn't been proven. We're not trying to burn "excess calories" we're trying to shrink fat tissue. Thinking this way will make you want to work hard and eat less and this will be counterproductive to your weight loss efforts. If you're not eating enough (meaning, not eating to appetite) then your body will go the starvation route and store more fat to guard against your efforts. When I see your menus, that will tell it all.

I was just speaking about how it takes more energy for your body to "maintain" lean muscle than it does to maintain one pound of fat. I am all aboard with feeding your body what it needs. I am not a fan of calorie restriction. I have been that route before and I know that way leads you to end up skinny fat.

Charles Wrote:
This is true, but just because you gain muscle, that does not mean you should gain weight. You should still be able to lift weights and lose if your diet is correct. If it is not, then you will gain weight and your appetite will increase.

I totally agree, but I just wanted to warn people if they slow down a little as they gain muscle. I noticed that after I gained a bit of muscle mass and the gains slowed my weight loss accelerated. I just thought of it as a weight exchange of fat to muscle. Once that was over I went down quickly again in spurts. I never really "gained" fat while working out. I think the ZC/LC way is the best way to feed yourself for both maintaining and growing your lean mass while getting rid of fat. That is why I really want to get back in the gym. I miss it. =)


travis t Wrote:
I have been on vacation for the last week and a half from work and also from zero carb. I ate a lot of carb stuff over my time off, but i don't seem any worse for wear. I weighed myself last night and it was about the same as before the vacation (169). Started back with just coffee and ground beef with butter yesterday at work. I am going to see where this all leads me. I always felt my best when i was in the low 150's so maybe i will shoot for that.

travis t

Congrats on maintaining. That itself is a victory. I know I am an "all or nothing" kinda person, so if I
stuff myself with carbs, well, I *stuff* myself. Nothing like gaining 25 pounds in a month to send you screaming from the room! 🙄

Ground beef with butter. Yum! Meat. It's what's for dinner!

---

**RE: Zero Carb / Meat and Water - travis t - 07-15-2008 11:54 AM**

jeepifer

Ground beef with butter, salt, and tabasco.....it kind of sounds gross but it's like candy.

travis t

---

**RE: Zero Carb / Meat and Water - Vesna - 07-15-2008 11:56 AM**

Charles Wrote:
Lauren Wrote:
To be fair Charles, many people have dropped off of ZC either because they couldn't take it or because they didn't lose weight and sometimes even gained weight. I think this has happened with enough people that you shouldn't dismiss it.

You haven't been reading my posts lately. I have written at least three times last week that the "urge for the sweet" is an addiction. Like any addiction it takes a great deal of time and motivation to beat it. I expect people to fall off the wagon and to even give up. Why would this be any different?

I think Lauren is suggesting that there must be other factors besides addiction and the "urge for the sweet."

Why would either addiction or a sweet urge cause someone to gain weight? To not lose weight?

In my own case, when I was physically suffering (weak, lethargic, brain fog) during my meat + butter + water experiment in June, I wasn't experiencing an urge for sweets. After I added cream cheese, mayo, eggs and sour cream, I instantly felt normal instead of horrible, and these are not sweets. Also, as I posted earlier, my total fat intake didn't change when I added those items.

I felt even better after adding salad foods like lettuce, sprouts and tomatoes (I'm talking enough to dress a burger; not giant bowlfuls), and these are not sweets.

Whatever was driving my experience, it wasn't sugar addiction, sweet cravings, or rabbit starvation.

We just have to break open the box and investigate more possibilities.

---

**RE: Zero Carb / Meat and Water - zelia - 07-15-2008 12:05 PM**

Vesna Wrote:
zelia Wrote:
This is kind of off-topic, but I've been generally interested in this sort of question for several years. Meat was much fatter in this country when Dr. Atkins's diet was developed and his first book was published. I
have an old USDA Home and Garden Bulletin, "Nutritive Value of Foods," from 1971, and the standard trim on meat at that time was 1/2" of fat. The few cuts of beef with 1/2" trim now listed in the USDA database are graded prime, which goes to restaurants, not to supermarkets. Anyhow, the diet Dr. Atkins originally published assumed much fattier meat than is now on the market.

I like to collect old cookbooks. In the photos, you can see a huge difference in the fattiness of the meat. Starting around the early 1980s, the meat starts getting leaner. Before that, it's rich and luxurious-looking. I just can't find anything in the butcher case that looks like those old photos. So sad.

You reminded to look at my Betty Crocker cookbook, from 1969 (the year I was married), and the meat in there looks wonderful.

Just recently TCM showed "The Harvey Girls," Judy Garland in 1946. I hadn't seen this film for many years. There's a brief scene of a waitress serving a steak in a restaurant, and that steak was huge and looked like it was more than 50% fat.

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travis t Wrote:
jeepifer

Ground beef with butter, salt, and tabasco.....it kind of sounds gross but it's like candy.

travis t

hmmm... maybe hot sauce is what I need to get me through the ground beef. Sounds good.

---


I *love* a good, fatty steak. I wonder if I go to the local butcher shop if they'll give me a fatty trim? Hmm.

Tabasco & butter, kind of a buffalo hamburger. Dayum, that sounds great!

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Vesna Wrote:
Charles Wrote:
Lauren Wrote:
To be fair Charles, many people have dropped off of ZC either because they couldn't take it or because they didn't lose weight and sometimes even gained weight. I think this has happened with enough people that you shouldn't dismiss it.

You haven't been reading my posts lately. I have written at least three times last week that the "urge for the sweet" is an addiction. Like any addiction it takes a great deal of time and motivation to beat it. I expect people to fall off the wagon and to even give up. Why would this be any different?

I think Lauren is suggesting that there must be other factors besides addiction and the "urge for the
sweet.

Why would either addiction or a sweet urge cause someone to gain weight? To not lose weight?

In my own case, when I was physically suffering (weak, lethargic, brain fog) during my meat + butter + water experiment in June, I wasn't experiencing an urge for sweets. After I added cream cheese, mayo, eggs and sour cream, I instantly felt normal instead of horrible, and these are not sweets. Also, as I posted earlier, my total fat intake didn't change when I added those items.

I felt even better after adding salad foods like lettuce, sprouts and tomatoes (I'm talking enough to dress a burger; not giant bowlfuls), and these are not sweets.

Whatever was driving my experience, it wasn't sugar addiction, sweet cravings, or rabbit starvation.

We just have to break open the box and investigate more possibilities.

Yes, I agree with Vesna. I spent two weeks doing <5 carbs/day and then two weeks without cheese or eggs. I stopped drinking diet pop during this time, which made no difference one way or the other, except that I drink less overall now. I missed scrambled eggs with bacon and cream cheese. The way I make this dish, 87% of calories come from fat. I like this a couple of times a week. FYI it has .7g carb to 28.2g fat. It hasn't affected my weight loss which is nil this way and nil on zero carb. I don't eat sweets. I don't want sweets.

The only thing I see for me to do is cut back on protein, as Dr. Bernstein recommends, and I've never wanted to do.


penny
tabasco is good on anything.....except in my coffee..well my maybe...
travis t


Come on, Dwayne. You're a 335 pound man and you're telling me that you're eating to appetite on this much food? Are you serious? I'm 158 pounds today and I can eat way much more than you.

For breakfast, you ate 3 sausage patties, 1 egg and some ketchup. Today, I ate a half-pound of ground beef.

For lunch, you ate three double cheeseburgers. That's not bad, but the double-cheeseburger isn't that big.

I ate an entire rack of Carolina Style Pork Ribs. Yes, an entire rack. I ate them at a great place called, The Pit, here in Raleigh. If any of you are ever here, you must go there!!!!!!

For dinner, you ate 6 grilled chicken tenders, which are very lean breast meat with little fat. Oh, and a salad.

Last night, I ate a rack of ribs after I came from the gym.
Again, I am half your size and I ate way more food than you did. You're not going to lose that weight
eating like a tiny person. You say you're against calorie-restriction but you don't eat like it.

Don't buy into the "gain muscle lose fat because muscle weighs more" stuff. If you're gaining weight,
there is something wrong with your diet, plain and simple. I am smaller yet I can lift more weight than
when I was larger. People who get all puffy lifting weights are either muching too many carbohydrates
or steroids.

To lift weight you're going to have to eat more food, not less. If you don't want to eat more, then by all
means, don't lift weights because you'll get seriously depleted after a while. All animals in the kingdom
have this in common. When you increase activity, you have to increase energy intake. When you restrict
intake, you will eventually slow down your metabolism. It's the law of the jungle.

This way of eating does not work on decreased calories. It works on correcting the metabolic defect that
lead to the symptom. Your cells are starving on the inside because they are unable to get to the fatty
acids stored in your 335 pounds. You have to feed them and they want fat and protein. Your body has
decided that it takes this much constriction in your garden hose (fat tissue) to get the nutrients at the rate
it is getting them. If you want your body to release this constriction, you have to up the pressure. You do
that by providing more fatty protein.

Now, come on Dwayne, you've got to eat. Try to phase out the LC ketchup, the diet cokes and definitely
the malitol. If you want to get to "free-falling" you've got to eat more and cut out the cheats. Actually, if
you ate more you might find that you could handle the occasional cheat but you don't leave yourself
much room for error by eating such lean protein and low calories.

Regards,

Charles

---


I guess my problem with eating is I am so used to eating all the time (which is how I got back up) that I
am trying to only eat when I am hungry, and I am hungry so much less than I used to be eating this way.
I really didn't think I was undereating. The diet cokes and malitol are gone. I can tell I am going to be
hungry hungry tonight though. Going to go buy some beef and use my new hamburger patty press I
bought. I will throw some butter in there. =) I will work on the LC Ketchup. I may try going to vinegar
hot sauces. Have you ever been to a Remington Grill in Raleigh? I lived there for about 2 years and I
LOVED that place.

We have some friend in Chapel Hill we visted a couple of months ago. I imagine we will be back
through there in the next couple of years and I will take a look at it. What kind of barbeque sauces can
we eat? =) I know Carolina BBQ is REAL vinegary. The brown sugar and what not being in them is
what I am sooo used to.

---

**RE: Zero Carb / Meat and Water - jeepifer - 07-15-2008 12:56 PM**

You have a hamburger press? I'm jealous! I use a cookie cutter if I want them all neat, or my hands for
the sloppy ones. 😊
Vesna Wrote:
Why would either addiction or a sweet urge cause someone to gain weight? To not lose weight?

Your body does not know the difference between a banana and a snickers bar. They both have 26 grams of sugar. High insulin is the result of an addiction, period. It's not that the food is made of sugar or a confection, it's just what it is when it's broken down in your body. Don't get caught up in my use of the word "sugar." Any word ending in "ose" such as glucose, is a sugar, plain and simple. That's the point. Sure, salad has less glucose than a donut, but if your insulin is out of control, it might as well be the same thing for you, plain and simple.

Vesna Wrote:
In my own case, when I was physically suffering (weak, lethargic, brain fog) during my meat + butter + water experiment in June, I wasn't experiencing an urge for sweets. After I added cream cheese, mayo, eggs and sour cream, I instantly felt normal instead of horrible, and these are not sweets. Also, as I posted earlier, my total fat intake didn't change when I added those items.

What do these dairy products have in them that made you feel better? Was it not glucose? If you were eating more fat when you added these things then that may mean that your meat was too lean which is entirely possible as well. Everyone feels horrible for a few days when they go zero-carb. Some can stick this out until it passes, like Jeepifer did, and some give up in frustration. These symptoms are similar to what one experiences when they come off an addiction.

Vesna Wrote:
I felt even better after adding salad foods like lettuce, sprouts and tomatoes (I'm talking enough to dress a burger; not giant bowlfuls), and these are not sweets.

Yes, they are. Your body craved glucose and you provided it. Sure, you provided low-glycemic carbohydrates, but they were carbohydrates nonetheless. Don't fool yourself. When they are broken down, they are glucose. You can't get around this. What are they composed of if not glucose? What is their glycemic index number? The fact that they are on the list should prove to you that they have some glucose.

Vesna Wrote:
Whatever was driving my experience, it wasn't sugar addiction, sweet cravings, or rabbit starvation.

That's your opinion and you're entitled to it.

Vesna Wrote:
We just have to break open the box and investigate more possibilities.

Vesna, whenever something doesn't happen the way you expected it to, there must be something more to it than the obvious truth, right? As I've said to you before, if zero-carb doesn't help you, fine. Go and find something that does. It's okay, really!

Regards,

Charles
jeepifer Wrote:
You have a hamburger press? I'm jealous! I use a cookie cutter if I want them all neat, or my hands for the sloppy ones.

I bought it online for 10 dollars. =) We will see how well it works tonight! I hope my son wants burgers. Last night he was shoving fistfulls for green beans and chicken in his mouth and all over the floor!

RE: Zero Carb / Meat and Water - Charleyes - 07-15-2008 01:16 PM

Dwayne Wrote:
I guess my problem with eating is I am so used to eating all the time (which is how I got back up) that I am trying to only eat when I am hungry, and I am hungry so much less than I used to be eating this way.

Okay, see that's the issue right there. First, there is NOTHING wrong with eating all the time. I know that sounds strange but there really isn't. You didn't gain weight because you ate too much. You got fat because you ate the wrong things. Hunger is not the enemy or something you want to avoid. You want to satisfy it because that your cells telling you they need energy.

Second, the problem comes with WHAT you're eating, not how often. If you're eating carbohydrates, they will cause you to want to eat them all day long and you'll gain weight. If you're eating fatty protein, it will limit you because you'll get full. That's the only reason you should stop eating, because you're full. Once you eat this way, you should be able to go 5 or 6 hours before you're hungry again. This is very important. If you feel the need to snack during this time, that's proof that you didn't eat enough at the meal.

Dwayne Wrote:
I will throw some butter in there. =) I will work on the LC Ketchup. I may try going to vinegar hot sauces. Have you ever been to a Remington Grill in Raleigh? I lived there for about 2 years and I LOVED that place.

I haven't. I'll have to look for it.

Dwayne Wrote:
We have some friend in Chapel Hill we visted a couple of months ago. I imagine we will be back through there in the next couple of years and I will take a look at it. What kind of barbeque sauces can we eat? =) I know Carolina BBQ is REAL vinegary. The brown sugar and what not being in them is what I am sooo used to.

Yes, the vineary ones are best. Stay away from the sugar-filled sweet ones. I actually prefer the spice rub than any sauce, but I don't find I have too much trouble when I eat the Carolina-style since they're not sweet.

RE: Zero Carb / Meat and Water - Kristi31 - 07-15-2008 04:03 PM

So today I'm feeling truly wonderful. I realized earlier this morning that even a low dose of estrogen (0.5mg) bothers me and I do best without. No need for hormones, at least for the present moment. My
body appears to be producing just enough.

Raw meat and water suit me just perfectly. No extra anything needed!

I am much less hungry too. Ate about 1 lb of meat today whereas I usually eat twice that amount in a day. The day isn't over but I just ate 30 mins ago.

In a nutshell, my problem was edema. Now that I have that figured out, I can hopefully go back to living normally and enjoying life AND spreading the word, like Charles, so that the rest of the world can live a healthy life. Amen! 😊

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**RE: Zero Carb / Meat and Water - [Charles](#) - 07-15-2008 06:44 PM**

Kristi31 Wrote:
In a nutshell, my problem was edema. Now that I have that figured out, I can hopefully go back to living normally and enjoying life AND spreading the word, like Charles, so that the rest of the world can live a healthy life. Amen! 😊

You've had a tough go-round, lady so I'm very happy for you that you've found the solution. Spread the word!

Regards,

Charles

---

**RE: Zero Carb / Meat and Water - [waywardsister](#) - 07-15-2008 08:18 PM**

Kristi31 Wrote:
I'm feeling pretty good, especially since lowering my estrogen dosage significantly, dropping progesterone and (very important!) giving up salt. The bloating is practically gone, my stomach is flatter and looking back, my weight increased after reintroducing salt into my diet so this could be key to getting back to a normal, more manageable weight.

Hey Kristelle! Glad you're feeling good. I know you've gone through so much experimenting (from ANC and MB), and I hope this works out for you. We're all little science experiments eh?

So it feels good to be back on the wagon, so to speak. Can't wait for the slooshy bloaty feeling to go away, and for my skin to clear. I'm hungrier than usual, and I know it's from eating carby. I could eat again now, but I don't want any protein - I want some pure fat. Actually, come to think of it - I think I'm craving dairy, as opposed to fat. I could really down a ton of heavy cream right now 😊Not gonna do it! But I've been thinking about it on and off all day, and all yesterday too. Guess it's time to admit it...I really do need to stay away from dairy products, cow ones anyway. I never crave goat or sheep cheese and it can sit in my fridge for weeks. A sharp, old cheddar? Fugghetaboutit. The block is gone in a matter of days.

Anyone know any fat snacks that don't involve meat or dairy???? I downed two raw egg yolks, not helping. Too much coconut oil makes me nauseated, at least right now. I have that feeling I get when I need more fat...but this could actually be my dairy craving, since when I get this I usually go have tea with heavy cream, or cheese, or something. Argh.
Hi Everyone,

Kristelle - I hope the positive changes you are seeing are going to stick.

I am still flopping around trying to find what will work for me. Eating zero carb has caused me to gain weight and now I am stalled at a higher weight than when I started. I am not obsessing over weight loss anymore but my goal is to maintain for awhile and then start working on losing down the line somewhere. I plan to keep my carbs under ten for the next bit. I am putting ZC on hold for awhile.

Val

Hi Val,

Here is a post of mine from another thread. I too had your experience of gaining weight on ZC and you and I are not the only ones. I think that if you don't have much weight to lose, you can gain on ZC.

from the "How can women lose that last 10-15 pounds?" thread:
I am trying to eat enough protein to meet my needs (but not too much), less than 20 carbs per day (Atkins induction type salads), and enough fat to keep me satisfied, sleeping well, etc. I do try to eat light but not starve thinking that this will give my hyperinsulinimia a chance to get under control without gaining additional weight. I tried eating fatty meat to appetite and I gained weight. Perhaps this would have eventually stopped but I didn't want to gain even more weight waiting to find out. I think what I am doing now is a reasonable option. I also don't plan on eating only meat and water so I want to be able to stabilize my weight eating the way I would like to eat for life. I'm trying to be patient and consistent with this. When I go back to work in the fall, I'm going to add weights to the equation.

I'm having the weirdest of experiences in this low/low near zero carbing.

When I get hungry I get HUUUUNNNNGGREEEEE!!! I mean, my stomach hurts like a mommamia and I'm almost nauseaus needing to eat if I wait too long...

Does ANYONE else experience this weirdness? I mean the hunger when it comes on, shows no mercy!
Even when I wasn't low carbing, hunger didn't hit me like this. And usually this only happens when I've not planned (like this morning) and brought enough to eat for breakfast.

I overslept this morning and practically ran after my express bus for work. 😞...not to mention I'm really tired.

RE: Zero Carb / Meat and Water - jeepifer - 07-16-2008 07:21 AM

pennypritty1 Wrote:
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Does ANYONE else experience this weirdness? I mean the hunger when it comes on, shows no mercy! Even when I wasn't low carbing, hunger didn't hit me like this. And usually this only happens when I've not planned (like this morning) and brought enough to eat for breakfast.

I overslept this morning and practically ran after my express bus for work. 😞...not to mention I'm really tired.

That's funny, I'm having sort of the opposite experience. I was eating breakfast this morning (I actually made *time* to do it!!!) and got 3/4 of the way thru my beef short rib w/ buffalo-mayo, and all of a sudden I felt like if I ate another bite I'd be sick. Oooop!

RE: Zero Carb / Meat and Water - Dwayne - 07-16-2008 07:46 AM

I know it when I am hungry (at least I think I do) my stomach lets me know in a big way. I am up another pound today and am very frustrated. I am going to do what I have been advised to, but it is hard to believe that a diet coke and a few sugar free candies can knock me down so hard. I guess it could just be water weight since I am so big, but it is still fairly depressing. I am not going to weigh again till Friday.

RE: Zero Carb / Meat and Water - pennypritty1 - 07-16-2008 07:49 AM

Dwayne Wrote:
I know it when I am hungry (at least I think I do) my stomach lets me know in a big way. I am up another pound today and am very frustrated. I am going to do what I have been advised to, but it is hard to believe that a diet coke and a few sugar free candies can knock me down so hard. I guess it could just be water weight since I am so big, but it is still fairly depressing. I am not going to weigh again till Friday.

Do you weigh yourself every day, Dwayne?

That would drive me crazy!!! lol

Checking my weight even once a week annoys me. It fluctuates so much for me. But where the scale
tells me one thing, my clothes are telling me another... and it's telling me NICELY that I am losing where sometimes the scale tells me I'm wasting my time.

RE: Zero Carb / Meat and Water - Kristi31 - 07-16-2008 08:23 AM

I'm hungry when I start salivating. I get this strange feeling in my mouth too which tells me "it's time to eat!".

RE: Zero Carb / Meat and Water - Sambezious - 07-16-2008 08:36 AM

Hey Dewayne!

Hang in there buddy, I know it's tough.

I don't know how everyone else feels about 'em, but I try really hard to avoid the LC carb candies. When I tried the low carb diet once before, I was not able to lose weight until I kicked the candies to the curb. I couldn't even drink the Atkin's shakes... they would stall me as well. If you have a chocolate craving, I like the Almond Bark recipe from George Stella over at stellastyle.com. The Chocoperfection bars (I like Jimmy's Raspberry bar & the Milk Chocolate) are really good and never caused me to stall. Also, I still continued to lose weight when I was having a piece of Rachel's Cheesecake (Stella, again) or Jimmy's Keylime pie. I would treat myself to one piece a day with a good size helping of whipped cream (sweetened with Liquid Splenda - zero carbs!). During the time I was eating this stuff, I still maintained only eating 20 carbs (or less) per day.

Keep an eye out for hidden carbs in everything you eat. Read the labels! Check the ingredients, even if the item shows ZERO carbs! Sometimes you'll find stuff like dextrose & corn syrup listed. A good example.... Nature's Seasoning! I love that stuff and had been using it on just about everything I cooked. Yesterday, I happen to read the label and it contains SUGAR!!! It shows ZERO carbs, but the ingredients lists sugar! What the heck! Anyway.... always read the ingredients on the label! Always!

Again, hang in there! You should be starting to lose cravings for sweets and other carby foods pretty soon. Hold your head up high and be proud of yourself for working to make yourself a healthier person. I'm on this journey right along with ya!

Sam

RE: Zero Carb / Meat and Water - LindaSue - 07-16-2008 08:37 AM

I had a very pleasant experience yesterday and I wish that every day could be like that. Around 7:00am, I had a half pound cheeseburger and I wasn't hungry again until 2:00 in the afternoon! As many of you know, that's VERY unusual for me and it was great not having to eat every couple hours. Even at 2:00 I wasn't THAT hungry but I grilled some pork steaks and decided to eat one while they were hot off the grill. I got a super deal on the steaks. They were marked down to .99 pound because they were due to expire. So, I got four big, but thin, fatty steaks for only $2.50! I'd never bought pork steaks before and I highly recommend them. These did have a big bone in them, but I've heard that the bones give meat more flavor when you cook it.
Hi Penny!

You have such a great attitude! I have no doubt that you will achieve all your weight loss goals! You go GIRL! :-) 

Sam

pennypritty1 Wrote:

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Does ANYONE else experience this weirdness? I mean the hunger when it comes on, shows no mercy! Even when I wasn't low carbing, hunger didn't hit me like this. And usually this only happens when I've not planned (like this morning) and brought enough to eat for breakfast.

I overslept this morning and practically ran after my express bus for work. 😳...not to mention I'm real tired.

Yep, this happened to me about 5 days after starting strict zero-carb. I would wake up in the morning nauseous and stomach-achy and eating would alleviate it. I just figured I was still oversecreting insulin and my pancreas hadn't adjusted to my new way of eating.

Now I'm 13 days eating ZC and the stomach aches are completly gone and I go 5-6 hours between meals, no problem. In fact, yesterday I stopped eating at 3 pm because I wasn't hungry! However, I had the worst insomnia of my life (while not actually having a panic attack). I had a weird kind of fasting euphoria that lasted until 4 am. No anxiety, just very awake!

Deanna

pennypritty1 Wrote:

Hi Penny!

You have such a great attitude! I have no doubt that you will achieve all your weight loss goals! You go GIRL! :-) 

Sam

Hi, Sam!!!

Thanks! You too, very encouraging yourself.
And thanks for the info on those treats. I am (STILL) a chocolate lover and have been very diligent, and successful, in staying away from them. But my search is ON for those treats you mentioned. I remember the Almond Bark when I watched George Stella's shows (sigh--I miss those shows, he was so good). I'll have to google for that recipe to try it. Wait--I think its in his cookbook and I have those... I'm checking that soon as I get home from work. woohoo!

I'd been curious about Jimmy's bars but was afraid they'd taunt me back to choco-world. lol

And for me, choco-world is the world of *choc-overdose*!

😊

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**RE: Zero Carb / Meat and Water - pennypritty1 - 07-16-2008 09:13 AM**

deedum Wrote:
Yep, this happened to me about 5 days after starting strict zero-carb. I would wake up in the morning nauseous and stomach-achy and eating would alleviate it. I just figured I was still oversecreting insulin and my pancreas hadn't adjusted to my new way of eating.

Now I'm 13 days eating ZC and the stomach aches are completely gone and I go 5-6 hours between meals, no problem. In fact, yesterday I stopped eating at 3 pm because I wasn't hungry! However, I had the worst insomnia of my life (while not actually having a panic attack). I had a weird kind of fasting euphoria that lasted until 4 am. No anxiety, just very awake!

Deanna

woow--thanks, Deanna.

Maybe that's it... I've been getting really good with eating closer and closer to zero carbs as I can lately. I was so unprepared for that feeling this morning, I ate 3 boiled eggs (I know--not zero carb'able) but I just needed something to quell the feeling. And I ate a spoonful of cream cheese and that helped. My job has free bagels for the employees every Wednesday... I'm not even tempted anymore. I just spooned up some cream cheese and made my way out of the room.

Right now I'm ready for lunch; a plateful of fatty meats. mmm... I'm getting really hungry again. lol

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**RE: Zero Carb / Meat and Water - Charles - 07-16-2008 09:16 AM**

Gary Taubes, via e-mail, advised me to look at Dr. Robert Kemp's studies between 1963 and 1973. He was a physician at Walton Hospital in Liverpool and he published three articles reporting his clinical experience with a low-carbohydrate, unrestricted-calorie diet. Kemp reported that his obese patients craved carbohydrates and they were invariably puzzled by two aspects of their condition:

First, that other people can eat just the same diet and remain thin; and, second, that they themselves were thin on the same amount and type of food which caused them to become fat.

These observations led Kemp to formulate a "working hypothesis that the degree of tolerance for carbohydrate varies from patient to patient and indeed in the same patient at different periods of life." He then translated this hypothesis into a carbohydrate-restricted, calorie unrestricted plan. This diet was the
first in his experience to produce "worthwhile results in obesity treatment."

In 1956, Kemp prescribed this diet to 1,450 overweight and obese patients. More than seven hundred (%49) lost 60% percent of their excess weight. They **averaged** 25 pounds of weight loss after a year on the diet.

Another 550 patients (38%) defaulted, which means they stopped appearing at Kemp's monthly counselling sessions.

Nearly two hundred patients (13%) failed to lose significant weight while apparently following through with the treatment. This failure suggested to Kemp that the diet may not work on everyone despite some claims by popular diet books that it could.

In all cases that have tested carb-restricted diets versus low-fat diets, the carb-restricted diets were two to three times more effective than the low-fat diets.

I put this out here today to just reinforce the notion that everyone is not going to lose weight on carb-restricted diets. The majority will. If you are doing zero-carb and you can not lose, you will probably not lose on Atkins or any other plan, although there is nothing to stop you from trying. Zero-carb is very difficult to do and Stefansson and the Bear seem to agree that it takes a good six months to lose that urge for carbohydrates of any kind. If one can make it that long, they will probably stay that way. If not, they will return to some low-carbohydrate level.

I do, however believe that these diets do much more than promote weight loss. The research shows that they also protect against the diseases of civilization; however, it's hard to tell what can happen when someone applies this late in life. As Gary Taubes explained to me via e-mail, on many cases where one has been obese for most of their life, they may lose some weight but they may not approach lean due to the hypersensitive nature of their fat tissue to insulin.

The question is, what should people do when faced with this prospect? Since these plans all promote health, I believe the best solution is to find a plan that you are comfortable with and stick to it the rest of your life. This is the best thing you can do from a dietary perspective. From there, I would get many medical tests to possibly identify any hormonal problem. If there is any other ailment that one has, they should get that corrected first as any ailment can and will affect various hormones which would impact their ability to mobilize fatty acids. The same is true for various medicines that people are taking. These can certainly affect your hormones in such a way that they can not mobilize fat as they normally would.

However, as we've discussed many times, insulin can trump any hormone and promote fat storage when other hormones want to mobilize. Moreover, because obesity is merely a symptom of the metabolic disorder, **weight loss should not be the governing factor.** Health should always be the prime factor. One should eat according to the plan that provides the greatest health advantage.

Regards,

Charles

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**RE: Zero Carb / Meat and Water** - Sambeziou - 07-16-2008 09:23 AM

HI Penny!

I was a chocoholic too! I think this Chocolate Bark from George is a new recipe that may be in his new,
up and coming recipe book! Here's a link for ya!


Some folks have added unsweetened coconut and pecans to the recipe. I like it plain... without the nuts!

I, too, miss George on TV. His shows were great. BUT, at least we can see Jimmy and Christine on YouTube. :-)

Have great day!

Sam

RE: Zero Carb / Meat and Water - LindaSue - 07-16-2008 09:31 AM

I thought I'd post a photo of a pork steak that looks very much like the ones that I grilled yesterday. I found out on Wikipedia that pork steaks are cut from the shoulder (Boston butt), which explains all the nice fat in them.

RE: Zero Carb / Meat and Water - travis t - 07-16-2008 10:08 AM

To me the biggest proof that zero carbs is the best is my brain and it's cravings for sweets. Last week while on vacation I allowed carbs back in to my diet, oatmeal and eggos, potato, onions and a treat on July 4th (dairy queen malt). My brain was always thinking about where it would get more. It was subtle, but it was there. This week I'm back on track and now three days in I am not concerned at all about wanting carbs. Carbs are a slippery slope.

travis t

RE: Zero Carb / Meat and Water - pennypritty1 - 07-16-2008 11:49 AM

Sambezious Wrote:
HI Penny!

I was a chocoholic too! I think this Chocolate Bark from George is a new recipe that may be in his new, up and coming recipe book! Here's a link for ya!


Some folks have added unsweetened coconut and pecans to the recipe. I like it plain... without the nuts!

I, too, miss George on TV. His shows were great. BUT, at least we can see Jimmy and Christine on YouTube. :-)

Have great day!

Sam

Thanks, Sam... AND for GS's website. I've not even been on his website since his show. Totally forgot
about it (a lot of things when I first left lowcarbing--or as I call it the "dark days")

Hmmmm... A stock pot??? I'll have to look for something like that at cooking.com. I know this is a recipe
I'll get used to very soon. 😊

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RE: Zero Carb / Meat and Water - poo123 - 07-16-2008 05:25 PM

Things are going well. Not losing weight but still only eating 2 times a day. Full of energy and happy.
So all is good on zero carb

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RE: Zero Carb / Meat and Water - Vesna - 07-16-2008 06:56 PM

zelia Wrote:
I missed scrambled eggs with bacon and cream cheese. The way I make this dish, 87% of calories come
from fat. I like this a couple of times a week. FYI it has .7g carb to 28.2g fat.

Zelia, how do you make it? I like scrambled eggs with bacon, and also sometimes I have bacon and
cream cheese for a quick breakfast. All three together sounds awfully good, and fits in with the
guidelines of this thread as put forth in the OP and the ZC "Important Post."

Here's how I have bacon and cream cheese when I'm strapped for time.

I lay out bacon rashers (that's how they call strips in England and I just think it sounds cool!) in a
roasting pan, set the oven to 350F, and set the timer for 20 minutes. Then run around doing whatever
needs doing. Then take out bacon, drain briefly, wrap four strips (or so) loosely in a cloth napkin and
place right in my handbag. I measure out 1 to 2 ounces of cream cheese, wrap in foil or something, and
put in the handbag.

Then I drive to work.

At work, where I'm often the first one in, I break off pieces of bacon, cut off pieces of cream cheese, and
make individual bacon-cream-cheese rolls. Delicious! Fun!

Then coworkers come in and say, "Gee, what smells like bacon?" and I say, "Bacon."

Then they share their doughnuts or bagels or muffins or whatever nasty carb bombs they've brought to
help each other start the day with. And sometimes offer some to me, just to be polite, and when I say,
"No, but thank you for asking," they say, "I didn't think so!"

And that's my story. 😊

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RE: Zero Carb / Meat and Water - waywardsister - 07-17-2008 05:24 AM

Vesna, I love that you carry bacon around in your purse. I don't know if you're single, but that sounds
like a great way to attract men 😊There was a TV ad here not long ago for some fast food chain - 2 gals
at a nightclub, and one of them had a bacon-double cheeseburger in her purse. She ended up surrounded
by doting men, all telling her how wonderful she smelled.

I'm still feeling the effects of my carbage - still boated and up weight, even more so due to pre-TOM,
and my body seems to be, ummm, flushing itself out. Very little appetite, food not appealing, so I'm not eating as much as I'd like to be but I know this is temporary. Drinking lots of tea with coconut milk in the meantime. I really, really want to drink more than eat at this point so I'm going with it.

I've noticed over and over that some women have trouble with zero carb. Any men ever experience the same thing, weight gain or no weight loss? Charles, don't you wish we could raise a bunch of money and do a real study on this? Personally, I'd love to do a documentary and explore this issue in real depth. Is it hormones, is it metabolic changes brought on by however many years of a SAD, or other not-ideal-for-you diet...or from previous dieting experiences (low fat, caloric restriction, cabbage soup etc)

Reading Weston Price, you see that populations were thriving on all sorts of diets (would they have been even healthier on zero carb? Who knows). It made me wonder if part of the reason ppl struggle even with low carbing is that we've been eating against our physiology since childhood, not just carby foods but industrialized foods - commodity foods, food 'products', artificial this and that, etc. I'm sure a lot of ppl would agree, esp in this thread, that a double-whammy like that has set us up for some pretty nasty physiological situations. So...could it be that weight gain, etc on zero carb is a sort of Herxheimer (sp) reaction, a 'getting worse before it gets better' kind of thing? Could it literally take years for some of us to find our way back to 'normal'?

PS: oh, that pork steak looks goooooooodd. And yes, meat is better with bone, more flavour. There's a great cookbook called "Bones" that has amazing meat recipes, even a good marrow one (Kristelle!) by a Canadian woman named Jennifer MacLagan - apparently we go to the same butcher, so I am hoping to run into her there one day 😃

RE: Zero Carb / Meat and Water - jeepifer - 07-17-2008 07:47 AM

Mmm. Bacon.

I ended up with hamburgers all day yesterday. Two patties at the ballpark (my group at work had a day out at the local minor-league baseball stadium). Gross! But covered them in mustard, so ate them and had a diet coke and water.

Dinner was with the kids at local burger chain (Culvers) with double patties, cheese, and mayo. Not bad. Filled me up.

We're going on a trip tomorrow and Saturday, so I'm planning on getting steaks this afternoon, and cooking them up to bring with (in a cooler till we get to the hotel). So at least I have backup in case where we eat out looks "iffy" -- KWIM?

RE: Zero Carb / Meat and Water - travis t - 07-17-2008 07:59 AM

I have been getting my hamburger at walmart. The 80/20 seems to be just right for the gas grill. The 73/27 catches fire to easily because there is so much drip off. Top off with salt, butter, and tabasco....yummy!

travis t

RE: Zero Carb / Meat and Water - Charles - 07-17-2008 08:56 AM

waywardsister Wrote:
I've noticed over and over that some women have trouble with zero carb. Any men ever experience the same thing, weight gain or no weight loss? Charles, don't you wish we could raise a bunch of money and do a real study on this? Personally, I'd love to do a documentary and explore this issue in real depth. Is it hormones, is it metabolic changes brought on by however many years of a SAD, or other not-ideal-for-you diet...or from previous dieting experiences (low fat, caloric restriction, cabbage soup etc)

Well, there is a guy in my office who does indeed have trouble losing weight. He started at 305 and lost 60 pounds, but he can't seem to get much past his 245. It shouldn't surprise us that there are going to be some who struggle with this because in every study we've looked at, even in GCBC, it wasn't like 100% lost weight.

However, it was usually in the 65-75% range and that is so much better than the "eat less, move more" crowd. On this board, it's obviously going to seem like a higher percentage because obviously these are people who care and they've usually come here because they had trouble. The seven or eight people in my office who I help personally have no interest in participating in an online forum, partly because they are just successful.

I apologize for the length, but I'll share with you one of the attorneys who took my three-week challenge at work. This lady was slim anyway but she wanted to beat her addiction to sugar because she knew it was bad and she has extensive history of diabetes in her family.

This is the third week and she is actually slimmer (an older lady, by the way) and feeling great. She says she has completely lost her cravings and she walks by the myriad deserts in our office with ease. She basically does a little less than Atkins' induction and she's content with it.

Unknown to me until yesterday, was that she suffered from GERD, the acid reflux thing. Hers was so bad that she had to sleep only on her side with her head propped up and she couldn't eat too many things without getting sick. This "sleeping on her side" thing went on for so long and caused her such trouble that she went to a therapist for pain in her side and no one could figure out why she was having such trouble.

They did all sorts of stretches and gave her medication. One day, she found a good therapist who realized that the pain actually originated in her back, not her side. This was caused by her sleep pattern in response to the GERD. Basically, on the side on which she laid, her knee and ankle also gave her trouble and her leg grew to be shorter than the other because the muscles atrophied because of how she was forced to sleep.

Well, in the last three weeks, she has experienced a total reversal of these symptoms. She can now eat to appetite and she can sleep on her back or any position that she wants just from changing her diet. As I said, she's only lost a few pounds but she has seen such improvement in every other area of her life that she's now totally convinced to leave sugar behind.

The other lady has lost about 6 pounds, lost her cravings for sugar, and is eating at Atkins induction-level.

waywardsister Wrote:
Reading Weston Price, you see that populations were thriving on all sorts of diets (would they have been even healthier on zero carb? Who knows). It made me wonder if part of the reason ppl struggle even with low carbing is that we've been eating against our physiology since childhood, not just carby foods but industrialized foods - commodity foods, food 'products', artificial this and that, etc.
I think you're exactly right. I don't necessarily believe that those populations with vegetables would have been that much better off; however, even Dr. Price noted that the meat-eaters were stronger, more robust, and they tended to dominate their neighbors. Obviously, the omnivors were also much healthier than we are. Moreover, you have to read between the lines when reading Dr. Price. He was travelling with Drs. Burkitt and Trowell who were out to prove their fiber hypothesis which they stole from Peter Cleave. Dr. Price noted that these doctors wrote things that directly contradicted their observations just to get their theory out there. That means that what they observed about the meat-eaters was the minimum they cared to write. They were surely even more impressed but this would have contradicted their research. Check out a couple of these statements:

Dr. Price Wrote:
It is significant that the vegetarian groups practiced the feeding of special foods during gestation and lactation. Apparently carnivorous groups found no need to supplement the diet, as it was already rich in the factors needed for reproduction and optimum growth.

Dr. Price Wrote:
The doctors associated the emergence of diabetes with sugar consumption. High blood pressure had become more common, and could usually be reduced by cutting back on sugar. Dental caries had become more frequent. But other diseases—ischemic heart disease, constipation, hemorrhoids, varicose veins, appendicitis, thyroid problems, ulcers, arthritis, anemia and kidney stones—remained rare. Their native foodstuffs still protected them against the incursion of refined foods.

Dr. Price Wrote:
Drs. Williams and Gelfand stress that the likely culprit in the slow emergence of dental caries and diabetes is not animal fat, but refined sugar. Nevertheless, their articles form part of a collection whose editors are firmly committed to the lipid hypotheses, namely that animal products and saturated fat contribute to the Western plague of atherosclerosis, diabetes, hypertension and obesity. While Weston Price's *Nutrition and Physical Degeneration* moldered in obscurity, *Western Diseases: Their Emergence and Prevention*, edited by H.C. Trowell and D.P Burkitt received widespread recognition. Price noted that all healthy African groups had good sources of animal fat, and that the *healthiest groups consumed less, not more, of plant foods*; Burkitt and Trowell, however, postulate that the increase in Western diseases among Africans is due to a reduced consumption of plant foods containing dietary fiber. Heart researcher George Mann's work is conspicuously absent from Burkitt's *Western Diseases*. Mann studied the Masai tribes and came to the politically incorrect conclusion that their high fat diet did not predispose them to heart disease.

What you're saying about some people not finding success is what I was trying to convey yesterday by posting Dr. Kemp's results. He discovered exactly what you've described, that there is a percentage whom this will not work for. It's probably due to the years on the SAD, for sure!

waywardsister Wrote:
a 'getting worse before it gets better' kind of thing? Could it literally take years for some of us to find our way back to 'normal'?

I think this should be expected, especially when someone has been obese for most of their life. Weight loss seems to only go quick for those of us who were skinny most of our lives and only got obese during or after college, or people like Mr. Banting. However, there have obviously been many people who were fat all their lives but got the proper nutrition and now they are lean. It's difficult to generalize.
However, the science informs me that there can be no doubt that it is healthier to eat less carbohydrates rather than more and whatever we're able to accomplish with the correct diet is certainly worth it in terms of improving our chances against the diseases of civilization, which is much more important in my view.

Regards,

Charles

RE: Zero Carb / Meat and Water - jeepifer - 07-17-2008 09:03 AM

Charles Wrote:
The seven or eight people in my office who I help personally have no interest in participating in an online forum, partly because they are just successful.
No, they don't need to come here because they have you helping them right there. Don't underestimate what an invaluable service you are providing.

I almost joined the WW group here at work, not for their (*cough*) program, but for the group support. For those of us that are alone in our WOE, online support through forums like this gives the lifeline we need to continue and not give up!

RE: Zero Carb / Meat and Water - LindaSue - 07-17-2008 09:33 AM

travis t Wrote:
I have been getting my hamburger at walmart. The 80/20 seems to be just right for the gas grill. The 73/27 catches fire to easily because there is so much drip off.
I've noticed that too. They turn into hockey pucks in a matter of seconds. I have better luck with the Wal-Mart hamburger if I cook it on the stove.

RE: Zero Carb / Meat and Water - pennypritty1 - 07-17-2008 09:40 AM

jeepifer Wrote:
No, they don't need to come here because they have you helping them right there. Don't underestimate what an invaluable service you are providing.

I almost joined the WW group here at work, not for their (*cough*) program, but for the group support. For those of us that are alone in our WOE, online support through forums like this gives the lifeline we need to continue and not give up!

Oh yea, it's definitely an outlet for me to get my feelings and questions out there, and to just be able to associate with others who understand what I'm doing and why I'm doing it. And it's even helped me realize that my initial desire for this lifestyle change became more than just to look "pretty" and bikini-friendly. 😊

I was one of those who was overweight most of my life. I'm told I was a tiny, skinny little girl (don't remember that) then preteen years came and suddenly I got taller and bigger (and boy do I remember that). Food became my bff (I was introverted, extremely shy and a quite dreamer) so... the weight kept coming on. It also in a way, kept me hidden from the world (or so I thought, but another subject
altogether.)

Anyway, I'm realizing now that this life change is more than the weight loss or losing the sweet and junk food cravings. Realizing that the changes in my body--satiation, my breathing better--are a direct result of eating healthier was ONLY realized because someone else shared that this was their same result. I did not associate the breathing aspect with low/zero carbing. Like your colleague, Charles, I had great difficulty sleeping on my back because I'd always feel like I would choke and had to sleep on my side with my head slightly elevated... not anymore.

This forum is a great place for ME! If your colleagues don't need it, no problem. Like jeepifer said, they've got you directly.

hmmm... who's got the better deal...???

Anyway, I'm all the better for knowing about this site and the sharing what's going on.

Anybody feelin' the love yet?

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RE: Zero Carb / Meat and Water - travis t - 07-17-2008 09:47 AM

what i have eaten today
4:30 am 16 oz very strong black starbucks
9:00 am half bottle of aquifina
10:30 am six quarter pound patties that i grilled last night, with a half a stick (yes half a stick) of land o lakes butter, salt, and Tabasco. Heated it in the micro........Awesome...wet...juicy...yummy.
Will eat supper this eve about 6:00 pm. I can also say there will not be a one oclock vending machine call as in days gone by.
How good do i feel eating this way...this Hoosier boy feels like he could take on the world...
travis t
p.s. got my ticket in the mail for The Scorpions concert in Chicago in aug......pump up the jam.

---

RE: Zero Carb / Meat and Water - pennypritty1 - 07-17-2008 10:07 AM

travis t Wrote:
what i have eaten today
4:30 am 16 oz very strong black starbucks
9:00 am half bottle of aquifina
10:30 am six quarter pound patties that i grilled last night, with a half a stick (yes half a stick) of land o lakes butter, salt, and Tabasco. Heated it in the micro........Awesome...wet...juicy...yummy.
Will eat supper this eve about 6:00 pm. I can also say there will not be a one oclock vending machine call as in days gone by.
How good do i feel eating this way...this Hoosier boy feels like he could take on the world...
travis t
p.s. got my ticket in the mail for The Scorpions concert in Chicago in aug......pump up the jam.

ahhh, the king of hot sauce strikes again! 😊

---

RE: Zero Carb / Meat and Water - Sambezious - 07-17-2008 10:56 AM
LindaSue Wrote:

travis t Wrote:

I have been getting my hamburger at walmart. The 80/20 seems to be just right for the gas grill. The 73/27 catches fire to easily because there is so much drip off.

I've noticed that too. They turn into hockey pucks in a matter of seconds. I have better luck with the Wal-Mart hamburger if I cook it on the stove.

Man, have I been there and done that! I've torched quite a few burgers by leaving the grill (just for minute!) only to return to a 4 alarm fire! As Linda said, they looked like hockey pucks! The dog wouldn't even eat em! 😊I like the flavors that the higher fat content provides, but I think I'll fry mine up in a skillet from now on or use the 80/20 blend.

Sam

RE: Zero Carb / Meat and Water - jeepifer - 07-17-2008 11:11 AM

I seriously have to try that with my burgers! It'll have to wait, we're traveling to the Madison area for the weekend. 😃

I put some Franks Red Hot in mayo, kind of a buffala-may-o. Great with chicken and fish, and worked well for my steak too.

RE: Zero Carb / Meat and Water - pennypritty1 - 07-17-2008 11:29 AM

waywardsister Wrote:
"I'm not a vegetarian because I love animals. I'm a vegetarian because I hate plants." -- A. Whitney Brown
"Do not believe scientific 'facts' that have been purchased on the backs of food packages.” -- Gordon Pirie

waywardsister, I looove this!!!

I was reading what you wrote and got distracted by your quotes below! The vegetarian one is hilarious!!!

RE: Zero Carb / Meat and Water - pennypritty1 - 07-17-2008 11:31 AM

jeepifer Wrote:
I seriously have to try that with my burgers! It'll have to wait, we're traveling to the Madison area for the weekend. 😃

I put some Franks Red Hot in mayo, kind of a buffala-may-o. Great with chicken and fish, and worked well for my steak too.

jeepifer,

what kind of mayo are you using? With the whole soy being in most mayo's thing Charles talked about,
I've not touched ANY mayo since...

...and I miss it! Instant delicious fatty goodness.

---

RE: Zero Carb / Meat and Water - MAC - 07-17-2008 11:38 AM

pennypritty1 Wrote:

jeepifer Wrote:
I seriously have to try that with my burgers! It'll have to wait, we're traveling to the Madison area for the weekend. 😊

I put some Franks Red Hot in mayo, kind of a buffala-may-o. Great with chicken and fish, and worked well for my steak too.

jeepifer,

what kind of mayo are you using? With the whole soy being in most mayo's thing Charles talked about, I've not touched ANY mayo since...

...and I miss it! Instant delicious fatty goodness.

One can find Mayo made with canola oil not soy bean oil. But I am trying to stay away from omega-6 sources as much as possible to boost the effect of any omega-3's I do get.

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RE: Zero Carb / Meat and Water - Ell.eee - 07-17-2008 11:39 AM

Hi everybody. Third week of VLC<10 went very well. Good energy, sleeping well, good spirits, but I still have to fight an overwhelming feeling of hunger that comes on just after eating and lasts an hour or more. It's very tough and I'm glad I'm now eating only twice a day so the battle is on only during those times. Otherwise I'm never hungry and no real cravings. I quietly tell my pancreas to settle down a little on the insulin production and tell my brain to tell the cells they are well fed so stop asking for food! I may try zero carb for a while just to see if it will quiet the insulin response a little more, but my family is very opposed to my dropping anything else from my diet and also feel I should eat more often. The only thing that has quieted their concerns a little is that I have gained 3 pounds on VLC and they can see my energy levels are better. Phew I'm rambling! See we do need this board for support when even those who love us think our WOE is too extreme!

Meanwhile I want to thank those who post recipe and eating tips. Although I've done Burnstein for 5 years so know low carb, high fat is new to me and still feels wrong not to mention I don't know how to make good high fat choices so I love the ideas I get here. Hey fitday says my calories are up to 2000 a day - used to always be about 1500 - no wonder I've gained a bit. Now my goal is to get the 3:1 ratio of fat to protein. I don't quite have a handle on that. I'm convinced this is the healthiest way to eat for everyone, but especially for those of us fighting diabetes, high cholesterol, hyperinsulinism ect. I'm so glad to have all of you here to support each other and share.

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RE: Zero Carb / Meat and Water - Charles - 07-17-2008 12:46 PM

I'm glad to be here with you all as welll. I didn't mean to make my colleagues sound "snooty" I was just
making the point that one cannot just rely on the success of those here to determine whether the way of eating "works" or not. Some are clearly in it for the weight loss benefit alone and I truly do understand that. I'm just saying that if we were all part of a gigantic study, you would find that 75% of us would lose tremendous weight but there would be a group that would have trouble even on zero-carb. This forum is composed chiefly of the 25% who are having trouble. If you don't believe it, check out the board statistics and you'll see that our thread is clearly the most popular thread. It has nothing to do with me, it's because people want results and they want them today. I understand that.

We have to encourage each other to always remember that this is for our health. Only the lucky ones get obese. The unlucky ones get tooth decay, hypertension, diabetes, heart disease, cancer, etc. The others pass on these traits to their children who get them.

RE: Zero Carb / Meat and Water - jeepifer - 07-17-2008 12:51 PM

Charles, do you know how quickly a carb-fest raises triglyceride levels? My tris in mid-June were 86, but last Friday were 121. A week before the last draw (July 4th and the whole weekend), I'd had a holiday pig-out without the pig. I'd finally wrestled myself back on zero carb, but I'm wondering if that raised the tri levels for my bloodwork?

RE: Zero Carb / Meat and Water - Charles - 07-17-2008 01:06 PM

jeepifer Wrote:
Charles, do you know how quickly a carb-fest raises triglyceride levels? My tris in mid-June were 86, but last Friday were 121. A week before the last draw (July 4th and the whole weekend), I'd had a holiday pig-out without the pig. I'd finally wrestled myself back on zero carb, but I'm wondering if that raised the tri levels for my bloodwork?

Well, according to Schoenheimer and Rittenburg, both dietary fat and a considerable portion of the carbohydrates we consume are stored as fat -- or technically, as triglycerides -- in the fat tissue before being used for fuel by the cells. Then they get broken down into their component fatty acids, released into the bloodstream, moved to and from organs and tissues, regenerated and merged with fatty acids from the diet to reform a mixture of triglycerides in the fat cells.

Your test was a test of the ones circulating in your bloodstream so I would think it happens very quickly. I can't say in terms of time, but certainly it happens quickly. Our bodies can't deal with glucose molecules by themselves, they instantly convert them to triglycerides so they can move around along with fatty acids.

The fact that you had so many after your carb-up probably tells us quite a bit about your insulin resistance. Your insulin was unable to move them to your muscles for destruction so you stored them (which means, they continue to circulate) and that's why your number was so high.

RE: Zero Carb / Meat and Water - jeepifer - 07-17-2008 01:34 PM

Charles Wrote:
The fact that you had so many after your carb-up probably tells us quite a bit about your insulin resistance. Your insulin was unable to move them to your muscles for destruction so you stored them (which means, they continue to circulate) and that's why your number was so high.
So my insulin resistance is high, meaning it is crucial for me to keep my carbs low to minimize the little beasties roaming around in my blood (and heaven forbid, being stored). Do I have that right?

RE: Zero Carb / Meat and Water - Charles - 07-17-2008 01:42 PM

jeepifer Wrote:
So my insulin resistance is high, meaning it is crucial for me to keep my carbs low to minimize the little beasties roaming around in my blood (and heaven forbid, being stored). Do I have that right?

Exactly! Not only that, but you don't want to make any so your body can deal with the ones you have. When there's no glycerol phosphate, there are no triglycerides (or very little). Insulin resistance makes it harder because when insulin is high, the muscles are primed to burn them -- but in your case, they don't burn them as efficiently as they should because some of your cells have had enough. Keep the beasties low, and those cells that do will burn them as you go through the day.

RE: Zero Carb / Meat and Water - MAC - 07-17-2008 01:48 PM

jeepifer Wrote:
Charles Wrote:
The fact that you had so many after your carb-up probably tells us quite a bit about your insulin resistance. Your insulin was unable to move them to your muscles for destruction so you stored them (which means, they continue to circulate) and that's why your number was so high.

So my insulin resistance is high, meaning it is crucial for me to keep my carbs low to minimize the little beasties roaming around in my blood (and heaven forbid, being stored). Do I have that right?

I read something I found interesting in the Atkins Diabetes Revolution book. They said that if your 1 hr insulin levels during a GTT are 5 times your fasting insulin level then you have insulin resistance or > 80 IU/ml at 1 hour. Fasting insulin levels > 10 IU/ml also indicate insulin resistance. Insulin > 60 at 2 hours also indicates insulin resistance.

RE: Zero Carb / Meat and Water - Wendyoh - 07-17-2008 02:00 PM

MAC Wrote:
jeepifer Wrote:
Charles Wrote:
The fact that you had so many after your carb-up probably tells us quite a bit about your insulin resistance. Your insulin was unable to move them to your muscles for destruction so you stored them (which means, they continue to circulate) and that's why your number was so high.

So my insulin resistance is high, meaning it is crucial for me to keep my carbs low to minimize the little beasties roaming around in my blood (and heaven forbid, being stored). Do I have that right?

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You should share this with Jimmy. I think his insulin level quadrupled during his GTT.

---

**RE: Zero Carb / Meat and Water** - **jeepifer** - 07-17-2008 02:01 PM

Charles Wrote:
Exactly! Not only that, but you don't want to make any so your body can deal with the ones you have. When there's no glycerol phosphate, there are no triglycerides (or very little). Insulin resistance makes it harder because when insulin is high, the muscles are primed to burn them -- but in your case, they don't burn them as efficiently as they should because some of your cells have had enough. Keep the beasties low, and those cells that do will burn them as you go through the day.

Is there hope over time that my receptors will start to repair themselves? My wish is that by the time my body has regulated itself down to my goal weight, it will also have become a little more efficient, or at least, less damaged.

MAC Wrote:
I read something I found interesting in the Atkins Diabetes Revolution book. They said that if your 1 hr insulin levels during a GTT are 5 times your fasting insulin level then you have insulin resistance or > 80 IU/ml at 1 hour. Fasting insulin levels > 10 IU/ml also indicate insulin resistance. Insulin > 60 at 2 hours also indicates insulin resistance.

Oh, that's fascinating! I might have to track that down and bring it in to my doc to see what she thinks. Of course, we're all pretty certain I'm on the Insulin Resistance (Syndrome X, Metabolic Syndrome, etc. yadda) track. I'm not sure what an "official" diagnosis will do, except monkey with my health insurance. 😜

Stop this crazy train! I want to get off! 😥

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**RE: Zero Carb / Meat and Water** - **Charles** - 07-17-2008 02:31 PM

jeepifer Wrote:
Is there hope over time that my receptors will start to repair themselves? My wish is that by the time my body has regulated itself down to my goal weight, it will also have become a little more efficient, or at least, less damaged.

I'll be honest with you and tell you that I just don't think so. I'm more sensitive to carbohydrate now than when I started losing weight, I think. Maybe not, but it sure seems that way. If they did repair themselves, then we should be able to eat some carbohydrates and they should be disposed of normally. Instead, it seems I instantly gain weight which means that storage is happening.

For the last two years, I went to my family reunion. At each of those reunions, I tested this theory. I have this Uncle who makes the best deserts in the world. Last year, I had some of his chocolate chip and pecan cookies and piece of his pie. I gained about three pounds and I went right back to very low carb the next day. I lost the weight within the week.

This year, we had the reunion and I ate about the same. However, this year I gained about 8 pounds. It took me three weeks this time to go back to where I was. That tells me that it did not get better, it only got worse. Next year, I think I'll skip the destructive ritual because this time it took too long. I'm only talking about having some fried chicken wings on Friday night and eating 3 or 4 cookies and a piece of pie on Sunday. The rest of my weekend was zero-carb and I gained 8 pounds over that one weekend.
It's over for me. I've seen the light!

RE: Zero Carb / Meat and Water - **MAC** - 07-17-2008 03:36 PM

Wendyoh Wrote:
MAC Wrote:
jeepifer Wrote:
Charles Wrote:
The fact that you had so many after your carb-up probably tells us quite a bit about your insulin resistance. Your insulin was unable to move them to your muscles for destruction so you stored them (which means, they continue to circulate) and that's why your number was so high.

So my insulin resistance is high, meaning it is crucial for me to keep my carbs low to minimize the little beasties roaming around in my blood (and heaven forbid, being stored). Do I have that right?

I read something I found interesting in the Atkins Diabetes Revolution book. They said that if your 1 hr insulin levels during a GTT are 5 times your fasting insulin level then you have insulin resistance or > 80 IU/ml at 1 hour. Fasting insulin levels > 10 IU/ml also indicate insulin resistance. Insulin > 60 at 2 hours also indicates insulin resistance.

You should share this with Jimmy. I think his insulin level quadrupled during his GTT.

Actually it went from 4.4 fasting to 11.1 at 1 hr. So not even triple. However, as Jimmy said this was not under a glucose load. So we will never know for sure.

RE: Zero Carb / Meat and Water - **Sambeziou** - 07-17-2008 04:32 PM

Hey guys,

I must have missed the post by Charles concerning soy based mayo. Can someone enlighten me as to what is wrong with using it?? I've been using Duke's for about a year now since it has no added sugar, but I just looked and it is soy based.

Thanks!

Sam

RE: Zero Carb / Meat and Water - **travis t** - 07-17-2008 05:24 PM

Sam
I can make a bet that the soy oil used is what is called RBD oil. Refined, Bleached, and Deodorized. If just half of what Udo Erasmus says about RBD oils is true then i want them kept away from me as much as possible. Most oils on the shelf are RBD except extra virgin olive oil. One of the problems that i see in Seth Roberts Shangri La diet is that he recomends extra light olive oil and this has been RBD.

Plus soy is considered estrogenic and it is also very high in omega-6's

travis t
Hi,

I try and avoid soy products since I read about the dangers of soy in Groves' book.

Here is a link to an article by Barry Groves:

Lack of Joy with Soy

Dr. Mercola also has several articles about the dangers of soy with links to research.

Val

I bought some fancy French mayo at Whole Foods-

Delouis fils: sunflower oil, egg yolk, mustard, white wine vinegar, salt and lemon.

I assume the sunflower oil has Omega-6 but do you think it is an RDB oil?

Wow.... who da thunk it??? Soy products can be bad for ya??? I never knew about the soy based oils in mayo, I was always more worried about whether they contained sugar or not. I used to use mayo and some seasonings to make a salad dressing! Don't guess I'll be doing that much anymore.

Thanks for the info, Travis!

Sam

Still 328, going away to lexington for the weekend so I doubt I will be posting. Hopefully Monday will yield better results. This week was a bust.

Not looking to create a brand name war, but I'd love it if you could tell me what mayo you're using that's
NOT soy-based? I want to buy some mayo but not sure what to look for besides it not listing soy in its ingredients...

Any recommendations? I realize some may be locally made or even store generic, but that's fine. I just want to find a zero/lowlowcarb friendly mayo.


That's great about the people you're helping. Feels good, doesn't it? I helped my sister go gluten-free, and her fiancee went along with her - he dropped 15lbs of belly fat/inflammation. That helped convince his dad, who has Type 2, to try low carbing, and he finally got his numbers to go down, plus dropped a bunch of belly fat. His quote: "Everything my doctors told me to do was wrong!" Infuriates me to no end that they keep spewing the same info, and ppl get worse. That' why I'm so grateful for places like this - I learn so much, and can pass it on to others.

Charles Wrote:
I think you're exactly right. I don't necessarily believe that those populations with vegetables would have been that much better off

No, neither do I. Seems to me that vegetation, etc, are 'extras' as opposed to 'essentials'.

Charles Wrote:
Moreover, you have to read between the lines when reading Dr. Price. He was travelling with Drs. Burkitt and Trowell who were out to prove their fiber hypothesis which they stole from Peter Cleave. Dr. Price noted that these doctors wrote things that directly contradicted their observations just to get their theory out there. That means that what they observed about the meat-eaters was the minimum they cared to write. They were surely even more impressed but this would have contradicted their research.

Now that I didn't know! I've skimmed through NandPD, mainly looking at the pics 😊As someone who had horrible teeth as a child, that's what drew me to his work. But really, I had no idea that the fibre guys were with him. I've read through the WAPF website, but somehow this escaped me. That explains why his work caused nary a ripple. Man that peeves me off.

waywardsister Wrote:
a 'getting worse before it gets better' kind of thing? Could it literally take years for some of us to find our way back to 'normal'?

Charles Wrote:
However, the science informs me that there can be no doubt that it is healthier to eat less carbohydrates rather than more and whatever we're able to accomplish with the correct diet is certainly worth it in terms of improving our chances against the diseases of civilization, which is much more important in my view.

Agreed. Now I'm someone who has never been obese, just overweight (which happened in my early 20's), and we don't have overweight in my family other than a few of us - it's not a symptom we tend to express, nor is diabetes. Osteoporosis, dementia, vision/hearing problems, arthritis, migraines, blood clots leading to sudden death, depression/emotional/mental issues and GI cancers - that's us. I started this whole thing for weight loss, but now it's all about health. And it's amazing to me how, once you start researching, almost all of our current health concerns, the ones we take as 'normal' parts of aging, can be
directly traced to our diets. It makes me angry, but more than that it makes me passionate.

Sneaking a few carby/industrial foods in here and there lately has hammered it home even more. You mentioned before that that's the best way to learn about the health benefits of eating this way, and I agree. Sometimes that's what it takes to really feel it, rather than just know it intellectually.

**RE: Zero Carb / Meat and Water - Charles - 07-18-2008 07:30 AM**

Sambezious Wrote:
Hey guys,

I must have missed the post by Charles concerning soy based mayo. Can someone enlighten me as to what is wrong with using it?? I've been using Duke's for about a year now since it has no added sugar, but I just looked and it is soy based.

Thanks!

Sam

I can't vouch for 100% of this, but if any one of these is true, that's enough for me!

**RE: Zero Carb / Meat and Water - waywardsister - 07-18-2008 07:42 AM**

Mayo...

In Canada, Hellman's is soy-free (made with canola). Not that I'm wild about canola either, but better than soy! Thing with soy is that is has to be fermented to get rid of the anti-nutes/natural chemicals. So while some naturally fermented soy sauce probably won't bother you, industrial soy oil probably will, at some point. I am biased against soy, can you tell? Stay far, far away if you have breast cancer or thyroid problems in your family, as they contribute to both. I agree Charles, the WAPF link is enough for me too!

It is super super easy to make mayo, it really is. I use Hellman's when I'm not feeling so DIY, or not using lots of it, and make my own other times. Homemade tastes a million times better! Plus you can jazz it up any old way you like.

Penny: that vegetarian quote is one of my all-time faves! Esp after reading The Secret Life of Plants. Even when I was vegetarian, I never quite understood the ethical argument - who decided plants were less important than, say, sheep?

**RE: Zero Carb / Meat and Water - Charles - 07-18-2008 07:54 AM**

waywardsister Wrote:
Agreed. Now I'm someone who has never been obese, just overweight (which happened in my early 20's), and we don't have overweight in my family other than a few of us - it's not a symptom we tend to express, nor is diabetes. Osteoporosis, dementia, vision/hearing problems, arthritis, migraines, blood clots leading to sudden death, depression/emotional/mental issues and GI cancers - that's us. I started this whole thing for weight loss, but now it's all about health. And it's amazing to me how, once you start researching, almost all of our current health concerns, the ones we take as 'normal' parts of aging, can be
directly traced to our diets. It makes me angry, but more than that it makes me passionate.

Sneaking a few carby/industrial foods in here and there lately has hammered it home even more. You mentioned before that that's the best way to learn about the health benefits of eating this way, and I agree. Sometimes that's what it takes to really feel it, rather than just know it intellectually.

Wayward sister, this reply isn't meant solely to you....

This is the most important aspect. Just as resetting one's body to biological zero hopefully can reverse obesity, I have to think the same thing about the other diseases of civilization. Just think about it: Even the smallest amounts of carbohydrates can sometimes keep people from being as lean as their bodies want to be. Imagine if there is another serious symptom that you're trying to fight off such as the stuff we may have inherited from our parents. Isn't it all the more prudent to restrict carbohydrates even more based on the possibility that you're more genetically disposed to get what someone in your family had?

Obviously the weight issue is further along than any of the other symptoms of the diseases of civilization, but eating a proper diet now provides you more of a head start than you had with your obesity. Obesity started long before you got fat and you changed in the midst of it to try and correct it. Some of these other symptoms were just getting started so doesn't it make sense to begin fighting them today?

What I learned from the dementia and Alzheimer's studies I read was that those who did not suffer from Alzheimer's also had the amyloids in their brains as well, yet they did not suffer from Alzheimer's. There was something that allowed them to fully function despite the effects of aging. They (the non-Alzheimer's sufferers) all had low insulin in common!

Just because your insulin receptors don't return to how they were when you were young doesn't mean that you can't be healthy despite their resistance to insulin as long as you stop eating those things that caused the damage in the first place!

Sorry for the sermon,

Charles

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RE: Zero Carb / Meat and Water - Sambezious - 07-18-2008 08:24 AM

Holy Snikies! I'm with you, Charles, I'm swearing off of the soy based stuff! I read where it can cause Hypothyroid disease as well as Thyroid cancer! Geez... I'm already Hypothyroid and I have to take meds for that on a daily basis, I don't need to eat anything that's going to exacerbate the problem.

Sam

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RE: Zero Carb / Meat and Water - travis t - 07-18-2008 11:42 AM

What i have eaten
4:30 am 16 oz double strong black coffee ( i start drinking as soon as i get to work)
10:15 am 1/2 pounds ribeye with salt, pepper, butter 1/4 stick, and Tabasco.
11:00 friday starbucks run for venti (20 oz) pike place roast black...yum.. this stuff is like liquid crack.
I have a bottle of aquafina that i have yet to crack open.
Supper tonight?

travis t

RE: Zero Carb / Meat and Water - pennypritty1 - 07-18-2008 12:20 PM

waywardsister Wrote:
Mayo...

In Canada, Hellman's is soy-free (made with canola). Not that I'm wild about canola either, but better than soy! Thing with soy is that is has to be fermented to get rid of the anti-nutes/natural chemicals. So while some naturally fermented soy sauce probably won't bother you, industrial soy oil probably will, at some point. I am biased against soy, can you tell? Stay far, far away if you have breast cancer or thyroid problems in your family, as they contribute to both. I agree Charles, the WAPF link is enough for me too!

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Penny: that vegetarian quote is one of my all-time faves! Esp after reading The Secret Life of Plants. Even when I was vegetarian, I never quite understood the ethical argument - who decided plants were less important than, say, sheep?

good point... thanks, waywardsister. 😊

I'll check out if the Hellman's here in NY is also soy-free.

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RE: Zero Carb / Meat and Water - Lauren - 07-18-2008 12:49 PM

I've been following a thread on another forum started by Lex who is doing an experiment altering the fat/protein content of his food. He is completely ZC, has been for years, and only eats meat (and water). I'm copying an excerpt from the thread to see what people think. I don't feel like I have enough of a grasp on the science to make a judgement about his hypothesis. Perhaps others will weigh in.

I think the gist of it is that he is saying that it takes strenuous exercise to go from using glucose as fuel to using fatty acids/ketones. Of course he only gets glucose from what his body makes from protein. I think I remember that he believes that you only make enough glucose to meet your body's needs.

LEX Wrote:
I’ve been trying to understand why Craig seemed to adapt so quickly to a Fat Based Metabolism and yet I have struggled with large swings in ketones and BG since I upped the fat content of my diet. It became very clear that even though I had been eating only meat and fat for several years, the larger amount of protein I was eating provided enough glucose to meet my body’s needs. This got me to wondering what was different about Craig’s environment and mine, and I think I’ve hit on a possible solution to the problem… he is still working, and if memory serves, his job is one that has a high level of strenuous activity. With no disrespect and an attempt at some humor, I’ll call this “The Ditch Digging Factor”.

All this is leading to a hypothesis. I believe that our muscles and liver store carbs in the form of glycogen. My low level of activity draws on these stores when I go for my walks, but there is sufficient time between these minor increases of activity to allow what glucose is manufactured from the protein I
eat to replenish these glycogen stores. This means that I’m always using glucose as my body’s preferred fuel as there is always sufficient glucose available. Since Craig is forced to do strenuous physical activity almost every day as part of his job, his glycogen stores are always depleted, so his system had no choice but to convert to using a different primary fuel – fat and ketones. Craig’s level of activity made it impossible for him to eat enough protein to make sufficient glucose to replenish reserves.

I’m in reasonable shape so I’m going to test this idea by increasing my activity enough every day to try to deplete my body’s glycogen reserves. This should have a profound effect on BG and ketones. I’m eating less than 100g of protein per day so I have less than 58g of glucose available to support the glucose driven systems and replenish glycogen stores. I’m going to start off with a slow 2 mile daily jog. This should do a number on any stored glycogen and with less than 58g of glucose available from my daily food intake, there shouldn’t be enough to fully replenish glycogen stores and my body will be forced to use ketones and fat.

The first day of added exercise has definitely shown significant changes in BG and Ketones. BG has dropped into the 70's most of the day and ketones went off the chart to the highest color patch - level 4 or above.

If I were to hazard a guess, I'm forcing my body to metabolize stored body fat as fast as possible to free the glycerol for converting to glucose. This frees a bunch of fatty acids that I'm not currently using so they're disposed of as ketones in the urine and through the lungs.

RE: Zero Carb / Meat and Water - MAC - 07-18-2008 01:16 PM

Rex should be in glucose sparing mode as he has been/is zero carbing anyway. I believe Rex's body is wasting muscle protein. He is getting fatter according to his own calculations. Saying to me he is consuming his own muscle for protein. He talks about 100g of protein yielding 58 g of glucose. Fine. What about protein replacement? Where is he getting the protein for that? He needs .8g - 1.4g per kg of lean body mass just for protein replacement. Dr. Eades says the ratio is .7g glucose per 1 g protein so maybe he is getting more glucose from protein rather than his 58% conversion ratio. He should already be fat adapted and glucose sparing. The problem is that his experiment is interesting but he is a study of 1. I need to see how this plays out more than 1 day before coming to any conclusions.

RE: Zero Carb / Meat and Water - Lauren - 07-18-2008 01:33 PM

So Mac, you think he is not eating enough protein to meet his minimal needs? Why do you think he says he is not fat adapted? I'm confused about that if he's been eating fat and protein for years. I thought that would be a done deal if he's been eating ZC for years.

RE: Zero Carb / Meat and Water - MAC - 07-18-2008 01:36 PM

Lauren Wrote:

So Mac, you think he is not eating enough protein to meet his minimal needs? Why do you think he says he is not fat adapted? I'm confused about that if he's been eating fat and protein for years. I thought that would be a done deal if he's been eating ZC for years.

I don't know if he is or not. I get so many different reads on how much protein is enough. Eades,
McDonald, Groves. I keep reading about differing amounts. Since he weighs 160 lbs, now 165 lbs, 100 g protein may be sufficient for him for ALL his needs. But yes, I agree with you, given he has been doing zero carb for years he should be fat adapted already. W/o him being hydrostatically weighed to determine his body fat percent accurately (skin calipers don't do it), it is impossible to know if he is wasting his muscle for protein for glucose. Sure seems that way given he has put on fat lately.

**RE: Zero Carb / Meat and Water - Lauren - 07-18-2008 02:04 PM**

Another but of confusion is the meaning of the ketone readings. There seem to be a lot of opinions about that too. With a high ketone reading, does that mean that he is metabolizing stored fat as he says or that he is wasting ketones that his muscles are unable to use?

**RE: Zero Carb / Meat and Water - travis t - 07-18-2008 02:19 PM**

Lauren

can you post where this discussion is taking place as i would love to have a look in for myself.

travis t

**RE: Zero Carb / Meat and Water - Lauren - 07-18-2008 02:30 PM**

travis t Wrote:

Lauren

can you post where this discussion is taking place as i would love to have a look in for myself.

travis t

Here is the link:


**RE: Zero Carb / Meat and Water - Kristi31 - 07-18-2008 03:51 PM**

Quick message just to say that I've been rereading Gray Taubes's GCBC and suddenly, it got to me to think about something that concerns us women especially. In primitive times, women were meant to spent most of their life in either pregnancy, lactation or menopause when hormone levels are more stable (as opposed to a menstrual cycle). In either state, progesterone and estrogen were either low or high at the SAME time and balanced. Too much of one relative to the other, especially estrogen, as is the case in the first half of our cycle or end of cycle (i.e. PMS) or as often occurs during pre-menopause will therefore cause many problems that our ancestors did not have to experience. The transition to menopause was probably much smoother thanks to their diet.

This is why many women have trouble with ZC or even LC. They are experiencing hundreds of UNNATURAL cycles, too long of a premenopause. As opposed to men whose hormone levels are stable and closer to those of their ancestors...therefore, they are more successful on such a diet.

As such, I'm taking some progesterone and estrogen (sublingually) in a ratio of 50:1 which I realized is somewhere between preferable ratios of 40:1 and 80:1 for women whose ovaries no longer function. The ratio is probably in the order of 100:1 to 400:1 for premenopausal and menopausal women since their ovaries are still producing some estrogen, but almost no progesterone.
I will keep you updated on my situation, as always! Take care.

Hello everyone,

Thought I would join in on this Zero Carb thread and give an update, I posted awhile back, about trying to go Zero Carb, started off with a bang for about 3 days and did really great, then went off with a bang. Had a few setbacks to happen that put me on hold. I only get paid once a month, so when I got paid I went and stocked up on all my meats and had put them in the freezer out in the shed, so when I went to get more meats to cook my freezer had went on the blink so everything was spoiled. Then I had to make an emergency vet run with one of my rescue babies and that was not cheap at all. A few more things happened.

I finally got paid again and got back on track. I started back trying to do Zero Carb on June 20 almost a month now. I say trying because I went back to having my morning coffee with liquid Stevia French Vanilla and heavy cream and I haven't let myself give up my One Carb Ketchup as of yet. Other than those carby things it has been fatty meats and water. I am now sleeping all through the night, where before I would wake up 3 or 4 times, my head is all clear when I get up in the mornings instead of all clogged up. I am now able to go all day without feeling like I need to take a nap. I started off at 140 pounds as of this morning I weighed in at 133 pounds. Thanks to Charles and everyone who has posted on this thread, it has helped me learn so much.

pennypritty1 Wrote:
I'll check out if the Hellman's here in NY is also soy-free.

Well, I went to the store and all of the mayo brands in my area have soy... and the ones that don't have soy, have sugar in them... eesh! Sooo, I'm going to learn to make my own mayo, since you say it's easy...

I'll run over to our recipe section and see if there's one there or google for one on the net...

OH!! And I couldn't believe it but did you know that Pam and Mazola have soy in their cans ??? I bought some to try out some recipes and looked at the ingredients... I couldn't believe it. They say it's a trace but c'mon! Why at all then? I need to return it.

They're putting soy in everything!!

Hi guys,

Well today is 3 weeks for me on the zero carb path. I think I am doing great on it with no cravings, cheats or anything. I eat twice a day and feel great. I am sad that I have only lost 10 lbs in the 3 weeks. Before when I was doing Atkins 2 years ago I was losing around 5 lbs a week at a really steady clip for about 4 months. I was doing a lot of cardio by bike riding about 10 miles a day. Now I am not doing any exercise and think that is where the problem is. I am going to start bike riding again and see if more of the weight drops. I did start lifting weight but I felt really weak and tired. I stopped because after I did it
I needed to take a nap and I only lifted very little. I really love eating this way and I won't give up, I just really want the weight to start to drop I was 244.0 and now I am 234.0. I am thinking I can probably go down to 140 and be really happy so 94 lbs to go. I know it took me some time to put it on so it will take some time to take it off but I am getting annoyed. I am really glad this way of life has helped with my sleeping, eating and mood patterns and my hair has stopped falling out. So I guess the weight loss is going to be the last thing to kick in since everything else is falling into place, it will finally come but like my kids say I WANT IT NOW!!!

RE: Zero Carb / Meat and Water - Vesna - 07-19-2008 06:56 AM

pennypritty1 Wrote:
pennypritty1 Wrote: I'll check out if the Hellman's here in NY is also soy-free.

Well, I went to the store and all of the mayo brands in my area have soy... and the ones that don't have soy, have sugar in them... eesh! Sooo, I'm going to learn to make my own mayo, since you say it's easy...

I'll run over to our recipe section and see if there's one there or google for one on the net...

OH!! And I couldn't believe it but did you know that Pam and Mazola have soy in their cans ??? I bought some to try out some recipes and looked at the ingredients... I couldn't believe it. They say it's a trace but c'mon! Why at all then? I need to return it.

They're putting soy in everything!!

Here's my recipe for mayo:
http://vesnavuynovich.blogspot.com/2008/01/mayonnaise-recipe.html

I just bought a refillable oil mister from Bed, Bath, and Beyond so I wouldn't have to deal with the additives and bad oils in Pam.

RE: Zero Carb / Meat and Water - travis t - 07-19-2008 07:15 AM

update weighed on the bathroom scales before bed last night...166. Started xtra low carb in june at about 180 pounds. I'm progressing towards zero but there have been a few carbs along the way, like last week while on vacation i had quite a few servings some of them complete junk. This week back on track. Still feel awesome and i don't know if i will be truly zero carbs or not because when i eat certain items i still like a small amount of carbs like hot dogs off of the grill i still use a small spot of ketchup and tabasco. This is a big step for me because before xtra low carb i used a hot dog as a ketchup delivery vehicle and i also would drink about three to four 20 oz bottles of mt. dew (a giant load of fructose). My diet is quite different from the past and the only reason that i have been doing so well is the huge increase of fat that comes from my burgers and butter. This increase in fat and protein has allowed me to drop most of the carbs very easily and that leads to better insulin function which leads to less carbs which leads to....a good catch 22. So a true zero carb diet may be in my future but i still do have a few more questions to resolve.

travis t
travis t Wrote:
before xtra low carb i used a hot dog as a ketchup delivery vehicle and i also would drink about three to four 20 oz bottles of mt. dew

Don't you know you never put ketchup on a hot dog? Just kidding. I grew up in Chicago and they had a hard and fast rule that you NEVER EVER put ketchup on a hot dog. Yep. That Mountain Dew is addictive due to all the caffeine in it. I use to drink the diet one to no end. You have lost an amazing amount of weight considering that it seems you don't appear to have that much to lose from your pic.

Mac

that picture was taken at a triatlon in chicago five years ago. i was about 145 pounds at the time. It was the Mrs T's which was and i think still is the worlds largest at about 7000 people. it is now the accenture chicago triathlon. That picture was taken in the finishing chute and as soon as i crossed the line i walked over to my wife and told her "i think i'm going to take two weeks off" which i did, but that two teeks turned into two months which turned into two years which turned into now five years. I have a picture that was taken from behind as i was walking thru grant park back to the hotel holding my oldest daughters hand and in my other hand is a bottle of mt. dew. So i go from 145 pounds doing a triathlon to five years later at 35 pounds xtra. Goes to show you that we can fool ourselves so easily into thinking that we are doing the right thing (exercising) while still doing the wrong thing (mt dew).... cognitive dissonance.

I now have gotten the itch back to start training again with an eye for the spring triathlon season. As my 40 birthday is next month i will be in the 40-44 year age class in the next triathlon i do. How did that happen.

travis t

Vesna Wrote:
Here's my recipe for mayo:
http://vesnavuynovich.blogspot.com/2008/01/mayonnaise-recipe.html

I just bought a refillable oil mister from Bed, Bath, and Beyond so I wouldn't have to deal with the additives and bad oils in Pam.

Thanks, Vesna. I'll try it. And check out bed, bath and beyond's site for the mister--great idea!

Y'know it's amazing how the body picks and chooses where to take the fat from first. Me? I'd have loved to see my extra stomach go first but noooo... it wants to pull away a little here, some there, almost unnoticable changes... if i didn't feel different in my clothes I'd think this wasn't working... I started this at 285, two weeks ago I was down to 270, this morning I checked, 275... you really can't trust the scale; it could really mess with you mentally if you give it power. I'm putting my scale away and I'm not touching it for about a month, just relying on the other blessings this way of life is giving me.

Of course I'd keep doing this for the clearer breathing alone. There's no greater scary than feeling like
you can't breathe.

Have a good one... it's scary hot here in NYC and I'm NOT a fan of this heat. 11 in the am and it's already a humid 90 degrees and going to be hotter. I'm doing NUTHIN' today. But sipping water or chewing on ice and watching movies in front of a fan. (no a/c)

AND checking in on this forum. it's definitely a keeper for me. 😊

RE: Zero Carb / Meat and Water - pennypritty1 - 07-19-2008 09:45 AM

Vesna,

Would it be safer to use something like Egg Beaters for the egg? I've never cooked (or eaten) raw eggs (to my knowledge anyway).

While I'm more than ready to make my own mayo, I'm sort of hesitant to even eat my own mayo because the eggs are raw in this recipe... 😐


Your odds of winning the big prize in Powerball are around 1 in 80 million. According to the egg industry, there's one salmonella outbreak for every one billion eggs sold.

I consider Egg Beaters to be nasty, de-naturalized, hyper-processed fake food. Whatever they do to Egg Beaters (including remove the contents from the naturally hygenically sealed shells) makes them less nourishing and less life-sustaining. At least, that's the way I see things.

We get eggs from free-ranging hens, preferably organic. We're aware that some producers take advantage of labels like this without actually providing a more wholesome life for the hens, and try to learn as much as possible about the companies we buy from.


Vesna

But the big question is which came first the chicken or the egg?

My money is on the chicken.

travis t

RE: Zero Carb / Meat and Water - suzanneyea - 07-19-2008 04:57 PM

wow, I spent all day reading through this thread and have learned so much. I am at my goal weight and have followed a pretty strict version of Atkins, but I am going to make a few changes after reading this and reading Charle's story and journal. I do not eat cheese and starting tomorrow I am cutting out eggs. I like eggs, but can easily live without them. I eat mostly chicken and steak everyday, but I am going to try this high fat ground beef you guys eat. The only thing I am not ready to give up is my morning coffee, that I just love.
suzanneyea Wrote:
wow, I spent all day reading through this thread and have learned so much. I am at my goal weight and have followed a pretty strict version of Atkins, but I am going to make a few changes after reading this and reading Charle's story and journal. I do not eat cheese and starting tomorrow I am cutting out eggs. I like eggs, but can easily live without them. I eat mostly chicken and steak everyday, but I am going to try this high fat ground beef you guys eat. The only thing I am not ready to give up is my morning coffee, that I just love.

Congratulations on being at your goal weight, suzanneyea.

How long did it take you to get there?

It's wonderful to hear about those that reached their goals. I just started in June and I've a long way to go but I don't mind. I plan to reach my goal as well. AND I still drink one cup a day myself. 😊

I was around 190 at my highest after I had my baby and he is now 5 1/2. The weight came off really fast for me, I was at goal in 6 months, but then I went under. I wanted to be 120 or 125, but I followed a strict atkins and as many will tell you, you end up thinner than you aim for, always a bit ironic. Prior to my pregnancy I fought my weight all my life, I thought about food 24-7 and tried every diet known to man and always ended up binging at night. It was a horrible way to live. Atkins has changed my life, I actually enjoy eating now. I am looking forward to making a few more changes to my diet and seeing how my body reacts.

That is very encouraging to know.

I am happy with this way of eating and the biggest challenge for me is not staying with it. My challenge is the cooking! lol

I didn't cook much and being something of a workaholic, high carbing was especially easy because every kind of hc (high carb) food is available to you no matter what time or where you are.

With this lifestyle, I have to plan, prepare and COOK... That is my biggest challenge. If I don't cook, I have to search high and low to find something to eat in a local deli or diner--which is getting harder and
more expensive. It's definitely cheaper for me to cook from home and bring lunch but I'm still getting
used this major change. I'm definitely tempted to take a cooking class to feel more comfortable in the
kitchen (I'm happier with computers-lol) but I fear the concentration would not be with lc (low carbing)
so I don't know if it would benefit me at all.

But I will keep cooking, testing, and challenging myself to practically live in my kitchen until it's second
skin in preparing my foods. So I'm redecorating my kitchen, buying convenient appliances, prettying it
up so that cooking (and my kitchen) is fun--besides essential--to this lifestyle.

sorry for the monologue. But I am happy to hear of your success... it's always encouraging.

---

RE: Zero Carb / Meat and Water - pennypritty1 - 07-19-2008 06:27 PM

suzannewaya Wrote:

...Prior to my pregnancy I fought my weight all my life, I thought about food 24-7 and tried every diet
known to man and always ended up binging at night. ...

ohh--I too always thought about food... still do. Only now I think of the lc alternatives and how/where I
can find them. 😊

---

RE: Zero Carb / Meat and Water - suzanneyea - 07-20-2008 02:50 AM

I do not do a lot of actual cooking for myself on this diet, I toss a few steaks in the broiler everyday and
I even use the disposable tin broiler pans for that (less clean up). The rest of my food was just ground
turkey or chicken (either ground or some drumsticks again in the broiler). I have been reading a lot of
Charles' posts and today I am switching to ground beef (even cheaper and that is always a good thing).
But, I always have some kind of cooked me available during the day even though I am a stay at home
mom. Like today, we go to church this morning and I will bring my ground beef, just in case we meet up
after and go to a playground or something with the kids. I can eat cold chicken anytime, love it.
Now, the cooking has come into play because I have a family to feed and apparently they do not want to
eat ground beef and steak every single day like me. So, I use a lot of the low carb recipes on them. Also,
I am in Quebec, we do not have as many of the low carb products available in our stores, like low carb
tortillas for my son, so I am kinda forced to make oppsie rolls and the such for his sandwiches. I actually
will order a lot of line for them, but I would love to have all products up here that they have in the US.
Like nitrate free bacon. Such is life in Quebec...

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RE: Zero Carb / Meat and Water - pennypritty1 - 07-20-2008 05:43 AM

suzannewaya Wrote:

...Also, I am in Quebec, we do not have as many of the low carb products available in our stores, like
low carb tortillas for my son, so I am kinda forced to make oppsie rolls and the such for his sandwiches.
...

On my way out to church too but wanted to check in quickly... You made the oppsie rolls? I just tried
that and failed the recipe miserably!! lol

What the heck does mix until stiff mean? I think I over-mixed and they came out horrible. They were
airy and not in a good way. It was like eating nothing when I tasted it and tossed the whole thing in
disgust! The roll had absolutely NO substance. I am just no good with cooking terminology.
But I don't want to turn our zero carb/meat and water thread into a food section -lol-

I'll PM you, suzanneyea. I've always been curious about Canada. I know it's not far from us; I've just never made over there. 😊

Have a great day, everyone.

RE: Zero Carb / Meat and Water - Valcan - 07-20-2008 09:48 AM

Hi,

Alberta, Canada here (straight North of Idaho).

Suzanneyea - It sounds like your Oopsie rolls turned out right, they come out thin and kind of spongy with an eggy taste. I make mine with eggs and clarified butter. I do not make them often because I am not a big fan of them. Have you tried the cauliflower pizza dough recipe for wraps? It tastes better and is more stable. Here is a link to the recipe:

Cleochatra's Cauliflower Pizza Dough

Just make smaller rounds to make wraps.

I am still stuck with no weight loss no matter what I try. I think in my case, I need to look at limiting calories for awhile to see if that works. I am trying not to stress about losing weight but I am losing that battle too.

Val

RE: Zero Carb / Meat and Water - suzanneyea - 07-20-2008 10:20 AM

Val, How can you be stressed when you have lost 100 pounds???? You should be dancing a happy dance every morning! I am on day one of cutting even more carbs, aka Charles's style, and am liking it already, I really think the eggs were not enough in the morning. Today I had a steak for breakfast and enough ground beef at lunch to feed a small village in Africa, but I always eat a lot. In fact, do you guys ever get tired of people commenting on how much you eat? It drives me batty, every time I eat with friends it is the center of the conversation. "are you really going to eat all that?" "There is no way you can eat all that at your size!" I never comment on how much or little my friends or family eats, but I seem to be fair game.

RE: Zero Carb / Meat and Water - Vesna - 07-20-2008 11:26 AM

suzanneyea Wrote:
wow, I spent all day reading through this thread and have learned so much. I am at my goal weight and have followed a pretty strict version of Atkins, but I am going to make a few changes after reading this and reading Charle's story and journal. I do not eat cheese and starting tomorrow I am cutting out eggs. I like eggs, but can easily live without them. I eat mostly chicken and steak everyday, but I am going to try this high fat ground beef you guys eat. The only thing I am not ready to give up is my morning coffee, that I just love.
Suzanne, congrats on being at goal weight.

Sorry if I missed it elsewhere, but what is your reason/purpose for cutting out eggs? What is your reason/purpose for considering cutting out coffee? Not weight loss, I suppose, because you're at goal. Just curious -- thanks!

RE: Zero Carb / Meat and Water - suzanneyea - 07-20-2008 12:38 PM

Just for my health, more energy. Eggs do not fill me up and I feel a bit sluggish after I eat them. I am addicted to coffee and I hate having that in my life, plus I use equal in my coffee. Also, it is just fun to play around a bit with the diet plan and see what the effects are on my body. However, I am so not ready to give up the morning coffee, I just love it way too much right now.

RE: Zero Carb / Meat and Water - Loops - 07-20-2008 02:09 PM

hi everybody -

I'm new here but have been reading through the thread with interest. I was close to zero carbs for awhile and did gain a bit of weight - but not much. I am pretty close to goal - when I first started lowcarbing/high fatting I fluctuated from 60 to 65 kilos and back again on around 20-30g carbs. When I went VLC I went up to 67 kilos and got stuck there. I am about 24/25% bodyfat according to an Omron hand-held bf monitor. I cut down on protein, added in a few vegetables and tried to make most of my food fat - this reduced my weight back down to 65 kilos but no further, despite low carbs and lots of fat.

I am 32 years old, and I play tennis/swimming, but some weeks I don't do much (this week the swimming pool is broken). I am also a recovered bulimic - high calories, high fat low carb eating cured me of that completely and immediately. I also cured eczema and acne using low carb.

Anyway, I have struggled with a big dairy addiction. Or rather, I am not sure if it is good for me, if I am just eating it because I crave it, if it has brought my weight up (I would like to be at 60 kilos, not 65), or if I would feel better/weigh less without it. I never manage to make it past a couple of days without cream/cheese. Also, I never saw a reason to give it up before - I couldn't find enough evidence through what I've read that 0 carb cheese or a bit of cream in tea/coffee should make me gain weight.

What do you all think? I am here to have a real shot at a meat only diet - well, aiming to get near there - maybe a couple of leaves of lettuce a day or a tomato. Although I have been VLC before, I was doing it with a lot of VLC dairy products and wondering if that was my problem with weight gain. I also like salt quite a bit with my meat, which is why it might not be possible for me to eat no vegetation at all as I probably need extra potassium. Also I can't give up butter because here in Chile there isn't much alternative for fats apart from mayo. Most of the cuts are leaner than they used to be.

I just remember the first time round doing Atkins I got to 60 kilos almost immediately from about 68 and the scale didn't go back up again. I did NO dairy the first time round, but I do remember feeling tired quite a lot - probably because I wasn't eating enough fat.

I am worried about eating too much protein and what that will do to me. For instance today I really BINGED on homemade beef patties. I have been very hungry the last week for some reason. I had increased my protein about a week ago and since then have been hungry a lot of the time. I'm still eating lots of fat. I'm really praying my weight doesn't start going up again but it's all in the name of
experimentation - and at least I'm not bulimic!

I have never been significantly overweight, but spent most of my life restricting calories in order to maintain a normal weight.

Thanks for listening

Loops

RE: Zero Carb / Meat and Water - Valcan - 07-20-2008 02:11 PM

suzanneyea Wrote:
Val, How can you be stressed when you have lost 100 pounds????? You should be dancing a happy dance every morning!

Hi,

I know, I keep telling myself that but it isn't working. I so want to continue to lose weight. Even a pound a week would be great. I went on zero carb for just over two weeks and gained weight. I lost most of my weight on KK and I am trying hard to do lose the rest in a healthy manner. I tell myself to take a break from stressing out about my weight and to be happy with what I have lost so far but it is not working. Last summer I lost 60 pounds in three months. This summer I was hoping to lose 15 - 20 this summer when I do not have the stress of demands at work. (I have July and August off). Instead I am up in weight despite controlling my diet and exercising (no I have not lost inches). I enjoy eating zc and vlc but I wish I would get a wee bit of results. I want to hit goal because it is the healthiest place for me to be, not because I want to be "done" my diet. Even after losing 100 lbs, I am still in the obese category which is not good. I have accepted that I will have to eat like this the rest of my life. I am just frustrated because I assumed as long as I ate low carb and exercised the weight loss would slow down but continue to happen. There are so many variables and unknowns on a weight loss journey, if I knew that this was temporary and that I would start losing again in a few months, I could handle it better. Going to zc to try to get things moving and then gaining weight has really thrown me for a loop. I have no idea what to eat, what to count, what to do.

Sorry for the rant, but that actually made me feel a little better.

Val

RE: Zero Carb / Meat and Water - con - 07-20-2008 03:28 PM

Valcan Wrote:
I lost most of my weight on KK and I am trying hard to do lose the rest in a healthy manner.

Hey Val
Just wondering if this weight gain is a response to the muscle/bone depletion that occured on Kimkins? Your body is replenishing the bone and muscle losses that occured as part of this unhealthy WOE perhaps. If that is the case the gain would continue on ZC until balance was restored and could be thought of as a tradoff between a few more pounds and vital health. When that balance is restored only then will the body realize it's out of starvation mode and begin to release fat.
RE: Zero Carb / Meat and Water - [Valcan] - 07-20-2008 03:52 PM

con Wrote:
Valcan Wrote:
I lost most of my weight on KK and I am trying hard to do lose the rest in a healthy manner.

Hey Val
Just wondering if this weight gain is a response to the muscle/bone depletion that occured on Kimkins? Your body is replenishing the bone and muscle losses that occured as part of this unhealthy WOE perhaps. If that is the case the gain would continue on ZC until balance was restored and could be thought of as a tradoff between a few more pounds and vital health. When that balance is restored only then will the body realize it's out of starvation mode and begin to release fat.

IMHO,
con

Hi Con,

I suspected that it is fall out from Kimkins, what you said makes a lot of sense. I guess I just wish I knew how long this was going to take to get back on track again. I guess I just need to be patient. It is not like I have an "end of the die" in site. Eating this way makes me feel good that is why I like it so much.

Thank you so much for your post, I feel HEAPS better. It is like you brought clarity to my mumbled up brain.

Val

Val

RE: Zero Carb / Meat and Water - [LindaSue] - 07-20-2008 04:32 PM

Welcome, Loops. I hope that zero/nearly zero carbs will work well for you.

RE: Zero Carb / Meat and Water - [Lauren] - 07-20-2008 07:34 PM

con Wrote:
Valcan Wrote:
I lost most of my weight on KK and I am trying hard to do lose the rest in a healthy manner.

Hey Val
Just wondering if this weight gain is a response to the muscle/bone depletion that occured on Kimkins? Your body is replenishing the bone and muscle losses that occured as part of this unhealthy WOE
perhaps. If that is the case the gain would continue on ZC until balance was restored and could be
thought of as a tradoff between a few more pounds and vital health.
When that balance is restored only then will the body realize it's out of starvation mode and begin to
release fat.

IMHO,

con

I agree with your assessment. I believe this is what happened to me too. I gained a little weight on ZC
but I think it was in response to being so depleted from my prior low cal, low fat, low protein diet. I've
had so many other health benefits that I'm trying not to worry about the extra weight. Eating for health
makes the most sense but I share your frustration Val at not being able to make the scale move in the
other direction.

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**RE: Zero Carb / Meat and Water - Daryl - 07-20-2008 07:51 PM**

Hi everyone 😊 I've been reading a little bit here and there on this thread today, and am finding it
fascinating.

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**RE: Zero Carb / Meat and Water - ajcav062197 - 07-20-2008 08:07 PM**

Hi All. I am so glad to have found this thread (referred actually, Thank you Suzanneyea). I just finished
day 6 of zero carb plan. My only carbs have come from eggs and my 2 cups of coffee w/h.c. and
splenda. So maybe I am considered nearly zero carb. Eitherway, I am happy with the way I feel. I know
I have increased energy, stable blood sugar all day, clear headed, calm. I am happy to be able to eat
when I am hungry and love this thread for focusing on the other benifits of the woe and not just the
weight loss (although that is the main reason I started zero carb, that and simplicity).

My diet consists of ground beef, ribeye steak, chicken, pork center cut, ground turkey, tuna, butter,
coconut oil, olive oil, mayo (helmans), spicy mustard, eggs, limited nitrate free bacon, regular breakfast
sausage. The high fat meats are surely the most satifying and last the longest. (I also plan to eat salmon,
shrimp and other seafood and fish).

I have been experiencing heart burn too. Today I sipped milk of magnisesa and it helped. It's sugar-free
and effective.

My question is... I know bacon is not a staple but is it ok to eat it and breakfast sausage in as a fat? I
really look forward to the fat. I am a little concerned that I will retain water from the salt and not see a
loss. Anythoughts?

I am open to any suggestions as I am brand new to zero carb.

AJ

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**RE: Zero Carb / Meat and Water - LindaSue - 07-21-2008 07:14 AM**

Welcome, AJ.
I think that the problem with bacon and sausage are the additives (sugar and preservatives, etc.) and not so much the sodium, although some people do seem to have issues with salt. I don't see a problem with having bacon and sausage occasionally. For me, sausage is pretty filling but bacon is not so I rarely eat it. I treat bacon as a flavoring in my cooking rather than a main dish.

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**RE: Zero Carb / Meat and Water** - [Charles](#) - 07-21-2008 07:25 AM

suzanneyea Wrote:
Today I had a steak for breakfast and enough ground beef at lunch to feed a small village in Africa, but I always eat a lot. In fact, do you guys ever get tired of people commenting on how much you eat? It drives me batty, every time I eat with friends it is the center of the conversation. "are you really going to eat all that?" "There is no way you can eat all that at your size!" I never comment on how much or little my friends or family eats, but I seem to be fair game.

Oh man, this is funny you say that. I eat more than anyone in my office! In fact, my daughter, who is at work with me today, also eats more than these grownups. The bad part is, when we go out to eat, we can't get the kid's meals as they are usually full of carbohydrates. We're going to lunch together today and she'll eat almost as much as I will. She is eleven and she is growing so all she does is eat and sleep, yet she's thin as a rail!

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**RE: Zero Carb / Meat and Water** - [Charles](#) - 07-21-2008 07:57 AM

Loops Wrote:
I am 32 years old, and I play tennis/swimming, but some weeks I don't do much (this week the swimming pool is broken). I am also a recovered bulimic - high calories, high fat low carb eating cured me of that completely and immediately. I also cured eczema and acne using low carb.

As Le Magnen's research and Gary Taubes's speculation suggested, that anorexia and bulimia nervosa would be the compensatory response to a physiological problem which is the inability to store calories after a meal in the energy buffer of the fat tissue.

If you were able to reverse this condition on a low-carb eating plan, then the abnormal insulin resistance was likely the culprit.

Loops Wrote:
Anyway, I have struggled with a big dairy addiction. Or rather, I am not sure if it is good for me, if I am just eating it because I crave it,

Dairy does indeed have carbohydrates. Sure, it may be zero carbs per serving, but like most things, very few of us stop at a single serving. Especially for you, if you go above a very low level of carbohydrate, that would make your overly sensitive fat metabolism begin to reject the insulin and prompt you to increase activity or purge what you ate.

Loops Wrote:
I am worried about eating too much protein and what that will do to me. For instance today I really BINGED on homemade beef patties. I have been very hungry the last week for some reason. I had increased my protein about a week ago and since then have been hungry a lot of the time. I'm still eating lots of fat. I'm really praying my weight doesn't start going up again but it's all in the name of experimentation - and at least I'm not bulimic!
I think that now you're beginning to provide better metabolic fuel and that allows you to eat more and mobilize more fatty acids, which would explain your hunger. You should be able to tell from my response thus far that I don't believe the issue is in your head and you must reject this notion as well. You're not going to be able to control your weight by calculations in your brain. You're going to have to do what is best for your body and it's telling you to eat.

The craving for protein is far different than the one for carbohydrates. Your need for potassium will only be exacerbated by eating vegetables. For you, that could be a catch-22 situation because the move vegetables you eat, the more insulin you need, which is bad for you. I would seriously consider less than 20 grams at the very maximum and see how you do with that. If you can work your way down from there, all the better. You should not need to supplement with butter and any dairy. Your meat may be low in fat from a "ratio" perspective, but it's important to eat a large amount of it to get the fat you need. Your body will excrete the extra protein and it will not be a problem.

I don't eat fatty protein exclusively. I have my fair shair of sirloin, bacon, cubed steak, etc. I find I have to eat more of these types of meat to get full, but I can get enough fat if I eat enough.

The tiredness is something that you may have to endure for a couple of weeks but eventually it will pass and my guess is that you'll settle in. I don't always "feel" like I have a ton of energy but I still manage to lift weights and run so obviously I have more than I feel like I do. This is something that you get used to. It feels foreign at first, but after a while you recognize it for what it is and you find you have long-term energy without the quick spikes you used to get from carbohydrates.

I hope this helps,

Charles

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**RE: Zero Carb / Meat and Water** - [Charles](mailto:Charles) - 07-21-2008 08:14 AM

ajcav062197 Wrote:
My question is... I know bacon is not a staple but is it ok to eat it and breakfast sausage in as a fat? I really look forward to the fat. I am a little concerned that I will retain water from the salt and not see a loss. Anythoughts?

I am open to any suggestions as I am brand new to zero carb.

AJ

I don't see why not. Salt is not the problem. If you eat any carbohydrates and high sodium, then yes, you will retain water so therefore more salt. Lose the carbs and you'll find that your salt intake is immaterial. In fact, you'll find that you crave less salt without the carbs. Another interesting observation I've made recently is that if I have salt on my food, the more I eat of it. If you take the salt away, I don't need as much before I'm full.

My wife made this observation concerning nuts. If you give a nut-addict some unsalted nuts, they won't eat nearly as many. Interesting!

As far as the bacon, I like the Hormel uncured bacon at Wal-Mart. It is nitrate and nitrite free and doesn't seem to bother me. I like to make a few slices to have with my ground beef patties in the morning. I take the ground beef and put it in the skillet with the bacon to get some of the flavor. Then, I eat the bacon
with the ground beef. It's fantastic!

I don't always make it because it requires me to sit there by the skillet whereas my ground beef can cook while I'm in the shower or ironing my clothes and I won't burn it. When I do have it, I eat about 4 slices and 1 pound of ground beef for breakfast. This meal allows me about 5 and 1/2 hours before I get hungry for lunch.

RE: Zero Carb / Meat and Water - jeepifer - 07-21-2008 08:23 AM

I don't "feel" energetic, but I spent a good chunk of Saturday in 90 degree, humid weather hoofing around a zoo with my kids, and had NO trouble keeping up or needing to stop. That is a definite change as a result of this WOE. Even my husband commented that I was "leading the pack" most of the time.

I didn't stay zero carb (or even VLC) the whole weekend, however. Poor food choices on my part, and feeling sick and tired of plain hamburgers when eating out didn't help. I had brought some grilled steak along to eat, but when it's back at the hotel and you're not, well... I really enjoy ground beef and my own burgers, but those dried-out hockey pucks at most places are disgusting.

Struggling to get back on track today. I've beaten the cravings before, and will do it again. It's just rough.
*sigh*

RE: Zero Carb / Meat and Water - Charles - 07-21-2008 08:38 AM

jeepifer Wrote:
I don't "feel" energetic, but I spent a good chunk of Saturday in 90 degree, humid weather hoofing around a zoo with my kids, and had NO trouble keeping up or needing to stop. That is a definite change as a result of this WOE. Even my husband commented that I was "leading the pack" most of the time.

I'm not worried about you, Jeepifer. That's the most interesting thing I discovered this year. Your body will keep pulling you back and one of these times, you'll finally decide that it's not worth it because you won't feel like "getting back on track" more than you feel like "going off." It just takes time for your body and mind to come to that escapable conclusion.

At Golden Corral yesterday, I could have easily talked myself into some cheesecake, but I decided I didn't want to go through the process of getting my system back on track!

What you wrote is my second biggest discovery this year. I'm just not going to feel energetic all the time, period! On Saturday, I had zero energy and I have been eating plenty of fat. However, on Sunday morning, after a little extra sleep, I had a very good workout on the track. Afterwards, I washed my car and even took my children to see The Dark Knight along with the rest of America, evidently. Last Thursday, I didn't feel like going to the gym and probably should have skipped it. However, I decided I wanted to go anyway and ended up having a great workout, I just took more rest between exercises.

The point is, going off and energy levels are things that we all have to come to grips with on zero-carb. They are both a vital part of zero-carb and better yet, neither one of them really matter! The energy is always there when we need it!

RE: Zero Carb / Meat and Water - MAC - 07-21-2008 08:45 AM
Charles Wrote:
I don't always make it because it requires me to sit there by the skillet whereas my ground beef can cook while I'm in the shower or ironing my clothes and I won't burn it.

You can always microwave the bacon to save time. I do that on occasion. But like you I do prefer to cook it in the pan.

RE: Zero Carb / Meat and Water - jeepifer - 07-21-2008 08:54 AM

MAC Wrote:
Charles Wrote:
I don't always make it because it requires me to sit there by the skillet whereas my ground beef can cook while I'm in the shower or ironing my clothes and I won't burn it.

You can always microwave the bacon to save time. I do that on occasion. But like you I do prefer to cook it in the pan.

I did mine in the oven the other day because I wanted to cook up a whole package at once. 20 minutes at 350 degrees. It came out great! And, I was able to pour off some of the grease into my jar that I keep in the fridge. Very nice way to cook a bunch of bacon without babysitting the skillet!

RE: Zero Carb / Meat and Water - Charles - 07-21-2008 09:18 AM

jeepifer Wrote:
I did mine in the oven the other day because I wanted to cook up a whole package at once. 20 minutes at 350 degrees. It came out great! And, I was able to pour off some of the grease into my jar that I keep in the fridge. Very nice way to cook a bunch of bacon without babysitting the skillet!

Sounds neater too. Maybe I can ditch my apron? Nah, I better keep that around! 😊

RE: Zero Carb / Meat and Water - suzannyea - 07-21-2008 10:44 AM

I am telling you, an apron is always going to be a necessity for me! LOL I have always cooked all my meat with bacon for flavor, but my son and husband usually eat it all. Today I just made burgers on the grill for lunch I made the switch from tukey burgers to all beef. OMG!!!!!!! How was I eating those turkey burgers? I ate 4 burgers (cooked with bacon on top, but again my bacon was stolen) They were sooo good!

RE: Zero Carb / Meat and Water - Charles - 07-21-2008 11:04 AM

suzannyea Wrote:
I am telling you, an apron is always going to be a necessity for me! LOL I have always cooked all my meat with bacon for flavor, but my son and husband usually eat it all. Today I just made burgers on the grill for lunch I made the switch from tukey burgers to all beef. OMG!!!!!!! How was I eating those turkey burgers? I ate 4 burgers (cooked with bacon on top, but again my bacon was stolen) They were sooo good!
"Stolen bacon is sweet" -- oh, sorry, I think it was stolen waters. Oh well, I like the bacon part!

RE: Zero Carb / Meat and Water - poo123 - 07-21-2008 11:19 AM

Charles, did you catch my post on page 113? I talked about me working out and how I felt. Any thought?

RE: Zero Carb / Meat and Water - Loops - 07-21-2008 11:46 AM

Hi Charles -

thankyou for your thoughtful reply. There are a few things I must clear up though. The first is I've been doing low-carb/very-low carb for over 3 years now, most of the time with a very high percentage of fat. For the first year of that, I was eating a lot of salads, nuts, cheese, some meat, cream, had good energy, lost weight and skin/bulimia cleared up. I didn't restrict calories ever - just went with what I fancied as long as it was low carb and high fat.

The second year I stopped eating vegetables and nuts for the most part, and some fatigue and weight-gain set in. This past third year I have been experimenting with trying to keep my fat intake very high and protein low-moderate (i.e. 70g for my 65 kilos). I lost a little of the weight gain but not much. I don't find just meat satisfying - I kind of get bloatated after a meal high in just protein, and also anxious which is something I want to avoid.

Something caused the weight gain for me, and it wasn't carbs. This is why I've been trying to find out what ELSE raises insulin. This is why I keep questioning what I'm doing, because I read again and again that it is PROTEIN that raises insulin, not fat. This would explain when I dropped the salads/nuts (which had added fat), my protein intake went up a lot, which I have read can result in increased insulin output. Could this have resulted in weight gain?

As you can see, I am still playing with questions in my head. One of the inconsistencies with the 'protein impacts insulin' idea is that there are plenty of people who do lose weight eating a lot of protein.

Regarding the dairy - well, I am skeptical about the carbs in dairy. For one thing, here in Chile the label lists carbs per 100g as well as per serving. A lot of cheeses here are 1g of carb/100g. 100g of cream is 3g.

I guess I could go back to my first year diet - salads, nuts, cheese, fish, LOTS of fat - lots of cream etc. but I would like to experiment first I think with the meat way. I never did it seriously, so maybe it would actually be the be-all-end-all diet for me and I would feel amazing - won't know until I try eh?

loops

RE: Zero Carb / Meat and Water - Loops - 07-21-2008 11:55 AM

ooh -

one other thing. I was wondering why veggies would make my potassium status worse? Especially if I add some salt to my meat?
thanks

Loops

RE: Zero Carb / Meat and Water - Loops - 07-21-2008 03:11 PM

hi again -

well one thing I have noticed today is despite feeling overstuffed (overate again for lunch, if indeed there is such a thing as overeating on z/c) I have had good energy all afternoon, despite being sick with a bad cold. Still wondering why I'm feeling bloated though. Oh, and I ate at 2pm - a ton of beef, and I am STILL full at 6pm. So I guess that's good!

RE: Zero Carb / Meat and Water - ajcav062197 - 07-21-2008 03:14 PM

LindaSue Wrote:
Welcome, AJ.

I think that the problem with bacon and sausage are the additives (sugar and preservatives, etc.) and not so much the sodium, although some people do seem to have issues with salt. I don't see a problem with having bacon and sausage occasionally. For me, sausage is pretty filling but bacon is not so I rarely eat it. I treat bacon as a flavoring in my cooking rather than a main dish.

Charles Wrote:
ajcav062197 Wrote:
My question is... I know bacon is not a staple but is it ok to eat it and breakfast sausage in as a fat? I really look forward to the fat. I am a little concerned that I will retain water from the salt and not see a loss. Any thoughts?

I am open to any suggestions as I am brand new to zero carb.

AJ

I don't see why not. Salt is not the problem. If you eat any carbohydrates and high sodium, then yes, you will retain water so therefore more salt. Lose the carbs and you'll find that your salt intake is immaterial. In fact, you'll find that you crave less salt without the carbs. Another interesting observation I've made recently is that if I have salt on my food, the more I eat of it. If you take the salt away, I don't need as much before I'm full.

My wife made this observation concerning nuts. If you give a nut-addict some unsalted nuts, they won't eat nearly as many. Interesting!

As far as the bacon, I like the Hormel uncured bacon at Wal-Mart. It is nitrate and nitrite free and doesn't seem to bother me. I like to make a few slices to have with my ground beef patties in the morning. I take the ground beef and put it in the skillet with the bacon to get some of the flavor. Then, I eat the bacon with the ground beef. It's fantastic!

I don't always make it because it requires me to sit there by the skillet whereas my ground beef can cook
while I'm in the shower or ironing my clothes and I won't burn it. When I do have it, I eat about 4 slices and 1 pound of ground beef for breakfast. This meal allows me about 5 and 1/2 hours before I get hungry for lunch.

Thank you LindaSue, thank you Charles!!!!

I am still asking for a little hand holding here.. 😊What are the highest fat meats that in the grocery store.

Here are my guesses:
ground beef 75/25
rib eye steak
chuck roast
dark chicken meat w/ skin
dark turkey meat
pork chops (they are usually labeled assorted at my store)
bacon (as a side or garnish)
sugar free/ carb free sausage (if I am wrong please tell me) (as a side or garnish)
salmon

I am trying to build a staples shopping list. Am I missing anything? Is there a major no no on here. Sorry if I seem thick headed, just really feel like this could work for me as a lifestyle. I honestly feel so much better already 1 week!!!!!

Thank you all...

oh ps I had by first "out to eat" today.. I chose 6 oz a salmon grilled and steamed shrimp .25 oz. It was very good. And yes... I did ask the people to weigh it when I ordered. They were very helpful and understanding (even saw a little grin from one). My husband sprayed a little lemon on the shrimp 😊but i dont think it was enough to add up more than 1 carb. I will break him in.. I have been telling him for years to order me a water w/ lemon and a straw. He also put lemon in my water but I dumped it and got fresh.

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**RE: Zero Carb / Meat and Water - poo123 - 07-21-2008 04:11 PM**

Loops, I have been on zero carbs for 3 weeks. I only eat twice a day usually noon and then again around 8:00 or 9:00pm and thats it. I go to work, work out then eat at noon so don't worry about not eating a lot. Charles set me straight on that. Keep up the good work.

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**RE: Zero Carb / Meat and Water - Loops - 07-21-2008 05:55 PM**

hi poo123 -

yes I am used to having a well-regulated appetite these days - it really does seem to be affected more by how many calories I take in more than anything (in a low-vervlow carb environment) i.e. I eat more in one sitting I am not hungry for a long time afterwards - if I eat less I am hungry more often. Unfortunately the homeostatis extends to my bf% as well.
I was so tempted to fry up a few eggs as an after dinner snack, but I ate my son's filet mignon for tomorrow night instead. FYI, my son will only eat filet mignon for steak, so I buy a small 4 oz. portion for him cause we eat steak so much for dinner that the whole family cannot eat it or we would be broke. So, I guess I just had a $10 snack, lovely.

ajcav062197 Wrote:
I am still asking for a little hand holding here. 😊What are the highest fat meats that in the grocery store.

Here are my guesses:
ground beef 75/25
rib eye steak
chuck roast
dark chicken meat w/ skin
dark turkey meat
pork chops (they are usually labled assorted at my store)
bacon (as a side or garnish)
sugar free/ carb free sausage (if I am wrong please tell me) (as a side or garnish)
salmon

I am trying to build a staples shopping list. Am I missing anything? Is there a major no no on here.
I don't see any "no no's" on your list. You've thought of most of the best ones. I can only think to add more pork options. Boston butt (shoulder roast) and pork picnic roasts are very fatty, probably the most fatty meats you can buy. I don't think you'll find it easy to locate a sugar and carb free sausage but I'm sure they're out there.
fatty meats you can buy. I don't think you'll find it easy to locate a sugar and carb free sausage but I'm sure they're out there.

Thank you LindaSue!!

RE: Zero Carb / Meat and Water - Charles - 07-22-2008 08:35 AM

poo123 Wrote:
I did start lifting weight but I felt really weak and tired. I stopped because after I did it I needed to take a nap and I only lifted very little. I really love eating this way and I won't give up, I just really want the weight to start to drop I was 244.0 and now I am 234.0. I am thinking I can probably go down to 140 and be really happy so 94 lbs to go.

I caught this back on 113, Alison, but I thought you were going to begin your exercise and then you would comment on how it went. I didn't realize that you did it.

The tiredness will get better. You'll have days where you feel like you have zero energy to go with your zero carbs, but then other days, you'll be able to climb mountains. Not only that, but pretty soon you'll exercise in spite of your tiredness and you'll realize that you have way more energy than you thought you had.

I oftentimes don't feel like lifting weights, but once I get started, I find that I've not only lifted, but I set new benchmarks for myself. We have to get used to what it feels like to exist without sugar. Sugar used to give us these short-lived boosts that we associated with tons of energy. Now, we don't have the burst, but we have the power plant that actually is longer-lasting than the sugar high. It just takes some getting used to.

Regards,
Charles

RE: Zero Carb / Meat and Water - Charles - 07-22-2008 08:56 AM

Loops Wrote:
Something caused the weight gain for me, and it wasn't carbs. This is why I've been trying to find out what ELSE raises insulin. This is why I keep questioning what I'm doing, because I read again and again that it is PROTEIN that raises insulin, not fat. This would explain when I dropped the salads/nuts (which had added fat), my protein intake went up a lot, which I have read can result in increased insulin output. Could this have resulted in weight gain?

It might have temporarily but so much more evidence suggests that it would not have endured over the long term. No all-meat cultures have a problem with obesity. Indeed, I eat copious amounts of fat and protein.

Protein does not raise insulin. It does make your blood sugar rise, but this is because of "glucose sparring" which conserves muscle glycogen for those periods of intense activity. During this period insulin is low and primes the muscles to burn fat only and prohibits them from burning glucose. This makes the glucose available for those tissues that need it and tops off the glycogen stores in the muscles.
The liver shuts off this process once blood sugar is stabilized. It may be a little higher in a fat adapted individual than in a non-fat adapted individual, but this factor alone does not contribute to fat storage.

This process cannot be compared to the effect of carbohydrates because under those conditions, insulin is high, not low. Therefore, suggesting that protein is a source of glucose that leads to fatty acid storage is quite specious because the conditions are not similar.

Loops Wrote:
As you can see, I am still playing with questions in my head. One of the inconsistencies with the 'protein impacts insulin' idea is that there are plenty of people who do lose weight eating a lot of protein.

That's true!

Loops Wrote:
Regarding the dairy - well, I am skeptical about the carbs in dairy. For one thing, here in Chile the label lists carbs per 100g as well as per serving. A lot of cheeses here are 1g of carb/100g. 100g of cream is 3g.

I can't speak to that for everybody, but I know what they do to me and many others on this forum. As we say many times, "It's not, you are what you eat. Rather, you are what your body does with what you eat." Does dairy cause you to mobilize or store fatty acids? That's the question. If you eat dairy and don't experience weight gain, cravings, or shortened periods of satiety, then you can enjoy what you have. I don't have that experience. Maybe it's the processing of American dairy and perhaps it's better in Chile....

Loops Wrote:
I guess I could go back to my first year diet - salads, nuts, cheese, fish, LOTS of fat - lots of cream etc. but I would like to experiment first I think with the meat way. I never did it seriously, so maybe it would actually be the be-all-end-all diet for me and I would feel amazing - won't know until I try eh?

Well, I don't think anyone here would hold it against you. Enjoy!

Regards,

Charles

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RE: Zero Carb / Meat and Water - [Charles](mailto:Charles) - 07-22-2008 08:59 AM

Loops Wrote:
ooh -

one other thing. I was wondering why veggies would make my potassium status worse? Especially if I add some salt to my meat?

thanks

Loops

Because, it takes nutrients from your body to process the nutrients in vegetables. That's the part people don't quite get about vegetables. There are not that many nutrients to begin with and the most beneficial
ones can only be obtained through cooking. Moreover, one would have to eat large amounts of these
vegetables to get the equivalent amounts in meat.

Whereas meat is a potent source of the entire range of vitamins in the correct and most ideal ratios for humans.

**RE: Zero Carb / Meat and Water** - Charles - 07-22-2008 09:02 AM

Loops Wrote:
hi again -

well one thing I have noticed today is despite feeling overstuffed (overeating on z/c) I have had good energy all afternonn, despite being sick with a bad cold. Still wondering why I'm feeling bloated though. Oh, and I ate at 2pm - a ton of beef, and I am STILL full at 6pm. So I guess that's good!

Controlled hunger is the biggest advantage of such an eating regimen. When I eat, I can easily go from 5 to 6 hours before I'm remotely hungry again. This indicates that you are living off of the fatty acids in your circulation and you are not hypersecreting insulin. The more one can keep fatty acids in circulation, the more their fat tissue will shrink as the body will re-regulate the rate of flow for the nutrients in the circulation. If the cells and tissues are happy, then there is no need to restrict the flow through the fat tissue to create pressure. Consequently, you will not feel hunger.

**RE: Zero Carb / Meat and Water** - Charles - 07-22-2008 09:09 AM

Loops Wrote:
hi poo123 -

yes I am used to having a well-regulated appetite these days - it really does seem to be affected more by how many calories I take in more than anything (in a low-verylow carb environment) i.e. I eat more in one sitting I am not hungry for a long time afterwards - if I eat less I am hungry more often. Unfortunately the homeostatis extends to my bf% as well.

Now, you discovered the only reason that "calories count." They count when determining how long to go before you want to eat again. This is important for when you are planning a trip, or planning on going out on a hunt. It's nice to know that if you eat a lot, you won't have to stop for provisions -- or you'll know exactly around what time you'll need to stop. All animals have this feature and we're no different.

I thought of this the other day when I went to the movie to see *The Dark Knight*. My children and I had already eaten lunch so we were not hungry when we went into the theater. I couldn't believe how much munching on popcorn I heard throughout the movie. I wish they would ban popcorn from movies!

Weight is merely a snapshot at some point during the day and it's really worthless when you think about it. In the morning, your body will begin storing fat again and insulin will come which will prompt you to eat in the morning. Right at the changeover from burning fatty acids all night to storing a percentage of what is eaten is a good time to step on the scale, if you're curious.
Hi Charles -

thanks for the replies.

I am confused though on this nutrients issue. For instance when I look up say beef on the nutritiondata website, it definitely IS short on some nutrients. For instance, vitamin A, vitamin K, vitamin E, vitamin C, folic acid, vitamin B1, B2 and B5, copper, magnesium, calcium, manganese. Granted, it is rich in zinc, B12, B3+B6, OK in potassium (assuming no salt is added), selenium and probably chromium and the trace minerals. Interestingly liver is rich in some of the things not found in beef muscle (folic acid, B2, vitamin A).

Please note I'm really not trying to 'dis' this way of eating - quite the contrary - I would like to embrace it, but I just can't do that blindly. Especially not since I have had resolution of some health problems by taking things like magnesium supplements. Meat is very LOW in this nutrient compared to vegetables - unless you eat a lot of fish, which can be higher. Still, in order to get enough magnesium alone, I would have to eat over several kilos of ground beef a day, which I simply can't do.

Please tell me what you think. I know some of the nutrients that aren't listed on the site are indeed present in animal fats - for instance lard is rich in vitamin D, which simply has a ~ sign next to it which means they didn't measure for it.

Many thanks for your patience and time

Loops

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**RE: Zero Carb / Meat and Water - Loops - 07-23-2008 07:45 AM**

Hi again -

I should say, that some of those nutrients can be found in other animal products. B1 is found in large amounts in pork and some types of farmed salmon, manganese in mussels, B5 in egg yolks, plenty of B2 in cheese. Vitamin C doesn't seem to be anywhere apart from raw liver. Large amounts of calcium obviously in some cheeses (although I don't believe lots of calcium does anyone much good without magnesium and vit D to absorb it), copper is extremely rich in all animal livers and also is present in significant amounts in goat cheese. Apparently the form of vitamin K they measure for is the plant one, and I have heard 'rumours' that it is present in significant amounts in pig fat.

All animal foods are rich in selenium and zinc obviously. So if you were very careful planning food, you could end up OK on everything EXCEPT for magnesium and vitamin C, but that would include eating dairy products and/or liver.

Again, just worrying - I don't want this to backfire AGAIN on me.

Loops

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**RE: Zero Carb / Meat and Water - jeepifer - 07-23-2008 09:31 AM**

Oh, tired and bloated. Wrestling with my sweet addiction again. In fact, I feel like I'm coming down with something. It is so not worth eating junk. I brought a ribeye to reheat for lunch, and plan on getting
chix thighs at the store on the way home (forgot to defrost the ones I have, D'oh!). Looking forward to more energy and less bloat soon.

**RE: Zero Carb / Meat and Water** - con - 07-23-2008 10:03 AM

Loops Wrote:
Hi again -

Vitamin C doesn't seem to be anywhere apart from raw liver. All animal foods are rich in selenium and zinc obviously. So if you were very careful planning food, you could end up OK on everything EXCEPT for magnesium and vitamin C, but that would include eating dairy products and/or liver.

Loops

Vitamin C competes with glucose to get into the cells. When you go on a low-carb diet you decrease the need for vitamin C. A little goes a long way. I’m not a big fan of loading on large amounts of antioxidants because the body uses free radicals to do all kinds of things, and antioxidants don’t squelch just the ‘bad’ free radicals.(DR. Eades)

con

**RE: Zero Carb / Meat and Water** - Charles - 07-23-2008 10:12 AM

Loops Wrote:
I am confused though on this nutrients issue. For instance when I look up say beef on the nutritiondata website, it definitely IS short on some nutrients. For instance, vitamin A, vitamin K, vitamin E, vitamin C, folic acid, vitamin B1, B2 and B5, copper, magnesium, calcium, manganese. Granted, it is rich in zinc, B12, B3+B6, OK in potassium (assuming no salt is added), selenium and probably chromium and the trace minerals. Interestingly liver is rich in some of the things not found in beef muscle (folic acid, B2, vitamin A).

I can see why this would worry you but I suggest that perhaps you're looking at this from the wrong angle. You can't just analyze food to determine the nutrient composition of a person's body. The whole notion of "balanced intake" is fraudulent, to say the least.

The Inuit's diet does not show enough calcium or sodium in it. However, when they examined the remains of these people they found that they were not deficient in any of these nutrients. The question becomes, what is it that we eat which makes our body low on these particular nutrients, not are the nutrients found in the food. It's a question of absorption. Just because carbohydrates show that they have particular nutrients in them, that doesn't mean we absorb them.

This notion was based on studies of deficiency diseases, which we've discussed at length in this thread. The bottom line is it is impossible to produce a deficiency disease eating meat. However, if you eat a diet of only refined carbohydrates, you will get deficiency diseases. Fruits and vegetables can cure scurvy, but not eating them will not cause a deficiency disease. This popular notion persists even though it dates back to James Lind's studies in 1753.
The Masai, Sumburu, Inuit, Native Americans of the Great Plain etc do not (did not) suffer from deficiency diseases yet they eat no carbohydrates. How does this happen even though they don't get those precious phytonutrients? If you follow that link you'll see that the meat-eaters still confound the experts as we speak!

Stefansson and Anderson underwent the all-meat trial in the 1920s and the nutritionists of the era said the same thing you're saying. The book, *Adventures in the Land* can be downloaded in this thread for free. Read about the arguments they made and see what happens after the year.

Quote:
"A great many dire predictions and brilliant theories faded into nothingness."

The nutritionists in the 1920s and 30s (and obviously today) didn't realize that animal foods contain all of the essential amino acids and they do so in the ratios that maximize their utility to humans. They also contain 12 of the thirteen essential vitamins in large quantities. Meat is a particularly concentrated source of vitamins A, E, and the entire complex of B vitamins. Vitamins D and B12 are only found in animals products besides the sun. Vitamin C is the only contentious point, but as I've written here many times, glucose and vitamin C take the same pathway for absorption. If glucose is present, the body will not absorb the vitamin C.

Wheat contains all of the essential amino acids as well, but to get enough of the ones that are in scarce supply a man weighing 176 pounds would have to stuff himself with 3.3 pounds of whole wheat bread a day. To reach the same level of protein, he would need only .75 pounds (340 grams) of meat.

I can't account for nutritiondata's information, but I know that no meat-eating populations suffer from malnutrition or the diseases of civilization. If you are losing magnesium and need to supplement, it must because something else you're eating causes you to lose magnesium. I take no vitamins or supplements.

Regards,

Charles

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Jeepifer Wrote:
Oh, tired and bloated. Wrestling with my sweet addiction again. In fact, I feel like I'm coming down with something. It is so not worth eating junk. I brought a ribeye to reheat for lunch, and plan on getting chix thighs at the store on the way home (forgot to defrost the ones I have, D'oh!). Looking forward to more energy and less bloat soon.

Hang in there, lady. You're proving to yourself how you should eat. No one has to tell you anything else!

Regards,

Charles

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**RE: Zero Carb / Meat and Water** - Charles - 07-23-2008 10:19 AM

Loops Wrote:
All animal foods are rich in selenium and zinc obviously. So if you were very careful planning food, you could end up OK on everything EXCEPT for magnesium and vitamin C, but that would include eating dairy products and/or liver.

Again, just worrying - I don't want this to backfire AGAIN on me.

Loops

It's not really necessary to plan so well, either. Think about this. Before there were big supermarkets, where did the food come from? People only ate that which was indigenous to their location. If there were streams, they likely fished. If there was abundant game, they ate it. They went for centuries eating the same food and many still do today, like the Masai. Yet they do not suffer from any deficiencies. Think about that.

Boredom? That's psychological. If ground beef was all you had to eat, after a while you would learn to love it and even look forward to it, Stefansson's explorers found out.

Why would someone need to scour the earth looking for the latest and greatest nutrient? It's because carbohydrates leech these things from your body. Just eat a healthy diet and you'll find that you have every nutrient necessary and you don't have to worry about any antioxidant because you don't eat that which oxidizes!

RE: Zero Carb / Meat and Water - abnormalslc - 07-23-2008 10:29 AM

Hey Charles!
I have searched and can't seem to find info on the food allowed for Zero/near Zero carb plan.

I am on my third day of "near-zero" and am wondering what is a typical daily menu for you?

I have been stuck in a long "maintenance period" with weight fluctuations of +/- 5 pounds. Initially the stall I am sure was caused by excess carbs....not from foods that were "off-plan"...but from foods that were "on-plan"...but having too many cashews.....too much LC Ice Cream...too many strawberries....Exercise has been only walks....45 minutes or so, 3 or more times a week....I am trying to add more exercise, but having to work around caring for my 2 young daughters, limits my possibilities to only when my wife has time to watch them by herself.

I have been reading your posts for a while now...letting it "sink in" to my wee little brain....

Do you eat cold-cuts? Fish?

You most likely have posted this somewhere on this forum, so if you have a link....send it on over!

RE: Zero Carb / Meat and Water - Charles - 07-23-2008 11:37 AM

abnormalslc Wrote:
Hey Charles!
I have searched and can't seem to find info on the food allowed for Zero/near Zero carb plan.

I am on my third day of "near-zero" and am wondering what is a typical daily menu for you?
I probably do, but this thread is so long, I couldn't find it. I suppose I could search, but it drives me nuts! 😞

We're not really that structured over here. Sure, I want you to eat meat and drink water, but you can have just about any meat you can find. The processed meats should probably be lower on your list since they add so many things to them, but they're much more preferable than some veggies or grain products.

For breakfast, I like to have 73/27 ground beef patties with about three or four slices of Hormel uncured bacon.

For lunch, I tend to have either a ribeye steak, thigh or chicken leg quarters, pork steaks, beef or pork ribs.

Dinner is similar to lunch, except I don't cook it. Some of my recommended meats are:

**Beef**: brisket, short ribs, tenderloin, ground beef or chuck, corned beef brisket, prime rib, skirt steak, sirloin steak, top sirloin, veal breast, cutlet, loin and rib chop;

**Lamb**: ground, and rib chops and even lamb stew meat.

**Poultry**: practical any chicken with the skin, but preferably boneless chicken thighs, ground, cornish hen, the whole chicken, duck, whole goose, and ground turkey.

**Pork**: bacon, ground pork, kielbasa, frankfurter, loin chops, sausage, spareribs, prosciutto,

**Lunchmeat** (these have some carbs so be careful, but if you're hungry, the small amount of carbs here shouldn't be a problem):

Beef bologna, beef pastrami, pork salami

Seafood: Catfish, Halibut, Mackerel, Salmon steak, smoked salmon, smoked fish, trout.

Just because I didn't name a meat on here, that doesn't mean I wouldn't eat it. I just wouldn't eat it every day. Variety is in your mind.

**BOMBSHELL:**

If I had a lot of weight to lose, I would honestly find about three meats on this list and I would eat them and eat them exclusively (along with drinking water) until I got to where I wanted to go. This may sound odd, but this is more in line with indigenous populations. They just didn't have many food choices yet they ate these foods for hundreds of years without any disease. If the only thing for dinner is what's for dinner, you'll eat it if you're hungry enough.

It might be hard at first, but as Stefansson and his boys found out, they got used to it and even came to look forward to the same foods. During my weight loss, I ate mostly chicken and beefsteak and ground beef. Guess what? I still do, except I have added pork. I love some pork ribs and I could eat them most
days.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - jeepifer - 07-23-2008 12:12 PM**

Charles Wrote:

**BOMBSHELL:**

If I had a lot of weight to lose, I would honestly find about three meats on this list and I would eat them and eat them exclusively (along with drinking water) until I got to where I wanted to go. This may sound odd, but this is more in line with indigenous populations. They just didn't have many food choices yet they ate these foods for hundreds of years without any disease. If the only thing for dinner is what's for dinner, you'll eat it if you're hungry enough.

It might be hard at first, but as Stefansson and his boys found out, they got used to it and even came to look forward to the same foods. During my weight loss, I ate mostly chicken and beefsteak and ground beef. Guess what? I still do, except I have added pork. I love some pork ribs and I could eat them most days.

See, this is the hardest thing for me to get my head around. Not intellectually -- I understand it on that level. But, I *feel* I need variety. Like, I've eaten chicken so much I'm sick of it, etc.

Now with 80 lbs. to lose, I need to take this to heart, stock up the freezer, and eat myself thin again. After all, I can always eat "x" food, in moderation, if I choose to, once I am maintaining. Right?

In a lot of ways, it comes down to immediate gratification. As a generation, we've become so accustomed to having it *now* (via credit or whatever) that it has been ingrained into our sociology. I don't need that ear of corn. I know it will make my body feel like poo for at least a day or two. But I grab it anyway, because I want to.

As you've said before, Charles, we're not perfect. The best we can do is move on, day by day. I choose not to prowl the vending machine and fill myself with needless junk, even though I want to, for no apparent reason. 😐

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**RE: Zero Carb / Meat and Water - Charles - 07-23-2008 12:13 PM**

I have to tell you all about my receptionist at our office. I've mentioned her before, but today she shared her latest bloodwork with me. It's phenominal!!!!

She started eating very low carb back in October, on Halloween, to be exact. Her HDL was at 38, which is two points below the range. Her HDL was 92! I don't know what her triglycerides used to be but today they are 66. Her total cholesterol is fairly low and her ratio is outstanding. Of course, her doctor was concerned with her 108 LDL but the ratio was optimal. What a nut-job. No, I take that back. He is just ignorant. He recommended a fairly low-carb diet, but wanted her to eat sweet potatoes. You know me, I talked her out of the sweet potatoes!

She lost 25 pounds and wants to lose 14 more. However, she's addicted to diet Dr. Pepper (her own words) and probably eats a few more carbs than she should which keeps the insulin flowing and the fat...
storage. Despite the weight loss hangups, her health is fantastic. Her IBS is under control and she looks way better than she used to.

As we always say around her, it's about so much more than just weight loss!

RE: Zero Carb / Meat and Water - jeepifer - 07-23-2008 12:20 PM

Charles Wrote:
I have to tell you all about my receptionist at our office. I've mentioned her before, but today she shared her latest bloodwork with me. It's phenomenal!!!!

Awesome news! Hooray for her! And you... and by trickle down theory, us! 😊

RE: Zero Carb / Meat and Water - loops - 07-23-2008 12:44 PM

Hi Charles -

but the Masai etc. - they do/did eat liver and other organs right? And brains, organs. What I mean is, most of the carnivorous peoples ate the whole animal and boiled up the bones - is that correct? Because we DO have a physiological need for ALL the nutrients listed such as A,B,C,D,E and ALL the minerals in sufficient quantities, and I'm worried that simply eating muscle meat is not going to provide me with everything.

See the problem I have is that I HATE liver, but it does make me feel good if I can get it down. And if we can't absorb the stuff in vegetables, why do they cure scurvy?

Take another problem of mine - I'm a smoker. Yeah I'm always trying to quit - it's a tough one and I've managed to cut way down but still.... Anyway I need extra nutrients, especially vitamin C, and I'm not sure just popping a pill is going to sort me out, as vitamin C pills never cured scurvy.

RE: Zero Carb / Meat and Water - Charles - 07-23-2008 01:05 PM

jeepifer Wrote:
See, this is the hardest thing for me to get my head around. Not intellectually -- I understand it on that level. But, I *feel* I need variety. Like, I've eaten chicken so much I'm sick of it, etc.

I didn't say it would be easy, I just said that's what I did. It would be easier if all you had to eat was chicken or whatever it is that you like to eat. We feel like the more we eat something, the more we'll grow to hate it. That's only true to a point. If you know that's all there is and you're determined, it can work. It also helps when you see results. If you ate ground beef three times a day for six weeks and you could drop 4 pounds a week, that would probably motivate you more.

Jeepifer Wrote:
Now with 80 lbs. to lose, I need to take this to heart, stock up the freezer, and eat myself thin again. After all, I can always eat "x" food, in moderation, if I choose to, once I am maintaining. Right?

Generally, yes but it really depends on what "x" is. I know you know this, but for others who don't, diet is not something that you go on, get fixed, then you can eat whatever. The challenge is finding
something you will sustain for the rest of your days. I will also tell you that the way you feel about food today may be very different than what you'll once you get to where you want to go. I eat the same foods today that I did when I was on Induction. Why? Because those foods work. They are satisfying, they provide great energy to my body, and I won't gain weight from eating them. I can always turn to those foods if I ever get myself into trouble.

If you would have told me two years ago that I would be eating those foods exclusively, I might have felt differently about them.

I understand the argument about moderation but there are some things that cannot be eaten even in moderation because your body will not deal with them properly.

Jeepifer Wrote:
In a lot of ways, it comes down to immediate gratification.

This is very true and I do indeed understand the frustration. However, I'm trying to encourage the frustrated to put that energy to use and get dogmatic about this thing. My methods sound extreme but it seems to me that if you really want that instant gratification, you have to take what others might perceive as "drastic measures" to get things done. I woke up one day and didn't like what I saw in the mirror. I took that frustration and found a way to endure on a very limited diet which led to a 65-pound weight loss. Getting myself back to biological zero was a pretty drastic step.

I just got finished explaining to a lady about my diet, and she had this look on her face like, damn, this guy is serious (or maybe it was crazy). Now, this lady has some bad blood work. Her HDL is in the 30's and her triglycerides are high. She can't imagine a life of just meat and vegetables so she eats dry cereal, fruit and chicken with no skin and small portions of grains. These things are killing her because she eats no fat so her HDL continues to plummet. Her doctor wants to put her on a statin and she doesn't want to take it. She's at the crossroads. Statin or eat properly. Which will she choose? Stay tuned.

I know there are other factors that influence weight loss, but I would certainly exhaust all the dietary ones before settling with what I may not be able to change.

Jeepifer Wrote:
As you've said before, Charles, we're not perfect. The best we can do is move on, day by day. I choose not to prowl the vending machine and fill myself with needless junk, even though I want to, for no apparent reason. 😕

I expect perfection from myself, but not from others! 😞 I really mean that. I don't have a dog in yours or anyone's fight. But, I sure will root hard for you and tell you what I believe to be the honest truth!

RE: Zero Carb / Meat and Water - suzanneyea - 07-23-2008 01:07 PM

Here is my tip, buy the meat that is cheapest, which is usually the high fat ground beef. You will be eating so frickin much food you cannot afford to buy all the expensive ones. And high fat ground beef is so yummy, how can you go wrong?

RE: Zero Carb / Meat and Water - MAC - 07-23-2008 01:11 PM

Charles Wrote:
I have to tell you all about my receptionist at our office. I've mentioned her before, but today she shared her latest bloodwork with me. It's phenomenal!!!!

She started eating very low carb back in October, on Halloween, to be exact. Her HDL was at 38, which is two points below the range. Her HDL was 92! I don't know what her triglycerides used to be but today they are 66.

From what I have read, 50 is the minimum target for a female for HDL and 40 for a male for HDL. But her 92 HDL and her 66 for TAGs is phenomenal.

RE: Zero Carb / Meat and Water - Charles - 07-23-2008 01:31 PM

Loops Wrote: 
but the Masai etc. - they do/did eat liver and other organs right? And brains, organs. What I mean is, most of the carnivorous peoples ate the whole animal and boiled up the bones - is that correct?

No, not all of them. Stefansson goes through this in great detail in his book, which you should read. They ate caribou mostly, but when it wasn't available, they ate seal, boiled fish, and seal -- even rabbits in the spring sometimes, but this didn't go over well. When Stefansson and Anderson did the all-meat trial, they basically ate two and a half pounds of beef sirloin each day. They only ate the cooked foods and they emerged healthy by every objective measure. This is more important to me than even the all-meat cultures. All the veggie pushers of his day predicted they would die of scurvy and all sorts of things but none of this happened.

Loops Wrote: 
Because we DO have a physiological need for ALL the nutrients listed such as A,B,C,D,E and ALL the minerals in sufficient quantities, and I'm worried that simply eating muscle meat is not going to provide me with everything.

You mean "addiction." If that's what you mean, then you certainly don't need anything in your life that is "psychological." Drugs also come from plants and they seduce you into thinking you "need" them. You do get all the essential minerals and vitamins in sufficient quantities from meat. As Gordon Pirie wrote:

Quote: 
"Don't believe the scientific facts purchased on the back of food labels."

The USDA has no idea of what we humans need on a daily basis for nutrition. If they did, don't you think Americans would be healthier on average?

Loops Wrote: 
See the problem I have is that I HATE liver, but it does make me feel good if I can get it down. And if we can't absorb the stuff in vegetables, why do they cure scurvy?

I hate liver also and I do not eat it. You do not have to eat liver to be healthy. British sailors who got scurvy ate the typical naval fare of "water gruel sweetened with sugar in the morning, fresh mutton broth, light puddings, boiled biscuit with sugar, barley and raisins, rice and currants." These were refined carbohydrates that could be carried safely on a sailing ship without worry of rat infestation. James Lind demonstrated in 1753 that he could cure it with citrus juice.

Pellagra was associated with corn-rich diets and beri-beri came from eating white rice instead of brown
in the Phillipine prison. The Japanese navy cured their outbreak of scurvy with meat and evaporated milk.

Nutritionists were able to induce scurvy in animals with refined grains and sugar. Guinea pigs got it from crushed barley and chickpeas.

Lind and the nutritionists who followed him in the study of scurvy demonstrated only that the disease is a dietary deficiency that can be cured with the addition of fresh fruits and vegetables or meat and milk. This does not necessarily imply that a lack of fresh fruits and vegetables caused the deficiency. A good doctor will tell you this as well. They don't recommend the meat option because they think you'll get fat. They don't realize that refined sugar is the enemy, not fat and protein.

Given that the Inuit and those Westerners living on their vegetable and fruit-free diet never suffered from scurvy, indicated that there must be other factors involved. Eating refined and easily digestible carbohydrates and sugar increases our need for vitamins that we would otherwise derive from animal products in sufficient quantities.

Loops Wrote:
Take another problem of mine - I'm a smoker. Yeah I'm always trying to quit - it's a tough one and I've managed to cut way down but still.... Anyway I need extra nutrients, especially vitamin C, and I'm not sure just popping a pill is going to sort me out, as vitamin C pills never cured scurvy.

That's another issue altogether. Your problem isn't nutrients, it's a healthy diet. In fact, nicotine may be the most successful weight-loss drug in history, despite its otherwise narcotic properties. Nicotene appears to induce weight loss and fat loss not by suppressing appetite (as many suppose), but by freeing up fatty acids from the fat cells and then directing them to the muscle cells, where they're taken up and oxidized, providing the body with some excess energy in the process. When smokers quit, they gain weight because their fat cells respond to the absence of nicotine by significantly increasing lipoprotein-lipase activity.

Therefore, while you smoke and also when you quit, you should definitely be on a zero-carb diet because you'll need to continue mobilizing fatty acids in place of the nicotine. People quickly gain in the three weeks after quitting because they respond to the loss of energy with carbohydrates instead of fat and protein. It all starts with a healthy diet and then you should work on quitting.

RE: Zero Carb / Meat and Water - Vesna - 07-23-2008 01:31 PM

abnormalsle Wrote:
I have searched and can't seem to find info on the food allowed for Zero/near Zero carb plan.

Here's the URL of the sticky on the main page of the Low Carb Plans/Challenges forum:

Also, it's described in the OP -- the first post on page 1 of this thread. 😊

RE: Zero Carb / Meat and Water - jeepifer - 07-23-2008 02:05 PM

Charles Wrote:
I didn't say it would be easy, I just said that's what I did. It would be easier if all you had to eat was chicken or whatever it is that you like to eat. We feel like the more we eat something, the more we'll
grow to hate it. That's only true to a point. If you know that's all there is and you're determined, it can work. It also helps when you see results. If you ate ground beef three times a day for six weeks and you could drop 4 pounds a week, that would probably motivate you more.

I know you didn't say it would be easy. It's hard. Damn hard. Difficult to the extreme.

It all comes down to (paraphrasing a bad song), how bad do I want it? As you said, a crossroads, or when you hit bottom and it's more painful to continue as you are than to make a change.

---

**RE: Zero Carb / Meat and Water** - Charles - 07-23-2008 02:23 PM

jeepifer Wrote:
I know you didn't say it would be easy. It's hard. Damn hard. Difficult to the extreme.

It all comes down to (paraphrasing a bad song), how bad do I want it? As you said, a crossroads, or when you hit bottom and it's more painful to continue as you are than to make a change.

Thanks for explaining it that way. I kind of take offense when people suggest that perhaps I lost weight easy because I'm a guy and all of that. I made some serious changes. My wife still isn't 100% comfortable with the changes I've made in our family. I went about things like a drill sergeant. When I made dietary changes, that meant the grocery bill changed. We all ate what I ate and I constantly talk about these things with my children. Their eyes glaze over and they roll their eyes but they have no choice. They're a captive audience. I don't care what they eat at their friends' houses, but when they eat at my house, you can best believe it's going to be proper food.

My wife didn't always agree. She felt like they are kids and they should be able to eat certain things, or there were special occasions like when we went to friends' houses and I would politely refuse their food. She didn't like that. I was determined, however, that this was my health and I didn't give a damn who I offended. I had a goal and I needed to make changes and nothing was going to stop me.

Even today, I have no qualms about ordering off the menu or getting up and walking out until I find acceptable food. She's still in awe of what I was able to accomplish because I seriously believe she thought I went off the deep end. Whenever we meet a low-carb doctor, she always asks, is what he's doing really healthy?

I don't need any more blood work or anything else. I know how I feel, how my blood pressure is, my energy, my body temperature, my libido, my weight, my skin, my teeth, -- you name it. I know what's happening in here!

Regards,

Charles

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**RE: Zero Carb / Meat and Water** - Ell.eee - 07-23-2008 02:23 PM

Charles first I want to thank you for your guidance and enthusiasm to all on this thread. Know there are many like me who read daily, absorb the advice, evaluate the evidence and make life changing decisions. I'm sure there are lots of us who are not into posting much who constantly profit from your efforts and you may not realize how many you (and all those who post!) help others. So THANK YOU! Ok so I'm done with 4 weeks of tapering carbs the last 2 at <10. Feeling good, but still having 90-120
minutes of feeling hungry and shakey immediately after meals. Is that how long it is taking the insulin to clear my system? And how does the insulin get used up if there are no carbs to process and the cells are resistant anyway? Does the body just reabsorb it? I'm trying to think of ways to get rid of it! I'm going to go zero carb for a few weeks and see if that helps, but I have a couple of questions. I have read some of "the Bear's" writings and he seems to think that women can't or won't do zero carb as well as men. He seems to think hormones and the fact that in native people's time women would have been at camp while men hunted and more apt to eat berries and leaves and nuts while waiting for fresh meat. I also see most of the studies of all meat diets were from trappers and explorers and again no women mentioned. So is there any evidence that women's needs are different than men's or that they are biologically less able to do zero carb? Just a point I've been wondering about. I see some here on this board doing well but have there been any studies on women? Either way I'm going to give it a try.

Had one lapse this week ate celery with almond butter and felt even worse after eating it and had a strong craving for more so I know the lower carb is helping. Now I'm eating just meat, 1 egg, and some dairy daily. I have 2 mugs of coffee in the am and just water the rest of the day. I do use a few spices, and have a scoop of protein powder in water just before jogging - my muscles wasted severely when I did low carb, low fat and I never want that to happen again. I've gained 3 pounds. Now I'm 106-108 at 5'4" so that's not a concern. I did no dairy for a month a while back and it didn't seem to change anything (I only do cream, cheese, and homemade yogurt) but I'll try it again. OK that's my boring story for this week. Regards to all and thanks again to all for the wisdom, advice, and good spirits always present on this thread.

RE: Zero Carb / Meat and Water - Charles - 07-23-2008 02:41 PM

Ell.eee Wrote:
how many you (and all those who post!) help others. So THANK YOU!

You're very welcome and thanks so much for the kind words.

Ell.eee Wrote:
Ok so I'm done with 4 weeks of tapering carbs the last 2 at <10. Feeling good, but still having 90-120 minutes of feeling hungry and shakey immediately after meals. Is that how long it is taking the insulin to clear my system?

Sounds like it is for you. Are you sure you eat enough at the meal? Have you tried eating just a little more meat to see if the time is different?

Quote:
And how does the insulin get used up if there are no carbs to process and the cells are resistant anyway? Does the body just reabsorb it?

That's a very good question. I know the liver shuts off the secretion and the insulin goes to the cells where it tries to take glucose with it. All the cells take it up except for the ones that are resistant. When it it ebbs sufficiently the fatty acids return.

Ell.eee Wrote:
I have read some of "the Bear's" writings and he seems to think that women can't or won't do zero carb as well as men.

He tends to speculate a little too much for my tastes sometimes. Here's what Stefansson said about it:
Stefansson Wrote:
After breakfast all the men and about half the women would go fishing, the rest of the women staying at home to keep house. About eleven o'clock we came back for a second meal of frozen fish just like the breakfast. At about four in the afternoon the working day was over and we came home to a meal of hot boiled fish.

Doesn't look like everyone stayed home to me. Plus, Dr. Price talks about women actually doing more work than the men. When the men return from the hunt, they tend to sit around for a day or two while the women are hard at work. I don't think we can generalize like that. We know that the Inuit or none of the others have genetic advantages so we can't posit that way. Stefansson speaks to the other notion here:

Stefansson Wrote:
A phase of our experiment has a relation to slimming, slenderizing, reducing, the treatment of obesity. I was "about ten pounds overweight" at the beginning of the meat diet and lost all of it. This reminds me to say that Eskimos, when still on their native meats, are never corpulent—at least I have seen none. They may be well fleshed. Some especially women, are notably heavier in middle age than when young. But they are not corpulent in our sense. When you see Eskimos in their native garments you do get the impression of fat round faces on fat round bodies, but the roundness of face is a racial peculiarity and the rest of the effect is produced by loose and puffy garments. See them striped and you do not find the abdominal protuberances and folds which are numerous at Coney Island beaches and so persuasive in arguments against nudism.

Ell.eee Wrote:
I see some here on this board doing well but have there been any studies on women? Either way I'm going to give it a try.

It's hard to find studies in general on zero carb, but GCBC has many, many studies that include women. Specifically, Donaldson and Kemp has very low-carb diets and it was the same across the board. 75% will lose weight and 25% will not, plain and simple. We tend to get more of the 25% on our board because they, of course, would require the most support.

Ell.eee Wrote:
Had one lapse this week ate celery with almond butter and felt even worse after eating it and had a strong craving for more so I know the lower carb is helping. Now I'm eating just meat, 1 egg, and some dairy daily. I have 2 mugs of coffee in the am and just water the rest of the day. I do use a few spices, and have a scoop of protein powder in water just before jogging - my muscles wasted severely when I did low carb, low fat and I never want that to happen again. I've gained 3 pounds. Now I'm 106-108 at 5'4" so that's not a concern.

This isn't bad. If I couldn't lose on this, the protein powder would be the first to go, followed by the dairy. I'm sure your protein powder doesn't have soy in it, but still, you shouldn't need that if you are eating fatty protein. I can guarantee you won't lose muscle on this regimen unless you aren't eating to appetite. You don't have to gorge, but you should never be hungry.

Ell.eee Wrote:
I did no dairy for a month a while back and it didn't seem to change anything (I only do cream, cheese, and homemade yogurt) but I'll try it again. OK that's my boring story for this week. Regards to all and thanks again to all for the wisdom, advice, and good spirits always present on this thread.

You know what I'm going to say. A month is not enough time to know anything really. Based on those severe shakes, I would give it at least three to cure that. You don't want to give your insulin anything to do if you can help it.

Regards,

Charles

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RE: Zero Carb / Meat and Water - suzanneyea - 07-23-2008 04:32 PM

I am a 37 yeat old woman who has had a child and still has a six pack on her stomach, well, I got one as I lowered my carbs, now I follow a zero carb plan, like Charles. My body is pretty amazing if I do say so myself. I can out eat any guy at the steakhouse. I have more energy than any of the other moms I know and even better, my emotions are more calm and under control than most other woman I meet.

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RE: Zero Carb / Meat and Water - Living Healthy - 07-23-2008 06:41 PM

Charles Wrote:
I don't need any more blood work or anything else. I know how I feel, how my blood pressure is, my energy, my body temperature, my libido, my weight, my skin, my teeth, -- you name it. I know what's happening in here!

Regards,

Charles

That is so how I feel. I plan on having labs done once to reassure my family that I'm doing great. I have a nephew in medical school, who thnks I've gone bonkers. I told him it's not his fault that he is being misinformed. I've tried to get him to read GCBC, but he hasn't done it yet. Well, right or wrong this is the WOE designed for me.

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RE: Zero Carb / Meat and Water - poo123 - 07-23-2008 06:55 PM

Hey guys, I am still here just really busy with work and the kids. I have been reading and everyone is doing so great. I will hit the 4 weeks of zero carbs on Sat. and I am down 11 lbs. I am sad that its not more. I started doing weights like Charles suggested and have been doing it for a few days. I am really tired but I am pushing myself to get it done and feel better. In the past when I have done low carb Atkins I would lose 20 lbs in a month usually. I guess I really screwed myself up with on and off low carb because now its not coming off. I am still doing zero carb because I do feel great and my hot flashes have all but gone. So I am really hoping that I can lose some weight because its a tad frustrating. Well I am done moaning and groaning.

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RE: Zero Carb / Meat and Water - suzanneyea - 07-24-2008 02:43 AM
11 pounds in a month is great! When I was losing it would vary so much, some weeks I lost nothing, some weeks 4 pounds. Usually it was about 1 or 2 pounds a week. Just keep the focus on your health, not the weight loss. The weight loss is more of a side effect of a healthy diet. Plus, stressing about the numbers on the scale will not help. I guess that it easier said than done, I remember loving seeing the numbers go down too. Just stay the course and you will be fit and healthy soon enough.

RE: Zero Carb / Meat and Water - Charles - 07-24-2008 08:40 AM

suzanneyea Wrote:
11 pounds in a month is great! When I was losing it would vary so much, some weeks I lost nothing, some weeks 4 pounds. Usually it was about 1 or 2 pounds a week. Just keep the focus on your health, not the weight loss. The weight loss is more of a side effect of a healthy diet. Plus, stressing about the numbers on the scale will not help. I guess that it easier said than done, I remember loving seeing the numbers go down too. Just stay the course and you will be fit and healthy soon enough.

I quoted all of that to make sure it gets posted a second time. I couldn't have said it ANY better!

I had the same experience. Sometimes it just zipped off and sometimes it didn't. The best part however, was that it didn't go the other way! 😊

Eleven pounds is nothing to sneeze at in 30 days. The "experts" say that 2 pounds a week is healthy weight loss. You've exceeded that in your first month. In fact, I'm willing to wager that if I made a commercial that promised 11 pounds of real fat loss in a month, I would make a million dollars and I could quit my job.

RE: Zero Carb / Meat and Water - Charles - 07-24-2008 08:46 AM

suzanneyea Wrote:
I am a 37 yeat old woman who has had a child and still has a six pack on her stomach, well, I got one as I lowered my carbs, now I follow a zero carb plan, like Charles. My body is pretty amazing if I do say so myself. I can out eat any guy at the steakhouse. I have more energy than any of the other moms I know and even better, my emotions are more calm and under control than most other woman I meet.

Oh yes, I love my 40-year old six-pack too! My son laughs at me because I can't help but lift my shirt on my way out of the gym in front of one of the big mirrors. When I was younger, I was a runner but I never had the muscle definition or six pack I have now. I can't wait until next month when I go to the beach in Virginia Beach for the Rock-n-Roll Half. I'll be out there playing frisbee with my son, shirtless on the beach!

I know, vanity is vanity, but I'm wanting every single zero-carber on this board to have the same experience, and soon!!!!

RE: Zero Carb / Meat and Water - suzanneeya - 07-24-2008 09:19 AM

I am a total show off with my body. I love walking around in my bikini top (the tushy stilll needs some work, lol) and shorts. All my life I wondered how people got such amazings bodies cause it "seemed" like I was doing all the right things, low fat and lots of excercise, and I never had a good body. So, after 30 years of hiding, I show that bad boy off. And I love saying I am 37 and had a baby and still have this kickin body.
RE: Zero Carb / Meat and Water - **jeepifer** - 07-24-2008 10:10 AM

Suzanneyea, can I be you for a day? 😊😊

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RE: Zero Carb / Meat and Water - **Dwayne** - 07-24-2008 10:14 AM

You will get there jeepifer, one mini goal at a time. =)

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RE: Zero Carb / Meat and Water - **ajcav062197** - 07-24-2008 10:47 AM

Charles Wrote:
I know, *vanity is vanity*, but I'm wanting every single zero-carber on this board to have the same experience, and soon!!!!

Thank you Charles. And thank you for all the thoroughness and care you give in your posts. Reading the answers your have wrote to others is huge value in our journey's.

*I can't wait* for the body shaping.. I have already experienced the calmness and hunger control that posters have talked about. That really is thrilling in itself.

AJ
10 days happily on plan 😊(Big Big thanks to Suzanneyea for all the support she gave in the month I had struggled to get here!!)

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RE: Zero Carb / Meat and Water - **LindaSue** - 07-24-2008 12:05 PM

Charles Wrote:
I can't wait until next month when I go to the beach in Virgina Beach for the Rock-n-Roll Half. I'll be out there playing frisbee with my son, shirtless on the beach!

I know, vanity is vanity, but I'm wanting every single zero-carber on this board to have the same experience, and soon!!!!

It would probably be a good idea if some of us low carbers kept our shirts on, namely the women! It might be fun to watch Charles on the beach without his shirt on though.

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RE: Zero Carb / Meat and Water - **aim in Fla*working** - 07-24-2008 12:53 PM

Hello everyone...I am so interested in a close to zero low carb lifestyle...I have fibromyalgia and low thyroid and take Armour. I had a friend ask about me over here re: water retention and my inability to stop retaining...it is sometimes as much as 6 pounds and i have lost 11 after taking a diuretic...and felt human again...I honestly think i am one of those people who have to stay very close to '0' to stay slim and not have fluid retention. However, i tried again today and my cravins were so bad i caved...I had 2 heaping teaspoons of natural peanut butter...then I felt 'fine' and even-keeled...what is with that. I have never made goal which is 125 at 5'6 and I have gradually given up on Atkins Ongoing weightloss because my cravings get so out of hand.. I got to 127 in 2001 and then cheated alot (like for a few years)and then when I hit 137 (where I am now) i tried the ongoing weightloss levels and frankly i was retaining so much fluid and craving like mad, i reinducted but i have no loss....weird. Then, I took a
waterpill and lost 4 pounds and felt better. By that I mean I felt better (less pain) ...I do not do the water pill for vanity thinness...so I would really like to be a part of this 0 carb way of eating ...I have left another site to come here for diet and weightloss strategies and input from you guys because it is not working over there...even veggies balloon me if I use Parm on them...
So...if it is alright, I would love to participate with you all.

RE: Zero Carb / Meat and Water - daveo - 07-24-2008 12:55 PM

Charles,

I just found this post this morning, because I was looking for other people doing 0 carb. I have to admit I have not read the whole thing yet, but I am making progress and look forward to joining the discussion. One question I have for you though, which has come up a few times in my reading...

I used to go to Golden Corral quite a bit years ago. I admit is has been a while, but what do they have that is friendly to a zero carb lifestyle? I seem to remember some fairly carby meatloaf, and some pot roast in sauce. What are the good menu choices there?

Thanks for this post, I am gaining valuable insight from you!

RE: Zero Carb / Meat and Water - FatGirlOnAtkins - 07-24-2008 01:09 PM

Hi, everyone! It's taken me about 4 days, but I think I've read this whole thread from start to finish. Thanks for sharing, all of you! I have learned so much and been given so much to think about. I feel like I know you all, and you're all so inspiring.

I will be 28 on Saturday, I've been following Atkins for 5 years. I got to my goal weight in after losing 70 pounds in 2003... then immediately got pregnant!! I was scared away from low-carbing while I was pregnant *kicking myself* and after another pregnancy, find that I've gained back half of what I lost. I've been off and on for a year now, and a month or so ago started to really get serious about it again.

Charles, thank you so much for all your insight. When I started reading this thread, it clicked with me that the reason I've been stalled lately on lc is because I've never put much an emphasis on FAT! I've been zero-carbing for 2 days and have already lost 2 pounds... my stall (hopefully) is over!!

But I had a question; I love eating like this... I'm not hungry, and it seems like I instantly had more energy. But I love, love, love my veggies!!! I'm not exactly sure how to get away from them, if they are what's slowing me down. I also have a severe addiction to Diet Pepsi.. I know this isn't good. Help?

RE: Zero Carb / Meat and Water - jeepifer - 07-24-2008 01:32 PM

Dwayne Wrote:
You will get there jeepifer, one mini goal at a time. =)

Thanks, Dwayne! That's so nice of you to say! 😊

ajcav062197 Wrote:
10 days happily on plan 😓(Big Big thanks to Suzanneyea for all the support she gave in the month I had struggled to get here!!)
Welcome, AJ!

LindaSue Wrote:
It would probably be a good idea if some of us low carbers kept our shirts on, namely the women! It might be fun to watch Charles on the beach without his shirt on though.
Heh, I'm with ya there, LindaSue. 😊

aim in Fla*working Wrote:
So...if it is alright, I would love to participate with you all.
Welcome, aim! Everyone here is so supportive and friendly. I can't say enough good about this group!

I hear ya on the cravings... It takes me a couple of days to get past them when I go strict zero carb. I literally have to white-knuckle it. But you know what? It's sooo worth it when it does happen!

daveo Wrote:
I just found this post this morning, because I was looking for other people doing 0 carb. I have to admit I have not read the whole thing yet, but I am making progress and look forward to joining the discussion.
Hi daveo! I'm not Charles (obviously, duh) but wanted to say welcome!

FatGirlOnAtkins Wrote:
But I had a question; I love eating like this... I'm not hungry, and it seems like I instantly had more energy. But I love, love, love my veggies!!! I'm not exactly sure how to get away from them, if they are what's slowing me down. I also have a severe addiction to Diet Pepsi.. I know this isn't good. Help?
Hi, FGOA (would love to know your name -- it goes against my grain to call someone by "Fat Girl" if you know what I mean!). I too love veggies, especially LC ones. All I can say is give it a real shot, and keep the goal in mind.

I know for me, if I have a "taste" of something, it sets me up to eat more. I have to cold turkey (hey, at least that's zero carb, right?) or I will cave in.

At any rate, do what works best for you, keep coming back, and know we're here to cheer you on and support you!

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RE: Zero Carb / Meat and Water - suzanneyea - 07-24-2008 01:33 PM

I used to drink 2 2 liters of diet soda a day, so if I can quit, anyone can! You really need to start "thinking like a health nut." I have learned to treasure my body an dwat I put into it, diet soda is nothing but junk that is hurting your body. Just make a choice, just tell yourself "no more diet soda." Zero carb does have amazing results, but there are things you have to live without if you really want the results.

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RE: Zero Carb / Meat and Water - jeepifer - 07-24-2008 01:41 PM

Home with a migraine today, which is the fallout from eating junk. *sigh*

On the bright side, found some lovely chicken quarters at Aldi -- a 5 lb. bag for $3.49. And also got 5 pounds of 73/27 ground beef for $1.79/lb. So I'm set for a few days, food-wise. Next week I want to pick up some pork steaks. They looked nice and fatty, and were $1.99/lb. in bulk.
RE: Zero Carb / Meat and Water - suzanneyea - 07-24-2008 02:03 PM

Isn't it great here? I had always been low carb, under 10, but reading Charles' posts really got me motivated. I no longer feel the need to defend my choices of being so low carb and have gone down to zero carb (almost, I still have coffee). Every where else it seems everyone's goal was to eventually eat more carbs, I never wanted to, I just love meat and have never loved fruit or veggies that much anyway. But, reading all the information about health from Charles has given me a whole new confidence in my food choices.

RE: Zero Carb / Meat and Water - aim in Fla*working - 07-24-2008 02:10 PM

that is totally how I feel..I kept trying to go up the carb ladder and everyone at the other site was telling me to do so and I kept gaining and retaining fluid and I thought I will never get thin and quit for about 3 years..now..at 137...i tried again with no losses...and fluid retention..I thought i had TOO MUCH protien..TOO MUCH FAT...and was eating low carb veggies and such and still not losing...and waking up with my eyes swollen up and puffy! I am so mad that I came home and ate 2 spoonfulls of natural peanut butter...I want this bad but old habits die hard for real! I quit smoking in November and gained maybe 4 pounds but I honestly feel it was easier to quit smoking( and I LOVEO smoking) than it is for me to not feel bloated and I feel I will never get to goal of 125! I have been told that maybe my body is happy where it is....well, my body at 137 is not good..I have a 3.5 ring finger (extremly small boned) and a 31 inch waist!! Hopefully this will get me healthier and thinner!

RE: Zero Carb / Meat and Water - poo123 - 07-24-2008 02:20 PM

Hi guys. Just wanted to stop by and say all is well. I am not so down and I am going to focus on my health and not my weight. If I lose weight I lose weight. If I am healthy that is the important part. So I am off to eat my ground beef with chopped up bacon in it. Yum, Yum. And to all who is just starting, I am at 4 weeks of zero carb. No cheating, no cravings just meat and I am feeling great, a little emotional yo-yo but feeling great. Good luck to all of you, once you start its pretty amazing.

RE: Zero Carb / Meat and Water - suzanneyea - 07-24-2008 02:21 PM

When my carbs were higher I weighed 125 to 129 and had no six pack. Now, I won't even say what I weigh, it is very low, and I am super cut. I eat a huge amount. Charles has gotten me hooked on ground beef. I buy the family size, for me.

RE: Zero Carb / Meat and Water - jeepifer - 07-24-2008 04:08 PM

aim in Fla*working Wrote:
thank you Jeepifer for the welcome! Sorry about the migraine...
So what do you eat usually for breakfast lunch and dinner...I noticed many have ground beef for breakfast...I loved browned meat in butter;p

It varies, usually something reheated from dinner leftovers. I try to cook up several gb patties or pieces of chicken at a time so I always have a choice ready. Hmm, ground beef in butter sounds great. Someone here (sorry, blanking on the name right now (still have headache, ouch) makes a butter/hot sauce mix for their meat. I mixed Franks Red Hot and mayo last week to add to my lower-fat meats, and it tasted great!
I also buy Coleman natural hot dogs and bacon -- no nitrates but the sodium is high(er). If you have issues retaining you might want to keep away from salt as much as possible, but I'm sure you know that. 😊 But they make great, quick breakfast items. I'll precook a whole package of bacon, ready for adding to a meal or eating plain.

aim in Fla*working Wrote:
I have been told that maybe my body is happy where it is....well, my body at 137 is not good. I have a 3.5 ring finger (extremely small boned) and a 31 inch waist!! Hopefully this will get me healthier and thinner!

Whew, you ARE tiny boned! My height is 5'3" and at my most fit I was a toned 122 but my ring size was 6. I'm hoping to get below 130, and since I'm almost 39, I figure that's a good goal. If I weigh less, well, bonus!

suzannneyea Wrote:
When my carbs were higher I weighed 125 to 129 and had no six pack. Now, I won't even say what I weigh, it is very low, and I am super cut. I eat a huge amount. Charles has gotten me hooked on ground beef. I buy the family size, for me.

I'd love to be nosy and ask what you do weigh, but can you at least share your height? I'm looking for a role model. 😊😊

RE: Zero Carb / Meat and Water - aim in Fla*working - 07-24-2008 04:44 PM

what did you guys eat today? I had lamb chops for breakfast...2 heaping spoonfuls of the natural peanut butter 😊 then i had some baked chicken and dinner was a steak with a thin slice of onion..I guess the onion was too many carbs maybe..I will check my ketosis sticks...I still think I am under 10 though...I hope. We have tons of meat in now...I am happy to say. BF went shopping and got all kinds of goodies...Tomorrow I am having the other steak and eggs for breakfast and then ground beef for lunch and dinner! NO NATURAL PEANUT BUTTER!

RE: Zero Carb / Meat and Water - suzannneyea - 07-24-2008 05:52 PM

I had steak and ground veal for breakfast. Then I had some ground beef, a lot, cause I had a big dentist appointment at 1:00 and didn't know how long before I would be able to eat again. Then I had two more steaks and two chicken thighs for dinner. I am making a ton of beef jerky tomorrow! Yum.

RE: Zero Carb / Meat and Water - poo123 - 07-24-2008 05:59 PM

I had 2 chicken thighs at noon and that's it. I have some water during the day. I think I will have 2 hamburgers for supper at 10:00pm. But I have no desire to eat. So I wait until I am hungry.

RE: Zero Carb / Meat and Water - aim in Fla*working - 07-24-2008 06:16 PM

those of you who are not losing pounds, are you losing inches?

RE: Zero Carb / Meat and Water - Living_healthy - 07-24-2008 08:06 PM
I had two large patties of 73/27 beef (one at breakfast with an egg) and the other for lunch. Just finished polishing off a nice size ribeye for supper. A couple of cups of plain coffee with coconut oil this morning and water the rest of the day.

I bought some fatty beef ribs for tomorrow.

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**RE: Zero Carb / Meat and Water** - **con** - 07-24-2008 08:26 PM

I ate pork spare ribs with all the drippings mixed with a little ranch dressing for breakfast Thursday and haven't been hungry the rest of the day. So just one meal today---it seems pork fat has a different effect on me than butter or tallow? maybe--I'm not sure.

They were so easy to prepare - I just wrapped the whole slab in aluminum foil with a rub mixture (onion, garlic powder, paprika, salt, pepper) sprinkled on top in a 250 degree oven for about 7 hrs.

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**RE: Zero Carb / Meat and Water** - **poo123** - 07-24-2008 09:11 PM

When I sit down to eat I eat until I am full. 2 chicken thighs fill me up for the 1st part of the day and then I eat 2 hamburgers for the 2nd part of the day. Like Charles said eat only when you are hungry and do not force yourself to eat. I am doing great with this. I am actually a chef and love food very much but I have learned that I am to eat only meat and water if I am to start getting healthy. After doing this for 4 weeks, I have no cravings like I said and have no hunger. So for me this system works out great.

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**RE: Zero Carb / Meat and Water** - **jeepifer** - 07-25-2008 12:56 AM

con Wrote:

I ate pork spare ribs with all the drippings mixed with a little ranch dressing for breakfast Thursday and haven't been hungry the rest of the day. So just one meal today---it seems pork fat has a different effect on me than butter or tallow? maybe--I'm not sure.

They were so easy to prepare - I just wrapped the whole slab in aluminum foil with a rub mixture (onion, garlic powder, paprika, salt, pepper) sprinkled on top in a 250 degree oven for about 7 hrs.

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That sounds really good! I may have to try that. My last ribs were a disaster.

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**RE: Zero Carb / Meat and Water** - **FatGirlOnAtkins** - 07-25-2008 05:18 AM

suzannneyea Wrote:

I used to drink 2 2 liters of diet soda a day, so if I can quit, anyone can! You really need to start "thinking like a health nut." I have learned to treasure my body and what I put into it, diet soda is nothing but junk that is hurting your body. Just make a choice, just tell yourself "no more diet soda."
Zero carb does have amazing results, but there are things you have to live without if you really want the results.

Did you just quit cold turkey? I would love to know how you kicked the habit, because it sounds like I am about as bad as you were. Thanks everyone for the welcome... and my name is Trina. WHY I picked the other name, I don't know. I guess it's how I felt at the time... I am down another .5 this morning. I think I have broken through my stall for sure!
suzanneyea Wrote:
Every where else it seems everyone's goal was to eventually eat more carbs, I never wanted to, I just
love meat and have never loved fruit or veggies that much anyway.

You hit the nail on the head. It seems like a lot of well-meaning people keep pushing everyone to
increase their carbs by climbing "the carb ladder" but I think they're missing the whole point point of the
ladder. They seem to think that we're all supposed to eventually be able to eat a bunch more carbs and
go back to eating pasta, potatoes and bread by the time we reach maintenance. It reminds me of the
mentality where you diet to lose weight then you can go back to how you were eating before but maybe
not quite as bad. The real point of Dr. Atkins' carb ladder was to gradually add carby foods in 5-gram
increments in order to determine how many carbs your body can handle not to see how many carbs you
can get away with eating. He set up the ladder so that the least problem-causing foods were on the lower
rungs and the more troublesome foods were at the top to help keep people out of trouble. He never said
that you had to do all of the rungs if you didn't want those foods and he never said that you had to
increase your carbs if you were happy at your current level. Sure, there are some people who CAN
handle quite a few carbs but, as we see all the time, there are at least as many who can't handle many
carbs at all.

I'm still doing pretty close to zero carbs but not getting a lot of results. At least I'm not gaining though
and I'm down 1 1/2 pounds from where I was a few days ago. Off and on I eat a few veggies but I regret
it every time. I had some cauliflower (very small amounts) a few times in the past week and now my
stomach is gassy and I'm constipated (sorry, TMI). I could have easily done without the veggies but I'm
trying to keep my food costs down so sometimes I have to eat the foods that I cook for my husband.
Sometimes it amazes me how little veg it takes to cause gastric problems. My body just can't handle
even a tiny bit of fiber.

Welcome aim in Fla*working, FatGirlOnAtkins, daveo and any other newcomers I may have missed.

MAC Wrote:
I believe that if you eat low enough carbs you lose the enzymes needed to process carbs efficiently. Just
like if you eat mainly carbs you don't have the enzymes to handle a diet of mostly fatty protein. You can
transition either way but you pay the price during the transition.

MAC Wrote:
I believe that if you eat low enough carbs you lose the enzymes needed to process carbs efficiently. Just
like if you eat mainly carbs you don't have the enzymes to handle a diet of mostly fatty protein. You can
transition either way but you pay the price during the transition.
I would think that six years would be long enough time to adapt to eating low carb instead of high carb. During most of that time I was eating more veggies and fiber than I ever did before low carb but I never made the connection between the fiber and my constipation because we're always told that fiber is what makes us "go". Now that I've seen how much different and better it feels to avoid fiber, it's hard for me to even think about going back to eating vegetables but I do miss them now and then.

**RE: Zero Carb / Meat and Water - Charles - 07-25-2008 07:01 AM**

LindaSue Wrote:
It would probably be a good idea if some of us low carbers kept our shirts on, namely the women! It might be fun to watch Charles on the beach without his shirt on though.

Flattery will get you everywhere! 😊

**RE: Zero Carb / Meat and Water - MAC - 07-25-2008 07:02 AM**

LindaSue Wrote:
MAC Wrote:
I believe that if you eat low enough carbs you lose the enzymes needed to process carbs efficiently. Just like if you eat mainly carbs you don't have the enzymes to handle a diet of mostly fatty protein. You can transition either way but you pay the price during the transition.

I would think that six years would be long enough time to adapt to eating low carb instead of high carb. During most of that time I was eating more veggies and fiber than I ever did before low carb but I never made the connection between the fiber and my constipation because we're always told that fiber is what makes us "go". Now that I've seen how much different and better it feels to avoid fiber, it's hard for me to even think about going back to eating vegetables but I do miss them now and then.

All I was trying to say was that if you eat ZC or VLC you may lose the enzymes to process carbs quickly and suffer if you reintroduce too many. Which may not be many at all.

**RE: Zero Carb / Meat and Water - suzanneeya - 07-25-2008 07:17 AM**

Quote:
Did you just quit cold turkey? I would love to know how you kicked the habit, because it sounds like I am about as bad as you were.

I was watching this show on TLC, I think the name was I can Make you Thin, not sure. He did this kinda hypnosis technique about picturing your favorite food and then associating it with something really gross. Well, I tried it out of the diet soda. Now, in all honesty I was probably ready to quit and this was just the motivating factor. So, I went cold turkey. I never drink anything but water now, no crystal light, nothing. If I desired an alcoholic drink, I will have one, but I never drink, like once a year maybe. You just need to make a decision, it is not willpower, but a choice you need to make.

Quote:
Suzanneeya, how long have you been at 0 carbs? Do you think that this will make my waist smaller? I need to decrease that belly fat.

I have been pretty close to zero carbs for a few years, but it wasn't until I started reading Charles' stuff(LindaSue too) that I felt 100% comfortable with zero carb. I always thought I was some kind of
freak for not wanting to eat other foods, now I see there are many of us who like the zero carb thing. So, it was just recently, like a week! I was always under 5 or 8 carbs a day, it was the eggs and occasional salad and mayo I eliminated. I still have a coffee in the morning with heavy cream and equal, but the rest of the day is meat and eggs. The first day I took out eggs I was actually kinda tired, maybe just a bad day or maybe a mini carb withdrawl, who knows.

RE: Zero Carb / Meat and Water - Charles - 07-25-2008 07:21 AM

aim in Fla*working Wrote:
I have never made goal which is 125 at 5'6 and I have gradually given up on Atkins Ongoing weightloss because my cravings get so out of hand.. [...]So...if it is alright, I would love to participate with you all.

We're glad you're here with us! I think you've hit the nail right on the head (to borrow LindaSue's term). In GCBC, we also saw this situation where a person on Blake Donaldson's very low-carb diet had the same problem. If they ate any carbohydrate, they had the water retention and gained weight. For some of us, that's the only way it will work.

I look forward to reading your updates on this. Cravings are certainly a sign of hyperinsulinemia and this way of eating should serve you well. The key is to make sure you eat fatty protein and only eat when you're hungry and don't eat when you're not. I write this a lot and I'm still discovering the power of this every day.

If a person eats fatty protein, they will be full and probably don't need to eat a whole lot of it. They can probably go 6 hours or more until they need to eat again. As long as they eat more fatty protein, they will be full without that much and continue on as if nothing happens.

However, if you add some carbohydrate to one of these meals, you will likely experience all the symptoms of food deprivation. That is what was discovered by Blackburn and Bistrian in their studies. It's an amazing thing but that is exactly how it works. In this way, zero-carb is akin to fasting because honestly, we need to understand there is no such thing as fasting. When we fast, our bodies continue to "eat" from our long-term fuel supply which is the stream of nutrients that goes through the circulation. When this is exhausted, our bodies will eat fat and protein from internal sources, such as muscle tissue. Either way, the body always eats. So whether we eat a lot or a little bit, our bodies will get what they need.

Now, we have to make sure we eat enough protein to keep our bodies from pillaging our precious muscle tissue so we don't end up looking like a low-fat dieter. We also need fat for energy so fatty protein is ideal. However, if you only eat twice a day, or you do like Sammy Davis, Jr and only eat once a day, that's perfectly fine.

However, what is not acceptable is to go about hungry. Don't do that. It's one thing if you go near food and you feel a pang or two and then you walk away and you're really not hungry. That happens to us all. But if this "pang" lasts more than a couple of minutes, you probably need to eat. Get some meat and you'll be good to go. The amount you eat should be proportional to when you want to eat again. If you only eat once a day, it should be a big meal, kind of like "Thanksgiving-full."

You don't have to follow convention and eat every 6 hours or whatever. You have to follow your own body and it's good to live off of that stored fat as you're supposed to. Insulin can keep this from
happening by making you hungry far too often and this can set you back. As I wrote yesterday, it's all about conditioning. You can re-condition yourself with time and patience.

**RE: Zero Carb / Meat and Water - suzannevea - 07-25-2008 07:26 AM**

I just finished eating a steak, but I was still hungry so I ate a huge thing of ground beef that I was planning to eat for lunch. Now, when I was on a low fat diet, this would have freaked me out, to eat so much early in the day cause it always meant I would be eating all day and go way over my "calorie limit." I used to starve myself all morning, fearing starting to eat cause it was always so hard to stop. Now, I eat when hungry. I was hungry so I ate a lot, but I know I probably will not need more food for another 6 or 7 hours, no worries.

**RE: Zero Carb / Meat and Water - Charles - 07-25-2008 07:30 AM**

daveo Wrote:
I used to go to Golden Corral quite a bit years ago. I admit is has been a while, but what do they have that is friendly to a zero carb lifestyle? I seem to remember some fairly carby meatloaf, and some pot roast in sauce. What are the good menu choices there?

Thanks for this post, I am gaining valuable insight from you!

Hey, Daveo, welcome to the forum. I apologize to any who have already answered these questions. I'm behind so I'm answering as I read these posts.

It really varies by location and I know this because I frequent about three or four in my area. They all tend to have grilled steak to order which is grilled fresh and available from rare to well. The salad bar has steak and chicken on it and some have sirloin wrapped in bacon. Some have beef and chicken fajita-meat. One of our locations has pork ribs (my favorite in Wake Forrest, NC) but all of them seem to have pork steak. There is some sauce, but it's not that bad.

Stay away from the Bourbon Chicken because it's really sugar-chicken. They have rotisserie chicken and barbecue chicken, the less saucy pieces, the better. Some have a Mongolian grill and they will have meat choices there. Again, watch the sauces but they are there.

Some locations have slow-cooked sirloin where they cook it like prime rib. It's very fatty and delicious. Of course, most have ham as well. There is baked fish at most of them. It's some pretty lean tilapia, but it's a nice changeup sometimes.

As you can see, they are primed and ready for the zero-carb experience!

Regards,

Charles

**RE: Zero Carb / Meat and Water - Charles - 07-25-2008 07:33 AM**

FatGirlOnAtkins Wrote:
Charles, thank you so much for all your insight. When I started reading this thread, it clicked with me that the reason I've been stalled lately on lc is because I've never put much an emphasis on FAT! I've been zero-carbing for 2 days and have already lost 2 pounds... my stall (hopefully) is over!!

You're welcome, and congratulations!

FatGirlOnAtkins Wrote:
But I had a question; I love eating like this... I'm not hungry, and it seems like I instantly had more energy. But I love, love, love my veggies!!! I'm not exactly sure how to get away from them, if they are what's slowing me down. I also have a severe addiction to Diet Pepsi.. I know this isn't good. Help?

It just takes time. You may revert back to them from time to time but pay attention each time how your body feels and one of these times you'll get sick of having to "get back to work" after indulging in them. I'm saying that you'll make the transition on your own, probably.

The Diet Pepsi is bad as you know from reading this thread, but that's another one that will just take a little willpower and perseverance. You can do it!

Best regards,
Charles

RE: Zero Carb / Meat and Water - Charles - 07-25-2008 07:37 AM

jeepifer Wrote:
On the bright side, found some lovely chicken quarters at Aldi -- a 5 lb. bag for $3.49. And also got 5 pounds of 73/27 ground beef for $1.79/lb. So I'm set for a few days, food-wise. Next week I want to pick up some pork steaks. They looked nice and fatty, and were $1.99/lb. in bulk.

I'm constantly amazed at how cheap pork is in relation to beef. I grew up on pork, but I stopped eating it for years when I got some "religion." Well, my health has won out so I re-introduced it recently and I just love it. I have pork steaks for lunch today and I got a whole platter of them for cheap at Wal-Mart. I'm just amazed!

RE: Zero Carb / Meat and Water - Charles - 07-25-2008 07:55 AM

suzanneyea Wrote:
I just finished eating a steak, but I was still hungry so I ate a huge thing of ground beef that I was planning to eat for lunch. Now, when I was on a low fat diet, this would have freaked me out, to eat so much early in the day cause it always meant I would be eating all day and go way over my "calorie limit." I used to starve myself all morning, fearing starting to eat cause it was always so hard to stop. Now, I eat when hungry. I was hungry so I ate a lot, but I know I probably will not need more food for another 6 or 7 hours, no worries.

Hey Suzanneyea!

I love to see posts like this. Hunger is our friend and not something to be trifled with (I like that line, I heard it in a movie! 😊).
wow...this thread is active! hard to keep up with!

well I am on my 5th day of Zero/Near Zero carbs...and so far so good! I am down 5 pounds from my 10 pound regain! The first day I did have some tea...I had some free coupons that came with the bike I won! The tea has aspartame....I drank it anyway....but since then it has been ONLY WATER for me! I still think I drink the water just to be "putting something in my mouth," but I am working to drink "only when thirsty."

I looked at the prices of meat at Costco....wow! expensive...but these are large amounts...some meats were over $100! I am going to side with Charles and check out WalMart!

I had bacon for breakfast this AM...not sure what lunch will be...heading to a restaurant yet to be chosen...so we'll see...if I have to, I will sip water while the others eat, and I will grab something from the grocery store on the way back, and eat it at my desk.

When I read about 6-pack abs, and loss of "love handles" mentioned by Charles and a few others, I nearly cried. Even when I was at my low of 180 some 20 years ago, those love handles still bothered me..and I did not have a 6-pack! I am yearning for the days I will not be embarrassed to remove my shirt other than in my back yard.

Thank you Charles for all the info so far!!!

abnormalslc Wrote:
When I read about 6-pack abs, and loss of "love handles" mentioned by Charles and a few others, I nearly cried. Even when I was at my low of 180 some 20 years ago, those love handles still bothered me..and I did not have a 6-pack! I am yearning for the days I will not be embarrassed to remove my shirt other than in my back yard.

Thank you Charles for all the info so far!!!

You're welcome. I read your post and got goosebumps all over. I don't know if my office became drafty or you just touched something...

When I lost weight on my low-fat diet, I did not see 6-pack abs either and I had love handles. I used to do 100 situps and even added a medicine ball at one point but it didn't happen. Once I got my diet under control, they came out and I don't do any situps.

I will tell you however, that as part of my weight workouts that I do twice a week, I do 10 reps of the Hanging Leg Raise, I do 10 reps of the Cable Core Press, and 10 reps of the Cable Tree Chopper. Yes, you read correctly, just 10 of each. You can find these three exercises on *Men's Health*.

suzanneyea said: I was watching this show on TLC, I think the name was I can Make you Thin, not sure.
He did this kinda hypnosis technique about picturing your favorite food and then associating it with something really gross. Well, I tried it out of the diet soda. Now, in all honesty I was probably ready to quit and this was just the motivating factor. So, I went cold turkey. I never drink anything but water now, no crystal light, nothing. If I desired an alcoholic drink, I will have one, but I never drink, like once a year maybe. You just need to make a decision, it is not willpower, but a choice you need to make.

Thank you for the ideas... I am going to try this. I keep telling myself I'm ready, but I'm just not sure I am. I need to do this!

RE: Zero Carb / Meat and Water - FatGirlOnAtkins - 07-25-2008 09:39 AM

Charles Wrote:
FatGirlOnAtkins Wrote:
But I had a question; I love eating like this... I'm not hungry, and it seems like I instantly had more energy. But I love, love, love my veggies!!! I'm not exactly sure how to get away from them, if they are what's slowing me down. I also have a severe addiction to Diet Pepsi.. I know this isn't good. Help?

It just takes time. You may revert back to them from time to time but pay attention each time how your body feels and one of these times you'll get sick of having to "get back to work" after indulging in them. I'm saying that you'll make the transition on your own, probably.

The Diet Pepsi is bad as you know from reading this thread, but that's another one that will just take a little willpower and perseverance. You can do it!

Best regards,

Charles

I know you're right. I do get sick of the "having to get back to work" feeling. It's really not worth it to splurge a little one day to feel horrible the next. I am so going to try with the Diet Pepsi. I guess I've always felt like that's the only thing I could have and not feel guilty about having. But it's become an addiction. Thanks for the encouragement, everyone!

RE: Zero Carb / Meat and Water - aim in Fla*working - 07-25-2008 12:21 PM

Charles, thank you so much for that info...having PCOS and Fibromyalgia (with Chronic Fatigue), It was drummed into me to eat mini meals all day...so I became a grazer...so everything became and issue of WHEN COULD I EAT...i had to eat so much I was a pain in the butt...Oh wait..how will we go camping all day on a whim...AMY HAS TO EAT...will there be a refrigerator?? Do I need to bring my cooler???? I have to space out my meds from the intake of food so that it can be properly absorbed so when will I eat to take the meds...it is insane..I cannot WAIT until I can eat once or twice a day AT DINNER TIME..not have to eat IN FRONT OF MY STUDENTS because of this health issue...and be a normal person!
And maybe get to my goal weight to boot??!!??!! I am glad to be here. I really feel good about this...Like in my gut! No pun intended~
WARNING!!!! TOOl MUCH INFORMATION lies ahead....~~~
LindaSue, why do you think you are not losing more? I know this (TMI warning!!!!!!) I have severe IBS with Consto and Have been off my pills for a few days..my belly does not hurt as bad and my stomach was flatter...due to 'almost' zero carb and I have gone daily

RE: Zero Carb / Meat and Water - abnormalslc - 07-25-2008 12:28 PM

Charles Wrote:
abnormalslc Wrote:
When I read about 6-pack abs, and loss of "love handles" mentioned by Charles and a few others, I nearly cried. Even when I was at my low of 180 some 20 years ago, those love handles still bothered me..and I did not have a 6-pack! I am yearning for the days I will not be embarrassed to remove my shirt other than in my back yard.

Thank you Charles for all the info so far!!

You're welcome. I read your post and got goosebumps all over. I don't know if my office became drafty or you just touched something...

When I lost weight on my low-fat diet, I did not see 6-pack abs either and I had love handles. I used to do 100 situps and even added a medicine ball at one point but it didn't happen. Once I got my diet under control, they came out and I don't do any situps.

I will tell you however, that as part of my weight workouts that I do twice a week, I do 10 reps of the Hanging Leg Raise, I do 10 reps of the Cable Core Press, and 10 reps of the Cable Tree Chopper. Yes, you read correctly, just 10 of each. You can find these three exercises on Men's Health.

Hopefully, that, plus zero-carb may get them for you!

Thanks again! My wife had us buy this big fancy workout machine a few years ago after she had our first child. Since it was not my decision to buy it...I don't feel guilty about not using it..😊

but...I think I can do all three of these exercises using the clothes rack in our den!

Ab

RE: Zero Carb / Meat and Water - jeepifer - 07-25-2008 12:41 PM

Gee, how come I never get the permission to buy the big fancy workout machine???

RE: Zero Carb / Meat and Water - travis t - 07-25-2008 12:44 PM

Carbs are most assuredly addictive. I have been married for almost 21 years and i have known my father in law for about 23 years. In all these years i have know him he never had a problem with soft drinks, i mean he has always drank them but it would be maybe one a day. Now everytime i see him he has a coca cola bottle in his hand and he
also is pounding down the M&M's. He is seventy and still in good health but i don't think that can last very long under that kind of assault.
Carb intake will become a run away train if we don't watch carefully.
I am being very carefull about my kids and carbs because when i was young my body seemed to be unaffected by anything that i could throw at it. Now i know that isn't true that damage done from the last 39+ years is still with me.
But i have a new dedication to the many things that i have been put here to do. My focus and determination are at very high level since going very low carb.
This Meat, butter, and coffee diet is awesome.
happy friday
travis t

RE: Zero Carb / Meat and Water - suzanneyea - 07-25-2008 12:56 PM
People always ask me what stomach excercises I do to get my 6 pack and I am like Charles, I used to do a ton of crunches and all sorts of sit ups. Now I do maybe two sets of sit ups a day. It is all my diet.

RE: Zero Carb / Meat and Water - jeepifer - 07-25-2008 01:03 PM
Suz, you and Charles should get together and do an infomercial.

RE: Zero Carb / Meat and Water - suzanneyea - 07-25-2008 01:40 PM
It is easy for me to chat zero carb here cause you all support zero carb. I refuse to talk to people who are anti zero carb. Charles has all the technical info on why it works and how it works, me I have no clue. I just have my own experience. I would be more than pleased to be a case study for Charles when he writes his book.
(Edited for a million spelling-typo errors)

RE: Zero Carb / Meat and Water - aim in Fla*working - 07-25-2008 01:41 PM
abs are made in the kitchen...
word!

RE: Zero Carb / Meat and Water - abnormalslc - 07-25-2008 01:53 PM
well...I had a nice steak and cool crisp water for lunch!
I told them..."steak only"...and still they add fried french onions on top....I removed them...and ate the steak!
mmmmm....a bit over priced...$20...but delicious!

RE: Zero Carb / Meat and Water - bracon - 07-25-2008 02:36 PM
Another woman doing Zero-Carb, with great success, yes Me.
I have been doing ZC for 6 weeks now, strictly Zero-Carb. I went from 131pds to 117.5pds, as of this morning. And believe me; this way of eating is like sculpting David!

I’m 48 yrs old, 5’5”, with two children. My main reason to start this way of eating was to eliminate my constant constipation and my heat wave.

I have suffered from constipation from as far I can remember and finally I got rid of this and feeling better everyday. For the last two years, I have been doing low carbs but I could not get myself to go over 10g of carb a day without suffering from it.

By trial and errors, and searching on the net for a solution, and mostly, for trying to understand why I could not digest Carbohydrates, I discovered the Bears, with his very controversial approach and way of living and eating. The Bears was an inspiration to me, he had a way of explaining in a simple way the why and the how and would not give a ‘bip’ about others opinion. He was and still is, his own rat’ experience.

Each of us has to find what is best and suitable for us and follow what we believe from it. Since then, I have read many books, studies and I’m convinced that Zero-Carb, for me, is the only way to go, to stay healthy.

Because some of you will ask, here is my typical day:

6am get up, have two cups of hot water, mixed with coconut oil (about 2tbsp) (I stopped drinking coffee, my decision)
11am or noon some kind of meat, usually ground beef (73-27) or a rib eye
3h30pm Bacon strips (the no sugar ones), par of rib eye again
7pm sit down dinner, meat, but mostly I eat ground beef, rib eye and bacon and the more I eat it, the more I want more.

I don’t eat dairy, eggs, fish, because I don’t feel like eating them. Water is the only drink I take during the week. I might take a glass of dry sherry on wkends.

FYI, here are the positives since I have started:
1. no more night sweat, not a single drop of it on my pillow that would wake me up all wet and cold
2. no more constipation, none what so ever and going to the bathroom once every second day, early in the morning, right after my cup of hot water mixed with coconut oil
3. sleeping better, more deeper it seems and longer
4. no more dark circles around my eyes in the morning
5. my face and skin have an oily feeling in a good way, soft to the touch and I suntan a golden color...
6. my nails don't split anymore and are getting longer by the day
7. my hair has that shine of healthy and getting also longer and thicker
8. my overall body definition is remarkable and specially around the waist area, one part that I was never able to accomplish
9. I have more energy throughout the day, once in a while, I still have to nap but it is getting better
10. my teeth have that squishy feeling, like when you eat a very fresh cheese
11. I can definitively say that I'm smaller, less fat than before
12. my appetite has completely disappeared, no more feeling of hunger

The negative effects:

No hunger so for me it is very hard to accept the fact that I don’t have to eat. I feel guilty for not eating
Don’t kill the massager here but I don’t want to loose weight anymore and I don’t know how to stop the scale from moving down again. I do understand that by feeding my body, it will adjust to itself to a healthy weight and size. And not having an appetite doesn’t help in this department. If I reintroduce dairy products, I will gain but I don’t like dairy much enough to eat it. I will find a way to stay stable.

Oh before I forget, here a quote from Charles:

‘...See, these are the things that amaze me. When you say that you've been zero-carbing for weeks, and then you post about coffee, cream and salad that makes me wonder. If you're going to do zero-carb, you have to do it and give it some time to work. You have to be consistent and stay out of your body's way. You can't think that because you eat cleanly for two days that you're now going to drop 5 pounds based on that. We're talking about conditioning and insulin control. That takes time and it takes consistency. When you load yourself up just once with some carbs or some substance, it takes a few days for the effects of that to show up. I don't know how caffeine works. For Travis, it works great. For others, not so much. Some people are addicted to it and others can take or leave it. If you can't live without it, you're addicted to it. Once you quit drinking it, you have to allow a couple of weeks for the effects to show up. When you quit smoking, it's well documented that these folks put on weight after they stop, especially if they don't go zero-carb with a bunch of fat right away. Please don't eat for weight loss, eat for health and the weight may be a part of it. What would you do otherwise, just eat unhealthy because there's no use? I know it's hard to do things right for a while and not see results, but you can't view it that way. Each day you eat right, you are becoming healthier. Obesity is one of many symptoms we want to avoid. If you have none of the others, consider yourself fortunate! ...’

Boy, I LOVE THIS MAN!

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**RE: Zero Carb / Meat and Water - aim in Fla*working - 07-25-2008 03:57 PM**

Bracan! Thank you for sharing your input! I too have suffered from COnstipation at chronic status...once just taking laxitives daily for YEARS...i then developed BAD IBS...these last two days, although NOT at zero but very low...I have used the bathroom on my own with no pain or discomfort. My stomach is NOT tender to touch and I have been out of my meds for a week and in the past when i did not take meds, the next day it was like I was kicked with a boot in the gut! I pray this continues...at 60 bucks a month and insurance NOT covering the meds...I would love to save 720$ a year!

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**RE: Zero Carb / Meat and Water - pennypritty1 - 07-25-2008 04:12 PM**

suzanneyea Wrote:
People always ask me what stomach excercises I do to get my 6 pack and I am like Charles, I used to do a ton of crunches and all sorts of sit ups. Now I do maybe two sets of sit ups a day. It is all my diet.

Seriously, Suzanne?!!

You don't do that many situps? I'd so hoped I would see a difference in my stomach with some of the weight loss I'd had but my body's taking it from all over so it isn't really noticeable yet.

---

**RE: Zero Carb / Meat and Water - suzanneyea - 07-25-2008 04:12 PM**
This coconut oil and hot water sounds VERY interesting and could be just what I need to kick my last vice of a morning coffee! Thanks!

**RE: Zero Carb / Meat and Water - [pennypritty1](mailto:pennypritty1) - 07-25-2008 04:17 PM**

bracon Wrote:
...
6am get up, have two cups of hot water, mixed with coconut oil (about 2tbsp) (I stopped drinking coffee, my decision)
...

hot water mixed with coconut oil???

Bracon, what coconut oil are you using that mixes with water, pray tell?

I've never had coconut oil so I have to try because I keep reading about others using it but I've never heard of someone using it to drink... Please share your info... 😊

**RE: Zero Carb / Meat and Water - [pennypritty1](mailto:pennypritty1) - 07-25-2008 04:19 PM**

jeepifer Wrote:
Gee, how come I never get the permission to buy the big fancy workout machine???

jeepifer, I WISH I could afford a big fancy workout machine and it's just ME! lol

**RE: Zero Carb / Meat and Water - [pennypritty1](mailto:pennypritty1) - 07-25-2008 04:21 PM**

jeepifer Wrote:
Suz, you and Charles should get together and do an infomercial. 😏

ooooh.... sounds like a YouTube episode waitin' to happen!

**RE: Zero Carb / Meat and Water - [daveo](mailto:daveo) - 07-25-2008 04:23 PM**

Whew, just finally got caught up on all the discussion. My decision to live a zero-carb lifestyle came after reading "The Bear", like some others, and some correspondence with him, as I read it long after he quit posting.

I'm glad to find some others currently discussing this lifestyle, being able to discuss this with people really helps.

**RE: Zero Carb / Meat and Water - [abnormalslc](mailto:abnormalslc) - 07-25-2008 04:58 PM**

I was just tempted hard! but walked away! My wife brought home some snickerdoodle cookies from lunch she had with a friend....these used to be my absolute favorite!! I let my girls eat them...I came here to the computer...
I am not hungry...we just ate dinner....I had juicy pork roast topped with bacon! yummy!

its amazing...I have not had a cookie in 17 months, lost 78 pounds to show for it, and one appears and the temptation comes rushing back! As I said in my "LC Testimony," this is not by my strength.....but by His.

I need to read a quote from my testimony once in a while....

The feeling of successfully overcoming temptation is so much better than the guilt we heap upon ourselves if we "cheat."

I think I'll add that to my signature so I can read it more often...

---

**RE: Zero Carb / Meat and Water** - daveo - 07-25-2008 05:00 PM

abnormalslc Wrote:
I was just tempted hard! but walked away! My wife brought home some snickerdoodle cookies from lunch she had with a friend....these used to be my absolute favorite!!
I let my girls eat them...I came here to the computer...

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The feeling of successfully overcoming temptation is so much better than the guilt we heap upon ourselves if we "cheat."

I think I'll add that to my signature so I can read it more often...

Hey abnormalslc! Good to see a neighbor here, I live in Sandy 😊

---

**RE: Zero Carb / Meat and Water** - abnormalslc - 07-25-2008 05:11 PM

hey Daveo!
I am in SugarHouse!
interesting name for a community in which a Low Carber lives!

Edited to say...Welcome Daveo!

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**RE: Zero Carb / Meat and Water** - bracon - 07-25-2008 06:39 PM

pennypritty1 Wrote:
bracon Wrote:
6am get up, have two cups of hot water, mixed with coconut oil (about 2tbsp) (I stopped drinking coffee, my decision)
...

hot water mixed with coconut oil???

Bracon, what coconut oil are you using that mixes with water, pray tell?

I've never had coconut oil so I have to try because I keep reading about others using it but I've never heard of someone using it to drink... Please share your info... 😊

My best friend is : Wal-Mart... I like simple things, so this is where I get my coconut oil, in the vitamins section (drugstore section) and not in the cake and flour section of the food side.

The Rexall comes in a 16 ounce tub. It just tastes like coconut. The picture of the oil is on this tread, almost at the end of the tread.

Oh, and I almost forgot to mention that I, too, have a six packs... no big exercise but doing yoga 12 hours a week. The Zero-Carb gave me the definition, not the exercise.

RE: Zero Carb / Meat and Water - Living_healthy - 07-25-2008 07:56 PM

I use Barlean's coconut oil. Little expensive, but I think it's worth it. I mix it with plain coffee every morning. At first when I heard of this, I thought "GROSS!" But it actually tastes good. I still don't have the nerve to eat it straight from the spoon. That thought still grosses me out!

Abnormalslc, I like your signature quote (The feeling of successfully overcoming temptation is so much better than the guilt we heap upon ourselves if we "cheat.")

My goal is a six pack. Ya give me hope.

RE: Zero Carb / Meat and Water - FatGirlOnAtkins - 07-25-2008 08:03 PM

abnormalslc Wrote:
I was just tempted hard! but walked away! My wife brought home some snickerdoodle cookies from lunch she had with a friend....these used to be my absolute favorite!!
I let my girls eat them...I came here to the computer...

I am not hungry...we just ate dinner....I had juicy pork roast topped with bacon! yummy!

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I need to read a quote from my testimony once in a while....

The feeling of successfully overcoming temptation is so much better than the guilt we heap upon ourselves if we "cheat."
I think I'll add that to my signature so I can read it more often...

Good for you! Keep being strong!

RE: Zero Carb / Meat and Water - pennypritty1 - 07-25-2008 08:18 PM

Living_healthy Wrote:
...
My goal is a six pack. Ya give me hope.

Right now MY goal is a flat stomach... THEN we'll see about the six-pack... (cuz with the flat stomach I have other Miss Universe look-a-like desires ... um that I won't notate here in mixed company...)

RE: Zero Carb / Meat and Water - jeepifer - 07-26-2008 04:17 AM

Penny, you really made me LOL! 😊

I *used* to have a great upper tummy, even after kids. Somehow in the last couple of years, I've put on weight there and now have a roll. Ew! Is that from cortisol? I've never put on weight there before -- really a true pear shape.

RE: Zero Carb / Meat and Water - LindaSue - 07-26-2008 07:52 AM

aim in Fla*working Wrote:
LindaSue, why do you think you are not losing more? I know this (TMI warning!!!!!!) I have severe IBS with Consto and Have been off my pills for a few days..my belly does not hurt as bad and my stomach was flatter...due to 'almost' zero carb and I have gone daily

I honestly don't know. I don't "cheat" and I never let myself go hungry. My guess is that my problem is hormones. I'm 51 years old and menopause is probably coming sometime in the next few years. Charles probably won't agree with this, but I sometimes suspect that I eat too much for my small body. I'm not eating enough to cause me to gain but too much to allow for weight loss.

suzanneyea Wrote:
It is easy for me to chat zero carb here cause you all support zero carb. I refuse to talk to people who are anti zero carb.

I've seen your posts at LCF and I can't agree with you more. For every sympathetic post over there, there are twenty more people ready to jump down your throat and tell you that you're doing something on par with Kimkins. I respect your bravery for posting about your WOE over there. I'm a very long time member of LCF so I'm very cautious about posting anything controversial when I'm there. It's a relief to come here and participate in this thread.

Welcome, bracon. You're doing great and your list of improvements is inspiring!

RE: Zero Carb / Meat and Water - Gr82bthin - 07-26-2008 09:09 AM
It's taken me 3 whole days to read this thread, but I just couldn't stop reading it! I have finally found the place where I belong. I, too, have had some success on Atkins, lost 50 pounds in a year, but have always stopped losing when I added any carbs over 20. I have to stay around 5-7 carbs to lose, and I still have another 30 pounds to go. I have been chastised by the folks on the Atkins board to the point where I will not return, rudest people I have ever known. I do frequent the LCF. I have found out a lot about my body over this past year, and love eating fatty meats. My favorite is beef ribs on the grill with a little sea salt. I could eat those every day, hey, I think I will!

Thank you, Suzanneyea and LindaSue for your insight. Suzanneyea, special thanks for leading me here and LindaSue for your wonderful recipes. Thank you, too, Charles, I am hoping that once I truly get to zero carbs I will have more energy.

**RE: Zero Carb / Meat and Water** - daveo - 07-26-2008 09:17 AM

Question for you all. BBQ is one of my hobbies. I have a couple smokers and I love smoking Ribs, Brisket, and Pork Butt. All fatty, all great. Problem is, BBQ sauce makes the BBQ for me 😊 Up till now, I have just used very little sauce, but even that is too much carb for me.

Anyone have some good suggestions for 0 carb condiments/spices that are good on hickory smoked meat?

**RE: Zero Carb / Meat and Water** - Sambezious - 07-26-2008 10:02 AM

Hey Daveo!

I'm sure this will seem tame to you if you really enjoy the BBQ sauces, but all I use on my ribs is Tony Chacere's seasoning, Salt, Pepper and just a sprinkle of garlic powder.

There are a few BBQ sauce recipes on the web that are low carb, but not zero carb.

I use this sauce from time to time. It's pretty good.


**RE: Zero Carb / Meat and Water** - LindaSue - 07-26-2008 11:45 AM

Welcome Gr82bthin.

Daveo Wrote:
Anyone have some good suggestions for 0 carb condiments/spices that are good on hickory smoked meat?

I doubt if there are any condiments or seasonings that truly have zero carbs. I think they make food more interesting so I do use them in moderation. Unless you can't tolerate any carbs at all, I don't see any harm in a little sugar free barbecue sauce or ketchup now and then. We're only talking about a couple of carbs per serving in most cases.

**RE: Zero Carb / Meat and Water** - KimPossible - 07-26-2008 01:01 PM
wow...this thread is active! hard to keep up with!

Ain't that the truth! Every so often I have to come in and catch up! It is great to see how this thread has grown! I am very excited (still) about this WOE and am glad to see others as excited as I have been!

Boredom? That's psychological. If ground beef was all you had to eat, after a while you would learn to love it and even look forward to it, Stefansson's explorers found out.

If I had a lot of weight to lose, I would honestly find about three meats on this list and I would eat them and eat them exclusively (along with drinking water) until I got to where I wanted to go.

I wanted to re-post this b/c I COMPLETELY agree and have been one to crave "variety" at various stages in my journey. I have found, truly, that no matter WHAT diet/WOE I have chosen in the past, whether it is low-fat, low-carb, Kimkins, zero-carb...that the LESS thinking I do, the better. Most days I cook a whole 5 lb roll of gbeef from WM into patties and eat them. It is easy, I don't have to worry about getting overly hungry while I have to make something (b/c I eat when truly hungry now) and there's no room for error. And it works. And I, surprisingly enough, am not bored. When I have chosen something different it is the variety I thought I would lack--for example I bought a marked down Delmonico steak from WM the other day and pan fried it in just a bit of butter to coat the pan--OMG it was soooooo good. "Just meat" isn't a boring thing b/c of so many different types of meat available. That's variety enough!!

Sometimes it just zipped off and sometimes it didn't.

This is what's been happening with me. I haven't checked lately, but so far I've lost 11 lbs...I have gained one or two back here and there--most likely due to relapsing in my diet drink habit (working on that...AGAIN) and a few extra carbs in the form of salads and veggie and beef soup (it's a weaknessLOL) here and there. But what I've found is that I could care less what the scale says day to day--I am focused on long term. I'm not obsessing over food and I'm NOT obsessing over the scale.

I refuse to talk to people who are anti zero carb.

me too. or low carb for that matter. I aim to be as knowledgable as Charles one day...but for now, unless they ask, I keep my mouth shut. LOL

Your body will keep pulling you back and one of these times, you'll finally decide that it's not worth it because you won't feel like "getting back on track" more than you feel like "going off."

It just takes time for your body and mind to come to that escapable conclusion.

I am headed to the beach for 5 days starting Monday, and in the past vacations have been very tempting for me. (it's vacation!!) I am hoping that this time will be different--hoping that the above is one of these
times for me. I'm going with other adults, as well as my kids, so the pressure will be on...I'll let you know how I fare!

---

RE: Zero Carb / Meat and Water - KimPossible - 07-26-2008 01:04 PM

side bar: took a look at your blog, Ab, and seeing the HSM3 pics--I am jealous! How fun was that!?? My kids would've loved it!

---

RE: Zero Carb / Meat and Water - pennypritty1 - 07-26-2008 02:36 PM

Well I just did a baddy... *sigh*

So much for thinking I could have just "some" low carb ice cream on a pretty summery hot day... nah!

Can't do that anymore. I had a (small) bowl -- parenthesis 'cuz I'm lying about the size of the bowl -- of the lc chocolate and I couldn't stop. I thought having a little would do me a nice treat...

... and OH BOY! **BIG OH! BIG BOY and BIG DUMMY!** I couldn't stop myself.

I had a good (yummy treat) day and a very bad carb day. *4g carbs don't mean anything when you don't STOP at the 4grams.*

This can NOT come back into **MY** house again!

OH! And remember when I'd said earlier, I got bored with ground beef? Well, what'd ya know? Now I want some and I don't have any in the house. Time to go food shopping for a couple pounds of the stuff and just get my self back on the ball...

(gotta keep reminding myself about my Miss Universe dream!!!)

UNGH!!! Mental head slap!

Font and color were changed for effect of how I feel today. (smile) Now--back to your regularly scheduled programming.

---

RE: Zero Carb / Meat and Water - KimPossible - 07-26-2008 04:01 PM

I feel your pain--I almost bought some today at the store...but swiftly averted my eyes before the deed was done. It's one of my weaknesses!

Don't worry too much about it! It's all a learning process! 😊

---

RE: Zero Carb / Meat and Water - pennypritty1 - 07-26-2008 04:41 PM
suzanneyea Wrote:
Move to Quebec, we do not have any of the low carb products, you kinda gotta eat just meat, nothing else.

hmmm.... move to Canada? is it cheaper than NY?

Sometimes I think living ANYWHERE ELSE is cheaper than the City these days. I can hardly afford to eat meat only with food prices here along with the cost of living.

RE: Zero Carb / Meat and Water - aim in Fla*working - 07-26-2008 05:06 PM

i ate about 4 cookies and had milk. I honest cannot believe it ...I was running around thinking my stomach has not been this small in a fery long time....then this. I think I am sabataging my success. I am ashamed and feel terrible and I am going to bed. I actually talked my BF into getting it. I manipulated him. It is shameful. I am ashamed. I have all kinds of meat in the house and i cannot believe i blew it.

RE: Zero Carb / Meat and Water - aim in Fla*working - 07-26-2008 05:07 PM

not to mention, my belly (IBS) hurts so bad, i had to send Bryan out for medication...Zero carb is a CURE for my disease and a way to live pain free and 4 cookies and milk took that away.

RE: Zero Carb / Meat and Water - jeepifer - 07-26-2008 05:24 PM

It's all part of the learning process. At some point, it just won't be worth knowing you'll feel like poop afterward.

I haven't reached that point yet. 😞

RE: Zero Carb / Meat and Water - Valcan - 07-26-2008 05:57 PM

Hi,
I live in a small city in Alberta and low carb products are nonexistent here too. I used to order from low carb grocery but haven't in months. I either make it homemade or I do not have it. I think we are better off without the frankenfood anyway.

The Canadian government seems to think that there is no scientific evidence that carbs can harm you so packages here can not say "low carb" or "no carb". Many companies have changed and label their products "sugar-free" instead. When I see sugar-free, I read the ingredients and 99.9% of the time I put it back on the shelf. They usually have sugar alcohols or soy - I former does not agree with me and I don't agree with the latter.

It is not cheap to live here but it is cheaper than New York.

Val
RE: Zero Carb / Meat and Water - suzanneyea - 07-27-2008 03:05 AM

My son eats a lot of low carb food that I cannot touch. Now the 10 kinds of cheese I keep in the house, not tempting to me at all as I can easily live without cheese. It is the oppsie rolls I make for him, man I could eat the whole batch! Plus, I make him all those low carb cheesecake desserts and such that are in the Atkins book and they can be VERY tempting. Especially, knowing they are low carb and are not "that bad." But, it is easier if I never even take a taste. One tiny little taste and I am off to the races and it is all gone, lol.

RE: Zero Carb / Meat and Water - pennypritty1 - 07-27-2008 05:19 AM

aim in Fla*working Wrote:
not to mention, my belly (IBS) hurts so bad, i had to send Bryan out for medication...Zero carb is a CURE for my disease and a way to live pain free and 4 cookies and milk took that away.

I hope you're feeling better today, aim...

I had an "interesting" night in result of my lc ice cream overdose - lol (TMI)

But I'm determinedly back on track today. off t'church...

Have a great day, everyone.

RE: Zero Carb / Meat and Water - Charles - 07-27-2008 06:29 AM

Wow, it took me some time to catch up. I just finished my Sunday morning track workout and figured, I'll check in with my favorite people on the planet. What do you know, there are many new people so to all of you, welcome, welcome and welcome. If I can help in any way, please drop me a line.

To those who slipped a bit, please don't look at it like that. It's all part of conditioning. One day you'll get sick and tired of having to steel up your resolve and get back to work. You'll think about it beforehand and then you'll still do it. Then, there will be a nice quiet day where it happens again but this time, you'll just say, No, and you'll walk away. You'll have slight regret, but you'll be so proud of yourself the next morning when you step on the scale.

No, LindaSue, I don't disagree with you. You may be eating too much for your small frame. I don't know the mechanism that would cause you not to lose, but it's not calories. Those hormones of yours seem to like you at the weight you are. I suspect you would have to do something entirely different to change things. Some exercise may allow you to mobilize more fat since you say you are pretty sedentary.

I'm not saying that the exercise will "cause" the weight loss, but I'm saying it may at least force your body to re-think it's equilibrium and give you the 3 to 5 pounds you're looking for. Who knows? After all, it's all about conditioning and if you conditioned your body to do something consistently, why wouldn't your body respond accordingly?

Everyone, enjoy the rest of your weekend!

Best regards,
Charles

RE: Zero Carb / Meat and Water - LindaSue - 07-27-2008 07:02 AM

Charles, except for this past week, I've been doing an hour of Callanetics twice a week for the past few months. They are very intense exercises. I would have done them this past week as well but I tried adding some Pilates the other week and they did something to my back. I'm waiting for my back to recover before resuming the Callanetics. Although Callanetics are quite strenuous, they aren't hard on the lower back and they're not at all aerobic. They work your muscles very deeply with very slow, gentle movements.

RE: Zero Carb / Meat and Water - aim in Fla*working - 07-27-2008 07:41 AM

Thanks guys for the support😊 I am back and strong and ready to do this again. I went walking 2 miles this morning..a little (a lot) slower because my knees are all jacked up from the carbs and sugar and starches of the cookies (fibromyalgia sucks) and Bryan notified me that the cookies he made he added 2 together and made bigger ones so actually I ate 8!!!!
Today I feel like i have nails in my shoulders and hips and fingers are stiff like sausages. I wish this happend BEFORE i ate the cookies and when I said no, the 'real healthy me' would come back with no pain...ah, a Sci Fi world I would love to live in....I would be thin😊
Bryan is making a LC favorite fro Linda Sues Wesite (yay Linda..my parents adore your seoul chicken!!) and I will be having steak with a pat of butter on top of it. I am back at ZERO carb again...ready to feel the thinness I woke with yesterday...
Thank you for the emails of support...I am definately in the saddle again.
Today....
I walked 2 miles...
I am cleaning the house BIG TIME!!!
so all of that will kill off some of the sugar, starch and other poisons...I am having ground beed for breakfast...lunch and a Lobel's filet mignon for supper--- 8oz! my sicks are back to nothing....yesterday morning they were blackish purple they were so dark!

RE: Zero Carb / Meat and Water - Living_healthy - 07-27-2008 08:24 AM

Well, I ate organic ham (no nitrates) this morning. Tasted great, but was too lean. Had to add 2 tablespoons of coconut oil to pick up my fats. Sometime today (I have no exact schedule) I'll eat ground beef. I had been eating ribeyes, but getting a little burned out......I never thought I would say that.

Be back later, got to hit the treadmill. Hope all of you have an "everything goes your way" day!

RE: Zero Carb / Meat and Water - Daryl - 07-27-2008 09:44 AM

I'm on page 93 (I think lol) of this thread, so still catching up.... I was pretty pumped about trying an all meat diet, but am wondering if I'm having problems with arachidonic acid. Dr Eades once wrote that it can be an issue for some folks, and it's primarily found in red meat and eggs 😐

I'm going to try an elimination diet the next couple of weeks, see if I can confirm if it's a problem for me.
RE: Zero Carb / Meat and Water - FormerDonutJunkie - 07-27-2008 11:05 AM

Living_healthy Wrote:
I use Barlean's coconut oil. Little expensive, but I think it's worth it. I mix it with plain coffee every morning. At first when I heard of this, I thought "GROSS!" But it actually tastes good. I still don't have the nerve to eat it straight from the spoon. That thought still grosses me out!

Abnormalslc, I like your signature quote (The feeling of successfully overcoming temptation is so much better than the guilt we heap upon ourselves if we "cheat.")

My goal is a six pack. Ya give me hope.

Barlean's is also my favorite coconut oil! It is indeed a little higher at around $15, but I just found it at http://www.vitacost.com for $11.16. That makes it a really good value.

Barlean's is one that I can eat direct from the spoon.


aim in Fla*working Wrote:
Hi Daryl...sorry you are having problems...I am sure someone will advise Charles maybe But, is what you are having like Gout?

Hi No, it's not gout, the symptoms I'm dealing with are primarily itching, and slightly elevated blood pressure.

Here is a link that reprints what Dr Eades said about it:

http://www.opinions3.com/arachidonic_acid.htm

Now, he has since backed away from his concern with AA, but I'm trying every avenue possible to nail this down.

I'm diabetic, and have had fantastic success with a VLC diet, going from 260 pounds in December of 2006 to 154 now, and completely getting off diabetes meds. But, the last few months, I've had the itching.... mainly on my back, shoulder blade area, but it pops up elsewhere, sometimes.

I've had my kidneys and liver checked, and have had 3 different docs tell me that all is fine, so the search for an answer continues!

RE: Zero Carb / Meat and Water - waywardsister - 07-27-2008 12:01 PM

Back after a week somewhat off track. A friend died suddenly, so was at wake and funeral and such, and not much concerned with what I ate. More concerned with eating at all. Still, did pretty well all things considered. I seem to be able to handle a dose of carbs quite well, other than bloating I feel pretty fine. I even mistakenly ate gluten - just a little before I realized - and had some blow-out from that but not too bad. Think my body was going easy on me. Overdid the dairy, which I shouldn't do but oh, it's my weakness. Anyway.
Looking forward to getting back on track now. All this talk of abs! Man, I would love to see my abs. My fat gain was predominantly around my middle, partly due to inflammation (wheat belly) but it's still where I hold a big old roll. It's nice to hear that many of you have seen the belly flab melt off via diet. This is really motivating to me, over and above health - oh vanity, my constant companion.

Some questions just for interest. Anyone ever eat some of the more 'interesting' meats? I spent a few days in cottage country with my BIL's parents, and we ate perriwinkles (a type of snail) - this is a great appetizer, just briefly boiled in salt water (in the shell) and then plucked out with a toothpick and dipped in garlic butter. Wow. Also had raw oysters, both on the half-shell with hot sauce and in shooters with vodka, salt and a little seafood sauce. This really inspired me, for variety's sake, to venture out into some seafood, which I don't eat often (I'm a beef and lamb gal, mostly). Anyone here eat much seafood?

What about organ meats? I really want to eat more organs, it's just a matter of finding them. Liver is easy, but I'd love to get into trying sweetbreads and other organs. Anyone ever had brain? Got any good heart recipes? I can get beef hearts at my farmers market and I usually feed half to my cats, and grind the other half into ground beef but I am feeling adventurous lately. Thinking of ordering a quarter beef, and asking for as many organs as I can get, also the tallow/suet and marrow bones. Oooh, beef marrow...so good. Lamb marrow is amazing too. Nice and fatty.

Hi to all the new people since my last post!

---

**RE: Zero Carb / Meat and Water - MAC - 07-27-2008 12:04 PM**

Daryl Wrote:
Now, he has since backed away from his concern with AA, but I'm trying every avenue possible to nail this down.

Do you know where he backed away from his concern with AA? Could not find anything when I searched his blog for AA. I just got a used copy of Protein Power and just this week decided to try and reduce AA to see if I sleep any better.

---

**RE: Zero Carb / Meat and Water - Daryl - 07-27-2008 12:24 PM**

Quote:
Hi to all the new people since my last post!

*waves to Tracey*

MAC Wrote:
Daryl Wrote:
Now, he has since backed away from his concern with AA, but I'm trying every avenue possible to nail this down.

Do you know where he backed away from his concern with AA? Could not find anything when I searched his blog for AA. I just got a used copy of Protein Power and just this week decided to try and reduce AA to see if I sleep any better.

Hi Mac.... let's see. Okay, here we go, it's from his blog, one of the comments:
Quote:
Great debunk as usual, but I have a question–when I read the original Protein Power I remember reading about arachnoidonic acid (I hope I’m spelling that right) which is highly concentrated in egg yolks and how a sensitivity to it could heighten blood pressure and slow weight loss. In your later books it doesn’t seem to be mentioned. Should that still be a concern?

Hi Patricia–

It’s arachidonic acid that you’re thinking of, and we did write about it in Protein Power. Unfortunately, I wrote that section just after having fallen under the evil influence of a long conversation with Barry Sears. Subsequently, I realized that it doesn’t really matter all that much, which is why we never wrote about it again.

Cheers–

MRE


I’ve had 3 other people tell me over the weekend that the AA does give them trouble, so I tend to think that it’s a genuine concern, at least for some.

RE: Zero Carb / Meat and Water - ajcav062197 - 07-27-2008 01:45 PM

Hey All.. I have been down w/ a stomach bug the last couple of days. My whole family had it.. no fun.

I did manage to stay on plan. It's been two weeks, tomorrow and I have lost 7.2 lbs. I am happy on this plan I was worried when I got sick. I thought I would have to eat something for my stomach but I didn't. I feel better today and hopeful that I will be up for exercising again soon.

AJ

RE: Zero Carb / Meat and Water - Living_healthy - 07-27-2008 03:56 PM

ajcav062197 Wrote:
Hey All.. I have been down w/ a stomach bug the last couple of days. My whole family had it.. no fun.

I did manage to stay on plan. It's been two weeks, tomorrow and I have lost 7.2 lbs. I am happy on this plan I was worried when I got sick. I thought I would have to eat something for my stomach but I didn't. I feel better today and hopeful that I will be up for exercising again soon.

AJ

Glad you stayed with the plan, although you felt lousy. Great fat loss!

RE: Zero Carb / Meat and Water - pennypritty1 - 07-27-2008 04:27 PM

waywardsister Wrote:
... Some questions just for interest. Anyone ever eat some of the more 'interesting' meats? I spent a few
days in cottage country with my BIL's parents, and we ate perriwinkles (a type of snail) - this is a great
appetizer, just briefly boiled in salt water (in the shell) and then plucked out with a toothpick and dipped
in garlic butter. Wow. Also had raw oysters, both on the half-shell with hot sauce and in shooters with
vodka, salt and a little seafood sauce. This really inspired me, for variety's sake, to venture out into some
seafood, which I don't eat often (I'm a beef and lamb gal, mostly). Anyone here eat much seafood?

What about organ meats? I really want to eat more organs, it's just a matter of finding them. Liver is
easy, but I'd love to get into trying sweetbreads and other organs. Anyone ever had brain? Got any good
heart recipes? I can get beef hearts at my farmers market and I usually feed half to my cats, and grind the
other half into ground beef but I am feeling adventurous lately. Thinking of ordering a quarter beef, and
asking for as many organs as I can get, also the tallow/suet and marrow bones. Oooh, beef marrow...so
good. Lamb marrow is amazing too. Nice and fatty.

Hi to all the new people since my last post!

Liver maybe... but snails...? beef hearts...? beef marrow... and b-brains??!!?? Adventurous isn't a
sufficient enough word for this...

um... I'm sort of scared of you, waywardsister. 😐

(oh, and I'm sorry for your loss. I prays strength for you and yours.)

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RE: Zero Carb / Meat and Water - pennypritty1 - 07-27-2008 04:30 PM

ajcav062197 Wrote:
Hey All.. I have been down w/ a stomach bug the last couple of days. My whole family had it.. no fun.

I did manage to stay on plan. It's been two weeks, tomorrow and I have lost 7.2 lbs. I am happy on this
plan I was worried when I got sick. I thought I would have to eat something for my stomach but I didn't.
I feel better today and hopeful that I will be up for exercising again soon.

AJ

Good to know you're feeling better. Have you tried any of the low carb soups during this stomach bug?
Were you able to eat anything at all? They have a couple of recipes on the forum and LindaSue has
some on her site I think.

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RE: Zero Carb / Meat and Water - daveo - 07-27-2008 04:36 PM

Question for Charles though anyone else is free to answer.. What are your thoughts about drinking
alcohol on a zero carb diet. I'm not talking every day, but I love the occasional dirty martini or glass of
red wine.

---

RE: Zero Carb / Meat and Water - pennypritty1 - 07-27-2008 04:58 PM

Charles Wrote:
To those who slipped a bit, please don't look at it like that. It's all part of conditioning. One day you'll get sick and tired of having to steel up your resolve and get back to work. You'll think about it beforehand and then you'll still do it. Then, there will be a nice quiet day where it happens again but this time, you'll just say, No, and you'll walk away. You'll have slight regret, but you'll be so proud of yourself the next morning when you step on the scale.

Hi, Charles!

Thanks for the encouragement. I know I can be hard on myself for one and I was really ticked with myself for falling (almost literally) into the low carb ice cream tub. lol

I think it was triggered when my job scheduled a surprise ben & jerry's ice cream treat for our office and I didn't go for it (of course) but felt I could have MY OWN ice cream.

It just went south from there. lol

I'm glad to know it's just a part of the walk and to not be so hard on myself for it. But I WON'T be touching that lc ice cream for a loooong time. (It left quite a memory for me...)

RE: Zero Carb / Meat and Water - Living_healthy - 07-27-2008 06:03 PM

After eating that lean ham this morning, I had to eat a lot of additional fats today to bring up my daily percentage. I try to not go below 80%. I was able to bring it up to 79% (close enough). Normally, I eat and don't keep records, but I started journaling again at FitDay because I want to make sure that I am consuming enough fats. Ever since I started making sure that my fats are high, I've been steadily losing. 6# this week.

RE: Zero Carb / Meat and Water - Daryl - 07-27-2008 07:07 PM

Charles Wrote:
MAC Wrote:

used extremely lean steaks and whitefish for the measurement. The fish was roughly 90 percent calories protein and 10 percent fat and the meat was 70-30. The more interesting question, and the one more relevant to the arguments in the book, is what happens when the meat and fish are more in the neighborhood of 70 percent or even 80 percent fat by calories. That hasn't been addressed. In short, the assumption that our insulin is primarily regulated by the carbohydrates in the diet is a reasonable one and will tell us most of what we need to know when it comes to fat accumulation and chronic disease."

I'm with Gary Taubes here. The fact that these studies were performed with lean protein doesn't tell us what we're really trying to know. Even if lean protein does raise insulin levels to that degree, one could only consume such a diet for a few days before they would run into trouble so any fat accumulation number would only be speculative because we all know the effects of rabbit starvation.

Saying that consuming excess lean protein raises insulin enough to where it causes fat storage is the equivalent of arguing that a high protein/high fat diet leads to calcium loss and liver damage. The initial numbers are one thing but we know if someone continues on it the studies consistantly show
that the adherents never show any such damage.
I think the same is true here. Someone may note some temporal reading but over the long term I don't think they would hold up. Everyone continues to cite this 150g glucose "need" for the brain. However, we know that if we get the carbohydrates low enough or eliminate them, we don't need even this much -- and of course after 7 days of fasting, we need none at all. There are too many variables and most of them are not static. This is a homeostatic system so we have to expect that any change will affect the entire organism and force a corresponding compensation.

Are you saying that the liver (and other organs/functions) normalize after one begins zero carbing? The body does seem to be an incredibly flexible system.

RE: Zero Carb / Meat and Water - jeepifer - 07-28-2008 05:16 AM

I think given optimal food intake, the body can do wonders to repair itself. Not miracles, but still... just look at the insulin regulation and receptor repair that can take place (eventually) with zero carb. It makes sense that the repair can continue down to the molecular level. Amazing!

RE: Zero Carb / Meat and Water - Daryl - 07-28-2008 06:00 AM

Absolutely, jeepifer. 😊 Severely restricting carbohydrates did wonders for my diabetes, and I hope it will for the rest of my health, also. I tend to think so, anyway.

RE: Zero Carb / Meat and Water - Charles - 07-28-2008 08:09 AM

daveo Wrote:
Question for Charles though anyone else is free to answer.. What are your thoughts about drinking alcohol on a zero carb diet. I'm not talking every day, but I love the occasional dirty martini or glass of red wine.

Hey, Dave.

Alcohol is one of those things. It is metabolised just like carbohydrates in that your body will divert it's whole attention to processing it before it goes back to fatty acids. Many people don't seem to understand that carbs are handled exactly the same way. The liver has to covert it to triglycerides to send it along with fatty acids to the muscles to be burned; (read:. eliminated.)

Many people tout the anti-oxidant potential of red wine but I say, if you don't eat that which oxidizes, then what need have we with the anti-oxidant? So I don't indulge. But perhaps others can share their experiences with it.

I suppose it's a lot like coffee. If you can take it or leave it, it may be harmless. If it is something you have to have, then it's an addiction and has no place in your life.

Regards,
Charles

RE: Zero Carb / Meat and Water - Charles - 07-28-2008 08:24 AM
suzannelyea Wrote:
It was heartbreaking, seeing all these overweight kids eating junk all day.

I was thinking about this a few weeks back as well. These poor kids are eating what they've been told is okay and they don't realize that these foods are making them sick. Fat is only one of many symptoms these children are acquiring and not enough attention is being paid to that. It's heartbreaking to think that they are on their way to everything from obesity to diabetes, hypertension, cancer, Alzheimer's, dementia, and a poor start for their future children, all because of what they are eating. Being at the zoo is a "special" occasion so I'm sure their parents don't see anything wrong with the junkfood because, after all, it's a special occasion.

The very fact that we associate food with "occasions" in general is a problem. Think about it: We go to the movies, we need food. We go to a birth or funeral, there must be food. We go to the amusement park, that's an occasion to eat junk; etc, etc.

They say that zero-carb is boring and I get that. What I don't get is why people can't think of many more things in life that are more exciting than what they are going to eat.

---

**RE: Zero Carb / Meat and Water** - *Charles* - 07-28-2008 08:25 AM

Living_healthy Wrote:
Ever since I started making sure that my fats are high, I've been steadily losing. 6# this week.

Wow! Hey, whatever works!

---

**RE: Zero Carb / Meat and Water** - *jeepifer* - 07-28-2008 08:36 AM

Which reminds me, I need to use a sticker chart for my children's rewards instead of candy. BIG note to self!

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Daryl Wrote:
Are you saying that the liver (and other organs/functions) normalize after one begins zero carbing? The body does seem to be an incredibly flexible system.

Yes, they do. Most of the arguments that people make against zero-carb usually come from an effect of protein or fat during a situation that is not zero-carb. For instance, excess fat consumption can make you fat when you have carbohydrates in your diet. However, if you remove the carbs, your body will process fat exceptionally well. You can find this with regards to calcium, vitamin C. Omega 3s and the whole gamut. These are situational variables and once you remove the carbohydrate, the body tends to normalize all these levels. Studies involving meat-eating cultures never show deficiencies of any type even though they don't eat these so-called valuable phytonutrients.

Another one that we've mentioned from time to time is transient hypercholesterolemia, which is an occasional elevation of cholesterol that will occur with fat loss. We store cholesterol along with fat in our fat cells. When fatty acids are mobilized, the cholesterol is released and thus serum cholesterol
levels (total cholesterol) can spike. This leads people to think that an all-meat diet will drive cholesterol levels through the roof. However, after successful weight loss the levels will be fine.

RE: Zero Carb / Meat and Water - daveo - 07-28-2008 08:40 AM

Charles Wrote:
daiveo Wrote:  
Question for Charles though anyone else is free to answer.. What are your thoughts about drinking alcohol on a zero carb diet. I'm not talking every day, but I love the occasional dirty martini or glass of red wine.

Hey, Dave.

Alcohol is one of those things. It is metabolised just like carbohydrates in that your body will divert it's whole attention to processing it before it goes back to fatty acids. Many people don't seem to understand that carbs are handled exactly the same way. The liver has to covert it to triglycerides to send it along with fatty acids to the muscles to be burned; (read:. eliminated.)

Many people tout the anti-oxidant potential of red wine but I say, if you don't eat that which oxidizes, then what need have we with the anti-oxidant? So I don't indulge. But perhaps others can share their experiences with it.

I suppose it's a lot like coffee. If you can take it or leave it, it may be harmless. If it is something you have to have, then it's an addiction and has no place in your life.

Regards,

Charles

I hear you on that. I was addicted to coffee, and quit cold turkey 2 weeks ago. Wasn't a problem, and I don't miss it anymore. As far as the alcohol, I only drink occasionally. I was interested more in the effect it has on weight loss than anything else. If I remember correctly, I read at some point that although, like you said, the body metabolizes the alcohol 1st, once it gets through the alcohol it switches right back to fat burning, unlike easting carbohydrates. Do you know if this is true?

RE: Zero Carb / Meat and Water - jeepifer - 07-28-2008 08:43 AM

Charles Wrote:

Another one that we've mentioned from time to time is transient hypercholesterolemia, which is an occasional elevation of cholesterol that will occur with fat loss. We store cholesterol along with fat in our fat cells. When fatty acids are mobilized, the cholesterol is released and thus serum cholesterol levels (total cholesterol) can spike. This leads people to think that an all-meat diet will drive cholesterol levels through the roof. However, after successful weight loss the levels will be fine.

I've also heard that we (women) store excess hormones in the fat cells as well. Like those of us that took birth control pills can experience some hormonal weirdness as the fat cells are depleted because of the excess stuff coming out and being burned off. Is that the case as well? What else is stored in there? Yuck!
If you haven't seen it already, then it's here! My podcast interview with Charles Washington is now LIVE:


Charles Wrote:
Living_healthy Wrote:
Ever since I started making sure that my fats are high, I've been steadily losing. 6# this week.

Wow! Hey, whatever works!

This was the key for me, too! I just wasn't focusing on fats before and was hopelessly STUCK and feeling awful. I have lost 4.5 pounds since Thursday (when I started eating more fat) and I feel awesome!! AND I got through my first cheat-free weekend in a long time because I wasn't hungry!

FatGirlOnAtkins Wrote:
This was the key for me, too! I just wasn't focusing on fats before and was hopelessly STUCK and feeling awful. I have lost 4.5 pounds since Thursday (when I started eating more fat) and I feel awesome!! AND I got through my first cheat-free weekend in a long time because I wasn't hungry!

Okay, then my question to you wonderful losers on fat (no insult intended)... how are you adding more fat? Are you taking in more fat from your meats (like eating more ground meat) or are you adding things like the coconut oil they talk about under the recipe section?

I realize my weight loss hasn't moved because of my past experience with lc ice cream (actually I gained back a pound--I have to update my ticker), so I'm really not frustrating myself about it... I'd been more or less focusing on remaining on low carb foods--period!--and getting used to this way of eating (both physically and mentally).

But I think I'd like to put my weight loss into high gear. I've honestly not been monitoring the weight loss (really stayed away from the scale) and I think I'd like to focus on seeing a more visible change.

I KNOW I'm not eating enough fat.

daveo Wrote:
If I remember correctly, I read at some point that although, like you said, the body metabolizes the alcohol 1st, once it gets through the alcohol it switches right back to fat burning, unlike eating carbohydrates. Do you know if this is true?
It's the same as carbohydrates. This is the way our bodies evolved to deal with any foreign molecule. Anything that is not fatty acids are first converted to triglycerides and then sent to the muscles to be burned. While insulin is high, the muscles will burn glucose or any other substance. When insulin is low, the muscles will only burn fatty acids. If the substance doesn't raise insulin, it goes straight to the liver, like fructose and alcohol. From there, it is sent to the muscles and if there are no takers, it gets sent out on lipoproteins which damage LDL cholesterol molecules by shrinking them and making them very low density lipoproteins. These make their way to our arteries and it constricts them.

**RE: Zero Carb / Meat and Water - Charles - 07-28-2008 12:43 PM**

jeepifer Wrote:
I've also heard that we (women) store excess hormones in the fat cells as well. Like those of us that took birth control pills can experience some hormonal weirdness as the fat cells are depleted because of the excess stuff coming out and being burned off. Is that the case as well? What else is stored in there? Yuck! 😕

I haven't heard this one but it's not surprising because there are only so many biological processes that we have. All foreign items are handled like known molecules and that's what causes us problems. Our bodies go about their business as usual and they try to compensate for foreign things. The ways our body's compensate is what causes us the most headache. Our researchers spend too much time trying to counteract the compensation rather than preventing the problem.

I saw in the news today that a Texas billionaire is offering billions of dollars for the person who comes up with the cure for cancer. I'm tempted to place a call...

**RE: Zero Carb / Meat and Water - Charles - 07-28-2008 12:45 PM**

FatGirlOnAtkins Wrote:
This was the key for me, too! I just wasn't focusing on fats before and was hopelessly STUCK and feeling awful. I have lost 4.5 pounds since Thursday (when I started eating more fat) and I feel awesome!! AND I got through my first cheat-free weekend in a long time because I wasn't hungry!

And people are saying that women can't lose weight on this way of eating? They should ask you ladies! 😊

**RE: Zero Carb / Meat and Water - FormerDonutJunkie - 07-28-2008 12:55 PM**

Wife just picked me up some 75% lean ground beef today at the local Ingles. She's going to make up some patties and fry them for me later. I also went ahead and picked up some Celtic Sea Salt at Earth Fare today.

I'm not 100% M/W yet...but am testing the waters, since veggies have never really appealed to me, even from childhood. However, I do love eggs and still eat 2 to 3 every morning. Matter of fact I've already had four today, 2 for breakfast and 2 for lunch. I may consider backing off the eggs for a few days and trying the ground beef patties to see what negative effect the eggs may have on my weight loss. If their omission speeds it up, then I'd be willing to give them up...for a while at least!

**GROUND BEEF...it's not just for breakfast anymore!**
I should patty the rest of my 73/27 ground beef and have DH cook it on the cast iron pan on the grill when he does the t-bones tonight. I love the taste of charcoal grilled meat!

Any thoughts on having a little coconut oil in warm water? Read something about this elsewhere and it sounded interesting.

Many have inquired about Stefansson's Adventures in the Land. Download it here. Thanks to Daveo, I have Not by Bread Alone which I'm really excited about. It's a huge PDF that's too big but I'm going to use my Adobe Professional to break it down so it's small enough to be posted and everyone can download it for themselves. I may just break it up into several parts and do it that way. We'll see.

I'll work with the moderators to see if we can provide a place to post studies and books so you can read them and have them as part of your low-carb libraries.

Jimmy Moore Wrote:
If you haven't seen it already, then it's here! My podcast interview with Charles Washington is now LIVE:


Listening to this now... this is an awesome interview, Jimmy/Charles!

(I have a lot of podcasting to catch up on--I've never listened to a podcast before...NONE!)

Okay, then my question to you wonderful losers on fat (no insult intended)... how are you adding more fat? Are you taking in more fat from your meats (like eating more ground meat) or are you adding things like the coconut oil they talk about under the recipe section?

I realize my weight loss hasn't moved because of my past experience with lc ice cream (actually I gained back a pound--I have to update my ticker), so I'm really not frustrating myself about it... I'd been more or less focusing on remaining on low carb foods--period!--and getting used to this way of eating (both physically and mentally).

But I think I'd like to put my weight loss into high gear. I've honestly not been monitoring the weight
loss (really stayed away from the scale) and I think I'd like to focus on seeing a more visible change.

I KNOW I'm not eating enough fat.

I always drained the fat from the meat *gasp* before when it was done cooking. I guess it was just habit. Now when I cook it, I try to make sure I'm eating more of the fat. It sounds so gross but it really is good! This afternoon, my hamburger was really lean so I added a little oil. If it works for you the way it did for me, you will really be losing in a couple of days. I got the LOW CARB part before, but I guess it never really clicked with the HIGH FAT part before a few days ago when I was reading some of Charles' old posts on this thread.

And I'm with you on staying away from the lc ice cream... I went really crazy with it once and I decided I wouldn't buy it again. Good luck!!

RE: Zero Carb / Meat and Water - poo123 - 07-28-2008 02:22 PM

Charles, great interview with Jimmy !!!

And Charles, after sticking with the zero carb way of life for almost 5 weeks, I have said before I lost 10 lbs. I was bummed because it was not enough and no fast enough but I stayed the course and didn't cheat or eat anything else. Well I guess my body has finally decided to get with the program and in 3 days I have lost 2 lbs. I hope it keeps dropping off because I am not going to change my way of eating, so the old body better say on board and keep losing. I have believed in your advice from the start, and still have no doubts about it. Thanks Charles...

RE: Zero Carb / Meat and Water - waywardsister - 07-28-2008 02:24 PM

Day 1 and I'm a bloated 118#. Took some pics so I can have a visual record of my progress on this WOE. I've had great luck with it previously, and felt great, so I'm expecting good things!

I'll be eating meat, fat, eggs and condiments like hot sauce, mayo, maybe a little lemon juice etc. Once my coconut milk is gone, I'll take my tea black and keep it to one or two cups in the morning.

Looking forward to listening to the podcast! Something is wonky with my speakers so it'll take some fiddling first.

Charles thanks for the Stefansson stuff. I am a big fan-girl of his 😊I actually have a framed autograph hanging in my kitchen!

RE: Zero Carb / Meat and Water - SheRa - 07-28-2008 02:53 PM

Charles Wrote:
Many have inquired about Stefansson's Adventures in the Land, Download it here. Thanks to Daveo, I have Not by Bread Alone which I'm really excited about. It's a huge PDF that's too big but I'm going to use my Adobe Professional to break it down so it's small enough to be posted and everyone can download it for themselves. I may just break it up into several parts and do it that way. We'll see.
I'll work with the moderators to see if we can provide a place to post studies and books so you can read them and have them as part of your low-carb libraries.

Awesome idea Charles.

Loved your podcast. Don't know if I'll ever join your WOE but my husband is all for it.

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**RE: Zero Carb / Meat and Water - Chris - 07-28-2008 03:14 PM**

i just listened to the podcast. I've put this comment on the podcast page:

Charles asks what the mechanism is for getting fat by eating too much fat. It is an enzyme called **ASP**. Insulin is important, but it is not the only thing going on here.....

The standard low carb dogma is that carbs (and to a lesser extent protein) stimulate insulin secretion which activates LPL (lipoprotein lipase) and LPL stores fat. That is true as far as it goes, but there is more to it that this.

LPL is not the only - or the most important - enzyme associated with fat storage. Acylation Stimulating Protein (ASP) appears to be even more critical for fat storage than LPL. It is worth doing a [PubMed search on ASP](https://www.ncbi.nlm.nih.gov/pubmed)

Lyle McDonald's [Stubborn Fat Solution](https://www.stubbornfatsolution.com) has a really good explanation of this.

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**RE: Zero Carb / Meat and Water - Charles - 07-28-2008 04:18 PM**

Chris Wrote:

i just listened to the podcast. I've put this comment on the podcast page:

Charles asks what the mechanism is for getting fat by eating too much fat. It is an enzyme called **ASP**. Insulin is important, but it is not the only thing going on here.....

The standard low carb dogma is that carbs (and to a lesser extent protein) stimulate insulin secretion which activates LPL (lipoprotein lipase) and LPL stores fat. That is true as far as it goes, but there is more to it that this.

Thanks Chris, but we've had Lyle McDonald's disciples here already and covered this thoroughly. I eat copious fat as do many here and we lose or maintain our weight just fine. I'm well familiar with M.R.C. Greenwood's work (a student of Jules Hirsch) on LPL and his research has been presented here before.

Insulin is still the primary regulator of LPL activity, although not the only one. In fat tissue, insulin increases LPL activity. In muscle tissue, it decreases activity. As a result, when insulin is secreted, fat is deposited in the fat tissue and the muscles have to burn glucose for energy. When insulin levels drop, the LPL activity on the fat cells decreases and the LPL activity on the muscle cells increase -- the fat cells release fatty acids and the muscle cells take them up and burn them. This is why some some areas of the body will fatten more than others and why the distribution is different between men and women.

Again, lose the carbs and eat fat to your appetite and you will have no problems.
Thanks for the advice.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - Charles - 07-28-2008 04:23 PM**

poo123 Wrote:
Charles, great interview with Jimmy 😊

And Charles, after sticking with the zero carb way of life for almost 5 weeks, I have said before I lost 10 lbs. I was bummed because it was not enough and no fast enough but I stayed the course and didn't cheat or eat anything else. Well I guess my body has finally decided to get with the program and in 3 days I have lost 2 lbs. I hope it keeps dropping off because I am not going to change my way of eating, so the old body better say on board and keep losing. I have believed in your advice from the start, and still have no doubts about it. Thanks Charles...

Thanks, Alison. I've so glad to hear this news. You're doing great and please keep me updated. You're proof that you have to keep working on it and stay consistent. Try not to worry when the scale stalls because that will slow you down. Just stay positive and don't change anything. Keep eating to appetite and your body will regulate your weight just as it's supposed to.

Even when you get to goal, it still fluctuates a few pounds either way, but it works just like your blood pressure and body temperature. Your body knows what it's doing.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - SheRa - 07-28-2008 04:24 PM**

SheRa Wrote:
Loved your podcast. Don't know if I'll ever join your WOE but my husband is all for it.

Tell your husband we're here if he needs help.

Best regards, SheRa and thanks for the kind words.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - aicav062197 - 07-28-2008 06:32 PM**

crud.... i don't know what happend. yesterday, I ate link sausage, and a tiny bit of dressing on a piece of chicken, also a little piece of corn beef and the roast beef, the aujur (sp) the meat juices..and the cheese melted on top ...out of a jason's deli sandwich. TODAY I HAVE CRAVINGS.. Something screwed me up royally because I haven't had cravings or cheated up to yesterday.. I didn't think those things would
make my body react this way.. my weight went up 3 lbs, the cravings sent me off on a binge of 2 hotdogs, a slice of cheese, and a 2 diet drinks w/ heavy cream in it. and then I wanted to quit lowcarb all together. I kept watching my family eating all these high carb foods today and yesterday. Today I through away some cookies that my husband left and it was the first day it was difficult to do it.

I really do not want to regain the same 10 I have lost twice since may. I feel hopeless like this plan is not going to work and the old way I was lowcarbing I was eating to high in carbs.

Up to today it wasn't really about the food.. I was just nutritioning my body and it was working.

UGH!!!!

AJ

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**RE: Zero Carb / Meat and Water** - [aim in Fla*working](mailto:aim in Fla*working) - 07-28-2008 06:37 PM

> hi guys😊 I was good all day but I know i did not eat enough..I was at work getting ready f or the kiddies to come in a few weeks and stabbed myself with this metal thing right through my arm!!!!!!! So i was in the ER waiting for 4 hours.. They gave me antibiotics that I detest but understand why (our schools are filthy!) but now I am worried about cravings and set backs. I already take a probiotic so I feel good about that...I had lamb chops for dinner and some coffee and cream with a hunk of coconut oil in it...

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**RE: Zero Carb / Meat and Water** - [abnormalslc](mailto:abnormalslc) - 07-28-2008 07:46 PM

> well I had a physical today and they drew blood for blood work...so we shall see. I have been LLVLC for 15 months...lost 78 pounds....I am now categorized as "overweight" and not "obese" according the BMI scale....apparently I should weigh around 184...my personal goal is 180 and maybe beyond....it all depends on what I feel/look like when I reach 180.

> I have been on the Zero/near Zero path for a week! and lost 6 of 10 pounds that crept back on....even though I did not eat "off plan."

> so far so good....my digestive system is still trying to cope with meat/water...but overall...things are well! I even went to a Chinese Buffet and had meat only...the stuff they cook while you wait. they also had some baked chicken! and ordered water to drink....Charles would be proud.

> the results of the blood tests are due back in a week...so we shall see.

> edited to add....Blood pressure was fine...114/82

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**RE: Zero Carb / Meat and Water** - [Living_healthy](mailto:Living_healthy) - 07-28-2008 08:16 PM

> pennypritty1 Wrote:

> FatGirlOnAtkins Wrote: This was the key for me, too! I just wasn't focusing on fats before and was hopelessly STUCK and feeling awful. I have lost 4.5 pounds since Thursday (when I started eating more fat) and I feel awesome!! AND I got through my first cheat-free weekend in a long time because I wasn't hungry!
Okay, then my question to you wonderful losers on fat (no insult intended)... how are you adding more fat? Are you taking in more fat from your meats (like eating more ground meat) or are you adding things like the coconut oil they talk about under the recipe section?

I add more fat with butter, coconut oil, or olive oil. I use Fitday to help me see my fat percentage. I plug in what I plan to eat to see what it looks like and what I need to do to increase the fat before I ever start preparing my food. Like I said earlier, I keep my fats no lower than 80%. I eat a lot of ribeyes and 73/27 ground beef.

Great podcast Charles!

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RE: Zero Carb / Meat and Water - PeggySu - 07-28-2008 08:26 PM

ajcav062197 Wrote:
also a little piece of corn beef and the roast beef, the aujur (sp) the meat juices..and the cheese melted on top ...out of a jason's deli sandwhich. TODAY I HAVE CRAVINGS.. Something screwed me up royally because I haven't had cravings or cheated up to yesterday.. I didn't think those things would make my body react this way.. my weight went up 3 lbs,
AJ

Fast food often has many additives as well as too much sodium so it is hard to tell what screwed you up. I'd advise trying to have home-cooked meals until things settle down. Also you need to get at least 80% of your calories from fat. Meat and water means FATTY meat and water.

Good luck and don't give up; you just need to find the right choices for your body.

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RE: Zero Carb / Meat and Water - KimPossible - 07-28-2008 10:57 PM

OM goodness...I came to catch up and 3 (maybe more) pages are there from where I was in reading! I just came across this:

Quote:
Many people tout the anti-oxidant potential of red wine but I say, if you don't eat that which oxidizes, then what need have we with the anti-oxidant? So I don't indulge. But perhaps others can share their experiences with it.

I suppose it's a lot like coffee. If you can take it or leave it, it may be harmless. If it is something you have to have, then it's an addiction and has no place in your life.

COMPLETELY agree with the last part--no matter what it is, if we can't live w/o it, it has NO place in our lives...

And I want to share that since really cutting my carbs I have had two instances where I had a glass (or two) of wine (white zin) and have to say that for me, it causes the scale to go up a half pound or a pound. But if I stayed low carb eating-wise, and don't continue day after day to have a glass, it dropped right back off. I have also noticed that it doesn't cause (in ME) the crazy "gotta have everything carby" feeling I get when eating bread or cupcakes or whatever the cheat du jour has been...
Speaking of--I have tried to stick to the lowest carb possible today--day 1 of my vacation and travel day. I had two beef patties this a.m. and nothing the rest of the day (wasn't hungry--had pepperoni in case I got snacky, which I didn't) until dinner, where all of my very low choices were in the $20 range (I wasn't paying) so I opted for the Cobb Salad. Higher carbs than usual, but not a bad choice, I don't think. I DID have a glass of white zin...😊

I checked my weight this a.m. to keep an eye and have an idea of how much I gain, if any--was 162.5--the lowest I've been in about 6 months. My aim is to keep it steady or no higher than 164. Will weigh in again Saturday.

RE: Zero Carb / Meat and Water - KimPossible - 07-28-2008 11:12 PM

Quote:
crud... i don't know what happend. yesterday, I ate link sausage, and a tiny bit of dressing on a piece of chicken, also a little piece of corn beef and the roast beef, the aujur (sp) the meat juices..and the cheese melted on top ...out of a jason's deli sandwhich. TODAY I HAVE CRAVINGS..

I wanted to say that sometimes it's crazy where cravings come from. I was hit yesterday by them, and I've been eating nothing but beef for about a week! (I say that, but I do include a bit of mustard, mayo, and lc bbq sauce as well as cheese...but these are not out of the norm things and so far I've handled them well...unless they finally caused a craving...I'm still a girl who loves her condiments!! LOL).

I ended up eating about 3-4 TBS of peanut butter (not the natural b/c it has the same carb content as the other and I'd just rather have the regular if that's the case--it's cheaper) and drinking about 14 oz of Chocolate "milk" from Hood's. It was a good fix and sure, it's higher than zero carb but it was WAY better than regular chocolate milk or worse, a peanut butter cup (or 12) which is the flavor I was going for.

Cheats, or off-plan eating, or carby stuff is going to happen. Hopefully the instances are few and far between, but they are going to occur. We aren't perfect no matter how much we aim for it. I for one think you could've fared a LOT worse. It's time to just evaluate what perhaps might be the trigger (sugars in the deli meat, etc) and avoid that from now on. It was a learning experience! For those, we should all be grateful!!!

just my two cents.... LOL

gonna have to check out the podcast. I'm sittin' on the balcony at the moment listening to the waves...will do the podcast later.😊

RE: Zero Carb / Meat and Water - Chris - 07-28-2008 11:18 PM

hi there

Don't get me wrong ,if what you are doing is working and fine, so be it. I'm no particular disciple of Lyle, I was just sharing my understanding that there is a mechanism for the storage of fat apart from insulin. if you are familiar with that, fine, but that was not the impression I got from your interview.

I also do not follow your statement about fat distribution - it doesn't seem to follow from the mechanism you quote? Maybe I'm just confused.
Cheers

Charles Wrote:
Thanks Chris, but we've had Lyle McDonald's disciples here already and covered this thoroughly. ........

..........This is why some some areas of the body will fatten more than others and why the distribution is
different between men and women.

RE: Zero Carb / Meat and Water - Daryl - 07-29-2008 04:17 AM

Daryl Wrote:
I'm on page 93 (I think lol) of this thread, so still catching up.... I was pretty pumped about trying an all
meat diet, but am wondering if I'm having problems with arachidonic acid. Dr Eades once wrote that it
can be an issue for some folks, and it's primarily found in red meat and eggs 😞

I'm going to try an elimination diet the next couple of weeks, see if I can confirm if it's a problem for
me.
Well, so far, with no eggs nor red meat, the itching has seemed to lessen quite a bit. It'll take several
days to truly see if the AA is an issue. I hate it, in a way, as my favorite two meals are fatty hamburgers,
and ribeye.

RE: Zero Carb / Meat and Water - Dwayne - 07-29-2008 05:20 AM

I recently found out that the 2 baconators I ate had 4 (I think 5) carbs each and I had two! That was
unexpected. There must be some SERIOUS fillers in that meat. Two of those small patties has 3 carbs,
the cheese has 1. Very shady. They allow you to customize their nutrition info at wendys.com so it was
easy to figure out.

RE: Zero Carb / Meat and Water - LindaSue - 07-29-2008 05:59 AM

suzanneyea Wrote:
I would eat it if starving, but that is about it. Like yesterday, my son had a playdate at Burger King and I
brought both of our lunches in a cooler. Andrew has grown up with me doing this, so he is used to it.
But there is something in that meat that can trigger me too.
The other day someone at LCF posted the ingredients and nutritional info for Burger King burgers and
they do contain sugar and have at least some trace carbs for just the meat. I think the sugar is in the
seasoning that they use on them, or at least that's what it sounded like from the ingredient list.

RE: Zero Carb / Meat and Water - Sambezious - 07-29-2008 06:02 AM

I used to eat the baconators, too, Dewayne. I only had one, but DANG, at 5 carbs - that is way too many
for a burger. I'm glad I found out about the fillers! No more baconators for me!

RE: Zero Carb / Meat and Water - Sambezious - 07-29-2008 06:05 AM
Hi Linda!

Thanks for the info! I've been known to grab a double whopper and remove the buns. I guess we have to give up fast food completely since most fast food places are adding sugar to their foods. That's just crazy!

Sam

---

**RE: Zero Carb / Meat and Water - montmorency - 07-29-2008 06:10 AM**

Dear Charles,

Your podcast with Jimmy came just at the right time for me, because (possibly inspired by the recent Tour De France) I had begun to think more seriously about whether an athlete could perform at the highest level on a low-carb diet. I hadn't considered a no-carb diet, but (having read (and re-read...) GCBC, when I thought about it, it did make sense.

Inspired by the podcast, I found my way to this forum, and have been working my way through the older posts. Haven't managed to read them all yet, but I noticed that one recurring theme was grass-fed meat versus factory-farmed.

Sorry if this topic has now been done to death, but I'd just like to mention one aspect, which I didn't notice being spelled out: I know that you take the Weston A Price people seriously, and you also mentioned Barry Groves in a positive light in your podcast with Jimmy.

I'm not sure if the point is made explicitly on his site, but in his 2007 book, "Natural Health and Weight Loss", Barry expresses the concern about feeding of farm animals, and said that because of the high grain use now, the actual content of "animal fat" (in typical animals) was changing, and was becoming more unsaturated, i.e. more like a vegetable oil, which, if so, is not really what we want.

Now, the only way you would really know would be if the actual fat on the animal(s) could be analyzed, and I doubt if this is being done anywhere on a regular basis. (I'd like to find out though).

I am not sure if the Weston A Price people share this same concern exactly, but they certainly express a preference for grass-fed meat, as you know.

I know that Barry is concerned about it though, and in a reply to an email, he suggested to me that (here in the UK), the safest meat to eat was lamb, since that is almost always grass-fed anyway. If you happen to know the exact source of your meat (say, from a farmers market) and can find out how it's fed, then you might have other options of course.

BTW, until I had heard of you, I thought I was perhaps the most dedicated fan of Gary Taubes and GCBC (or "The Diet Delusion" as it's known here). I now gladly concede that title to your good self! :-)

Thanks for all the inspirational postings.

Kind regards,
Mike (aka, Montmorency).

p.s. going back to the TdF, it would be really interesting if a current cyclist of the stature of a Greg
Lemond or Lance Armstrong were to publicly declare for "low carb" (or even "no-carb") and demonstrate whether the TdF can be done that way. I suspect that there are too many vested interests involved for it to ever happen though.

RE: Zero Carb / Meat and Water - aim in Fla*working - 07-29-2008 06:24 AM

i have a lot of fish defrosted. How can I add fat to make it more filling?

RE: Zero Carb / Meat and Water - waywardsister - 07-29-2008 06:26 AM

I wonder if the cravings you get from fast food meat, prepared meats etc could be from msg? Do they list 'natural flavour' or similar in the ingredients?

Great podcast Charles and Jimmy!

RE: Zero Carb / Meat and Water - Dwayne - 07-29-2008 06:30 AM

aim in Fla*working Wrote:
i have a lot of fish defrosted. How can I add fat to make it more filling?

Butter and Bacon are my favorite methods. =) Heavy Cream + Butter if you are allowing yourself dairy.

RE: Zero Carb / Meat and Water - jeepifer - 07-29-2008 06:55 AM

aim in Fla*working Wrote:
i have a lot of fish defrosted. How can I add fat to make it more filling?

I am still using mayo. I plan to try and make my own soon. Last time I tried that it didn't taste right, but the way the prices are rising, it will probably be cheaper so I will just have to learn and play with the recipe.

RE: Zero Carb / Meat and Water - travis t - 07-29-2008 07:37 AM

Mike (aka, Montmorency). posted
"p.s. going back to the TdF, it would be really interesting if a current cyclist of the stature of a Greg Lemond or Lance Armstrong were to publicly declare for "low carb" (or even "no-carb") and demonstrate whether the TdF can be done that way."

My answer is that the Tour De france can't be completed with zero carb. There is a thread where this can be discussed if anyone is interested.


travis t

RE: Zero Carb / Meat and Water - Jimmy Moore - 07-29-2008 09:02 AM
Welcome to my forum Mike! I'm glad you made your way over this way. And THANK YOU to everyone who has shared their delight with my interview with Charles. He really is a top-notch guy (but you knew that already!).

Regarding the fast food meats, you're not gonna believe who recommends these for low-carb patients--Dr. Mary C. Vernon from Lawrence, KS, the famous low-carb doctor who I will be interviewing again soon. I'll be sure to ask her why she does that when the quality of those meats seems to be inferior. And Dr. Eric Westman from Durham, NC also regularly eats burgers from a place called CookOut. Granted, the burgers are good, but I found it curious.

By the way, if you have seen my latest menus, then you'll be pleased to learn I'm eating pretty close to zero-carb...Charles said this was virtually a zero-carb diet except for the few veggies and cheese I ate. And I've lost nearly 9 pounds since Saturday, so something's working with it. 😊

RE: Zero Carb / Meat and Water - jeepifer - 07-29-2008 09:19 AM

Congrats on the loss, Jimmy! 😊

I have to find a fast food suspect for lunch today. DH is off work so we're meeting and eating. LOL

Wish they had a Hardees near me. Oh well. Anyone have other suggestions? I'm tired of McD's double cheeseburgers (sans ketchup, pickle, and bun).

RE: Zero Carb / Meat and Water - Charles - 07-29-2008 09:41 AM

ajcav062197 Wrote:
crud.... i don't know what happend. yesterday, I ate link sausage, and a tiny bit of dressing on a piece of chicken, also a little piece of corn beef and the roast beef, the aujur (sp) the meat juices..and the cheese melted on top ...out of a jason's deli sandwhich. TODAY I HAVE CRAVINGS..

When you say dressing, do you mean stuffing? That would make my weight go up. When you do zero-carb, your muscles are not primed to burn glucose at all, they are only primed to burn fatty acids because your insulin is low. Therefore, if you cheat on zero-carb, the reaction will be swift and severe because all of those glucose molecules will be stored and they will stay there since your insulin is so low.

aj Wrote:
my weight went up 3 lbs, the cravings sent me off on a binge of 2 hotdogs, a slice of cheese, and a 2 diet drinks w/ heavy cream in it. and then I wanted to quit lowcarb all together. I kept watching my family eating all these high carb foods today and yesterday. Today I through away some cookies that my husband left and it was the first day it was difficult to do it.

This is a common complaint throughout low-carb dieting. How is it that others can eat high-carb things and not gain weight yet I can only eat a little bit of something and gain weight and have cravings?

This shows us clearly that the metabolic disorder is a slow-moving one and obesity is only one of its symptoms. Only the lucky ones manifest this disorder with excess weight. I say lucky because weight gain, even though it comes slowly, like a couple of pounds a year (long term) is much faster than the other diseases of civilization.
Most of the symptoms of this disorder are associated with aging. So much so that many of believe that it's natural to have arthritis, dimmed eyesight, heart disease, etc, when we're older. We're always shocked to see some 35 year-old having a heart attack. If you understand the seriousness of this metabolic disorder, you would never eat a carbohydrate again!

AJ Wrote:
I really do not want to regain the same 10 I have lost twice since may. I feel hopeless like this plan is not going to work and the old way I was lowcarbing I was eating to high in carbs.

If weight loss is the sole goal, then I have to agree with you.

AJ Wrote:
Up to today it wasn't really about the food.. I was just nutritioning my body and it was working.

As far as you can tell, it was working. The point it, we really can't tell what's going on under the hood. The weight gain you experienced the day after eating questionable food didn't likely come from what you ate that day. It is well-settled that it takes a few days to see the results of the food you ate. It will be another day or so before you see the effects of what you ate that day. There are many reasons for your weight to go up a pound or two even when you didn't do anything differently. Weight is regulated by your body and it will do it quite nicely if you stay out of its way by eating healthy food to appetite.

The bottom line, don't sweat it. Just get back to work and everything will be fine.

Regards,

Charles

RE: Zero Carb / Meat and Water - Charles - 07-29-2008 09:44 AM

abnormalslc Wrote:
ordered water to drink....Charles would be proud.

edited to add....Blood pressure was fine...114/82

I am proud!

Good blood pressure. Mine is 105/62 and doesn't change much.

RE: Zero Carb / Meat and Water - Charles - 07-29-2008 09:47 AM

KimPossible Wrote:
Cheats, or off-plan eating, or carby stuff is going to happen. Hopefully the instances are few and far between, but they are going to occur. We aren't perfect no matter how much we aim for it. I for one think you could've fared a LOT worse. It's time to just evaluate what perhaps might be the trigger (sugars in the deli meat, etc) and avoid that from now on. It was a learning experience! For those, we should all be grateful!!!

Well said, Kim! Glad you're doing well.
Regards,

Charles

RE: Zero Carb / Meat and Water - abnormalslc - 07-29-2008 09:52 AM

I have a question....

Is a Pork Rind considered meat???. ....he asked...crossing fingers....

RE: Zero Carb / Meat and Water - Charles - 07-29-2008 10:08 AM

Chris Wrote:
Don't get me wrong if what you are doing is working and fine, so be it. I'm no particular disciple of Lyle, I was just sharing my understanding that there is a mechanism for the storage of fat apart from insulin. if you are familiar with that, fine, but that was not the impression I got from your interview.

My point is that LPL activity does not work apart from insulin because insulin is the primary regulator of LPL activity. The whole line of thought is called the "gatekeeper hypothesis of obesity" and it is based on the hormonal regulation of LPL.

Dr. Eades contends that overeating on fat will cause weight gain or cause a person to stall in their weight loss. He does not cite fatty foods devoid of carbohydrates. High-fat populations, such as the Masai, among others, do not have a problem with obesity or any of the diseases of civilization so this answer from a leading low-carb expert is disappointing, to say the least.

As Greenwood wrote:

M.R.C. Greenwood Wrote:
"Conditions that favor increases in adipose tissue LPL result in increased fat accumulation and, when food intake is constant, leads to alterations in body composition."

Her studies were based on studies of the Zucker Rat in which LPL activity in the fat tissue is elevated in the womb, apparently the effect of fetal hyperinsulinemia, though it persists well into adulthood. They can still develop obesity in the face of calorie restriction.

Since Greenwood proposed the LPL gatekeeper hypothesis, researchers have reported that obese humans also have increased LPL activity in their fat tissue. They also reported that LPL activity in fat tissue increases with weight loss on a calorie-restricted diet and it decreases in muscle tissue. Both of these serve to maintain fat in the fat tissue regardless of any negative energy balance that may be induced in muscle tissue, enhancing the absorption of fatty acids into the muscles to be burned for fuel. When the workout is over, LPL activity in the fat tissue increases so as to restock the fat tissue with whatever fat it may have surrendered.

The question becomes, does this same hormonal environment that leads us to regain weight once we've lost it cause us to gain weight to begin with. If insulin drives obesity, which it does, this is obvious. There is no evidence to refute it and it must be taken seriously. The weird thing is, none of this is controversial yet obesity researchers don't take anything seriously that suggests that carbohydrates have a unique ability to fatten humans.
Robert Eckel of the American Heart Association said this:

Quote:
Habitual dietary carbohydrate intake may have a stronger effect on subcutaneous fat storage than does dietary fat intake."

The LPL gatekeeper hypothesis does not identify the mechanism wherein humans can gain weight eating excess fat without carbohydrates. Now, if Dr. Eades would have cited a hormonal change or something like that, I would be in agreement with him. Eating the correct diet will result in weight loss and health only to the point where the hormones allow. If there is a defect there, all bets are off. However, weight regulation is only one reason to restrict carbohydrates from the dietary.

Regards,
Charles

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**RE: Zero Carb / Meat and Water - Charles  07-29-2008 10:10 AM**

Travis and Suzanne, I do eat fast food, but I stick with the burgers.

Travis, I often eat the Monster, but I don't eat the cheese. Cheese gives me cravings every single time so I got rid of it quite a while ago. Try the Monster with just the bacon and I bet you'll be fine!

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**RE: Zero Carb / Meat and Water - poo123  07-29-2008 10:24 AM**

I consider Pork Rinds a type of meat since it is made from the fat of a pig. Yummy!! I have nibbled them in the past. If you are doing a small amount of carbs you can make a great dip with cream cheese, garlic, s&p and a little heavy cream. Like chips, you can't stop at just one...But for me right now its just meat and water...

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**RE: Zero Carb / Meat and Water - jeepifer  07-29-2008 10:27 AM**

I eat pork rinds when I'm desperate for a "crunch" to munch. I'm sure that will pass as I get further on ZC, but for now...

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**RE: Zero Carb / Meat and Water - Charles  07-29-2008 10:35 AM**

montmorency Wrote:
Your podcast with Jimmy came just at the right time for me, because (possibly inspired by the recent Tour De France) I had begun to think more seriously about whether an athlete could perform at the highest level on a low-carb diet. I hadn't considered a no-carb diet, but (having read (and re-read...) GCBC, when I thought about it, it did make sense.

Thanks, Mike and welcome to our forum!

Mike Wrote:
Inspired by the podcast, I found my way to this forum, and have been working my way through the older posts. Haven't managed to read them all yet, but I noticed that one recurring theme was grass-fed meat versus factory-farmed.

Yes, we have seen this one around here too, Mike. Let me say first and foremost, that this is not an attack of you personally. I will feel free to attack the idea, if you don't mind. It's hard to tell people's intent from a post but just know that I am smiling about this even though it may sound like I'm ranting.

The thing is, I do agree that grass-fed beef is more nutritious than grain-fed beef. I have no doubt about it. I saw one study that said that one would have to eat 6 ounces of grain-fed beef to get the nutritional punch they can get from 3 ounces of grass-fed beef.

What these studies do not say is that grain-fed beef is not nutritious. They only argue from a relativity standpoint.

Proponents then argue for the soil and the inhumane treatment of these animals. I don't buy their arguments because first of all, grain-fed beef is less expensive, better tasting and fattier than the grass-fed variety. I think mankind should be commended for coming up with a way to provide us with relatively inexpensive fatty protein which I've used exclusively to attain outstanding health.

There is much talk about the hormones and the injections these animals get but there is no proof that these things pass on to us and survive the cooking process. Animals eat grass and no one argues that this passes on to humans so why should the grain be any different? I know, because cows don't naturally eat grain and to this I agree. Guess what, humans also do not naturally eat grain and when we do, we get fat. I would much rather the animals gain this fat than myself.

I understand the drive for carbohydrates. People believe that if more land is available for growing crops then we can feed more people. Carbohydrates have allowed us to build cities and industrialize, which many argue may be to our detriment. The problem is that these grains and plants are poison for the human body and we are spreading our poison all over the world. Just think, if we could give this grain to animals, we would have more animals and more food for people to eat. Perhaps we could find a way to provide a ribeye for everyone three times a day!

If we didn't have to pay for the research and care of cancer, diabetes and all the other diseases of civilization, we would have plenty of resources to identify how to provide the proper diet for all of us.

Mike Wrote:
BTW, until I had heard of you, I thought I was perhaps the most dedicated fan of Gary Taubes and GCBC (or "The Diet Delusion" as it's known here). I now gladly concede that title to your good self! :-)

Thanks for all the inspirational postings.

Thanks, Mike. That's okay, there's plenty of room for all of us Taubes fans. Honestly, I'm actually more a fan of Viljamur Stefansson than Taubes, but that's just nitpicking!

Mike Wrote:
p.s. going back to the TdF, it would be really interesting if a current cyclist of the stature of a Greg LeMond or Lance Armstrong were to publicly declare for "low carb" (or even "no-carb") and demonstrate whether the TdF can be done that way. I suspect that there are too many vested interests involved for it to ever happen though.
That's true, but you know, the more I think about it, all of the things that we humans do are not necessarily the healthiest pursuits. I love the great marathon runners as well but I don't know how healthy it is to continuously run marathons especially for people who do not run with proper technique. It can be quite destructive.

It may be that I have to eat carbohydrates to qualify for Boston, but if that's the case, that's not a sacrifice I'm willing to make. I'll stick with half-marathons. Besides, they are more fun and there are usually more people and they even have rock bands every mile of the way!

Regards,

Charles

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RE: Zero Carb / Meat and Water - Charles 07-29-2008 10:36 AM

abnormalslc Wrote:
I have a question....

Is a Pork Rind considered meat??... he asked...crossing fingers....

I don't know. I don't eat them because I picked up a bag in the store and there were far too many additives in them, especially things with "ose" on the end of the name, which are sugars. What are the ingredients?

---

RE: Zero Carb / Meat and Water - jeepifer 07-29-2008 10:41 AM

Charles, is the couch to 5k a good starting point for those of us looking to get back to running?

There's a 5k in early October I have my eye on.

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RE: Zero Carb / Meat and Water - montmorency 07-29-2008 10:56 AM

Thanks for the great welcome and reply Charles, and be sure, your smile was coming through loud and clear 😊

My take on pork rinds ... I guess even LCers/NCers need convenience foods from time to time, but it's much more fun (when you have the space and time) to make your own by roasting a nice succulent joint of pork, to make what we call "crackling" (not sure if that term is used in the USA). Mind you, it's quite an art getting the crackling just right, and I fail as often as I succeed (still eat it, of course, it's just a bit chewy!).

Crackling was one of the great gifts that LC-ing gave back to me, after I'd been avoiding it for years on my so-called healthy diet (that made me overweight, like so many of us). I now eat lamb fat, beef fat, and any other sort of fat, right off the joint of meat (and it doesn't make me sick like I thought it might do, at one time), but there is nothing quite like pork crackling.
Is a Pork Rind considered meat???: ....he asked...crossing fingers....

I don't know. I don't eat them because I picked up a bag in the store and there were far too many additives in them, especially things with "ose" on the end of the name, which are sugars. What are the ingredients?

I haven't eaten any lately...not sure of ingredient list. I suppose the plain variety will have the least. one brand I have purchased in the past, but not since zero carbin', does claim to be Zero carb, but does list sugar as an ingredient.....go figure...

"I have a question....Is a Pork Rind considered meat???: ....he asked...crossing fingers...."

"I don't know. I don't eat them because I picked up a bag in the store and there were far too many additives in them, especially things with "ose" on the end of the name, which are sugars. What are the ingredients?"

I only eat them once in a great while, but the ingredient list on mine is: pork rinds and salt. Not too bad I think.

Is a Pork Rind considered meat???: ....he asked...crossing fingers....

I don't know. I don't eat them because I picked up a bag in the store and there were far too many additives in them, especially things with "ose" on the end of the name, which are sugars. What are the ingredients?

I haven't eaten any lately...not sure of ingredient list. I suppose the plain variety will have the least.
brand I have purchased in the past, but not since zero carbin', does claim to be Zero carb, but does list sugar as an ingredient.....go figure...

You can get them without added ingredients. I make "fauchos" with them, top them with cheese, meat and a small amount of chopped veggies, sour cream. YUM!

**RE: Zero Carb / Meat and Water - Jimmy Moore - 07-29-2008 11:51 AM**

Ab, here's a blog post I wrote two years ago about the shifty labeling by food manufacturers and how they get away with it:


**RE: Zero Carb / Meat and Water - abnormalslc - 07-29-2008 12:34 PM**

Here is the ingredients they claim is in my favorite pork skin...have not had these in a long time, but I love them.

Sweet Cinnamon and Butter Pork Skins

Ingredients: Pork Rinds, Whey, NonFat Dry Milk, Cinnamon, Vegetable Oil, Natural and Artificial Butter Flavor, Sucralose.

Total Fat - 5g
Saturated Fat - 1.5g
Trans Fat - 0g
Cholesterol - 17mg
Sodium - 190mg
Total Carbohydrate - 0g
Dietary Fiber - 0g
Sugars - 0g
Protein - 8g Not a significant source of protein
Vitamin A 0%
Vitamin C 0%
Calcium 0%
Iron 0%

**RE: Zero Carb / Meat and Water - jeepifer - 07-29-2008 12:38 PM**

Sucralose is Splenda.

**RE: Zero Carb / Meat and Water - Charles - 07-29-2008 12:39 PM**

jeepifer Wrote:
Charles, is the couch to 5k a good starting point for those of us looking to get back to running?

There's a 5k in early October I have my eye on.
Yes, that's a fabulous program!

RE: Zero Carb / Meat and Water - suzanneyea - 07-29-2008 12:41 PM

I just made the Low Carb cream cheese muffins for my son...Oh, the temptation to lick the bowl!!!!!!!!!!
Man, this is the downfall to changing my son's diet to low carb, I have all these tempting lc foods around the house. I can easily resist regular cookies or candy, but the lc versions always tempt me!

RE: Zero Carb / Meat and Water - Charles - 07-29-2008 12:50 PM

abnormalslc Wrote:
Ingredients: Pork Rinds, Whey, NonFat Dry Milk, Cinnamon, Vegetable Oil, Natural and Artificial Butter Flavor, Sucralose.

I would avoid the whey (soy waste product), nonfat dry milk (non-fat, really?, cinnamon, and especially the vegetable oil (raises Omega 6 and lowers Omega 3) and sucralose (reportedly makes holes in rats brains among other things).

The ones that are pork rinds and salt seem to be the best. I guess for me, I rarely am hungry between meals. If you are trying to control insulin (which I hope you are), try to make it 5 hours between meals. Eggs and cheese always shortened this period for me. If I eat bonafide fatty protein at my meals, I just don't need to snack.

So, in short, I'm not so much bothered by the snack (pork rinds) as I am with the need to snack. I imagine the salt in them will make you want to eat quite a few of them. There are always exceptions to everything, of course. If you're out and you're hungry and there is nothing to eat, then by all means, don't go hungry. Although, after doing this for a while, you'll find it's pretty easy to go without eating if you need to or want to.

The homemade cracklin' sounds better than these processed pork rinds to me. My dad used to eat that but I never knew what it was. Thanks for the explanation!

Regards,
Charles

RE: Zero Carb / Meat and Water - jeepifer - 07-29-2008 01:03 PM

I find that I can only eat so many of the pork rinds before I'm decidedly full. I can mindlessly eat a whole bag of potato chips no problem. Wonder if it's the good fats helping control the portions?

I'm giving myself permission to snack for now. My body is still adapting, and I'd rather have something like the PRs than reach for the bad stuff.

I don't think I brought enough food with me today. I thought I did. Just hungrier for some reason. My cravings are more mental than physical at this point.
jeepifer Wrote:
My cravings are more mental than physical at this point.

Hey Jeepifer,
Just wanted to say I've always thought all my cravings were emotionally generated when what to my ASTONISHMENT---I discovered that I NEVER HAVE CRAVINGS when I eat lots of fatty meat on Zero Carb.
So my question (to myself)is am I suddenly addiction free, spiritually healed or emotionally grown-up or has something been balanced in my body that eliminates this gnawing hunger??????
Now I know immediately when I haven't eaten to appetite because I start reading my favorite food blogs and drool.(Think Pavlov)

LindaSue Wrote:
aim in Fla*working Wrote:
i have a lot of fish defrosted. How can I add fat to make it more filling?
I like this recipe: Broiled Tilapia Parmesan

LindaSue Wrote:
aim in Fla*working Wrote:
i have a lot of fish defrosted. How can I add fat to make it more filling?
I like this recipe: Broiled Tilapia Parmesan

oh LindaSue...that is my ABSOULuTE favorite..I got it from your website..the sodium in the parm KILLs me though..I blow up over night.
However, I eat it once or twice a month regardless and take a water pill

LindaSue Wrote:
aim in Fla*working Wrote:
i have a lot of fish defrosted. How can I add fat to make it more filling?
I like this recipe: Broiled Tilapia Parmesan

Thanks Linda Sue
I am going to try this, I am trying to get my 2 girls to eat some real fish instead of the dreaded fish sticks. Scott

Living_healthy Wrote:
RE: Zero Carb / Meat and Water - LindaSue - 07-29-2008 04:04 PM

aim in Fla*working Wrote:
i have a lot of fish defrosted. How can I add fat to make it more filling?
I like this recipe: Broiled Tilapia Parmesan

RE: Zero Carb / Meat and Water - lowcarbscott - 07-30-2008 05:08 AM

LindaSue Wrote:
aim in Fla*working Wrote:
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Thanks Linda Sue
I am going to try this, I am trying to get my 2 girls to eat some real fish instead of the dreaded fish sticks. Scott

RE: Zero Carb / Meat and Water - Living_healthy - 07-30-2008 05:59 AM
Last week, I read that Tilapia is an Omega 6 and, of course, bad to ingest. I don't eat fish, so this never concerned me, but you might want to research this. The closest I come to fish intake are the fish oil capsules.

RE: Zero Carb / Meat and Water - aim in Fla*working - 07-30-2008 06:09 AM

Living_healthy Wrote:
Last week, I read that Tilapia is an Omega 6 and, of course, bad to ingest. I don't eat fish, so this never concerned me, but you might want to research this. The closest I come to fish intake are the fish oil capsules.

hmmm...well I eat it rarely and I don't smoke anymore so I guess eating tilapia might be my worst habit~😊
That is a drag it is unhealthy...i had fishy fish.
What about orange roughy?

RE: Zero Carb / Meat and Water - poo123 - 07-30-2008 06:57 AM

Well Charles, I think my body is really on track now. I have lost 4 lbs in 5 days and I am so happy. I do feel the best I have ever felt and once I lose this weight one of my biggest dreams will come true. The dream will be a reality and once that happens I get to have a complete makeover. Hair, makeup and clothes. For me to be a "normal" size woman and be able to shop in lots of different stores rather than just 3 is really great. Well I would like to lose around 100 - 110 lbs to be 130 and feeling this great I will NOT go back to carbs no matter what. 5 weeks in and I am so happy. THANK YOU , alison

RE: Zero Carb / Meat and Water - jeepifer - 07-30-2008 07:06 AM

poo123 Wrote:
Well Charles, I think my body is really on track now. I have lost 4 lbs in 5 days and I am so happy. I do feel the best I have ever felt and once I lose this weight one of my biggest dreams will come true. The dream will be a reality and once that happens I get to have a complete makeover. Hair, makeup and clothes. For me to be a "normal" size woman and be able to shop in lots of different stores rather than just 3 is really great. Well I would like to lose around 100 - 110 lbs to be 130 and feeling this great I will NOT go back to carbs no matter what. 5 weeks in and I am so happy. THANK YOU , alison

Awesome job, Alison! In 5 weeks it will be my birthday and I hope to celebrate at a weight I haven't seen for several years... 😁

RE: Zero Carb / Meat and Water - poo123 - 07-30-2008 07:15 AM

Good luck to you Jeepifer. You have been doing a great job so far by reading all your posts. Keep up the good work. Its easier to play with the little ones as a lighter mom, I know my twins run me ragged at this weight, so its only going to get easier....And more FUN !!

RE: Zero Carb / Meat and Water - jeepifer - 07-30-2008 07:31 AM
Oh, I know, I want to be able to play with them and not sit watching cuz I can't keep up or (even worse) fit in the playground equipment. How old are your twins? My girls are 4-1/2 and almost 3.

As I mentioned in my personal journal, I had a laugh last night at the buffet with a guy that "scolded" me for taking the fatty piece of steak. It was his favorite part, but I got it first. 😁

RE: Zero Carb / Meat and Water - karishma - 07-30-2008 08:36 AM

Living_healthy Wrote:
Last week, I read that Tilapia is an Omega 6 and, of course, bad to ingest. I don't eat fish, so this never concerned me, but you might want to research this. The closest I come to fish intake are the fish oil capsules.

Omega 6 isn't bad for you. They are an Essential fatty acid, meaning they're something we need to get from diet, and we can't live without them.

The concern with Omega 6 is that it needs to be in balance with Omega 3s, and most of us get too much of the 6 and not enough of the 3.

(But the biggest source of omega 6 is vegetable oils, and most of us on this WOE tend to focus on other fat sources, so we're already better off than most people in this regard.)

It never hurts to try and balance out your consumption of the different EFAs, but there's no reason to go crazy and try and eliminate all food that's heavy on the Omega 6s.

Now I don't eat a lot of fish myself, because of concerns about mercury levels, but that's a whole other story.

RE: Zero Carb / Meat and Water - Charles - 07-30-2008 08:45 AM

poo123 Wrote:
Well Charles, I think my body is really on track now. I have lost 4 lbs in 5 days and I am so happy. I do feel the best I have ever felt and once I lose this weight one of my biggest dreams will come true.

Hey, Alison! I am so pleased for you, you really have no idea. If you were in the Raleigh/Durham area, I would treat you to Golden Corral with our low-carb meetup group this Sunday!

This is fabulous news and I hope all continues to go well. Just remember to eat like a "native" and keep those food choices confined and just keep having success. Variety is really all in the mind and it does get easier and easier to resist it as long as you don't wear yourself down too much. When I'm tired and hungry, I'm liable to try anything. Fortunately, I've been working hard at staying refreshed this summer and so far so good.

I hear you on the shopping thing. I have this thing about well-fitting clothes and I can't stand wearing stuff too big or undersized. I hate that I can no longer shop in the bargain stores because 40 year-old men aren't supposed to have 29-inch waists but I'd much rather have this problem.

Once again, Congratulations and Welcome to Life!
Best regards,

Charles

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**RE: Zero Carb / Meat and Water - Charles - 07-30-2008 08:50 AM**

poo123 Wrote:
rather than just 3 is really great. Well I would like to lose around 100 - 110 lbs to be 130 and feeling this
great I will NOT go back to carbs no matter what. 5 weeks in and I am so happy. THANK YOU, alison

By the way, I noticed your goal weight and I think that's very wise on your part. My goal was also at the
high-end of the BMI. You'll find that you can wear a smaller size at 24.9 than you probably used to
when you weighed the same size. The last time I had a 29-inch waist, I probably weighed 10 pounds less
than I do now.

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**RE: Zero Carb / Meat and Water - FatGirlOnAtkins - 07-30-2008 09:59 AM**

poo123 Wrote:
Well Charles, I think my body is really on track now. I have lost 4 lbs in 5 days and I am so happy. I do
feel the best I have ever felt and once I lose this weight one of my biggest dreams will come true. The
dream will be a reality and once that happens I get to have a complete makeover. Hair, makeup and
clothes. For me to be a "normal" size woman and be able to shop in lots of different stores rather than
just 3 is really great. Well I would like to lose around 100 - 110 lbs to be 130 and feeling this great I will
NOT go back to carbs no matter what. 5 weeks in and I am so happy. THANK YOU, alison

Congratulations, girl!! You can do this!

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**RE: Zero Carb / Meat and Water - montmorency - 07-30-2008 10:57 AM**

Charles Wrote:
 [...] 
I hate that I can no longer shop in the bargain stores because 40 year-old men aren't supposed to have
29-inch waists but I'd much rather have this problem.

Ha ha! I love that!

Yes well, I had a 30 inch waist from around the age of 16 to 25 or so.
I can remember an aunt of mine saying: "My Jim used to have a 30 inch waist, but it's about 34 inches
now". At that time, I couldn't imagine ever having a 34 inch waist. Imagine! Ahem, I certainly couldn't
imagine the 40-inch waist I got in middle age! Fortunately, with LC, it is heading back in the right
direction, although it will be some time before it sees 34 inches again, and somewhat longer before it
hits 30!

I am slowly veering in the direction of zero carb, but I think it's better if I do so gradually. First thing to
go has been the cheese (with great regret I must say). I'd already stopped eating nuts ages ago (partly
because for me they were addictive, and partly because of what the Weston A Price people say about
having to soak them ... it all seemed like too much trouble!).
I never did sweeteners in anything; I must say I used to see people on low-carb forums adding sweeteners to all sorts of things, and I just had to bite my tongue, as it were, but it wasn't the way I wanted to go. I felt vindicated by parts of GCBC in this respect, and also some of the things Charles has said.

The biggest problem is, as perhaps many of us find, sharing meals with family and others who do not share our views on diet. My wife thought I was barmy enough going on LC. I think she'd have a fit if I told her about zero carbs, so that's another good reason to introduce the idea gently 😊

I was a little surprised that cheese should be a problem, since the carbs seemed quite low, but I know that people do have problems with it, and Charles has explained why even small amounts of carb can be detrimental. Another factor is that while there is probably a case to me made for our evolutionary ancestors having eaten eggs, at least occasionally, I suspect that cheese is a much more recent part of our food history; essentially a product of agriculture, even if a few thousand years ago.

Eggs will probably be the last to go, partly because of the reason mentioned above, and partly because it seems a shame to lose what seems to be a very nutritional natural food. Since reading about oxycholesterol on Michael Eades' site, I've been less willing to fry them, and now only gently boil them. I eat them soft, and add quite a bit of butter to them - BTW, I am one who can eat butter off the spoon - a little salt helps, although the butter I eat is already slightly salted. On a low-carb diet, I have no worries about salt, especially after reading GCBC.

I lost about a stone and a half (=14+7=21 of your American pounds :-) ) on low-carb, albeit very slowly compared to some low-carbers. I'm not sure if I've stalled ... it was hard to tell at my slow rate of loss ... but in any case, I will see if reducing the carbs still further, helps. I don't totally regret losing slowly; I'm hoping it may help reduce the chance of flabby stretched skin when I get down to my target weight.

I was 10 and a half stone (140+7=147 lbs) in my twenties, and I'm about 5'7". I'm currently just over 13 stone (=140+42=182 lbs), since I think I am more muscular than I was in my twenties, at least in places. That "11" in my mind's eye looks like two thin people standing side by side, which I find a fun target to have!

RE: Zero Carb / Meat and Water - Dwayne - 07-30-2008 11:03 AM

I dream of a 38 inch waist. =) That is what I was when I played football in high school! If I can get back down to that I would be bouncing off the walls.

RE: Zero Carb / Meat and Water - jeepifer - 07-30-2008 11:19 AM

SO, men measure by the waist size, women by the pant size. Too funny! 😁


montmorency Wrote:
Ha ha! I love that!

I enjoyed your post, Mike!
Mike Wrote:
I am slowly veering in the direction of zero carb, but I think it's better if I do so gradually. First thing to go has been the cheese (with great regret I must say).

Honestly, I was sad to lose cheese in my dietary as well. I really loved the Hardees Monster with cheese. I still like it without but it sure was good with it. The funny thing is, I can eat two of them with cheese, but only one of them without. I don't know why that is....

Mike Wrote:
I never did sweeteners in anything;

I can't begin to tell you how much further ahead of the game you are!

Mike Wrote:
The biggest problem is, as perhaps many of us find, sharing meals with family and others who do not share our views on diet. My wife thought I was barmy enough going on LC. I think she'd have a fit if I told her about zero carbs, so that's another good reason to introduce the idea gently 😞

I hear you on this one. I made my wife quite crazy throughout this whole process and she resisted the entire way, but she would play along even if she gave me wierd stares from time to time. Even she is trying a zero-carb experiement with my daughter for the next three weeks. They started on Sunday and she's lost 7 pounds. My daughter has noted huge improvements in her eczema and athsma. I also told her that her teeth would be whiter without the need for Crest White Strips. It's easy to appeal to an 11-year old's vanity! 😊

Mike Wrote:
Another factor is that while there is probably a case to me made for our evolutionary ancestors having eaten eggs, at least occasionally, I suspect that cheese is a much more recent part of our food history; essentially a product of agriculture, even if a few thousand years ago.

I'm currently reading Not by Bread Alone and Stefansson said that the eskimos ate eggs rarely, usually when there was no other food to eat. I personally don't oppose people eating eggs at all. I think they are good for people. My problem with them was that they didn't hold off my hunger long enough like beef did. That's really about the only reason. I did lose 5 pounds quickly after dropping them, but that could have been the cheese as well. I don't think I like eggs without cheese so that was an easy one.

Mike Wrote:
On a low-carb diet, I have no worries about salt, especially after reading GCBC.

I'm just taking this moment to clarify my position on salt. I don't believe salt is bad for anyone. When Taubes writes about salt in GCBC, he's arguing that it does not cause hypertension which is what the "experts" believe. My argument is that salt just doesn't matter. If you grew up eating it, you prefer it. If you did not grow up eating it, you don't miss it or even know from it. That's what Stefansson observed and his archeology background informed him that there are many cultures, such as the Inuit, who actually abhor salt. That was news to me.

He likened it to tobacco and tea. Many believe these to be vital but it appears none of them are. Because I don't need it, I choose not to eat it, not because I believe it's bad for anyone to eat it. I think it may actually exacerbate cramping just like too much water but I haven't proved that to myself. After my August 10th race, I'll tell you if I noticed a difference in competition without salt.
Mike Wrote:
but I'll be happy if my loss stops around 11 stone (154 lbs), since I think I am more muscley than I was in my twenties, at least in places. That "11" in my mind's eye looks like two thin people standing side by side, which I find a fun target to have!

That's my experience as well. The last time I was 154, I didn't have the muscular build so I'm much happier with my body now than I was then.

Great to have you here, Mike and please keep us updated on your progress. I'm thinking the closer you get to zero-carb, the quicker you'll lose.

Regards,

Charles

jeepifer Wrote:
SO, men measure by the waist size, women by the pant size. Too funny! 😄

Honestly, I don't know the difference. I've never measured my waist, I just go by whether the pants fit or not. I used to have the problem that my thighs were too big so I would have to get a bigger waist-size to accommodate them. I now understand I can buy "relaxed fit" which gives room for the thighs but is the correct waist-size. I wasted a lot of money figuring this one out! 😅

Charles Wrote:
My daughter has noted huge improvements in her eczema and asthma.

I used to have asthma as a kid but I outgrew it. I blame it on my dad who smoked. This was in the 50s before the dangers of smoking were publicized in the early 60s so I can't fault him. He picked up the habit in the service when they gave away cigs for free to the service men. I have not noticed any asthma issues being reduced due to low carbing but as an adult I rarely do except for dog and cat hair exposure.

However, I have noticed that some rough, scaly patches of skin around my elbows have completely disappeared in the last year or so. Now totally and completely gone.

MAC Wrote:
I used to have asthma as a kid but I outgrew it. I blame it on my dad who smoked.

We're hoping she outgrows hers. My wife's father was a smoking serviceman as well so she had it growing up. She rarely uses an inhaler nowadays.
However, I have noticed that some rough, scaly patches of skin around my elbows have completely disappeared in the last year or so. Now totally and completely gone.

My daughter marvels how I rarely use lotion and my skin and hair shine.

RE: Zero Carb / Meat and Water - feckless - 07-30-2008 12:19 PM

Charles, do you have journal somewhere that details your original experience with the meat/water diet?

I am wondering what difficulties you went through and what benefits (big and small) you have seen over time. Body composition obviously, but I'm sure there is a whole list of things.

RE: Zero Carb / Meat and Water - FormerDonutJunkie - 07-30-2008 12:26 PM

Charles Wrote:
Mike Wrote:
On a low-carb diet, I have no worries about salt, especially after reading GCBC.

I'm just taking this moment to clarify my position on salt. I don't believe salt is bad for anyone. When Taubes writes about salt in GCBC, he's arguing that it does not cause hypertension which is what the "experts" believe. My argument is that salt just doesn't matter. If you grew up eating it, you prefer it. If you did not grow up eating it, you don't miss it or even know from it. That's what Stefansson observed and his archeology background informed him that there are many cultures, such as the Inuit, who actually abhor salt. That was news to me.

He likened it to tobacco and tea. Many believe these to be vital but it appears none of them are. Because I don't need it, I choose not to eat it, not because I believe it's bad for anyone to eat it. I think it may actually exacerbate cramping just like too much water but I haven't proved that to myself. After my August 10th race, I'll tell you if I noticed a difference in competition without salt.

Regards,
Charles

Charles, I thought I remembered reading earlier in this thread that you really loved Celtic Sea Salt. However, I've only caught up to the first fifty pages so far, so there's a lot I may have missed.

I recently bought some of the Celtic Sea Salt and it definitely adds an additional layer of flavor to ground beef patties. I really love it and have always been one to reach for the salt shaker.

Just curious?

EDIT -- I guess I just found the answer on the 'Salt' thread.

Charles Wrote:
Thanks, Caroline. It's probably been about three weeks now. I used to shake Celtic sea salt on everything and then I began to use it less and less. Then, I read Stefansson's book and liked his argument
that it wasn't necessary. In the book I'm reading now, Not by Bread Alone he expands on what he wrote in Adventures in the Land, and adds that the eskimos didn't season their food to taste like something else. They enjoyed each individual food with all its characteristics. Even tougher meats were good and each had their own unique texture and flavor. Part of the reason the tough meats were still good to them was because they had superb teeth even though they didn't brush and floss. He argued that perhaps we would all enjoy more varieties of meat if our teeth were as good.

I found this compelling so I decided to stop using my salt. Since then, I've had no cramping and I even find that I don't eat as much food when it's not seasoned and I'm starting to notice how salty food is without seasoning. I also find that since I've been eating a bit less since the food has no salt, that I tend to stay closer to 156 even though I still eat until I'm full. Go figure!

So basically, I just decided to follow my own advice. If there is something I absolutely need to have, it's an addiction. If I can take or leave it, it stays. I found I couldn't eat hamburger patties unless they were seasoned. That's not good because they have such wonderful fat. I now like them unseasoned.

Regards,

Charles


Charles, I would love to have dinner at the Golden Corral with your group, but driving 2 hours, there and 2 hours back with kids sounds more like a headache dinner instead. I think maybe I will toast you all on Sunday at a quite dinner at home. It sure would be fun and full of info I bet. And all the positive thoughts, info and feedback just puts a smile on this face......

Jeepifer, my twins are 6 I have a boy and a girl and the best day of the year for me is Aug 26th, the first day of school. 1st grade, kindergarten was a blast so 1st grade will be even better...

RE: Zero Carb / Meat and Water - Charles - 07-30-2008 01:30 PM

feckless Wrote:
Charles, do you have journal somewhere that details your original experience with the meat/water diet?

Unfortunately, not. I had a ton of info on the old forum before it was hacked.

feckless Wrote:
I am wondering what difficulties you went through and what benefits (big and small) you have seen over time. Body composition obviously, but I'm sure there is a whole list of things.

Difficulties:

I always kept my carbs at or below 25 since January of 2007 so it all sort of blends together. The only thing that was difficult was getting used to the idea that I was only going to eat meat. I had to do some trial and error to get to that. For instance, I tried eggs, cheese, and even 85% chocolate. These things did not work for me so I had to lose 'em. My body became super-sensitive to carbs all of a sudden so now if
I have ANY, I feel it throughout my whole body. I instantly gain three or four pounds and it takes a week or two to get back to where I was. This has demonstrated for me that it just isn’t worth it. That's why I have such compassion for those who "go off" plan. I think it's all part of the process.

I'm not totally convinced my wife believes this is the way to go, although each conversation we have seems to reassure her a little more. She would probably love for me to go to the doctor and get a whole lipid panel and explain all the numbers for her. I may do that soon just because of that and other curious people.

Even my children think it's a little extreme but they, like everyone else it seems, can't argue with the results.

Advantages:

Besides all the vanity things which can partially be blamed on Planet Fitness and the West Milbrook Middle School track, I have noticed that you can see the results of your exercise much quicker. All of us have a nice set of abs in there but we have to correct our diet in order to get lean enough for them to show.

I noticed that I grow hair much better, particularly in places where it wasn't growing particularly well before. My skin is totally transformed. I used to have some adult acne, especially on my stomach, back, arms, and face, but now, these have all cleared. My skin is not as dry as it used to be. It shines without using lotion.

By the way, my 16-year old doesn't have acne either (I did at 16).

My teeth are white even though I only brush and floss once a day.

I have absolutely zero gas. I mean, zero.

My underarms do not give that horrible B.O. smell like they used to after running. You know what it smells like, I'm sure. I don't get that. Oh, I get sweaty and musty and probably smell like my dog, but it's far different than that strong B.O. smell. I can now use deodorant and don't have to use anti-perspirant with that aluminum stuff in it.

My libido went from 70 to 100. I mean (more than once) if you know what I mean. I am totally convinced that E.D. is a disease of civilization!

My eyesight is better. I got glasses in 2005. In 2006, I got a much lighter prescription because my eyes improved. I now wear contacts but even they are not as strong as my glasses were and I can see very well.

I am much stronger. I can lift heavier weights now than I could at 207. I've never been this strong. I can't run long distance as fast as I could in high school, but I am rapidly approaching my sprinting performance. However, I can run much longer than I used to run in school. That's probably more related to age. It's well-known that distance runners improve with age. The mind is just stronger.

They talk about all-meal diets clogging your arteries, but my bloodflow has improved all over. I don't have to do pushups to look like I've been working out. If I'm outside in the sun, my veins just pop out like I've been lifting. I find that kind of cool. I can't wait to hit the beach next month.

I don't wear sunscreen or take any vitamins or supplements.
I don't chronicle my food in journals because it's usually not very memorable. That may sound bad to you but I think it's critical. Eating is just something I do and once I'm full, it's over. I don't reminisce about how good the food was, unless it's a Brazilian steakhouse! The biggest thing is that I never, ever experience that nagging sensation of hunger that I used to have on my low-fat diet. I'm just either hungry or I'm not. If I'm not, then the thought or smell of food is detestable.

I'm probably forgetting some things, but that's the bulk of it.

Thanks for your question and allowing me to share.

Regards,

Charles

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**RE: Zero Carb / Meat and Water**

**MAC** - 07-30-2008 01:51 PM

Charles Wrote:
My body became super-sensitive to carbs all of a sudden so now if I have ANY, I feel it throughout my whole body. I instantly gain three or four pounds and it takes a week or two to get back to where I was. This has demonstrated for me that it just isn't worth it.

This is the honest truth for myself as well which is documented as you know in my journal. Even though it is water weight, as you say it takes a FULL week to two weeks to lose the water weight. And it doesn't take a whole lot of carbs to push things back up 3-4 pounds in a day or two. For me it also makes it more difficult to keep downward momentum as well.

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**RE: Zero Carb / Meat and Water**

**suzannevea** - 07-30-2008 02:55 PM

It is interesting you said that about your eye sight. I was on the computer yesterday without my glasses and I didn't even notice. Before, I could not even read the screen without them. I have a couple of other medical problems that have cleared up with zero carb. But, like the rest of us, my spouse is not so sure. Especially at dinner tonight, I was super hungry, so I ate A LOT and he was giving me the eye. And then started talking about how much red meat I eat...you know the drill.

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**RE: Zero Carb / Meat and Water**

**MAC** - 07-30-2008 03:02 PM

Now you know why propaganda and spin control work so well. We have been fed the big fat lie for so long no one has a clue there is an alternative hypothesis and the science is pure junk.

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**RE: Zero Carb / Meat and Water**

**travis t** - 07-30-2008 03:23 PM

Quick weight gain happens to me also. Last Thur, Fri, and Sat night I got on the scales at home and was 166.2-166.3-166.2 before bed. On Sunday after church we went to Walmart and I got a big bag of chips. Ate the entire bag with ketchup while watching TV Sunday afternoon. I couldn't get enough water in me (I drank all day long). Weighed 171.6 Sunday night. 5.4 pounds in about 8 hours. Today when I got home I stepped on the scale and 164.4. Took me three days to lose the water from one
RE: Zero Carb / Meat and Water - MAC - 07-30-2008 03:34 PM

You did say you used hot dogs as a delivery vehicle for ketchup. What happened to the hot dogs? At least you are getting your lycopene. In South America they dip their french fries in mayo instead of ketchup and the French like mustard on their fries. Ketchup is much better than either of those.

RE: Zero Carb / Meat and Water - Wendyoh - 07-30-2008 04:50 PM

Charles Wrote:
My body became super-sensitive to carbs all of a sudden so now if I have ANY, I feel it throughout my whole body. I instantly gain three or four pounds and it takes a week or two to get back to where I was. This has demonstrated for me that it just isn't worth it.

I'm curious as to what you mean when you say you feel it throughout your whole body when you eat even a tiny amount of carbs.

I eat about 20gC/day right now, usually in 4 meals. I notice immediately after eating my meals that I feel very jittery and can't concentrate, and feel an overall buzz-like sensation for about 30 minutes. This is replaced by tiredness and a slight headache, and then about an hour after eating I feel progressively and progressively better.

I'm pretty certain this has to do with insulin. What I'm wondering though, is this the way we all used to feel all the time? Or is it more exaggerated now that we are eating VLC and producing less insulin?

RE: Zero Carb / Meat and Water - travis t - 07-30-2008 05:02 PM

Wendyoh
Hey try something tomorrow. Before you eat your four meals spend about five minutes of prayer or even just sitting very quietly just before you eat and then see if your buzz is gone. It just could be you need a little stress reduction to quiet down a cortisol release. This is just a wild guess but maybe worth a shot. Something that I read from Malcolm Kendrick made me think of this.

travis t

RE: Zero Carb / Meat and Water - pennypritty1 - 07-30-2008 06:08 PM

Charles Wrote:
Advantages:

Besides all the vanity things which can partially be blamed on Planet Fitness and the West Milbrook Middle School track, I have noticed that you can see the results of your exercise much quicker. All of us have a nice set of abs in there but we have to correct our diet in order to get lean enough for them to show.

I noticed that I grow hair much better, particularly in places where it wasn't growing particularly well before. My skin is totally transformed. I used to have some adult acne, especially on my stomach, back,
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I'm probably forgetting some things, but that's the bulk of it.

Thanks for your question and allowing me to share.

Regards,

Charles

good grief, Charles...

These results are incredible!!!! And way encouraging to keep at this way of life! Thanks for sharing this! (ohmigod!) my mouth is literally hanging open in shock at all of these advantages.
Charles Wrote:
Honestly, I was sad to lose cheese in my dietary as well. I really loved the Hardees Monster with cheese. I still like it without but it sure was good with it. The funny thing is, I can eat two of them with cheese, but only one of them without. I don't know why that is....

I've come up with a theory about cheese...see below.

Charles Wrote:
Mike Wrote:
I never did sweeteners in anything;

I can't begin to tell you how much further ahead of the game you are!

😄Thanks, but I still have my vices, e.g. (hot)tea(unsweetened) with a little full-cream milk. I'm slowly cutting this down, but it's not my first priority. Having said unsweetened, after I began to lose my sweet tooth on LC, I could begin to taste the natural sweetness of the lactose in the milk, even the small amount I use. I think that's why I prefer milk to cream in tea.

Charles Wrote:
They started on Sunday and she's lost 7 pounds. My daughter has noted huge improvements in her eczema and asthma. I also told her that her teeth would be whiter without the need for Crest White Strips. It's easy to appeal to an 11-year old's vanity! 😏

*chuckle* - That's great!

Charles Wrote:
I'm currently reading Not by Bread Alone and Stefansson said that the eskimos ate eggs rarely, usually when there was no other food to eat. I personally don't oppose people eating eggs at all. I think they are good for people. My problem with them was that they didn't hold off my hunger long enough like beef did. That's really about the only reason. I did lose 5 pounds quickly after dropping them, but that could have been the cheese as well. I don't think I like eggs without cheese so that was an easy one.

I understand; cheese and eggs is a great taste combination, and I always used to combine them. I agree they are not as good at holding off hunger as fatty meat though. I'm cutting back on them anyway, because I'm increasing my meat, but won't eliminate them for a while. I'll let the "more meat" diet stabilise for a while. I had ground (minced) beef yesterday for breakfast, with some bacon, but probably not enough, as it "only" kept me going for 4-5 hours. I had a bit more this morning, and I can feel the difference; still have no interest in food, from an eating point of view, after nearly 4 hours.

Interestingly, the highest fat ground beef I can find here is 20% fat, presumably what you would call 80/20. The low fat message really took hold here, and the less fat the "mince" has, the more expensive it is. Good isn't it; the less healthy it is, the more you pay, and they kid you it's more healthy! 😔

(Of course, reducing fat made food taste bland, so the processed food makers started increasing salt. Now salt is a "demon food", so they've had to decrease that again (patting themselves on the back for
making it "healthy"). I believe the latest trick is to sneak in sugar or sugar substitutes.

Charles Wrote:
My argument is that salt just doesn't matter. If you grew up eating it, you prefer it. If you did not grow up eating it, you don't miss it or even know from it. That's what Stefansson observed and his archeology background informed him that there are many cultures, such as the Inuit, who actually abhor salt. That was news to me.

My Dad was put on a low-salt diet in his 50s because of his high BP (he lived to 84 BTW). We therefore got used to not adding much salt to our food, and I could take it or leave it - still can. However, I have noticed sometimes that if I drink a lot of water in hot weather, it's a bit more satisfying if I occasionally add a few grains of salt. I got this idea from Thor Heyerdahl's "Kon Tiki" account, where they found that adding a small amount of sea water to their fresh water made it more quenching. Those Scandinavian guys are pretty smart, don't you think?

Charles Wrote:
Great to have you here, Mike and please keep us updated on your progress. I'm thinking the closer you get to zero-carb, the quicker you'll lose.

Thanks again Charles, and I believe you are right. It's really great to find a place where these things are debated in such detail (subjects which fascinate me, though I am a complete layman), and names like Pennington, Cleave, Krebs and Randle come up routinely, as well as the more expected Taubes, Banting and of course, Atkins, and concepts like esterification, mobilization of free fatty acids, and gluconeogenesis are batted to and fro with ease. I feel quite at home!

(BTW, talking of names, if people here have not heard of Malcolm Kendrick, I'd really recommend his book "The Great Cholesterol Con" (confusingly the same title as Anthony Colpo's book, which I've not had chance to read). People here may not agree with his verdict on diet, but I think you'd be happy with his ideas on cholesterol. His style of writing is also very appealing - if you don't laugh out loud at some points, you aren't eating enough fat! 😄. He's also a fan of Gary, and plugs his book at the end of a lecture you can find on UTUBE. You can also find some great articles by him at: http://www.thincs.org).

I've been working through the "Dr Eades" thread on this site; as it seems to have been put to bed, I won't post there, but one comment here, if I may, about those eggs, nuts and cheese which seem to cause problems for many.

A point occurred to me - it was like a light going on actually, but maybe that's overstating it: It's true that, say, cheese may have some carbs, and that is no doubt a factor, but the other interesting thing about cheese is that it has less protein than beef, for example, even though it has a lot of fat.

I remembered something that Barry Groves says in Natural Health and Weight Loss, that unless you have enough protein in your meals, they aren't going to be as satisfying, and this is because, basically, having enough protein helps to keep the blood sugar more stable for longer.

Cheese, although it comes from "natural" sources, is not exactly a natural food - it's a processed food, even if the process has been around a long time. Nuts may be natural, but perhaps not for man; possibly the same is true of eggs.

What I am getting at here is that, as well as low (or even no) carb being important, could it be the ratio
of protein to fat that is important here? Meat (and arguably fish) have these in a natural proportion which man evolved to eat, so we do well with them.

That's one point. Next main point, really a question which has been bugging me since I read (and re-read and re-read ...) Taubes on hunger, and the dynamic balance of free fatty acids going in and out of the adipose cells:

Just say an overweight/obese person has been established on a low-carb diet (say <20gm) for sufficient time to be well adapted to fat-burning. His insulin and trigs should have come down, and there should be nothing to inhibit the free flow of fatty acids into the fuel stream.

Since he is still overweight or even obese, by definition, he still has plenty of potential fuel packed away in his adipose tissue, and if the insulin and trigs are low enough, nothing to stop it being burned for fuel.

OK, so if hunger (as defined in GCBC) is basically a perceived unavailability of usable fuel in the fuel stream, why on earth does this guy ever even get hungry? Why doesn't he just burn his spare fat until it's all gone, or almost all gone, and _then_ get hungry?

Sorry if that's a naive question, but sometimes one needs to ask the dumb question!

Clearly there are other factors present here: blood glucose levels; other hormones coming into the equation. But if the fundamental cause of hunger in an obese person is that he can't get to his stored fatty acids because they are "locked away", why does he still get hungry when they are "unlocked".

The only answer that I have been able to come up with for myself is that, as Taubes says, insulin levels (other things being equal) are in proportion to body fat, so if you still have excess body fat, you still have higher than ideal insulin, and so you _still_ aren't getting proper access to your fatty acids as fuel.

I asked a similar question on Dr Eades site a few days ago, in the "Taubes - Bray" thread. It has now made it out of moderation, and Dr Eades has kindly replied, but I have to say, I am not much more the wiser. Maybe someone here can explain it to me in terms I can understand. Maybe the answer is already in GCBC, but I didn't understand it. One point that MRE does say in his reply was that GT was probably talking about long-term-hunger. Well, maybe, but I don't really remember Gary differentiating between long-term and short-term hunger very much; maybe that is something I have missed and need to go back to. MRE also mentions leptin, which I know is important, but could not find in the index to GCBC. When I googled for leptin, I must admit, I only got confused by the articles that I found, and it didn't really answer my basic question.

With kind regards and much thanks,
Mike

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RE: Zero Carb / Meat and Water - LindaSue - 07-31-2008 06:08 AM

montmorency Wrote:
Since he is still overweight or even obese, by definition, he still has plenty of potential fuel packed away in his adipose tissue, and if the insulin and trigs are low enough, nothing to stop it being burned for fuel.

OK, so if hunger (as defined in GCBC) is basically a perceived unavailability of usable fuel in the fuel stream, why on earth does this guy ever even get hungry? Why doesn't he just burn his spare fat until it's all gone, or almost all gone, and _then_ get hungry?
The first thing that comes to my mind is that we don't only live on fatty acids. What about protein and other nutrients that we get daily from eating? Sure, we may have enough fat on us to live off of for a long time but we don't want to "eat" our muscles to get the protein that we need every day.

RE: Zero Carb / Meat and Water - jeepifer - 07-31-2008 07:18 AM

I think I agree with LindaSue -- without intake of dietary protein and fat, you would lose both fat and lean muscle.

RE: Zero Carb / Meat and Water - MAC - 07-31-2008 07:24 AM

montmorency Wrote:
The only answer that I have been able to come up with for myself is that, as Taubes says, insulin levels (other things being equal) are in proportion to body fat, so if you still have excess body fat, you still have higher than ideal insulin, and so you _still_ aren't getting proper access to your fatty acids as fuel.

You hit the nail on the head. Hyperinsulinemia is going to keep your body from getting at stored fat. Insulin is the gate keeper of fat storage.

I never get hunger pangs on zero carb. I can go a long time between meals. 5-6 hours or more. Taubes has written about the lack of hunger on a low carb diet as well not just that it disappears during starvation. That is why low carb works so well.

RE: Zero Carb / Meat and Water - waywardsister - 07-31-2008 07:52 AM

First of all, congrats to Jimmy and to Alison! And hi to Montmorency *waves*

I'm 4 days in, and have shed the 2lbs water weight I gained the week prior so back to 116#. That always feels good 😊 I am opting not to use Fitday or anything, but I am tracking my progress (body-composition wise) with weekly pics. For my eyes only, for now! But I do feel clear-headed and have more energy, and am sleeping well again. Skin is clearing up as well.

Charles, I have Stefansson's "Life With The Eskimo", which I haven't tackled yet (it's huge) - since you're a fanboy, I'll tell you that it's an old hardcover ordered from an online used bookseller, and when I opened it I was thrilled to see that Stef. had actually signed it in 1948 - inscribed it to a friend, Shelley (don't know who that is) And I paid next to nothing for it. Okay, okay, enough Stef gushing. I would like to read his other works, you mentioned they were online somewhere? Fat Of The Land is one I am dying to read.

With regards to cheese, I have a theory as well (don't we all). Cheese has a very high concentration of casein (one of the dairy proteins), I believe it's highest in hard cheeses like cheddar. Casein, like gluten, can act as an opiate in the body, meaning you start to want more and more of it. Butter and cream, on the other hand, have far less casein, though it's still present and can cause issues for some. I think for some of us, we're sensitive to the casein and as such have a hard time regulating our cheese intake, or experience bloating and other inflammatory responses to it - it is a foreign protein, from a paleo/evolutionary standpoint anyway, and some people like myself have an autoimmune response to it, esp. if we have a 'leaky gut'. I suspect that the industrialization of dairy (pasteurization, etc) has had an effect as well, as many people who have trouble with 'modern' dairy are perfectly fine with raw versions. I'd love to self-experiment with this, but raw milk is illegal in my province, and raw cheeses are tres
spendy! I may try, one day, a goat/sheep dairy experiment, bc I don't find goat or sheep cheeses have that 'keep coming back' effect - I can take them or leave them. Plop an aged, hard cow cheddar in front of me though, and I'll down the whole block!

**RE: Zero Carb / Meat and Water - LindaSue - 07-31-2008 08:14 AM**

I hope that your theory is right about cheese, waywardsister. If there is something that's in cheese that causes people to eat too much of it then that's not a problem for me. I can take or leave cheese and it's a struggle to get down as little as an ounce at a time by taking very tiny nibbles. I do like cheese but I never crave it. It's just a convenient food to have on hand when I need to eat something and don't feel like eating a full-size meal. I quite often have an ounce of cheddar right before bed so that I don't have to go to sleep hungry.

**RE: Zero Carb / Meat and Water - montmorency - 07-31-2008 08:24 AM**

lindasue Wrote:
The first thing that comes to my mind is that we don't only live on fatty acids. What about protein and other nutrients that we get daily from eating? Sure, we may have enough fat on us to live off of for a long time but we don't want to "eat" our muscles to get the protein that we need every day.

jeepifer Wrote:
think I agree with LindaSue -- without intake of dietary protein and fat, you would lose both fat and lean muscle.

Good points both. I agree; we get our energy from free fatty acids and/or glucose (which can either come from carbs or protein via gluconeogenesis). But we need protein in addition for bodily cell/tissue repair and maintaining muscle mass; no question.

But what is the hunger-signalling mechanism that tells us to eat protein? It must be something other than that unavailability of free-fatty-acids that GCBC talks about, because in the scenario I have posited, there should not be an unavailability.

MAC Wrote:
montmorency Wrote:
The only answer that I have been able to come up with for myself is that, as Taubes says, insulin levels (other things being equal) are in proportion to body fat, so if you still have excess body fat, you still have higher than ideal insulin, and so you__still__ aren't getting proper access to your fatty acids as fuel.

You hit the nail on the head. Hyperinsulinemia is going to keep your body from getting at stored fat. Insulin is the gate keeper of fat storage.

I never get hunger pangs on zero carb. I can go a long time between meals. 5-6 hours or more. Taubes has written about the lack of hunger on a low carb diet as well not just that it disappears during starvation. That is why low carb works so well.

So, during those 5-6 hours, presumably your insulin levels are sufficiently low to mean that FFA mobilization is taking place, but what is it that eventually gets you hungry? (BTW, I don't know if you are currently above your ideal weight or not, but lets talk about someone (like myself) who is still carrying more than enough spare fat. I too don't get pangs between my normal meal times now (on LC),
but I do definitely get hungry before the actual meal, and it doesn't have to be immediately before the meal.

The thing about whether we all get an insulin raise just prior to a meal which clears out all fuel (FFA or glucose) from the bloodstream and induces hunger: I believe Charles has said here (sorry if I misrepresent him) that this *always* happens. I'm not sure if I understood from GCBC that it always happened; I'd got the impression that either this was more of a feature of anticipation of carb-rich meals, or only happened in certain circumstances.

So would it be the case that if we have been only on a low-carb diet, and we have spare fat that we could potentially burn, we only get hungry because we are anticipating a meal?

If that's not the case, then what is the mechanism for making us hungry?

We are not hungry all the time (on a LC diet), so at least at some times, our insulin levels must be sufficiently low. What will it be that's making them go up, if that's what it is?

Or if not that, what other mechanism?

Regards,
Mike

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**RE: Zero Carb / Meat and Water - MAC - 07-31-2008 08:39 AM**

montmorency Wrote:

So, during those 5-6 hours, presumably your insulin levels are sufficiently low to mean that FFA mobilization is taking place, but what is it that eventually gets you hungry? (BTW, I don't know if you are currently above your ideal weight or not, but lets talk about someone (like myself) who is still carrying more than enough spare fat. I too don't get pangs between my normal meal times now (on LC), but I do definitely get hungry before the actual meal, and it doesn't have to be immediately before the meal.

Yes. I am above my ideal weight. I was distinguishing between hunger pangs and hunger or at least the type of hunger/hunger pangs one gets on a diet that is caused by high carb intake. I pretty much eat by the clock more or less. It just works better for me but it is usually 5-6 hours between meals. More like 5. I get a sensation of my stomach not being full. But these are not the I have to eat hunger pangs. Just more of a general sense of hmmm I feel like eating. Whether or not FFAs are being released is a question I cannot answer. One would assume so at some point during those 5-6 hours as like I said I feel the need to eat and otherwise I don't. Whether these FFAs are from the blood stream or the adipose tissue or both I don't know. Whether this is a conditioned response or not is open to question as I generally eat by the clock.

Insulin is released by the body in 2 phases. Phase I is the initial response to food or the anticipation of food. Protein intake will raise insulin levels. However, it generally does not cause that much of a rise in blood glucose as it is counter balanced by a release of glucagon from the pancreas as well. Phase II insulin will continue to be secreted until blood levels return to normal. Fat does not raise insulin levels. Carbs raise insulin levels and there is NO glucagon released in response to carbs.

There are many hormones that regulate hunger. Some 14 in all according to Dr. Oz in YOU ON A DIET. Insulin is the master hormone. Other counter regulatory hormones increase/decrease according to the level of insulin. All these hormone levels are sensed by the hypothalamus based on output of hormones at the cellular level. There is leptin and ghrelin and many other appetite hormones that come
into play but insulin is still the master hormone. The hypothalamus, based on what level of appetite hormones are in play, is what controls your actions depending on if you are full or hungry. It forces the behavior to make you eat or stop eating. It is the control center but not what really makes you hungry or satiated. That is all due to hormone levels at the cellular level. The hypothalamus just senses the levels of hormones in your body and then causes you to take action one way or the other.

RE: Zero Carb / Meat and Water - montmorency - 07-31-2008 08:40 AM

Thanks for the wave, waywardsister *waves back* :-)  

V. interesting about cheese/casein/opiate. 

I could practically "mainline" cheese if I let myself, so I think there is something in this. 

Unpasteurised cheese is trés chere here too, but when I do buy it, it is somehow more satisfying than bland mass-market cheddar; much sharper taste for one thing, so maybe that would be less addicting.

But hey, if we are saying that the problem with cheese is that it is addictive and we eat loads of it, isn't that another way of saying that the problem is all the additional calories that this would entail....? 

Slippery slope here! 

But addictive substances are not good news, as Charles has warned us many times, so if they really are addictive to an individual, then that individual at least, should probably avoid them. 

Regards,  
Mike

RE: Zero Carb / Meat and Water - deedum - 07-31-2008 08:56 AM

Update on my zero carb experience. I'm at 4 weeks zero carb today and have lost zero pounds! However, I've noticed slimming in my upper body but no change in the globule of fat that I gained in my lower abdomen last year. This tells me a couple of things: I may still be insulin resistant and those wacky, out-of-balance, perimenopausal hormones are making me hold on to that fat.

I do feel like I am more fat adapted. My energy levels are much better. I don't experience fatigue like before but no energy bursts either. Like what Charles said, I don't feel like I have the energy to work out but when I do work out I have plenty of energy to actually do it. More like a steady, low to mid, energy level all day long.

One bad thing though, I can't bear to eat the cheaper chuck steaks anymore, have to have the ribeye which rarely goes below $6/lb here!  
So, I'm livin' on ribeye and ground beef.

I'm going away to a Turbo Kick convention today through Sunday. I cooked up a bunch of steaks and ground beef to take with me so I requested a refrigerator in my room. This will be a real test of my fat adaption because I will be working out more than I ever have in my life the next four days! I'll be trying out all the other workouts the Turbo Kick organization certifies in. They have names like, "Hip Hop Hustle", "Turbo Kick Strength", and "PiYo" (pilates/yoga). They also split us up into teams and we compete against each other to see who's the most spirited. Sounds like junior high drill team camp to
me, been there, done that, don't really want to do it again so let's hope I catch the spirit while I'm there.

Deanna

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**RE: Zero Carb / Meat and Water** - Loops - 07-31-2008 09:09 AM

Montmorency Wrote:

Thanks for the wave, waywardsister *waves back* :-)

V. interesting about cheese/casein/opiate.

I could practically "mainline" cheese if I let myself, so I think there is something in this.

Unpasteurised cheese is trés chere here too, but when I do buy it, it is somehow more satisfying than bland mass-market cheddar; much sharper taste for one thing, so maybe that would be less addicting.

But hey, if we are saying that the problem with cheese is that it is addictive and we eat loads of it, isn't that another way of saying that the problem is all the additional calories that this would entail....?

Slippery slope here!

But addictive substances are not good news, as Charles has warned us many times, so if they really are addictive to an individual, then that individual at least, should probably avoid them.

Regards,
Mike

I find I can eat goat cheese without any consequence - and it's still pasteurized. I also find that any cheese actually seems to keep me full for quite a long time funnily enough - even compared to meat. It is if I eat too much cream that I start to get bizarre hunger (probably the lactose). I'm cutting down on cheese intake too (and for the time being all cream). I'm all for doing things gradually. Right now I'm struggling with overeating ground beef - when I say that, I'm not worried about how much I'm eating - but I felt AWFUL the other night from eating way too much. I was so bloated and full and it just wouldn't go down! I don't know why I ate so much. I was reduced to lazing around on the couch for several hours afterwards.

I'm going to try to stop eating after a bit to avoid that kind of scenario again. I really thought I was going to explode!

Loops

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**RE: Zero Carb / Meat and Water** - FormerDonutJunkie - 07-31-2008 09:23 AM

deedum Wrote:

Update on my zero carb experience. I'm at 4 weeks zero carb today and have lost zero pounds! However, I've noticed slimming in my upper body but no change in the globule of fat that I gained in my lower abdomen last year. This tells me a couple of things: I may still be insulin resistant and those wacky, out-of-balance, perimenopausal hormones are making me hold on to that fat.

I do feel like I am more fat adapted. My energy levels are much better. I don't experience fatigue like
before but no energy bursts either. Like what Charles said, I don't feel like I have the energy to work out but when I do work out I have plenty of energy to actually do it. More like a steady, low to mid, energy level all day long.

**One bad thing though, I can't bear to eat the cheaper chuck steaks anymore, have to have the ribeye which rarely goes below $6/lb here!**

So, I'm livin' on ribeye and ground beef.

I'm going away to a Turbo Kick convention today through Sunday. I cooked up a bunch of steaks and ground beef to take with me so I requested a refrigerator in my room. This will be a real test of my fat adaption because I will be working out more than I ever have in my life the next four days! I'll be trying out all the other workouts the Turbo Kick organization certifies in. They have names like, "Hip Hop Hustle", "Turbo Kick Strength", and "PiYo" (pilates/yoga). They also split us up into teams and we compete against each other to see who's the most spirited. Sounds like junior high drill team camp to me, been there, done that, don't really want to do it again so let's hope I catch the spirit while I'm there.

Deanna

Deanna,

I know there are all kind of 'cheap' chuck steaks out there that are tough and no good, but I've found one called the 'Chuck Eye' that will nearly pass as a rib eye, at least in my book. It is a somewhat smaller steak but at $3.49 to $3.98 per pound, it's a real bargain. You don't often see them displayed in the meat counter so sometimes you have to ask for them. I've seen them at Wally World only a few times. My wife, who shops at Ingles quite often, buys them for me there on a pretty regular basis. They are tender and have good fat marbling just like a rib eye. My 2CW, FWIW, YMMV, etc!

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**RE: Zero Carb / Meat and Water - con - 07-31-2008 09:40 AM**

CHARLES did you see this comment answer by Dr. Eades on his blog yesterday?
"Calories do count. And Gary (Taubes) agrees that they do. You’ve got to have a caloric deficit to lose weight. The confusion arises because it’s difficult to lose weight by counting calories even though a caloric deficit brings about the weight loss. Problem is there is the whole calories-out side of the equation that isn’t independent of the calories-in side. When people volitionally reduce calories coming in (by dieting) they also decrease calories going out involuntarily. If they try to increase calories going out voluntarily, they end up increasing the calories coming in by eating just a little more (it doesn’t take much to compensate for the amount lost due to exercise). On low-carb diets people spontaneously consume less because they lower their insulin levels allowing fat to escape from the fat cells to meet the body’s needs. But they do create a caloric deficit by eating less, but at the same time don’t decrease their energy expenditure because the body doesn’t view the caloric deficit of a low-carb diet as starvation. I can see how this could be confusing. I should do a regular post on it because I’m sure others wonder as well."

I'd love to get your rebuttal. I don't think Taubes does agree with this.

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**RE: Zero Carb / Meat and Water - MAC - 07-31-2008 09:46 AM**

con Wrote:
CHARLES did you see this comment answer by Dr. Eades on his blog yesterday?
"Calories do count. And Gary (Taubes) agrees that they do. You’ve got to have a caloric deficit to lose
weight. The confusion arises because it’s difficult to lose weight by counting calories even though a caloric deficit brings about the weight loss. Problem is there is the whole calories-out side of the equation that isn’t independent of the calories-in side. When people volitionally reduce calories coming in (by dieting) they also decrease calories going out involuntarily. If they try to increase calories going out voluntarily, they end up increasing the calories coming in by eating just a little more (it doesn’t take much to compensate for the amount lost due to exercise). On low-carb diets people spontaneously consume less because they lower their insulin levels allowing fat to escape from the fat cells to meet the body’s needs. But they do create a caloric deficit by eating less, but at the same time don’t decrease their energy expenditure because the body doesn’t view the caloric deficit of a low-carb diet as starvation. I can see how this could be confusing. I should do a regular post on it because I’m sure others wonder as well.”

I'd love to get your rebuttal. I don't think Taubes does agree with this.

I just started on new thread on this. Dr. Eades and the Calorie Mechanism

Let's post comments there as this is more than about zero carb and water.

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RE: Zero Carb / Meat and Water - suzanneyea - 07-31-2008 09:48 AM

But, I have tracked my calories before and when I was on low fat I never went over 1200 and my weight was never lower than 130, now I never eat under 2000 calories and I can barely stay at 110...

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RE: Zero Carb / Meat and Water - MAC - 07-31-2008 10:16 AM

I have copied Con's and Suzanneyea's comments over to the new thread I started. See above. This is about more than zero carb and water and thus would be visible to a larger audience in another thread IMHO.

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suzanneyea Wrote:
It is intersting you said that about your eye sight. I was on the computer yesterday without my glasses and I didn't evennotice. Before, I could not even read the screen without them. I have a couple of other medical problems that have cleared up with zero carb.
But, like the rest of us, my spouse is not so sure. Especially at dinner tonight, I was super hungry, so I ate A LOT and he was giving me the eye. And then started talking about how much red meat I eat...you know the drill.

I noticed that I am seeing better too, and my constant allergies don't even bother me anymore-not at all! I'm surprised by this... I wonder if they will get worse again in the fall.
LOL@ your husband giving you the eye. Mine said the other night, "You should be careful not to eat too much fat!" I think he's afraid I'll gain weight. Ha ha!

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RE: Zero Carb / Meat and Water - Charles - 07-31-2008 10:39 AM

Wendyoh Wrote:
I'm curious as to what you mean when you say you feel it throughout your whole body when you eat even a tiny amount of carbs.

That's a great question, Wendy. Well, for one, I have gas which I never have. I get "regular" again after being quite irregular on zero-carb. It could be every other day and somehow that seems fine. I feel bloated in my stomach and I have the feeling that someone just pumped water throughout my body. I guess I'm just generally uncomfortable. I don't shake or get dizzy or anything but it's just so different than how I usually feel.

I hope that helps. I was surprised by all of this. I figured that since I didn't eat them, perhaps if I did have a few, my body would just eliminate them and go back to business as usual. I couldn't have been more wrong. I came to grips with this even better when I read in Stefansson where he says that:

**Quote:**
I have suggested that there must have been a cycle of malnutrition, discomfort and early deaths that lasted many tens of thousands of years, while the mechanism of the body for handling monkey food was being adapted to handling considerable and at length very high percentages of flesh foods. It is doubtful that mankind is as yet through biologically with the worst of the corresponding period of change from the hunting and pastoral to the agricultural way of life

That means when you go zero-carb for a while and switch back, you shouldn't expect it to be easy.

Wendy Wrote:
I'm pretty certain this has to do with insulin. What I'm wondering though, is this the way we all used to feel all the time? Or is it more exaggerated now that we are eating VLC and producing less insulin?

Another excellent question. I'd like to say it's different now, but I can't really say. When insulin was high, I suppose we got used to it. Now that we've come to understand a little of what it's like to have low insulin, there are so many possibilities now.

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**RE: Zero Carb / Meat and Water - Charles - 07-31-2008 11:28 AM**

Mike Wrote:
OK, so if hunger (as defined in GCBC) is basically a perceived unavailability of usable fuel in the fuel stream, why on earth does this guy ever even get hungry? Why doesn't he just burn his spare fat until it's all gone, or almost all gone, and _then_ get hungry?

I think that one part that gets lost in the mix is the notion of cellular equilibrium. Keep in mind that obesity is a compensatory reaction to internal starvation caused by a metabolic disorder of fat accumulation. This comes courtesy of Dr. Stephen Ranson. This guy died far too soon.

This is tough for the calorie-counters like Eades because they can't assimilate this into their understanding of the law of conservation of energy. When Taubes talks about hunger, he does so from the cellular perspective and you're right, it's not long or short term -- it just is what it is.

This obese fellow is at equilibrium. This means that at his present weight, his cells are getting their nutrients at the correct rate which will keep him within his body's regulated parameters. He gets hungry
at a rate to keep that rate constant, just like a thin person does. In order for him to become leaner, he has to increase the rate of flow of those nutrients into the cells. When he does this, the body will compensate by shrinking the fat tissue so the rate stays constant. This was Pennington's understanding.

When a lean person, such as myself, eats carbohydrates, I cause a slow-down to the rate of flow for my cells. My body compensates by increasing the size of my fat tissue to keep the rate constant. This probably explains why it takes several days or weeks to re-adjust that flow. We have to understand that even a little carbohydrate can do this. People always say, "oh, this little bit won't hurt..." The amount is irrelevant. It's the effect.

Some people call this a "set point" but that doesn't quite fit the alternative hypothesis. That's like looking at a lake and naively declaring it to have a set point without realizing that the level is just the average between the flow of water into and out of the lake.

The problem is that since the person is so obese, they mistakenly believe that by eating less, they will lose weight. When they do that, they slow down the flow of nutrients into the already starving cells so the body has no choice but to compensate by enlarging the fat tissue even further to keep the flow rate constant. It's like constricting a garden hose. He has to eat more fat and protein to appetite to ensure those cells get the nutrition they request at the proper rate.

As MAC said, Yalow, Berson and Le Magnen came along and taught us that when insulin truly gets under control and the pancreas slows hypersecretion (I don't think it ever gets fixed), then there is more time that fatty acids can circulate which will shrink the fat tissue. If the person is obese and their insulin levels are high, then your scenario can't be true. It's impossible that he is still obese and his insulin levels are normal. Just because one is on a low-carb diet and even losing weight, does not mean that their insulin is normal. Some of those cells remain insulin resistant. I hope I'm wrong on this last point but I don't think I am, unfortunately.

This is the mechanism that seems to elude Dr. Eades. He apparently hasn't studied the research on hyperinsulinemia closely enough. His observations on his patients are obviously correct but he doesn't identify the mechanism. Some people are not going to tame their insulin enough to get the flow they need to become thin due to hormones and also their inability to beat their addiction to carbohydrates. Cheese and nuts don't have many carbs, but as Pennington observed, one guy at DuPont couldn't eat as much as an apple or he would gain considerable weight. Me and this guy are probably related!

What about zero-carb? Perhaps but it's going to take a while which is probably proportionate to how long they have been obese. Someone who has been obese their entire life will probably need to go zero-carb and remain there for years in order to achieve the weight loss they want. Others will respond quickly.

Basically the calories-in/calories-out thing happens at the cellular level, not in your brain or in your stomach. When you understand it this way, then you can reconcile all the observations.

Regards,

Charles

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RE: Zero Carb / Meat and Water - jeepifer - 07-31-2008 11:30 AM

Someday I'm going to come visit your area and make a pilgrimage to the Golden Corral. 😊 I can't tell you how envious of your regular LC meetups I am. We've tried a gathering here once or twice but
pzzzzzzzzzzzpt. I think I'm the only low-carber in Minnesota!

We used to have a place that offered all you could eat prime rib on Fri or Sat nights for about $20. Dan (hubby) and I went there the night we were engaged. Unfortunately, they closed and we haven't found such a good deal since.

I can eat the ribeye at Outback and be pretty full, though. Of course, I have much more body fat to burn than Suzanneyea (for now 😊) so I'm finding when I am fully on plan my appetite is satisfied more easily.

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**RE: Zero Carb / Meat and Water - Charles - 07-31-2008 11:31 AM**

waywardsister Wrote:
Charles, I have Stefansson's "Life With The Eskimo", which I haven't tackled yet (it's huge) - since you're a fanboy, I'll tell you that it's an old hardcover ordered from an online used bookseller, and when I opened it I was thrilled to see that Stef had actually signed it in 1948 - inscribed it to a friend, Shelley (don't know who that is) And I paid next to nothing for it. Okay, okay, enough Stef gushing. I would like to read his other works, you mentioned they were online somewhere? Fat Of The Land is one I am dying to read.

Just a few pages back, you can download *Adventures in the Land. Not By Bread Alone* has the *Adventures* information in it, but it expands a great deal on what was said there. Bellevue is covered in excruciating detail. I tell you, he must have countered every argument that could possibly be made against an all-meat diet. It's incredible so far. The copy I have was scanned and it's huge.

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**RE: Zero Carb / Meat and Water - Charles - 07-31-2008 11:45 AM**

montmorency Wrote:
But what is the hunger-signalling mechanism that tells us to eat protein?
It must be something other than that unavailability of free-fatty-acids that GCBC talks about, because in the scenario I have posited, there should not be an unavailability.

In nature, it's quite difficult to get good fat without some protein there. When Stefansson talks about 80% fat, he's mainly talking about fatty protein. He's not talking about eating lean by itself because that makes him sick. By the way our bodies have been shown to work, it's clear that it was set up to most efficiently deal with fat and protein from animals. We absorb the nutrients most readily, our mitochondria handle fatty acids naturally and even glucose is converted to fat via triglycerides and handled exactly the same way as fatty acids. If triglycerides weren't so big, we would function normally with them. Because of their size, they undergo esterification which slows down the stream of nutrients.

Mike Wrote:
So, during those 5-6 hours, presumably your insulin levels are sufficiently low to mean that FFA mobilization is taking place, but what is it that eventually gets you hungry? (BTW, I don't know if you are currently above your ideal weight or not, but let's talk about someone (like myself) who is still carrying more than enough spare fat. I too don't get pangs between my normal meal times now (on LC), but I do definitely get hungry before the actual meal, and it doesn't have to be immediately before the meal.

The mechanism is the availability of the long-term fuel supply. You have to understand that all the
nutrients go throughout your body in the stream of nutrients which is basically your blood circulation. When you need energy, the stream changes directions instantly and directs the flow of free fatty acids towards your limb or organ that requests energy in the blink of an eye. When this long term fuel supply begins to falter, your cells signal your brain, via your central nervous system, to eat. Your hypothalamus coordinates your five senses via the nervous system, insulin is secreted and then you begin the Krebs cycle.

The food that goes into the gut gets broken down and the majority of it goes to your fat tissue. It stays there until it is slowly absorbed into the stream of nutrients. Hunger doesn't mean you're out of fuel, it just means that the body wants to replenish the long term fuel supply. It can go much longer if it has so, but you can condition it to get topped off more often than it absolutely needs to. I've read that every system in our body actually overcompensates.

This cycle happens every meal regardless of your low-carb status. Insulin doesn't sit dormant just because we don't eat carbohydrates. It always performs in the way described, it just doesn't stay in circulation in thin people as long as it does in obese people.

The problem in hyperinsulinemics is that their pancreas secretes insulin even between meals so they don't get the opportunity to live off the stream of nutrient (the long term fuel supply) as long as thin people do.

Hope this helps,

Charles

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RE: Zero Carb / Meat and Water - Charles - 07-31-2008 11:49 AM

deedum Wrote:
One bad thing though, I can't bear to eat the cheaper chuck steaks anymore, have to have the ribeye which rarely goes below $6/lb here!
So, I'm livin' on ribeye and ground beef.

This will pass. Just keep eating and one day you'll actually look forward to them if that's all there is to eat.

deedum Wrote:
I'm going away to a Turbo Kick convention today through Sunday. I

That sounds like an awful lot of work to do after only 4 weeks of zero-carb but I wish you well and hope you've adapted as quick as you'd like. You may be tired, but I'm betting you'll get through it. Just allow plenty of time for rest.

Best regards,

Charles

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RE: Zero Carb / Meat and Water - Charles - 07-31-2008 11:52 AM

Loops Wrote:
I'm going to try to stop eating after a bit to avoid that kind of scenario again. I really thought I was going to explode!

Loops

Oh dear! Please stop before you explode!!! 😒 You should try it without seasoning. I find that I eat much less meat without seasoning. I'm full and satisfied, never bloated where I need to lie around after eating. I know this goes against my "Thanksgiving Full" notion but I really want people to be full, and not semi-starving themselves. On the other hand, you should definitely stop eating when you're full just because you'll feel better. We don't want to engage in an overfeeding experiment.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - MAC - 07-31-2008 11:52 AM**

Charles Wrote:
This cycle happens every meal regardless of your low-carb status. Insulin doesn't sit dormant just because we don't eat carbohydrates. It always performs in the way described, it just doesn't stay in circulation in thin people as long as it does in obese people.

I would add that your body is always secreting some insulin as I understand things. It is the serum level of insulin that is out of whack between thin people and obese people.

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**RE: Zero Carb / Meat and Water - Charles - 07-31-2008 12:01 PM**

con Wrote:
I'd love to get your rebuttal. I don't think Taubes does agree with this.

This is nonsense. I will rebut it if you want, but I thought I did it in [http://www.livinlowcarbdiscussion.com/showthread.php?tid=488](http://www.livinlowcarbdiscussion.com/showthread.php?tid=488). If I didn't cover this, let me know.

I did foward your message to Gary Taubes. He just loves to be misquoted. The last time Eades misquoted him, he e-mailed him to set him straight. I'll share with you what he replies, if he does.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - karishma - 07-31-2008 12:25 PM**

Charles Wrote:
We have to understand that even a little carbohydrate can do this. People always say, "oh, this little bit won't hurt..." The amount is irrelevent. It's the effect.

...
Cheese and nuts don't have many carbs, but as Pennington observed, one guy at DuPont couldn't eat as much as an apple or he would gain considerable weight. Me and this guy are probably related!

This is me for sure. And it's something I just cannot explain to those around me (who don't agree with low-carb to begin with, let alone zero-carb).

When I was pregnant with my son, I upped my carbs to Atkins maintenance levels - so I was eating things like whole wheat tortillas, beans, etc. And I didn't gain weight (beyond the growing baby), or really suffer any of the other symptoms of eating too many carbs.

(I'm finding the same effect this time around too, although I'm trying to keep my carbs lower than I did last time. I'm sure I could build a healthy baby on zero-carb, but I get so much flak just for eliminating sugar and bread that it's not worth dealing with it. Maybe baby #3 will be a zero-carb baby...)

Anyway, after my son was born, I dropped my carbs back some but not all the way. and even though I was eating fewer carbs than when I was pregnant, I started gaining weight. One time I literally only ate a 2" cube piece of pineapple, and I gained about 3lbs, and it took me at least a week to lose it again.

I do believe I need to get down to zero-carb to lose weight, and hopefully, once this baby gets here, I'll be able to do that.

RE: Zero Carb / Meat and Water - Charles - 07-31-2008 12:38 PM

karishma Wrote:
(I'm finding the same effect this time around too, although I'm trying to keep my carbs lower than I did last time. I'm sure I could build a healthy baby on zero-carb, but I get so much flak just for eliminating sugar and bread that it's not worth dealing with it. Maybe baby #3 will be a zero-carb baby...)

I don't mean to overstep my bounds but...

The sad part here is that it's about so much more than weight. I would be concerned about my child's teeth and their insulin levels when they are born. It may not do much to you but it's impossible to know the effect on the cells and what gets passed on to the child. That's far more important than the scale. You have hormones working for you that will make you nice and fat regardless of what you eat.

Just because you eat zero-carb while pregnant, do you think that you will not get fat? You most certainly will! Those sex-hormones will work to store fatty acids regardless of what you eat. The most important thing is what happens at the cellular level and that's what would worry me.

Regards,

Charles

RE: Zero Carb / Meat and Water - karishma - 07-31-2008 01:52 PM

Charles Wrote:
karishma Wrote:
I'm finding the same effect this time around too, although I'm trying to keep my carbs lower than I did last time. I'm sure I could build a healthy baby on zero-carb, but I get so much flak just for eliminating sugar and bread that it's not worth dealing with it. Maybe baby #3 will be a zero-carb baby...

I don't mean to overstep my bounds but...

The sad part here is that it's about so much more than weight. I would be concerned about my child's teeth and their insulin levels when they are born. It may not do much to you but it's impossible to know the effect on the cells and what gets passed on to the child. That's far more important than the scale. You have hormones working for you that will make you nice and fat regardless of what you eat.

Just because you eat zero-carb while pregnant, do you think that you will not get fat? You most certainly will! Those sex-hormones will work to store fatty acids regardless of what you eat. The most important thing is what happens at the cellular level and that's what would worry me.

Regards,

Charles

Charles, I am confused by your response. Did you mean to say you are worried because you think I should be eating zero-carb while pregnant or because you think I should eat more carbs? (Your first paragraph suggests the former, and your second the latter)

I was just pointing out that (when my metabolism isn't in overdrive due to pregnancy), I'm one of the people who needs to eat practically zero-carb to avoid the hyperinsulinemic response.

When I'm pregnant I can tolerate more carbs, but it's because my body needs so many more nutrients at this time that it can handle whatever I throw at it. I didn't mean that I'm stuffing my face with pizza or other junk, just that if I eat some fruit (for example) I can tolerate it without the negative effects I would immediately see if I were not pregnant.

As for how I'm eating while I'm pregnant, I'm not concerned about gaining weight. I just want to eat the healthiest diet I can to grow a healthy baby.

I've told this story on some other thread before, but i'll repeat it in case you've missed it.

In my first pregnancy I successfully ate a healthy lowcarb diet (at Atkins maintenance levels) for the first two trimesters, but got off track in my third trimester because I simply couldn't carry around enough quantity of lowcarb food to satisfy my hunger - so I'd eat whatever was available. Towards the end of that pregnancy I started developing signs of pre-eclampsia, and my son was eventually born 6 weeks early.

I am completely convinced that the problems I experienced were the result of not being able to stick to lowcarb the whole way through, and I am determined to not let the same thing happen this time around.

Hence I'm trying to be fairly strict in my lowcarbing - I'm just not going down to zero-carb because "don't you know your baby needs carbs?" is a lot easier to deal with than "don't you know your baby needs the nutrients from fruits and vegetables?"

(Even on this forum, you get people arguing with you about how healthy zero-carb really is; imagine
trying to argue with someone (say a mom or MIL) who is already convinced that you are doing irreparable harm to their grandchild by staying away from milk, bread, bananas, etc.) Even my husband, who is completely supportive of my eating lowcarb, was only reluctantly supportive when I tried zero-carb before I got pregnant, and would be absolutely opposed if I tried it now.

RE: Zero Carb / Meat and Water - Ell.eee - 07-31-2008 01:57 PM

Yesterday morning I changed my usual breakfast because I was in a hurry and had just 2 eggs and 1T of butter with my coffee. I headed off to work with my bottle of water (I haven't had lunch on work days in over a month and am never hungry). Well by 3pm I was starving! When I got home at 5:30 I cooked about 1.25 pounds of 73/27 ground meat and then put 4 eggs in with it to soak up the fat. I planned to eat 1/2 for supper and the rest for breakfast today but I ate the whole pan and still felt hungry for about an hour as I always do even though my stomach was uncomfortably full. Loops I know just how you felt!

Now today it is almost 5pm and I haven't gotten hungry yet. I made myself eat about 1/2 pound of fatty beef rib meat at 3pm because I was worried that I hadn't eaten yet and I don't feel hungry at all for dinner. I guess I'll make sure to include some meat and the 2T of coconut oil I usually have with breakfast on work days from now on. Feel like I really messed up my system getting too hungry and then overeating. Plus the thought of ground beef is repulsive to me right now - hope I haven't lost my taste for it cause I can't afford rib eye! I'm thoroughly disgusted with myself. Can't believe it was even possible for a woman my size, 106 pounds, to eat 1.25 pounds of meat and 4 eggs in one sitting - never again.

RE: Zero Carb / Meat and Water - jeepifer - 07-31-2008 02:04 PM

karishma Wrote:
I am completely convinced that the problems I experienced were the result of not being able to stick to lowcarb the whole way through, and I am determined to not let the same thing happen this time around.

On one hand, you are correct in saying that your diet can help influence and perhaps delay the pre-eclampsia. But having had it once, you are more likely to develop it again. Also, not all factors have do to strictly with diet. What I'm trying to say is don't beat yourself up if it occurs again.

Don't get me wrong -- I think you are doing an awesome job keeping the carbs to a minimum. I only gained baby weight both my pregnancies, and had two beautiful, healthy girls. 😍

And congratulations! Babies are beautiful!

RE: Zero Carb / Meat and Water - Charles - 07-31-2008 02:11 PM

Ell.eee Wrote:
I'm thoroughly disgusted with myself. Can't believe it was even possible for a woman my size, 106 pounds, to eat 1.25 pounds of meat and 4 eggs in one sitting - never again.

Please, please, don't think like that. You were hungry and therefore you ate! Never apologize for hunger. Also, don't eat when you're not hungry. If you eat a lot, that just means it will take that much longer for you to be hungry again. There's no shame in that, really!

Don't feel like you have to eat according to some convention, such as eat once a day or whatever. Let
your hunger control when you eat and when you don't. You're doing fine, don't worry about this.

I know it's strange to sometimes feel like gorging and other times you eat just a little. That's more natural and that's how it's supposed to be. You don't control hunger. Your body does. All you can do is respond to it and let your body lead the way.

Keep your head up, you're doing great!

Regards,

Charles

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**RE: Zero Carb / Meat and Water - aim in Fla*working - 07-31-2008 02:14 PM**

Chalres, a poster earlier posted that she had been on zero carb for 4 weeks and had not lost weight...could you explain how that is possible?
Thank you😊
Amy

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**RE: Zero Carb / Meat and Water - Charles - 07-31-2008 02:15 PM**

karishma Wrote:
Charles, I am confused by your response. Did you mean to say you are worried because you think I should be eating zero-carb while pregnant or because you think I should eat more carbs? (Your first paragraph suggests the former, and your second the latter)

No, I'm saying you should stay as low carb as possible during your pregnancy. I do understand about the pressure, especially if it comes from your spouse. I understand that.

I think you would be fine on zero-carb and that's what I was trying to say although I didn't say it very well! 😃

Thanks for sharing your story with me, I haven't seen it before.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - Charles - 07-31-2008 02:23 PM**

aim in Fla*working Wrote:
Chalres, a poster earlier posted that she had been on zero carb for 4 weeks and had not lost weight...could you explain how that is possible?
Thank you😊
Amy

Hi Amy!
It's possible because zero-carb doesn't aim to reduce your weight. It aims to repair a hormonal condition in your metabolism. Deana has hyperinsulinemia which means that she likely secretes insulin for much of the day. That leaves little time for her fatty acids to circulate. By going zero-carb, she is trying to condition her pancreas not to secrete so much insulin which will allow fatty acids to flow for longer periods of time. This takes time. It's not just about how many carbs you eat, it's about how much insulin you secrete. The carbs are truly secondary, although not eating them is the best way to improve the condition.

This level of hyperinsulinemia varies wildly between people. Not only that, but if there are any other issues that she has, these can also exacerbate the condition. I don't know what, if any, supplements she may be taking, whether she has trouble with her menses, whether she has any sort of chronic pain anywhere in her body, etc.

Our bodies are a homeostatic system and it's impossible to separate weight from the other regulatory processes in the body. They are all driven by hormones with insulin being the chief hormone. If one of these is acting up, it will affect all the others. I would have to get a lot more information to know why she isn't losing weight, but she said that she had other markers like sleeping better and higher energy levels. These are signs that her insulin levels are improving and as long as this continues, it's a great sign that she'll begin losing weight soon.

Alison didn't lose weight for a while and then began to lose one day. That's how it works sometimes.

For some people, it takes a while to jumpstart the system and then once it gets going, it can take a long time to regulate itself properly. One has to be in it for the long haul because for some people, it will take that long to get where they are trying to go. I hate it that it's like this, but that's really how it is.

Regards,
Charles

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RE: Zero Carb / Meat and Water - Dwayne - 07-31-2008 02:40 PM

Ketones are bad for babies. My wife would not go into detail, but she is an ER Doctor and is pregnant. Low carb, but not so low you become ketotic

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RE: Zero Carb / Meat and Water - montmorency - 07-31-2008 04:04 PM

Charles Wrote:
I think that one part that gets lost in the mix is the notion of cellular equilibrium.

Yes, I kind of "got" that on reading Taubes, but it does get lost, as you say, when you try to keep in mind all the other variables.

Charles Wrote:
This obese fellow is at equilibrium. This means that at his present weight, his cells are getting their nutrients at the correct rate which will keep him within his body's regulated parameters. He gets hungry at a rate to keep that rate constant, just like a thin person does. In order for him to become leaner, he has to increase the rate of flow of those nutrients into the cells. When he does this, the body will compensate by shrinking the fat tissue so the rate stays constant. This was Pennington's understanding.
The problem is that since the person is so obese, they mistakenly believe that by eating less, they will lose weight. When they do that, they slow down the flow of nutrients into the already starving cells so the body has no choice but to compensate by enlarging the fat tissue even further to keep the flow rate constant. It's like constricting a garden hose. He has to eat more fat and protein to appetite to ensure those cells get the nutrition they request at the proper rate.

As MAC said, Yalow, Berson and Le Magnen came along and taught us that when insulin truly gets under control and the pancreas slows hypersecretion (I don't think it ever gets fixed), then there is more time that fatty acids can circulate which will shrink the fat tissue. If the person is obese and their insulin levels are high, then your scenario can't be true. It's impossible that he is still obese and his insulin levels are normal. Just because one is on a low-carb diet and even losing weight, does not mean that their insulin is normal. Some of those cells remain insulin resistant. I hope I'm wrong on this last point but I don't think I am, unfortunately.

OK, many thanks Charles. I think these paragraphs help a lot with the things I wasn't quite understanding; partly I've never totally "got" insulin resistance, but I was forgetting insulin's role (I know it has many) in causing glucose to be stored within the cells (and that this may not happen if the cell is insulin resistant).

From what you say, if we are stalled, then probably eating fewer calories is about the last thing we should do, provided they aren't carb calories of course.

Charles Wrote:
This is the mechanism that seems to elude Dr. Eades. He apparently hasn't studied the research on hyperinsulinemia closely enough. His observations on his patients are obviously correct but he doesn't identify the mechanism. Some people are not going to tame their insulin enough to get the flow they need to become thin due to hormones and also their inability to beat their addiction to carbohydrates. Cheese and nuts don't have many carbs, but as Pennington observed, one guy at DuPont couldn't eat as much as an apple or he would gain considerable weight. Me and this guy are probably related!

I didn't buy his calorie argument; I might have at one time, but certainly not after reading GCBC, and my eyebrows raised at his suggestion that GT would agree with this argument. I don't personally count calories; never have; never will.

Charles Wrote:
What about zero-carb? Perhaps but it's going to take a while which is probably proportionate to how long they have been obese. Someone who has been obese their entire life will probably need to go zero-carb and remain there for years in order to achieve the weight loss they want. Others will respond quickly.

This rings true to me. I could tell in the last couple of years or so that something had really "broken" in my fat mechanism. I'd gained weight and lost weight over the years but this was something else. I'm glad I decided to go myself down the LC route, before some doctor got hold of me and (probably) put me on statins and the rest of the paraphernalia. Now that I know a little more about how it all works, I know that I made the right decision.

Charles Wrote:
Basically the calories-in/calories-out thing happens at the cellular level, not in your brain or in your stomach. When you understand it this way, then you can reconcile all the observations.

Thank you once again Charles for some wonderfully thoughtful, considered and insightful commentary.
Yes, as I think someone suggested (or it may have been you!) an interview between you and Gary would be superb!

With kind regards,
Mike

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**RE: Zero Carb / Meat and Water - Glenice - 07-31-2008 04:15 PM**

Charles, I am slowly reading through this thread and find it fascinating and am learning a lot. I am particularly interested in your statement about zero carbs repairing hormonal conditions in the pancreas. Is it possible to do this even despite Type 2 diabetes? My feeling is that one would have to drop injecting insulin altogether for it to happen. I would think that exogenous insulin would block all efforts to lose weight, as has been my experience. On Dr Bernstein's diet of 30 or less carbs I have been able to wind back the insulin doses to around 30 to 40 units per day, though I have mostly consumed only around 10g per day to do this. I am going to try going completely zero, but I am wondering if it is even possible for any repairing to be done if you are injecting insulin. Your thoughts would be most appreciated.

Regards,
Glenice

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**RE: Zero Carb / Meat and Water - Charles - 07-31-2008 04:16 PM**

Dwayne Wrote:
Ketones are bad for babies. My wife would not go into detail, but she is an ER Doctor and is pregnant. Low carb, but not so low you become ketotic

This is ridiculous. Tell her to come on and provide some science. We're not talking about ketoacidosis, we're talking about ketosis. None of us here on zero-carb should really be in ketosis unless we're eating lean meat or just starting out. Either way, ketones are safe for any state our bodies are in.

We need the science.

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**RE: Zero Carb / Meat and Water - MAC - 07-31-2008 04:23 PM**

Charles Wrote:
Dwayne Wrote:
Ketones are bad for babies. My wife would not go into detail, but she is an ER Doctor and is pregnant. Low carb, but not so low you become ketotic

This is ridiculous. Tell her to come on and provide some science. We're not talking about ketoacidosis, we're talking about ketosis. None of us here on zero-carb should really be in ketosis unless we're eating lean meat or just starting out. Either way, ketones are safe for any state our bodies are in.

We need the science.

There were some posts on Dr. Eades site about ketones and pregnancy under I believe the comments for the Ketosis and Metabolism thread. Most of 'the facts' by one poster were related to levels of low
carbing depending on trimester. But even Dr. Eades said he knew very little about pregnancy and ketones so he offered no advice.

There have been some studies recently about gestationally diabetic mothers getting pancreatic cancer later in life because of the gestational diabetes.


And this link about high sugar levels in pregnant women and childhood obesity in their offspring: [http://www.sciencedaily.com/releases/2007/08/070828084428.htm](http://www.sciencedaily.com/releases/2007/08/070828084428.htm)

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**RE: Zero Carb / Meat and Water - Charles - 07-31-2008 04:28 PM**

Glenice Wrote:
Charles, I am slowly reading through this thread and find it fascinating and am learning a lot. I am particularly interested in your statement about zero carbs repairing hormonal conditions in the pancreas. Is it possible to do this even despite Type 2 diabetes? My feeling is that one would have to drop injecting insulin altogether for it to happen.

Hi Glenice, welcome to our thread! I believe that Type 2 is reversible because if you don't supply any glucose phosphate, then over time your pancreas should secrete less insulin. Dr. Mary Vernon deals with this often and she reports that most of her patients no longer need insulin very quickly after changing their diet. You would want to work with a doctor because as you go to zero-carbs you would need to adjust your dosage of insulin down to keep from getting too much. I would expect on zero-carb that your need for insulin would plummet very rapidly.

Insulin injections would certainly cause fattening and in the 20s, Taubes' research tells us that this is how they used to treat anorexics. Dr. Blake Donaldson regularly chastised his patients for "wanting an insulin shot to cover their Danish."

Again, if you remove the carbohydrates, then your need for insulin will disappear pretty quickly afterwards but work with a doctor to keep from overdosing on insulin. I'm sure Jimmy can hook you up with a low-carb doctor in your area or if you feel like taking a trip, it would be worth it to visit Dr. Vernon in Kansas!

Regards,

Charles

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**RE: Zero Carb / Meat and Water - Charles - 07-31-2008 04:32 PM**

MAC Wrote:
There have been some studies recently about diabetic mothers passing on traits to their newborns because they are diabetic. We are not talking about gestational diabetes here but diabetics before pregnancy.

Well, that makes sense if you're talking about diabetics. However, just a blanket statement that very low-carb eating is not good for pregnancy is quite a stretch. The Masai have babies every day and I don't
think they have any trouble.

Any diabetic would want to work with an experienced low-carb doctor in anything they do in order to get their medicines adjusted accordingly. However, for the general non-diabetic pregnant woman, I don't see how a zero-carb diet would harm them any more than it does any other meat-eating woman in the world.

RE: Zero Carb / Meat and Water - montmorency - 07-31-2008 04:47 PM

Charles Wrote:
In nature, it's quite difficult to get good fat without some protein there. When Stefansson talks about 80% fat, he's mainly talking about fatty protein. He's not talking about eating lean by itself because that makes him sick. By the way our bodies have been shown to work, it's clear that it was set up to most efficiently deal with fat and protein from animals.

Which reminds me of the cheese thing again; it has fat, and yes, it has protein, but not exactly protein as we know it Jim, I mean it's not a natural combination like the combination of the protein and the fat from the flesh of the cow that produced the milk for the cheese would have been.

Charles Wrote:
The mechanism is the availability of the long-term fuel supply. You have to understand that all the nutrients go throughout your body in the stream of nutrients which is basically your blood circulation. When you need energy, the stream changes directions instantly and directs the flow of free fatty acids towards your limb or organ that requests energy in the blink of an eye. When this long term fuel supply begins to falter, your cells signal your brain, via your central nervous system, to eat. Your hypothalamus coordinates your five senses via the nervous system, insulin is secreted and then you begin the Krebs cycle.

The food that goes into the gut gets broken down and the majority of it goes to your fat tissue. It stays there until it is slowly absorbed into the stream of nutrients. Hunger doesn't mean you're out of fuel, it just means that the body wants to replenish the long term fuel supply. It can go much longer if it has so, but you can condition it to get topped off more often than it absolutely needs to. I've read that every system in our body actually overcompensates.

This cycle happens every meal regardless of your low-carb status. Insulin doesn't sit dormant just because we don't eat carbohydrates. It always performs in the way described, it just doesn't stay in circulation in thin people as long as it does in obese people.

The problem in hyperinsulinemias is that their pancreas secretes insulin even between meals so they don't get the opportunity to live off the stream of nutrient (the long term fuel supply) as long as thin people do.

Hope this helps,

Yes, enormously, and thank you very much once again.

Just a quick personal update: I increased the quantity of minced beef this morning (packet of 500 gms); cooked in its own fat with a couple of slices of bacon, topped off with some butter for added flavour and vitamin A, etc. Possibly ate slightly more than originally intended, but boy, was this powerful. This kept me going comfortably for at least 10 hours; I couldn't quite believe it. When I did eat again, I wasn't
ravenous, just comfortably hungry and didn't overeat; just some more minced beef and a few slices of fatty topside; v. small amount of non-starch veg mixed in as it was shared with my wife.

With kind regards,
Mike

RE: Zero Carb / Meat and Water - Dwayne - 07-31-2008 05:11 PM

Charles Wrote:
Dwayne Wrote:
Ketones are bad for babies. My wife would not go into detail, but she is an ER Doctor and is pregnant. Low carb, but not so low you become ketotic

This is ridiculous. Tell her to come on and provide some science. We're not talking about ketoacidosis, we're talking about ketosis. None of us here on zero-carb should really be in ketosis unless we're eating lean meat or just starting out. Either way, ketones are safe for any state our bodies are in.

We need the science.

I figured you would say that so she will provide it shortly. Her last pregnancy she became gestationally diabetic and had to go low carb. Her OB warned her about ketones and fetal brain development (she will look up the specifics at work since she is concerned,) not to mention gestational diabetics have low birth weights (Jack was 6 pounds at 39 weeks.)

I think perhaps someone who is Keto-adapted fully may not run these risks, but advising someone who is not running off their ketones may be unwise. Causing your body to change fuel sources during a pregnancy sounds like a bad idea. She wanted to do atkins since her dad has been on it for 5 years, but her OB and others told her it would be dangerous.

I will get you more information, but I would err on the side of existing procedures for pregnancies that are established. I mean what were infant mortality rates of paleo cultures? If someone is going to go low carb while pregnant at least look into a gestational diabetic diet.

It is one thing to say that doctors know little about nutrition and have a bias towards low fat, carby diets. It is another to say they don't know about keeping babies healthy.

At the end of the day I would tell our pregnant friend to talk to her doctor. None of us, that I know of here, have the authority to give advice sans malpractice on what a pregnant woman should or should not eat. It is an interesting topic though.

RE: Zero Carb / Meat and Water - Kristi31 - 07-31-2008 05:14 PM

So maybe, just maybe some of the problems I encountered when eating all-meat (raw) were due to inadequate fat in my diet. Tonight, I bought some very fatty (regular) ground beef. 100 grams of it contains 25g fat, 17g protein. About 77% of calories come from fat, close to the 80:20 ratio Stefansson and others recommend.

I suspect women may perhaps do better on higher fat as opposed to men who do well on more protein due to sex hormones (androgen vs estrogen).
I only ate about 100-150 grams of ground beef and I was full! Whereas I can easily eat much more, about 400-600 grams, in one sitting, with other meats such as chuck or rib steak.

Maybe that's why I was constipated and tired after (or during) meals. Maybe that explains why my skin is dry, hair is brittle and I have a hard time shedding those last few pounds. And maybe, just maybe, that's why I feel sometimes bloated but crave carbs AND do better when adding them back in. More fat!!!

Let's see what happens in the next few days...

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RE: Zero Carb / Meat and Water - Dwayne - 07-31-2008 05:25 PM

Charles Wrote:
MAC Wrote:
There have been some studies recently about diabetic mothers passing on traits to their newborns because they are diabetic. We are not talking about gestational diabetes here but diabetics before pregnancy.

Well, that makes sense if you're talking about diabetics. However, just a blanket statement that very low-carb eating is not good for pregnancy is quite a stretch. The Masai have babies every day and I don't think they have any trouble.

Any diabetic would want to work with an experienced low-carb doctor in anything they do in order to get their medicines adjusted accordingly. However, for the general non-diabetic pregnant woman, I don't see how a zero-carb diet would harm them any more than it does any other meat-eating woman in the world.

Look, I made that statement quickly so that a pregnant mother wouldn't start a potentially harmful course of action. How many studies have been done on people that suddenly transition from carbs to all meat while pregnant? What kind of development issues would that cause? I am not advocating going out and eating sugar to save a baby, but I think non-zero carb people should be careful while pregnant. Our bodies are in states of equilibrium either way, change it at your risk is fine, but at the risk of two seems irresponsible. Again all the internet studies in the world and all the reading do not make anyone here a medical authority. Nor does being a medical authority make anyone always correct. At the end of the day I think someone consulting an OB/doctor that is specialized in pregnancies would be the course to go before changing to ANY diet.

I buy what you are selling about 0 carbs, but unless anyone here is willing to be responsible for problems during pregnancies maybe some information from some other sources are needed.

Maybe it would be a good idea to see what Eskimos/Masai and others do for pregnancies? Do they eat more root vegetables? Do any of these books talk about diets of women that are pregnant? What about all the rainforest cultures that have bananas and yams/obscure root vegetables in their diets? Are those for special events or for pregnancies? What would a shaman/witch doctor tell a woman to do in those cultures to produce a healthy baby?

Sorry if any of this seems harsh, but I feel slightly attacked myself.
How many low carb doctors deliver babies? Maybe this is something you should email to the doc Charles?

RE: Zero Carb / Meat and Water - nyteez - 07-31-2008 05:27 PM

Wow! I am finally caught up in this post. I spent a month reading The Bears post from 2 years ago and have spent the last 4 days catching up on this post (I have had no life LOL!)

It is interesting that I see a few people over here from The Bears post, with the same arguments and asking the same questions and essentially getting the same answers.

This quote from Charles really sums up this WOE.
Quote:
What about zero-carb? Perhaps but it's going to take a while which is probably proportionate to how long they have been obese. Someone who has been obese their entire life will probably need to go zero-carb and remain there for years in order to achieve the weight loss they want. Others will respond quickly.

It took me, my whole life, 41 years to wreak my metabolism with a high carb diet. I can't expect my body to respond to ZC in just a few weeks or even months. It does with some people, but not me. I started Atkins in Feb 08. I stayed around 10 carbs and lost 10 lbs in 2 weeks, then stopped losing for about a month. I was getting discouraged until I found Jimmy's Forum. I eventually started eliminating more foods from my diet and lost more weight. I am not losing as fast as I would like, but what is my alternative? For the past 10 years I have tried every diet in existence and managed to put on 60 lbs! Obviously going back to eating carbs is not going to do me any good, I have no choice but to press on with zero carb.

ZC is not exactly simple either, some people can eat eggs & cheese. Getting the fat ratio right took me a while too. I have been basically ZC since April, but have not seen a dramatic weight loss. I believe this is because of cheese and eggs. I eliminated cheese, lost 5 lbs then added cheese back in, gained 5 lbs. OK, no more cheese for me. I thought I could eat salads..... felt horrible!, took me a week to recover from that. Thought I should maybe add a potato to speed up my metabolism. (I read this in some study about pyruvic acid), I am currently recovering from that 5 lb gain LOL! So as you can see this WOE is a learning experience that is going to take time to figure out what works for each person.

As Charles has said over & over, your reason for wanting to eat this way should not be to lose weight, it should be to get healthy. Although I am not losing as fast as I would like, I feel awesome! Better than I have in years! My skin looks better, I am not puffy, no digestive problems, I don't think about food 24/7 and I have more energy.

This week I have eliminated eggs and have lost 4 of the 5 lbs gained from the potato experiment. So, now I am down to meat, water and sometimes a cupa coffee w/ heavy cream and a glass of wine. I Love eating just meat & fat, I am not bored at all and I used to be a gourmet cook! I am saving so much time and money by not having to plan/prepare meals and by not having to buy a million ingredients. I just buy meat, I don't need a 2 page shopping list anymore! LOL

So, for those of you getting discouraged, just stick with it! You will see results eventually. Besides....there is no other alternative unless you want to starve yourself and work out 4 hours a day.

Thanks Charles and everybody else for your support and information!
I personally do not trust doctors. They have tried to put me on so many medications for all sorts of things and all these things have cleared up on low carb. So, if I got pregnant again I believe I have more knowledge of my body and what it and my baby needs than the majority of doctors. I would stay low carb during my pregnancy.

Also found something interesting on this very blog. =)


Talk about how to low carb safely while pregnant. Healthy carbs, no white carbs. Atkins maintenance levels.

I will look for the problems for the babies specifically when my wife gets back to me. She is working till 11 tonight.

Would you stay 0 carb? Do you trust doctors for things besides diet? My wife gets to see people that ignore their doctor's advice daily in the ER. Doctors I would not trust would be ones that wouldn't listen to reason or new research. I know my wife is going on South Beach after her pregnancy. She recommended her father go on Atkins while she was in medical school after talking to her biochem professor on what it really does to the body. I think too often we don't challenge doctors, but do research behind their backs. I confronted my doctor when she prescribed BP meds for me. She asked why I wouldn't take them. I told her that I had switched diets and had lost 70 pounds since she last saw me... She looked at the chart and said, Oh... Then we had a nice long talk about why I wouldn't and how long I would wait and what my plans were. If your doctor won't have an opened informed dialogue with them don't trust them. But don't forget communication is a 2 way street. Just like mechanics and PC repair people that "won't get into it with you." Move on to someone else. I think throwing out what medicine has done for us completely is throwing out the baby with the bath water. I know I am comforted knowing that if anything happens to me people like my wife will be there. Her partners on the other hand... (I kid!)

Quote:
So maybe, just maybe some of the problems I encountered when eating all-meat (raw) were due to inadequate fat in my diet. Tonight, I bought some very fatty (regular) ground beef. 100 grams of it contains 25g fat, 17g protein. About 77% of calories come from fat, close to the 80:20 ratio Stefansson and others recommend.

The fat % was key for me. One day I decided to enter my food into FitDay just too see how much fat I was getting and it was only around 70%. I was surprised because I thought it would be higher. Now, I add butter & tallow to my ground beef and eat a couple of tbs of coconut oil so the % is up to 80%. This morning I had ground beef w/ butter & tallow (rendered beef fat), poured the beef, melted fat & juice in
the bowl and ate every drop! I have had great energy all day and am not hungry yet. (8 hours ago)

Fat is GOOD!😊

RE: Zero Carb / Meat and Water - Dwayne - 07-31-2008 05:52 PM

nyteez Wrote:
Quote:
So maybe, just maybe some of the problems I encountered when eating all-meat (raw) were due to inadequate fat in my diet. Tonight, I bought some very fatty (regular) ground beef. 100 grams of it contains 25g fat, 17g protein. About 77% of calories come from fat, close to the 80:20 ratio Stefansson and others recommend.

The fat % was key for me. One day I decided to enter my food into FitDay just too see how much fat I was getting and it was only around 70%. I was surprised because I thought it would be higher. Now, I add butter & tallow to my ground beef and eat a couple of tbs of coconut oil so the % is up to 80%. This morning I had ground beef w/ butter & tallow (rendered beef fat), poured the beef, melted fat & juice in the bowl and ate every drop! I have had great energy all day and am not hungry yet. (8 hours ago)

Fat is GOOD!😊

I have been baconizing my chicken of late to up the fat! I am with you about how good it is! Mmmmm butter!

RE: Zero Carb / Meat and Water - nyteez - 07-31-2008 06:08 PM

Quote:
I have been baconizing my chicken of late to up the fat! I am with you about how good it is! Mmmmm butter!

Bacon wrapped chicken thighs swimming in butter! I'm gonna try that!

RE: Zero Carb / Meat and Water - Tana - 07-31-2008 06:14 PM

nyteez

I also started using Fitday again, and am finding that my fat percent is not high enough. It does make a difference, I have no problem eating twice a day and do not feel hungry or snack in between.

RE: Zero Carb / Meat and Water - nyteez - 07-31-2008 07:18 PM

We have an old fashioned butcher shop in town. He gives me beef fat & pork fat for free! (nobody else wants it) I just cut it up and throw it in the crock pot for about 2 days. Then store it in mason jars. About 2 lbs gives me 2.5 mason jars full and that lasts a long time. The beef and the pork have different flavors. Adds great flavor to foods cooked in it.
FormerDonutJunkie Wrote:
nyteez Wrote:
Quote:
I have been baconizing my chicken of late to up the fat! I am with you about how good it is! Mmmmm butter!

Bacon wrapped chicken thighs swimming in butter! I'm gonna try that!

Sounds great, but I picked up some Tyson chicken thighs today and grilled them but I'd never get bacon wrapped around these monsters. These are absolutely 8 of the hugest chicken thighs I've ever seen. Two of’em are a meal for me. But I'll definitely remember that bacon wrapping trick! Pork Fat Rules!!!

a little toothpick poked here and there keeps the bacon in place!

Charles Wrote:
aim in Fla*working Wrote:
Charles, a poster earlier posted that she had been on zero carb for 4 weeks and had not lost weight...could you explain how that is possible?
Thank you😊
Amy

Hi Amy!

It's possible because zero-carb doesn't aim to reduce your weight. It aims to repair a hormonal condition in your metabolism. Deana has hyperinsulinemia which means that she likely secretes insulin for much of the day. That leaves little time for her fatty acids to circulate. By going zero-carb, she is trying to condition her pancreas not to secrete so much insulin which will allow fatty acids to flow for longer periods of time. This takes time. It's not just about how many carbs you eat, it's about how much insulin you secrete. The carbs are truly secondary, although not eating them is the best way to improve the condition.

This level of hyperinsulinemia varies wildly between people. Not only that, but if there are any other issues that she has, these can also exacerbate the condition. I don't know what, if any, supplements she may be taking, whether she has trouble with her menses, whether she has any sort of chronic pain anywhere in her body, etc.

Our bodies are a homeostatic system and it's impossible to separate weight from the other regulatory processes in the body. They are all driven by hormones with insulin being the chief hormone. If one of these is acting up, it will affect all the others. I would have to get a lot more information to know why she isn't losing weight, but she said that she had other markers like sleeping better and higher energy levels. These are signs that her insulin levels are improving and as long as this continues, it's a great sign that she'll begin losing weight soon.

Alison didn't lose weight for a while and then began to lose one day. That's how it works sometimes.
For some people, it takes a while to jumpstart the system and then once it gets going, it can take a long time to regulate itself properly. One has to be in it for the long haul because for some people, it will take that long to get where they are trying to go. I hate it that it's like this, but that's really how it is.

Regards,

Charles

thank you!! I appreciate the info....are you familiar with any studies on the benefits of zero carb on adrenals?

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RE: Zero Carb / Meat and Water - karishma - 07-31-2008 09:50 PM

It seems like I highjacked this thread into a discussion of LCing during pregnancy, but in my defense, I have to point out that I did not ask advice on what my diet should be, nor suggest that I would change how I was eating depending on suggestions made in this thread.

My original point was that my tolerance for carbs varies wildly depending on what else is going on with my body, eg. pregnancy. When I'm not pregnant, I need to stay practically zero carb to avoid weight gain, but when I'm pregnant, I can eat much higher levels of carbs and maintain a reasonable weight.

Dwayne, the concern with gestational diabetes usually is high birth weights (10, 11lb babies). If your son had a low birth weight at term, my guess is you guys had other issues besides the gestational diabetes going on.

I've read everything I can find about lowcarbing during pregnancy, including the standard medical advice (eat according to the food pyramid). Practically all the studies that found negative effects of ketosis were done either in diabetics (in ketoacidosis), or women who were burning ketones due to starvation. Obviously, neither of those is equivalent to a woman on a LC diet.

The general opinion is there isn't enough research done to know if ketones are safe for the baby so it's best to avoid them. Which is all well and good unless you are one of the many women who needs to stay at a very low carb level to avoid gestational diabetes and the sugar high/crash rollercoaster. Given a choice between the known negative consequences of gestational diabetes (on mother and baby), and the theoretical consequences of ketones on the baby (since ketones obviously don't harm the mom), I would take my chances with the latter.

As far as discussing my dietary choices with my midwife, that will depend on my overall impression of her when I meet her for the first time in a couple of weeks. All I really need her to do is catch the baby; everything else is nonessential.

---

RE: Zero Carb / Meat and Water - Dwayne - 08-01-2008 06:23 AM

karishma Wrote:
Dwayne, the concern with gestational diabetes usually is high birth weights (10, 11lb babies). If your son had a low birth weight at term, my guess is you guys had other issues besides the gestational diabetes going on.

Macrosomia occurs if you do not adjust your diet and have too much glucose. When my wife followed
the low carb diet the opposite occurred and the baby was smaller. I would imagine if you eat enough fatty meat with the prescribed gestational diabetes diet you would be fine.

karishma Wrote:
I've read everything I can find about lowcarbing during pregnancy, including the standard medical advice (eat according to the food pyramid). Practically all the studies that found negative effects of ketosis were done either in diabetics (in ketoacidosis), or women who were burning ketones due to starvation. Obviously, neither of those is equivalent to a woman on a LC diet.

This is true, ketones being dangerous is from flawed studies in the past. Something that my wife and a few other doctors at work had a nice discussion about. They found some similar studies done to isolate ketones in rats that caused issues, but that is just for rats and who worries about studies in rats. =)

karishma Wrote:
The general opinion is there isn't enough research done to know if ketones are safe for the baby so it's best to avoid them. Which is all well and good unless you are one of the many women who needs to stay at a very low carb level to avoid gestational diabetes and the sugar high/crash rollercoaster. Given a choice between the known negative consequences of gestational diabetes (on mother and baby), and the theoretical consequences of ketones on the baby (since ketones obviously don't harm the mom), I would take my chances with the latter.

Look I was not advocating a sugary diet. I was warning against 0 carbs during pregnancy since the reason research isn't done is because it is not worth risking an infants health to prove a point. I think Low carb is the way to go during pregnancy, if by low carb you mean no refined sugar, lower glycemic index fruits and veggies, and nice fatty meats.

I am sorry if I derailed the discussions here a little, but I was concerned. I can see that no one really likes dissenting opinions here, and I am not a big fan of back and forth comments on message boards. I just felt it was my duty to say something. At the end of the day you can find whatever slant of information you want on the internet and you have to make an informed decision with little hard proven facts.

For example when I started my search on Masai infant mortalities I found this interesting note:

From this article
From Article Wrote:
A reader commented that life expectancy does not say much, and he is right. In poor countries, life expectancy numbers are skewed, because so many children die at birth. If you have ten people die at birth and ten die at age 90, the average life expectancy is still only 45 years. However, in this particular case I do not think it is very relevant, because life expectancy at age 15 in Kenya is still only 60 years. It is also interesting to note that one of the reasons that the Masai have such a high neonatal mortality rate is exactly because of their beliefs about a healthy diet: Masai women eat less food during pregnancy because they want smaller babies.

I am sure some way to rebut that is possible, but I am just trying to make the point that none of us is doing real research on these subjects. The information is incomplete.

karishma Wrote:
As far as discussing my dietary choices with my midwife, that will depend on my overall impression of her when I meet her for the first time in a couple of weeks. All I really need her to do is catch the baby; everything else is nonessential.
Well I am sure she is experience in baby deliveries. Not sure how much organic chemistry as it relates to the body she would know.

Anyway, I have said my piece. Since my wife is pregnant herself I am rather touchy about the subject and worried about healthy babies. There are 1000 things that can go wrong outside of diet with pregnancies. Diet is one of the few we can control. If doctors didn't think it was important they would not do a glucose test at 28 weeks and change your diet to low carbs.

I am not going to keep going with this, but thanks for keeping the tone civil. I wish you and your child good health, and I hope everyone understands that my comments came from a good place.

RE: Zero Carb / Meat and Water - Wendyoh - 08-01-2008 06:47 AM

Dr. James Carlson's Book "Genocide" has its longest chapter about the importance and safety of VLC during pregnancy. He advocates 30gC/day to all of his pregnant and breastfeeding patients.

I think most who say you must eat more carbs are just responding with a scared, knee-jerk reaction, not based on any kind of science.

When/if I become pregnant, I have no doubt in my mind that I will do it on less than 50gC/day.

I also am highly skeptical of doctor's knowledge. Most of them say you should eat a lowfat, highcarb diet! And they are quick to prescribe meds, anti-depressants, statins, anti-anxiety meds, when proper diet will take care of most things. If, in an emergency situation, I highly respect what western medicine has to offer, but beyond that, I'm not impressed.

RE: Zero Carb / Meat and Water - karishma - 08-01-2008 07:13 AM

Dwayne, thank you for your concern. I'm sorry our discussion touched such a sore spot for you (it's a sensitive subject for me too, obviously).

I do believe you and I agree more than we disagree, but for some reason that did not come through in this discussion.

I wish you and your wife all the best with your pregnancy and hope and pray that you have another healthy baby.

RE: Zero Carb / Meat and Water - jeepifer - 08-01-2008 07:15 AM

Feeling pretty good today. Skipped dinner completely last night. My boss (such a sweetie) had picked up treats to celebrate a coworker's birthday. Know what? She bought a meat/cheese tray too, and told me it's cuz she knows I'm watching carbs. I was so very touched!

So after some salami, pepperoni, and 4 little cheese slices, I didn't need to eat the rest of the day. Yay! And, had a diet root beer over at the in-laws. They were having chicken noodle soup rice, and baked beans. I was fine sipping the root beer, and even gave it to DH to finish.

I guess what I'm trying to say is that my appetite is good but not out of control, and I was able to have
something "sweet" but it didn't set off *any* cravings, nor did it make me want to eat. ::::happy dance:::

I've been avoiding the scale, since I know I gained during my carb fest last week. I'll probably weigh on Monday (1 week at ZC) to check in. My clothes are looser, even pants that were ok fitting a few weeks ago were loose yesterday. I feel good. Not bubbling with energy, but not tired. I'm sure it will take a few more weeks to get fully fat-burning adapted.

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RE: Zero Carb / Meat and Water - nyteez - 08-01-2008 07:51 AM

Yesterday was my first day of true meat & water, no eggs, no cheese, just beef & fat. I am 2lbs lighter today and feel great, lots of energy. I know 1 day isn't enough time to really know if cutting out eggs is going to help break my stall, but I'll know by next friday for sure. I raise chickens, so I have lots of eggs and used to eat about 6 eggs a day, 3 for breakfast, and 3 for lunch. Over the past month I have cut back on the eggs more and more, until I was just having 1 egg w/ my beef in the morning. It is hard to beleive 1 egg a day was preventing weightloss and making me tired. I guess I'll find out soon enough!

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RE: Zero Carb / Meat and Water - Charles - 08-01-2008 07:53 AM

Dwayne Wrote:
I figured you would say that so she will provide it shortly. Her last pregnancy she became gestationally diabetic and had to go low carb. Her OB warned her about ketones and fetal brain development (she will look up the specifics at work since she is concerned,) not to mention gestational diabetics have low birth weights (Jack was 6 pounds at 39 weeks.)

We would need to see that. The more carbohydrates she ate, the more supplementation she needed. As she lowered the carbohydrates she would have improved her health as well as the health of her baby.

Many doctors are deathly afraid of ketones but as we've noted around here many, many times, there is nothing unhealthy about ketones. In fact, our bodies run much better on them than they do glucose. The higher insulin levels will certainly affect a fetus far more than harmless ketones.

Dwayne Wrote:
I think perhaps someone who is Keto-adapted fully may not run these risks, but advising someone who is not running off their ketones may be unwise. Causing your body to change fuel sources during a pregnancy sounds like a bad idea. She wanted to do atkins since her dad has been on it for 5 years, but her OB and others told her it would be dangerous.

Fortunately, science does not depend on sound and possibilities to determine what is healthy or not. Anything that is unhealthy for the mother is bound to be unhealthy for the infant. The infant will get its needs from the mother regardless of how healthy or unhealthy she is. In my line of work we observe crack mothers delivering healthy babies all the time. Unfortunately, they deliver crack babies as well which underlines my point. What is unhealthy for the mother is unhealthy for the baby.

As we've discussed, reproductive biologists have long considered the availability of food is the most important environmental factor in fertility and reproduction. The critical variable is the immediate availability of metabolic fuels as George Wade and Jill Schneider described their 1980's research. If this is so critical during fertility, how much more so should it be considered during pregnancy?

As Dr. Price wrote:
Quote:
It is significant that the vegetarian groups practiced the feeding of special foods during gestation and lactation. Apparently carnivorous groups found no need to supplement the diet, as it was already rich in the factors needed for reproduction and optimum growth.

We hold on to these erroneous beliefs that vegetables, fruits and whole grains are healthy because they come from the earth. In reality, these foods cause us to lose nutrients and in pregnancy where nutrients are precious, we should do all we can to be as healthy as possible. Eating a high-carb diet is not healthy for any purpose.

Looking forward to her "proof",

Charles

RE: Zero Carb / Meat and Water - Dwayne - 08-01-2008 08:09 AM

Ok I guess I need one more post to get my point across.

1. 0 Carbs is not recommended for pregnancies
2. Low Carbs are

I still don't understand how this got turned around to me saying that pregnant mother should drink apple juice and suck down french fries.

Also as far as proof goes I think singling out carnivorous isolated cultures that have genetic differences from many of us and calling that proof only begs for more research with different groups. It is the scientific equivalent of picking what best fits your hypothesis. It is a testament to the human body that we can develop and change to suit our environments. This has sparked some interesting talks last night after work. My wife talking about how groups of people with similiar genetic markers are more prone to certain diseases, both metabolic and cellular. The one diet fits all, panacea as you will, seems to be a myth.

--disclaimer: I still never implied refined carbs were the way to go, and have eliminated cheese from my diet as of today =)

RE: Zero Carb / Meat and Water - lowcarbhealth - 08-01-2008 08:13 AM

Props to yall, I don't think I could ever do JUST meat and water!!! I am impressed.

RE: Zero Carb / Meat and Water - nyteez - 08-01-2008 08:15 AM

I have never had children, but of course most of my friends have. I will never forget when I saw my friends 4yr old son with black rotted out teeth! All of his teeth! I was shocked! He didn't have those teeth long enough to rot them out on his own. It had to be his mothers bad eating habits while she was preganate to cause his teeth to be so bad. That was the first time that I really thought about how what the mother eats affects the baby.
I just thought I would share this because it is such an extreme case of how the mothers food choices affected her baby.
nyteez Wrote:
I have never had children, but of course most of my friends have. I will never forget when I saw my friends 4yr old son with black rotted out teeth! All of his teeth! I was shocked! He didn't have those teeth long enough to rot them out on his own. It had to be his mothers bad eating habits while she was pregnanate to cause his teeth to be so bad. That was the first time that I really thought about how what the mother eats affects the baby.
I just thought I would share this because it is such an extreme case of how the mothers food choices affected her baby.

It could be the mother's bad eating habits while pregnant or it could have been she let her son suck on fruit juice bottles all day when younger.

Kristi31 Wrote:
I suspect women may perhaps do better on higher fat as opposed to men who do well on more protein due to sex hormones (androgen vs estrogen).

I wouldn't say this. I do well on more fat as well. Men need fat just as much. The Inuit women ate no differently than the men.

The real problem is we don't correctly identify how much fat is in meat. For instance, Stefansson describes it this way:

Quote:
A conclusion of our experiment which the medical profession seemingly finds difficult to assimilate, but which at the same time is one of our clearest results, is that a normal meat diet, where one eats at each meal as much lean and fat as he likes, is not a high protein diet.
A casual look at the meals we ate in Bellevue might lead to the conclusion that we were living chiefly on lean; but then you would be forgetting that in a medium or rare sirloin steak the red meat on your plate is mostly water, while the white suet has very little water in it. Speaking in terms of calories Dr. Lieb, the clinician of the Russell Sage tests, put it this way:
"Stefansson averaged about 2,650 calories a day, 2,100 calories consisting of fat and 550 of protein. Andersen aver, aged about 2,620 calories a day, 2,110 calories consisting of fat and 510 of protein."

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In another part of the same paper Dr. Lieb says that the ratio of protein to fat in Andersen's food and mine does not make this a high protein diet. He said elsewhere that while the protein percentage of our diet was perhaps a little
above average, it was not as high as the protein ratio of a
great many New York businessmen who are fond of meat
and who can afford to eat as much of it as they like at their
various meals. This is remembering, of course, that the said
businessmen would be getting protein from a number of
sources other than meat; as, for instance, from oatmeal,
chocolate, baked beans, milk and eggs.

That meat, as some have contended, is a particularly
stimulating food I verified subjectively during our New
York experiment—**it seemed to me that I was more optimistic**
and energetic than ordinarily. To the best of my
memory and judgment, I looked forward with more anticipation
to the next day or the next job, and was more likely to
expect pleasure or success. This may have a bearing on the
common report that the uncivilized Eskimos are the happiest
people in the world

From *Adventures in the Land* we know that he ate 2 and 1/2 pounds of sirloin steak a day. That doesn't
seem too fatty to me and indeed, the nutrition label would not identify it as particularly fatty. They
clearly had a different way of looking at this.

The neat part about this quote is that Stefansson seemed to find more pleasure in the New York sirloin
beefsteaks than he did on caribous and seal in the Arctic. That's what excites me so much about our way
of eating. People always say, "you can't live like an Inuit today." There's no need to. It was better in New
York at Bellevue eating the kinds of meat we eat. You may argue that Stefansson's was grass-fed if you
want to, but we all know that grain-fed beef tastes better so he would have really been happy today!

Not only that but people seem to have this notion that high fat without protein is somehow beneficial. In
*Not by Bread Alone*, we find this:

**Quote:**
My trouble, it will be remembered, had been that at the
outset they stuffed me with lean. Andersen's difficulty, or at
least annoyance, began on the second day after he completed
a year on meat (January 25, 1929), when they asked him to
eat all the fat he could, permitting along with it only a tiny
bit of lean, about 45 grams per day. There they kept him, on
the verge of nausea, for a week

Too much fat without protein is nauseating.

While I'm quoting Stefansson, I should add this also:

**Quote:**
The first glucose "meal,"
when we were immediately off the meat, showed a poor sugar
tolerance; but in a week or so we were back to where we
had been before the meat year began.

This mirrors my experience. I show a poor sugar tolerance if I eat a little bit of carbs. However, if I kept
it up, I suppose it would improve. Rue the day that would happen!

Regards,

Charles

RE: Zero Carb / Meat and Water - MAC - 08-01-2008 08:30 AM

Charles Wrote:
You may argue that Stefansson's was grass-fed if you want to, but we all know that grain-fed beef tastes better so he would have really been happy today!

Not so sure that grain fed tastes better than grass fed. In the 80s I lived in the home of the gaucho-Argentina for 3 consecutive months at one stretch. If I remember right, their beef is/was grass fed. Since I was on expense account I ate a LOT of steaks. They tasted pretty darn good. So good that when I came back to the states I told my uncle how good they were. Since he had also been on business in Argentina in the past he said he preferred grain fed beef as it tasted better. Maybe it is what you get accustomed to eating. I sure know that I would like to go back again some time and find out. Plus they had great blood sausage and Chicken Maryland with the fried bananas.

RE: Zero Carb / Meat and Water - Charles - 08-01-2008 08:43 AM

Dwayne Wrote:
Ok I guess I need one more post to get my point across.

1. 0 Carbs is not recommended for pregnancies
2. Low Carbs are

I believe you. Zero-carb isn't recommended by hardly anyone. It seems people totally forgot about Stefansson and the classic Bellevue study of the 1920s. It still exists in the medical journals but surely you don't think these board-certified doctors have time to read these things, do you? They are enormous and the same studies get repeated every 20 years with the same proviso that "more research is required." In fact, I would be surprised to find too many obstetricians who recommend low-carb for pregnancy.

Dana (I hate those screen names) makes a great point. Dental problems are the first sign that the diet is a problem. As I mentioned elsewhere, Stefansson provided 800 skeletal remains of various Inuit and not ONE of them had a single cavity. They did not eat fruit, whole grains, or vegetables. Ancient Egypt ate a good-carb diet with no refined carbohydrates and no meat.

Dwayne Wrote:
I still don't understand how this got turned around to me saying that pregnant mother should drink apple juice and suck down french fries.

Who said you are talking about apple juice and french fries? I'm talking about wholesome fruits and vegetables like the Egyptians ate. They didn't eat "bad" carbs!

Dwayne Wrote:
Also as far as proof goes I think singling out carnivorous isolated cultures that have genetic differences from many of us and calling that proof only begs for more research with different groups.

Okay, see, there you go again. Genetic difference? Scientists say the exact opposite.

Quote:
The scientists believe that the Masai are protected by their high physical activity (walking) rather than by some unknown genetic factor.

This is preposterous as well, but at least they know it's not genetic. Stefansson made the same argument about the Inuit:

Quote:
There is, however, among Eskimos no racial immunity to corpulence. That is proved by the rapidity with which and the extent to which they fatten on European diets

Dwayne Wrote:
It is the scientific equivalent of picking what best fits your hypothesis. It is a testament to the human body that we can develop and change to suit our environments. This has sparked some interesting talks last night after work. My wife talking about how groups of people with similiar genetic markers are more prone to certain diseases, both metabolic and cellular. The one diet fits all, panacea as you will, seems to be a myth.

That sounds good but Stefansson was not an eskimo nor were the traders and explorers who were with him. In fact:

Quote:
Moreover, he knew from experience of a dozen members of the expedition that his healthful enjoyment of the diet was not peculiar to himself but common to all those who had tried it, including members of three races—ordinary whites, Cape Verde Islanders with a strain of Negro blood, and South Sea Islanders.

Are 1 in 5 Americans all genetically predisposed to be fat?

Dwayne Wrote:
--disclaimer: I still never implied refined carbs were the way to go, and have eliminated cheese from my diet as of today =)

That's a very good thing!

Regards,

Charles

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RE: Zero Carb / Meat and Water - suzanneyea - 08-01-2008 08:43 AM

Speaking of children, how are you guys feeding yours? I have got Andrew pretty low carb now. I do
have cheese and milk for him. He eats a lot of cheese and I still do the Dreamfield's pasta, but I am reducing the portion sizes, lol. I still do fruit, but only at daycamp cause he needs a snack that travels easily and he will not touch cheese if it is not right out of the fridge. He comes home for lunch during the school year, so that is easy enough. We never have veggies in my house and no one ever complains about that.

RE: Zero Carb / Meat and Water - Charles - 08-01-2008 08:48 AM

suzanneyea Wrote:
Speaking of children, how are you guys feeding yours? I have got Andrew pretty low carb now. I do have cheese and milk for him. He eats a lot of cheese and I still do the Dreamfield's pasta, but I am reducing the portion sizes, lol. I still do fruit, but only at daycamp cause he needs a snack that travels easily and he will not touch cheese if it is not right out of the fridge. He comes home for lunch during the school year, so that is easy enough. We never have veggies in my house and no one ever complains about that.

Mine eat low-carb/zero-carb. My wife makes vegetables but no one eats them. They might eat a little but not very much. We're going grocery shopping today and she announced that she wasn't buying anymore because she was sick of watching them go to waste!

They will have fruit on occasion as a treat.

I'm pretty sure my 16-year old will eat carbs when he's out with his friends sometimes, but he doesn't get them at home and he's fine with that.

During the school year, they get deli meats and cheeses for lunch along with the occasional nuts (for one kid).

RE: Zero Carb / Meat and Water - jeepifer - 08-01-2008 08:50 AM

My kids and Dh eat what I do, for the most part, since I cook. We'll have meat and an lc veggie most nights. Sometimes I make "shells and cheese" for them, maybe every 2 weeks or so. Since I've been on ZC, I just skip the veg for myself. No biggie.

For beverages, I do 1 cup lemon juice to 8 cups water, with 1 tbsp stevia. That's our "juice". Very rarely do we drink milk. DH does on occasion, but he's a big (as in grown, not in size) boy. LOL

Both my girls are very normal, healthy kids. They get their share of sandwiches, grilled cheese, and too much starch at daycare, but I only have so much control over that. I know they're eating healthfully at our house, and hopefully as they get older they can make more educated choices on their foods.

RE: Zero Carb / Meat and Water - Charles - 08-01-2008 08:53 AM

Dana Wrote:
So, for those of you getting discouraged, just stick with it! You will see results eventually. Besides....there is no other alternative unless you want to starve yourself and work out 4 hours a day.

Thanks Charles and everybody else for your support and information!
No, Thank You Dana, for joining us and I look forward to seeing your posts around here.

Best regards,

Charles

RE: Zero Carb / Meat and Water - travis t - 08-01-2008 08:59 AM

Charles wrote "Stefansson averaged about 2,650 calories a day, 2,100 calories consisting of fat and 550 of protein. Andersen aver, aged about 2,620 calories a day, 2,110 calories consisting of fat and 510 of protein."

Isn't it amazing that these two guys averaged 30 calories apart from each other. I guess that they were very good at "calorie counting"

travis t

RE: Zero Carb / Meat and Water - Charles - 08-01-2008 09:00 AM

aim in Fla*working Wrote:
thank you!! I appreciate the info....are you familiar with any studies on the benefits of zero carb on adrenals?

You're welcome, Amy. No, but I know that this one of the things that Stefansson confronted in the 1920s prior to the Bellevue experiment. They all said that his and Anderson's kidneys would be overworked by all the meat, etc, etc. Schwarzbein (however you spell it) holds this view too, I think. I stick with my hero:

Stefansson Wrote:
but special attention would be paid to certain common views, such as that scurvy will result from the absence of vegetable elements, that other deficiency diseases may be produced, that the effect will be bad on the circulatory system and on the kidneys, that certain harmful micro-organisms will flourish in the intestinal tract, and that there will be insufficient calcium. The broad question was, of the supervising doctors and by the testimony of the subjects themselves.

RE: Zero Carb / Meat and Water - Charles - 08-01-2008 09:10 AM

karishma Wrote:
It seems like I highjacked this thread into a discussion of LCing during pregnancy, but in my defense, I have to point out that I did not ask advice on what my diet should be, nor suggest that I would change how I was eating depending on suggestions made in this thread.

My original point was that my tolerance for carbs varies wildly depending on what else is going on with my body, eg. pregnancy. When I'm not pregnant, I need to stay practically zero carb to avoid weight
gain, but when I'm pregnant, I can eat much higher levels of carbs and maintain a reasonable weight.

Dwayne, the concern with gestational diabetes usually is high birth weights (10, 11lb babies). If your son had a low birth weight at term, my guess is you guys had other issues besides the gestational diabetes going on.

I've read everything I can find about lowcarbing during pregnancy, including the standard medical advice (eat according to the food pyramid). Practically all the studies that found negative effects of ketosis were done either in diabetics (in ketoacidosis), or women who were burning ketones due to starvation. Obviously, neither of those is equivalent to a woman on a LC diet. (Emphasis mine)

The general opinion is there isn't enough research done to know if ketones are safe for the baby so it's best to avoid them. Which is all well and good unless you are one of the many women who needs to stay at a very low carb level to avoid gestational diabetes and the sugar high/crash rollercoaster. Given a choice between the known negative consequences of gestational diabetes (on mother and baby), and the theoretical consequences of ketones on the baby (since ketones obviously don't harm the mom), I would take my chances with the latter. (Emphasis mine.)

As far as discussing my dietary choices with my midwife, that will depend on my overall impression of her when I meet her for the first time in a couple of weeks. All I really need her to do is catch the baby; everything else is nonessential.

I'm reprinting this because I like what you wrote.

I wasn't trying to give you advice, I was just challenging this small part:

Quote:
My original point was that my tolerance for carbs varies wildly depending on what else is going on with my body, eg. pregnancy. When I'm not pregnant, I need to stay practically zero carb to avoid weight gain, but when I'm pregnant, I can eat much higher levels of carbs and maintain a reasonable weight.

My point was just because you will not gain weight during pregnancy (although it's hard to judge the source of weight gain during this phase) eating higher carbs, doesn't mean it's good for you or your baby because carbs work their magic on your hormones and hormones work their magic at the cellular level. That's all I was saying. It appeared you were basing this on whether or not you gained weight and my counter was that weight shoudn't be the marker you use when deciding whether to increase carbs during pregnancy. Schroeder and Wade showed us that the metabolic fuel was the best thing you could provide, not weight.

However, I do understand the pressure you're getting from your husband and family. I respect that!

This hits home for me because my father is suffering from esophageal cancer and he had chemo and radiation before which didn't remove all the cancer. He can't have surgery because they don't think he'll survive it. He has trouble eating because when he does, it comes back up. So what does the doctor encourage him to do? Drink Boost or other energy drinks AKA Sugar water. Unbelievable! That's good, just give the cancer something to feed off and spread faster. Just a brilliant board-certified doctor.

There was someone else recently who spoke of getting pregnant and eating higher carbohydrates and just like then, I don't think it's a good idea. If it's not healthy when you're not pregnant, I have trouble seeing how it's healthy when you are.
Charles Wrote:
I would be surprised to find too many obstetricians who recommend low-carb for pregnancy.

True but I have yet to see any that would recommend 0 carbs for pregnancy.

I doubt even a low carb doctor would.

Charles Wrote:
Nyteez makes a great point. Dental problems are the first sign that the diet is a problem. As I mentioned elsewhere, Stefansson provided 800 skeletal remains of various Inuit and not ONE of them had a single cavity. They did not eat fruit, whole grains, or vegetables. Ancient Egypt ate a good-carb diet with no refined carbohydrates and no meat. Their teeth looked like this:

Actually I found this out about the Egyptian diet:

Quote:
All modern humans evolved from the same ancestors, whether out of Africa or returned to Africa, but over the years there has arisen some racial differences. Tooth decay is a 'disease of civilisation' - the more refined a diet, the more potential decay. The upper classes in Ancient Egypt certainly showed dental caries and abscesses as a result of their high sugar intake, especially honey.

From the comments by a doctor (eep!) in this article.

To be fair the comment under that one talks about carbs and tooth decay and how well the inuits did. Also there is a mention of stone ground bread in their (Egyptian) diet corroding the teeth.

Charles Wrote:
Who said you are talking about apple juice and french fries? I'm talking about wholesome fruits and vegetables like the Egyptians ate. They didn't eat "bad" carbs!

They did eat honey, at least the wealthy did. As well as stone ground bread (with stones in it! Eww!)

Charles Wrote:
Okay, see, there you go again. Genetic difference? Scientists say the exact opposite.

All scientists? So people genes are mostly similar and there are not gene markers that imply a susceptibility to certain problems? The system is too complex again for a one diet/one drug fits all. We are too diverse genetically.

Quote:
The scientists believe that the Masai are protected by their high physical activity (walking) rather than by some unknown genetic factor.

Charles Wrote:
Are 1 in 5 Americans all genetically predisposed to be fat?

How many women were on the expedition? How much time did they spend studying women? Of course men would be concerned with male health.

Dwayne Wrote:
--disclaimer: I still never implied refined carbs were the way to go, and have eliminated cheese from my diet as of today =)

Charles Wrote:
That's a very good thing!

On that we are agreed. =) I think we agree more than we don't, but I just want to make sure that we can keep open minds. You have me with VLC, the arguments are strong, but I think agreeing to disagree about women's health is going to have to be where we leave it.

RE: Zero Carb / Meat and Water - waywardsister - 08-01-2008 09:26 AM

Dairy thoughts 😊

LindaSue Wrote:
I can take or leave cheese and it's a struggle to get down as little as an ounce at a time by taking very tiny nibbles.

Wow. I am so the opposite! I'll slice off a chunk, eat it, go slice another chunk, eat it...though as I said, this doesn't seem to happen with goat/sheep cheese. Same with heavy cream, once I start on it I want to put it in everything, all day. I would love to be able to take/leave it. I used to say that if I could easily live on crusty bread and old cheddar - and I practically did.

montmorency Wrote:
Unpasteurised cheese is trés chere here too, but when I do buy it, it is somehow more satisfying than bland mass-market cheddar; much sharper taste for one thing, so maybe that would be less addicting.

This is something I want to try when I'm at my goal weight - raw cheese only. I'm curious to see how my body responds. Wish I could find raw milk/cream here. I remember visiting my nana in England when I was younger, and she had milk delivered in glass bottles...it had the most wonderful layer of cream on top. Very weird for a Canadian kid raised on 2% in plastic bags, but I took to it! Never went for the orange chocolate though 😊

Loops Wrote:
It is if I eat too much cream that I start to get bizarre hunger (probably the lactose).

Interesting. I find the opposite, that cream keeps me full for ages. IIRC from other forums, you're quite sensitive to carbs, so it could be the lactose in your case? Augh, why does dairy have to be such a finicky thing, at least for some of us? It's so tasty and fatty and goooooooood...
This thread moves so fast, it's hard to reply to everything! Love it.

RE: Zero Carb / Meat and Water - Charles - 08-01-2008 09:31 AM

Dwayne Wrote:
All modern humans evolved from the same ancestors, whether out of Africa or returned to Africa, but over the years there has arisen some racial differences. Tooth decay is a 'disease of civilisation' - the more refined a diet, the more potential decay. The upper classes in Ancient Egypt certainly showed dental caries and abscesses as a result of their high sugar intake, especially honey.

If you're going to quote this, you should first take a look at all the comments underneath the article. None of them bought this guy's theory just as I don't. Ancient Egypt did eat some honey, but do you really think their consumption of honey alone did all this? Honey would have been seasonal and everyone wouldn't have eaten it. Their poor dental health went across the board.

This business about teeth and chewing is also false. As Stefansson noted, there were Inuit who only ate soft foods and they had strong teeth just as there were Inuit who ate caribou and the bones and also had strong teeth. He was an anthropologist and he devotes an entire chapter to this subject because it runs counter to the dental advice given in New York in the 1920s. Again, he provided some 800 skeletons to prove his point and the meat industry gave a lot of money to Dr. Hooten to provide the funding to prove this point. It wasn't at all controversial.

Quote:
Teeth superior on the average to those of the presidents of our largest tooth paste companies are found in the world today, and have existed during past ages, among people who violate every precept of current dentifrice advertising. Not all of them have lived exclusively on meat; but, so far as an extensive correspondence with authorities has yet been able to show, a complete absence of tooth decay from entire populations has never existed in the past, and does not exist now, except where meat is either exclusive or heavily predominant in the diet.

We can't use genetics to explain everything we don't understand. I just don't believe people are that different, especially when there is ample evidence that there are entire populations that did not or do not suffer from the diseases of civilization.

Regards,
Charles

RE: Zero Carb / Meat and Water - waywardsister - 08-01-2008 09:34 AM

FatGirlOnAtkins Wrote:
I noticed that I am seeing better too, and my constant allergies don't even bother me anymore-not at all! I'm surprised by this... I wonder if they will get worse again in the fall.
I used to have debilitating hayfever from late summer through the Fall - I mean bad enough that no medication worked, and I would actually miss work. I was constantly exhausted from my body being in fight mode. Haven't had even a hint of it since going LC/gluten-free. From what I understand of what I've read on the subject, your body has an allergy threshold. It can take so much, but there's an end-point. Cross that end-point, and boom, you're in allergy symptom territory. So if you're eating foods that your body doesn't like, and it's constantly having to defend against them and flush them out, something like pollen or cat hair can push you over the edge and you're a swollen, teary, red-eyed, sniffling mess! Your cup runneth over, so to speak, and pours right out your mucous membranes.

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**RE: Zero Carb / Meat and Water - Dwayne - 08-01-2008 09:41 AM**

I guess at the end of the day I would want to see tropical cultures that ate carbs compared. As well as the cultures that tend to have a long life span. I don't think asking for more research in this limited amount of data is silly. These stories and studies came from the same time when those bad ketones in pregnancy studies came from. Obviously I see merit to them or I wouldn't be eating so close to 0 (probably going there after gaining 3 pounds this week.)

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**RE: Zero Carb / Meat and Water - karishma - 08-01-2008 09:42 AM**

Charles Wrote:
My point was just because you will not gain weight during pregnancy (although it's hard to judge the source of weight gain during this phase) eating higher carbs, doesn't mean it's good for you or your baby because carbs work their magic on your hormones and hormones work their magic at the cellular level. That's all I was saying. It appeared you were basing this on whether or not you gained weight and my counter was that weight shouldn't be the marker you use when deciding whether to increase carbs during pregnancy. Schroeder and Wade showed us that the metabolic fuel was the best thing you could provide, not weight.

However, I do understand the pressure you're getting from your husband and family. I respect that!

In general I agree with you here, and if I'd been eating zero-carb for a longer period of time like you had and was well-adjusted to it, I would probably have continued eating that way.

The way I'm eating now is still VLC; it's still very much based on fatty meat. I just let myself have some veggies, cheese, cream and the occasional berry or small piece of fruit on the side.

It's not because I think zero-carb is unhealthy; it's because I think this is a carb level I can sustain throughout the pregnancy. I think if I ate zero-carb for a few months during my pregnancy but was unable to stick with it (because I couldn't tolerate red meat, say, which happened for a while during my last pregnancy), the consequences would be worse than just starting off at a slightly higher carb level to begin with.

I do hope to go back to zero-carb after this baby is born and hopefully get adjusted enough to it that my next one can be a zero-carb baby, but I just think it's too drastic a change to implement in the middle of a pregnancy.

---

**RE: Zero Carb / Meat and Water - Charles - 08-01-2008 09:54 AM**
karishma Wrote:
I do hope to go back to zero-carb after this baby is born and hopefully get adjusted enough to it that my next one can be a zero-carb baby, but I just think it's too drastic a change to implement in the middle of a pregnancy.

And I respect your decision greatly. Please don't ever think for a second that I don't.

I honestly don't have a problem with a low-carb diet except for those people who can't tolerate even that many carbohydrates due to their hyperinsulinemia.

All the best,

Charles

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RE: Zero Carb / Meat and Water - aim in Fla*working - 08-01-2008 10:09 AM

This is something I want to try when I'm at my goal weight - raw cheese only. I'm curious to see how my body responds. Wish I could find raw milk/cream here. I remember visiting my nana in England when I was younger, and she had milk delivered in glass bottles...it had the most wonderful layer of cream on top. Very weird for a Canadian kid raised on 2% in plastic bags, but I took to it! Never went for the orange chocolate though that is such a lovely memory of mine...getting up and drinking all the cream off all 6 bottles....and I was a skinny kid! The closest I have come to it it at Target actually....their heavy cream...and I am addicted to it..

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RE: Zero Carb / Meat and Water - abnormalslc - 08-01-2008 10:29 AM

This is my 12th day of ZC livin'. I have lost 7 of 10 pounds that would fluctuate up and down when simply doing LC.

And remember...Charles is not pounding the pulpit that "Ye must eat meat/water only!"

Eating this way works wonders for Charles and he is sharing his experience with us. I am hoping to experience the same wonders!

I think Charles agrees with Jimmy, when Jimmy says..."Find what way of eating works best for you, and do that."

---

RE: Zero Carb / Meat and Water - Charles - 08-01-2008 11:25 AM

abnormalslc Wrote:
This is my 12th day of ZC livin'. I have lost 7 of 10 pounds that would fluctuate up and down when simply doing LC.

Congratulations! Keep the party goin'!

abnormalslc Wrote:
I think Charles agrees with Jimmy, when Jimmy says..."Find what way of eating works best for you, and do that."
You got it! I certainly don't get any brownie points for how many people do zero-carb. Heck, I don't get anything...I've been meaning to talk to Jimmy about that! LOL 😄

RE: Zero Carb / Meat and Water - poo123 - 08-01-2008 11:44 AM

Hi guys, I was catching up on the posts. With the subject of feeding the kids. My 6 year old twins are a pain in the butt. My daughter only wants tuna with mayo in a pita (I give her low carb pita) and milk or juice. My son only wants chicken sandwich with mayo I give him very thin, high fiber bread, and milk or juice. They hate veggies and fruit so I just have to keep working on them eating a few more things. But all in all they really don't eat very much and are a perfect weight and height right now. When I was 6 I was already fat. So maybe we can avoid this in them. Now about me. I am really doing GREAT!!! I am down from 244.0 to 229.6 since June 28th. 14.4 lbs of all fat is so cool. I can't wait for the 1st day of school to start on Aug 26th so I can dazzle some of the mom's. My husband is doing low carb and doing great too. He has lost 15 lbs in about 6 weeks and is still going strong. We are going to be such a cute family when the Christmas pictures are done. I am so excited.... alison

RE: Zero Carb / Meat and Water - jeepifer - 08-01-2008 11:54 AM

Congrats on the losses, Alison! We wanna see those cute pics when you get them taken! LOL

RE: Zero Carb / Meat and Water - Charles - 08-01-2008 12:11 PM

Congratulations, Alison!

Can this be the same lady who wrote:

Alison Wrote:
I know it took me some time to put it on so it will take some time to take it off but I am getting annoyed. I am really glad this way of life has helped with my sleeping, eating and mood patterns and my hair has stopped falling out. So I guess the weight loss is going to be the last thing to kick in since everything else is falling into place, it will finally come but like my kids say I WANT IT NOW!!!

Yes it is and I am so elated! See, women can lose weight on zero-carb too!

RE: Zero Carb / Meat and Water - DEEDLYNN - 08-01-2008 12:21 PM

I need someone to give me a snapshot of the zero carb thing. I am going to check out some books, but this came up on another thread. Someone inquired as to whether or not some of the rest of us wanted to try.

I'm intrigued, but very gun shy about it. I think I am one of those folks who are hyper sensitive to carbs. Not sure, but would like to think about this a little more.

I am accustomed to flaxmeal cereal every morning. After the fiber deduction it would be zero carb. Would I still be able to enjoy it?

Someone please help me with some basic understanding of zero carb.
Thanks,
Dee

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**RE: Zero Carb / Meat and Water** - [MAC](mailto:MAC) - 08-01-2008 12:27 PM

DEEDLYNN Wrote:

I need someone to give me a snapshot of the zero carb thing. I am going to check out some books, but this came up on another thread. Someone inquired as to whether or not some of the rest of us wanted to try.

I'm intrigued, but very gun shy about it. I think I am one of those folks who are hyper sensitive to carbs. Not sure, but would like to think about this a little more.

I am accustomed to flaxmeal cereal every morning. After the fiber deduction it would be zero carb. Would I still be able to enjoy it?

Someone please help me with some basic understanding of zero carb.

Thanks,
Dee

In its PUREST form, fatty protein and water. Meaning steak, hamburger, chicken thighs, pork chops, pork loin, etc. Meat. No veggies. No fiber. No coffee, no diet drinks, no cream, no salads. Fatty protein and water. You can have salt and/or pepper on your meat at your option. In short, NOTHING with carbs in them. Oh maybe eggs are ok and butter. No cheese. Just you and what you could slice from from a pig, a cow, a lamb, a duck, a chicken if you had a big knife and what you could drink from an unpolluted river would be even purer and of course an oven or grill to cook the meat.

For me, zero carbs and water gives your body no excuse to lose weight as there are zero carbs to influence insulin and thus fat storage.

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**RE: Zero Carb / Meat and Water** - [DEEDLYNN](mailto:DEEDLYNN) - 08-01-2008 12:34 PM

Thanks MAC,

Now is this a long-term way of eating. Is it done in intervals? I'm intimidated to take the plunge on this one. Is there a book that people generally follow with regards to low carb.

In one aspect, it seems like it may be very beneficial to me right now with some of the foods issues I'm having.

On the other hand, even prior to low carb, I a more of a seafood, turkey, chicken eater. Very rarely eat beef, so....yikes.

Enquiring minds want to know.

Thanks!
Dee

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**RE: Zero Carb / Meat and Water** - [Charles](mailto:Charles) - 08-01-2008 12:36 PM

DEEDLYNN Wrote:
I am accustomed to flaxmeal cereal every morning. After the fiber deduction it would be zero carb. Would I still be able to enjoy it?

Someone please help me with some basic understanding of zero carb.

Hey, Dee:

We basically just eat fatty protein and drink water. There are people who are gradually working down to that which is also fine, but basically, it is what it is. There is no concept of NET CARBS over here so flax and things like that are grains and therefore are avoided. I do not take vitamins or supplements of any kind but I'm sure others do.

You don't have to do zero-carb, of course. It's pretty extreme, I guess, so not something to take on lightly. If you try it for a while and are unable to continue, you may find that when you return to carbs you'll gain much more than you were before you started and it may take some time to lose what you put on.

If you want to try it, I would say give yourself at least three or four weeks to see if it's something you'll be able to continue. I wouldn't expect too many results on anything shorter than that.

On the other hand, I think it's better to approach zero-carb from the purely intellectual position. What do I mean by that? I mean that you should read either the Bear or Stefansson and decide whether you buy the argument for zero-carb. If you do, then it's much easier to endure the first six months because you have a broader purpose than just losing some weight. Stefansson says that it takes at least 6 months to see whether a person will take to meat only or not. If they are able to endure 6 months, then it's highly probable that even if the person gives it up later, they will voluntarily return to meat later on.

I wouldn't advise zero-carb for just weight loss because I think it's an awful lot to go through especially when no one else but me seems to recommend such a thing.

With that proviso, I would say come on in, the water is warm.

Regards,

Charles

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RE: Zero Carb / Meat and Water - MAC - 08-01-2008 12:40 PM

DEEDLYNN Wrote:

Thanks MAC,

Now is this a long-term way of eating. Is it done in intervals? I'm intimidated to take the plunge on this one. Is there a book that people generally follow with regards to low carb.

In one aspect, it seems like it may be very beneficial to me right now with some of the foods issues I'm having.

On the other hand, even prior to low carb, I a more of a seafood, turkey, chicken eater. Very rarely eat beef, so...yikes.

Enquiring minds want to know.

Thanks!

Dee
Yes you are right. Seafood is fine. Turkey is fine but you want the fatty parts of it. The dark meat. No.
No intervals this isn't intermittent fasting. No books except for the ones Charles mentions.

**RE: Zero Carb / Meat and Water - travis t - 08-01-2008 12:54 PM**

Dee
You listed chicken, turkey, and fish. I don't know about anybody else but i need a lot more fat than those could provide. I even add extra butter to 80/20 beef patties because i find them to dry. This is such a great ride, these last two months of beef, butter, and coffee have been awesome (even with my splurges).

happy friday

travis t

p.s. did i mention how awesome i feel !!!

**RE: Zero Carb / Meat and Water - bracon - 08-01-2008 01:02 PM**

Charles Wrote:
I wouldn't advise zero-carb for just weight loss because I think it's an awful lot to go through especially when no one else but me seems to recommend such a thing.

Charles, I recommend it. It is time people take action in their own hands to get healthier and slimmer.

**RE: Zero Carb / Meat and Water - Charles - 08-01-2008 01:04 PM**

bracon Wrote:
Charles, I recommend it. It is time people take action in their own hands to get healthier and slimmer.
Read about Zero-carb and test yourself along the way.

Okay, you caught me. I was trying to be politically correct!

Have a great weekend everyone!

Charles

**RE: Zero Carb / Meat and Water - MAC - 08-01-2008 01:04 PM**

travis t Wrote:
Dee
You listed chicken, turkey, and fish. I don't know about anybody else but i need a lot more fat than those could provide. I even add extra butter to 80/20 beef patties because i find them to dry. This is such a great ride, these last two months of beef, butter, and coffee have been awesome (even with my splurges).

happy friday

travis t

p.s. did i mention how awesome i feel !!!

Chicken thighs with the skin left on and eaten are fatty. Turkey legs should be fairly fatty. Salmon is a relatively fatty fish. One can always wrap chicken and turkey legs with bacon to up the fat.
Travis t,
Have you upped your fat along the way and found greater weight loss?

RE: Zero Carb / Meat and Water - LindaSue - 08-01-2008 01:36 PM

MAC Wrote:
In its PUREST form, fatty protein and water. Meaning steak, hamburger, chicken thighs, pork chops, pork loin, etc. Meat. No veggies. No fiber. No coffee, no diet drinks, no cream, no salads. Fatty protein and water. You can have salt and/or pepper on your meat at your option. In short, NOTHING with carbs in them. Oh maybe eggs are ok and butter. No cheese. Just you and what you could slice from from a pig, a cow, a lamb, a duck, a chicken if you had a big knife and what you could drink from an unpolluted river would be even purer and of course an oven or grill to cook the meat.

Dee, there aren't really any set rules for this way of eating and not all of us are as strict as MAC is. Some of us do eat some cheese and eggs and others don't. Some drink coffee and cream and some don't. However, to be truly ZERO carb you would have to eat like MAC said. Most or at least many of us don't always go quite that low. Anything less than 10 carbs per day is still basically zero and allows for the little bit of carb in eggs, cheese, cream, seasonings and things like that. Charles will even tell you that anything under 20 carbs is metabolically zero. You don't have to be concerned with counting net carbs since there won't be any fiber to deduct other than trace amounts from spices perhaps.

RE: Zero Carb / Meat and Water - MAC - 08-01-2008 01:45 PM

LindaSue Wrote:
MAC Wrote:
In its PUREST form, fatty protein and water. Meaning steak, hamburger, chicken thighs, pork chops, pork loin, etc. Meat. No veggies. No fiber. No coffee, no diet drinks, no cream, no salads. Fatty protein and water. You can have salt and/or pepper on your meat at your option. In short, NOTHING with carbs in them. Oh maybe eggs are ok and butter. No cheese. Just you and what you could slice from from a pig, a cow, a lamb, a duck, a chicken if you had a big knife and what you could drink from an unpolluted river would be even purer and of course an oven or grill to cook the meat.

Dee, there aren't really any set rules for this way of eating and not all of us are as strict as MAC is. Some of us do eat some cheese and eggs and others don't. Some drink coffee and cream and some don't. However, to be truly ZERO carb you would have to eat like MAC said. Most or at least many of us don't always go quite that low. Anything less than 10 carbs per day is still basically zero and allows for the little bit of carb in eggs, cheese, cream, seasonings and things like that. Charles will even tell you that anything under 20 carbs is metabolically zero. You don't have to be concerned with counting net carbs since there won't be any fiber to deduct other than trace amounts from spices perhaps.

I am not that strict as you can tell by my journal. I was just setting a baseline. But it is possible that if you can't lose with < 10 carbs you may need to go to zero to lose weight. Now I wouldn't go there necessarily unless you had too. Dr. Eades looks at zero carb as a two week thing to break a stall. If I REALLY wanted to be strict, then I would say fatty protein and water and the meat has to be eaten RAW:-) I am not a follower of a raw paleo diet but some are.

RE: Zero Carb / Meat and Water - feckless - 08-01-2008 02:14 PM

I am having the nausea problem Charles mentioned, I guess from too much fat. Well, it's not that much fat, but maybe too much for my body too soon. I eat 5 ounces of beef short rib and it seems like the right
amount hunger-wise. Then shortly after I want to throw up and I stay nauseated for many hours. Even typing 'short rib' made me sick and it's been 6 hours! Do I need to eat tiny amounts, until my body gets used to this? How long is it okay to fast if you are feeling this way? I don't want to eat anymore today and yet 4 oz of short rib, even it is was mostly fat is not a lot of calories. This has been going on for a week now.

Interestingly, sometimes when I am feeling sick, if I think of fatty meat, the nausea surges....but if I think of something like scrambled eggs, or a slice of turkey deli meat, the nausea does not surge. My gut really knows what I am thinking.

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RE: Zero Carb / Meat and Water - Kristi31 - 08-01-2008 04:37 PM

I am feeling pretty damn good tonight. Had some regular ground beef with a couple of slices of pork belly. Yum!

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RE: Zero Carb / Meat and Water - Daryl - 08-01-2008 04:39 PM

Charles Wrote:
waywardsister Wrote:
Charles, I have Stefansson's "Life With The Eskimo", which I haven't tackled yet (it's huge) - since you're a fanboy, I'll tell you that it's an old hardcover ordered from an online used bookseller, and when I opened it I was thrilled to see that Stef. had actually signed it in 1948 - inscribed it to a friend, Shelley (don't know who that is) And I paid next to nothing for it. Okay, okay, enough Stef gushing. I would like to read his other works, you mentioned they were online somewhere? Fat Of The Land is one I am dying to read.

Just a few pages back, you can download Adventures in the Land. Not By Bread Alone has the Adventures information in it, but it expands a great deal on what was said there. Bellevue is covered in excruciating detail. I tell you, he must have countered every argument that could possibly be made against an all-meat diet. It's incredible so far. The copy I have was scanned and it's huge.

I've seen Not By Bread Alone also called Fat of the Land, it's supposedly an expanded version; the cheapest one I've seen online? $325 😢I hope to read it someday, what he and Anderson did at Bellevue endlessly fascinates me.

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RE: Zero Carb / Meat and Water - montmorency - 08-02-2008 03:57 AM

Some points at random:

On fat without sufficient protein: I speculate that this may be one reason why cheese may not be so good for us - lots of fat, but not as much protein as meat, and possibly the wrong sort of protein. Just a thought.

On grain-versus-grass-fed: I guess it's possible we're not always comparing like with like here (I will refrain from using the "apples and oranges" metaphore!). Traditional grains for animals were not the same as what tends to be used now, in a factory-farming environment. I'm not certain, but I think cattle in the UK get a mixture of grass and grains, typically. We get a lot of lamb from New Zealand (because
of our historic ties with that nation), frozen of course, and I think almost by definition, it's grass fed, and it's pretty good. Their butter is pretty good also (and cheap), and I notice they are now calling it "free range", although I think it's the same as it's always been. Just that no one thought about "free range" before.

A pedant writes:
I notice that Stefansson uses the spelling "Andersen" for the Danish colleague, which is the spelling I'd expect for a Dane. Gary Taubes spells it "Anderson" consistently, but I found it as "Andersen" on various google hits.

Small personal update: I seem to have settled down to two meat and fat meals per day; this wasn't intentional, but it satisfies me. No snacks; no hunger pangs. I seem to have cut out the eggs sooner than intended; we'll see how that goes. The cheese had already gone. Still not meat and water though, because I haven't kicked the tea with (very little) full-cream milk yet. No dramatic weight loss yet, but I feel fine.

Regards,
Mike

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RE: Zero Carb / Meat and Water - montmorency - 08-02-2008 06:43 AM

waywardsister Wrote:
This is something I want to try when I'm at my goal weight - raw cheese only. I'm curious to see how my body responds. Wish I could find raw milk/cream here. I remember visiting my nana in England when I was younger, and she had milk delivered in glass bottles...it had the most wonderful layer of cream on top. Very weird for a Canadian kid raised on 2% in plastic bags, but I took to it! Never went for the orange chocolate though Wink

We still get milk delivered in glass bottles, although this is a dying tradition. You are no longer allowed in England to buy raw unpasteurised milk from retail outlets (it used to come in bottles with green tops). Apparently it's still legal to buy it direct from a farmer, if you can find a source.

Most milk these days, even in bottles, is homogenised, so you don't get the cream at the top. I asked our milkman if he could supply unhomogenised, but I don't think the stuff that came is, although it is full-cream. Fortunately, you can buy unhomogenised full-cream milk in the supermarket. I believe there have been suspicions of health problems with homogenised milk, although these are contested. Even if not, it's unnecessary processing, and I'd prefer to avoid it. Similarly, the "full-cream" milk has apparently been skimmed, and then had the cream added back in some official proportion or other. This is to allow for the fact that the cows' production of cream varies through the year. Again, it's processing I'd prefer to avoid. An example of the mechanisation of our food supply that may not be harmful, but is it really necessary?

Needless to say, the majority of people buy lower-fat milk, what we call semi-skimmed. I think it's about 2.5%. Barry Groves says you need the fat in order to absorb the calcium. When I read that, I changed our order to full-cream! (This was when I was LC-ing and before I'd come across zero-carbing).

Regards,
Mike
it is my one true love...cream.

Sorry, more randomness from me:

I think I detect a preference away from frying here, in favour of oven-cooking or grilling, and I am not sure why this is.

Obviously large joints of meat need to go into an oven, but grilling, in my perception, is associated with low-fat eating. It certainly became the preferred option in England after the low-fat orthodoxy took hold.

I am not sure why (for smaller items that don't need the oven) a person on a high-fat diet would shun frying. Clearly frying in vegetable oil would be an issue; (Barry Groves says that even the monounsaturated olive oil is not stable at high temperatures.)

I fry in beef dripping/tallow, or butter, or I might use coconut oil if I had it in stock, or lard if I could get it additive-free. Fatty ground/minced beef will fry quite happily in its own fat, so that's ok 😊

Stefansson: I haven't read his own work (except that which has been quoted here), but in the various accounts I have read, it was suggested that after the Bellevue eating year, they reverted to a "normal" i.e. "balanced" diet. Is that actually the case? Did they not believe that meat-only was healthier, only that it wasn't less healthy than a "normal" diet?

I was intrigued by the apparent fact that they had apparently bad results on the glucose tolerance test, although after a week (on a "normal" diet I think), it had normalised. I believe the explanation was that their pancreases needed time to adapt to the glucose in order to generate enough insulin.

This all makes perfect sense to my mind ... it was not that their glucose tolerance had become faulty or unhealthy in some way, but that they had perfectly adapted to an all meat diet, and were perfectly healthy in fact.

The only unhealthy thing going on here was in fact the glucose tolerance test! It seems a very crude "weapon". The thought of drinking or being infused with glucose is repulsive to me! I don't know if a more sophisticated version of this would be done nowadays. (I doubt it somehow, although the measurements are presumably more sophisticated).

Regards,
Mike

Thanks for all the information and responses.
After reading through them, I'm not sure that true zero carb is the way for me right now.

I have a lot of pounds to lose. I just really need to learn and accept that I may be hypersensitive to carbs and act accordingly. I am going to continue reading the thread because there is a WEALTH of knowledge out here....Actually a lot of it is over my head. LOL.

Again, thanks for all the help....Congratulations to all of you on your successes and commitment to a healthier lifestyle.

Dee

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**RE: Zero Carb / Meat and Water** - MAC - 08-02-2008 10:08 AM

montmorency wrote:
I was intrigued by the apparent fact that they had apparently bad results on the glucose tolerance test, although after a week (on a "normal" diet I think), it had normalised. I believe the explanation was that their pancreases needed time to adapt to the glucose in order to generate enough insulin.

Dr. Eades explains the high glucose for a fat adapted individual as that they don't have enough of the enzymes to digest carbs. After 3-4 days of >150 carbs they had normal results as the enzymes are then produced in sufficient quantities to fully digest the carbs. This is also why it is necessary for any one low carbing to do the same so their GTT results are not skewed.

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**RE: Zero Carb / Meat and Water** - FatGirlOnAtkins - 08-02-2008 10:19 AM

DEEDLYNN wrote:
Thanks for all the information and responses.

After reading through them, I'm not sure that true zero carb is the way for me right now.

I have a lot of pounds to lose. I just really need to learn and accept that I may be hypersensitive to carbs and act accordingly. I am going to continue reading the thread because there is a WEALTH of knowledge out here....Actually a lot of it is over my head. LOL.

Again, thanks for all the help....Congratulations to all of you on your successes and commitment to a healthier lifestyle.

Dee

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You go, Dee! You can do this. I love your little "since I cheated ticker" What a good idea!

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**RE: Zero Carb / Meat and Water** - travis t - 08-02-2008 10:21 AM

MAC
I am thinking that glucose tolerance testing is not worth much. Why would we change the way we eat just so we can pass a lab test that doesn't even correlate with the way we eat 99% of the time.
I think that the real lesson to be learned is consistency with what ever level of macro nutrients we choose to consume. This goes for carbs, fats, and proteins as they all need different enzymes to be used
effectively. Enzymes are very complex protein structures and can't be just whipped out in an instant. (by using eades 3-4 days).

travis t

RE: Zero Carb / Meat and Water - MAC - 08-02-2008 10:25 AM

travis t Wrote:
MAC
I am thinking that glucose tolerance testing is not worth much. Why would we change the way we eat just so we can pass a lab test that doesn't even correlate with the way we eat 99% of the time.
I think that the real lesson to be learned is consistency with whatever level of macro nutrients we choose to consume. This goes for carbs, fats, and proteins as they all need different enzymes to be used effectively. Enzymes are very complex protein structures and can't be just whipped out in an instant. (by using eades 3-4 days).

travis t

Those are the instructions for an OGTT. It is not just Eades but Vernon and every other doctor that gives GTT tests. So I assume somewhere a long time ago someone figured out how many days and how many carbs it takes to be readapted. I agree about the correlation or why you would want to change what you eat for these tests but if you don't carb adapt before an OGTT you are most likely going to be labeled diabetic when you may in fact not be. If you have any papers that show it takes more than 3-4 days for proteins to be created I'd like to know about them as I did a home GTT and my blood glucose spiked in spite of having done 3 days of carb adaptation of > 150 carbs/day.

In Dr. Atkins Diabetes Revolution book, Dr. Atkins after a OGTT test, then used to give his newly diagnosed patients another GTT but this time by eating a high carb meal. The reason was to find out the amount of insulin they would need. Same kind of test Jimmy did but it was not a high carb meal and Jimmy is not diabetic. Dr. Atkins also used to take insulin levels along the way. Fasting insulin <10 is normal. Five times your fasting insulin 1 hr into a GTT and you have insulin resistance.

RE: Zero Carb / Meat and Water - FatGirlOnAtkins - 08-02-2008 10:36 AM

suzanneeyea Wrote:
I personally do not trust doctors. They have tried to put me on so many medications for all sorts of things and all these things have cleared up on low carb. So, if I got pregnant again I believe I have more knowledge of my body and what it and my baby needs than the majority of doctors. I would stay low carb during my pregnancy.

I don't trust their advice, either. I've had 4 babies, and the healthier ones are the ones that I was careful what I ate while I was pregnant. I had gallbladder problems with my 2nd, and they put me on a low-fat diet. I got fat, the baby was HUGE and has had issues ever since. I didn't have any problems, with gestational diabetes or otherwise, when I was low-carbing while I was pregnant. I feel like what these doctors are taught is so out-of-date and they really just do't know any better. Even when they put you on a "low-carb" diet for gestational diabetes, it's 150 grams of carbs a day. That's lower than 300 most people eat, but not low. I wish doctors would do research on their own more often.

RE: Zero Carb / Meat and Water - rozi - 08-02-2008 11:21 AM

No one has mentioned a problem I have had long ago in the past. After I had been low carbing for
several months I went into the hospital for surgery and I didn't even think to mention to either the Dr. or
the anesthesiologist about the diet. During surgery they started a glucose drip and my blood pressure
started dropping, they ended the surgery without quite finishing, and after I got back to my room my
blood pressure kept going down until I remember the nurse saying 40 over zero as I passed out. It felt
like I was dying and the nurse who was a personal friend told me later that she thought she had lost me,
but I did come out of it. The moral of my story is "If you go into the hospital be sure to tell the Dr that if
he gives glucose to expect a reaction".

RE: Zero Carb / Meat and Water - Daryl - 08-02-2008 11:31 AM

montmorency Wrote:
Stefansson: I haven't read his own work (except that which has been quoted here), but in the various
accounts I have read, it was suggested that after the Bellevue eating year, they reverted to a "normal" i.e.
"balanced" diet. Is that actually the case? Did they not believe that meat-only was healthier, only that it
wasn't less healthy than a "normal" diet?

If I remember correctly, I saw someone in the "Bear" thread over at Active Low Carber forums say that
Stefansson went off and on the meat diet a couple of times. He seemed to enjoy good health most of his
life, although he did have 3 strokes.

I'm going to try to find that post talking about his post-Bellevue diet, but that thread is huge, and may
take a while.

RE: Zero Carb / Meat and Water - travis t - 08-02-2008 11:59 AM

Mac wrote "If you have any papers that show it takes more than 3-4 days for proteins to be created I'd
like to know about them as I did a home GTT and my blood glucose spiked in spite of having done 3
days of carb adaptation of > 150 carbs/day."

I don't really know about the 3-4 days for enzyme production to come online. i was just saying that is
what Eades said about getting prepared for a GTT.
I have never done a GTT and i suspect i never will.
travis t

RE: Zero Carb / Meat and Water - Wendyoh - 08-02-2008 12:50 PM

rozi Wrote:
No one has mentioned a problem I have had long ago in the past. After I had been low carbing for
several months I went into the hospital for surgery and I didn't even think to mention to either the Dr. or
the anesthesiologist about the diet. During surgery they started a glucose drip and my blood pressure
started dropping, they ended the surgery without quite finishing, and after I got back to my room my
blood pressure kept going down until I remember the nurse saying 40 over zero as I passed out. It felt
like I was dying and the nurse who was a personal friend told me later that she thought she had lost me,
but I did come out of it. The moral of my story is "If you go into the hospital be sure to tell the Dr that if
he gives glucose to expect a reaction".

Wow, this is really scary, and one of my biggest fears. So what do they do for someone who doesn't eat
glucose in this kind of situation? I can't imagine they have a meat drip😊
RE: Zero Carb / Meat and Water - travis t - 08-02-2008 12:56 PM

Wendy
i will take the butter iv drip
travis t

RE: Zero Carb / Meat and Water - jeepifer - 08-02-2008 12:57 PM

Don't have anything to add, just checking in. Pork steak for breakfast, double hackamer sans everything at McDogfoods. Kids were super-good at swimming lessons today. I know food shouldn't be a reward, but my oldest, Nuttles, had a potty-training issue (No TV if she has an accident) so I couldn't let her come home and watch a favorite movie, which is her usual treat. 😅 We're one of those wacko families that doesn't have broadcast/cable/satellite tv, so they only watch movies or previously recorded stuff, or shows we get off of iTunes.

Had to laugh -- fixed DH and the kids an egg/cheese omlette for breakfast. My little one, Squeaks, took one look at *my* food and asked for a bite. She ate a couple of ounces of my pork steak instead of her eggs!

RE: Zero Carb / Meat and Water - rozi - 08-02-2008 01:07 PM

Wendyoh Wrote:
Wow, this is really scary, and one of my biggest fears. So what do they do for someone who doesn't eat glucose in this kind of situation? I can't imagine they have a meat drip 😦

Saline alone works fine, if the Dr is warned to use it. And if he believes you about a problem.

RE: Zero Carb / Meat and Water - suzanneyea - 08-02-2008 01:07 PM

I was at an indoor playground place today and there was this child, totally out of control. He obviously had "behavior issues." The first thing the mother gave him was an ice cream at 11:00am. Then she ordered him a burger and fries and I had to listen to her talking him into eating more of this crap. It was driving me nuts! "Come on, come on if you don't come and eat your fries mommy is going to eat it,...yummy." It is bad enough to feed your children this crap, but then to encourage them to eat instead of play? What are these parents thinking? Maybe if this child had a healthy diet I would not have had to listen to him scream all day long.

RE: Zero Carb / Meat and Water - Daryl - 08-02-2008 01:58 PM

Daryl Wrote:
montmorency Wrote:
Stefansson: I haven't read his own work (except that which has been quoted here), but in the various accounts I have read, it was suggested that after the Bellevue eating year, they reverted to a "normal" i.e. "balanced" diet. Is that actually the case? Did they not believe that meat-only was healthier, only that it wasn't less healthy than a "normal" diet?

If I remember correctly, I saw someone in the "Bear" thread over at Active Low Carber forums say that
Stefansson went off and on the meat diet a couple of times. He seemed to enjoy good health most of his life, although he did have 3 strokes.

I'm going to try to find that post talking about his post-Bellevue diet, but that thread is huge, and may take a while.

What I've been able to find:

Quote:
For example, Stefansson thought that nutritionists were in error in promoting balanced diet. His experience and research had convinced him of the benefits of a fat meat diet. In 1927-28, under medical supervision, he and a companion from one of his Arctic trips lived for a year on nothing but meat and water. In 1955 he adopted a "stone-age" diet—high-fat, low-carbohydrate, mostly meat—which he credited with helping him maintain fitness and health. He wrote two books on his nutritional theories: Not By Bread Alone, 1946, and Cancer: Disease of Civilization?, 1960.

http://www25.uua.org/uuhs/duub/articles/vilhjalmurstefansson.html

And Bear followed that with:

Quote:
Stef only lived on an all-meat diet intermittently for a total of about 8 years out of 83 (that leaves 75 years on a normal diet)- I have been on it continuously for 47 years out of 71. The damage my high carb dietary intake, incurred while I ate a 'normal' diet, was a single, simple blockage in one of my coronary arteries, which began causing me mild angina from age 20. I began all meat at 23, so the heart problem predated, and was reduced in growth and severity- by my present diet. Strokes are due to weak blood vessels and Stef's intermittent meat diet excursions were not long enough in duration to have reduced the insulin damage leading to his blood pressure or anything else. Admit it, you have absolutely nothing of value to offer us here, and you cannot even find a valid reason to attack what I say- you are in denial about your own state of health, but cannot accept this dietary path and are projecting you disability outwards. I enjoy excellent health- Give it up.

RE: Zero Carb / Meat and Water - montmorency - 08-02-2008 03:21 PM

Thanks Daryl; very interesting. I will try to read some of Stefansson's writing in full. Whatever he lived on, 83 isn't a bad score, especially as he must have suffered some hardships in his exploring days.

Regards,
Mike

RE: Zero Carb / Meat and Water - MAC - 08-02-2008 03:26 PM

montmorency Wrote:
Thanks Daryl; very interesting. I will try to read some of Stefansson's writing in full. Whatever he lived on, 83 isn't a bad score, especially as he must have suffered some hardships in his exploring days.
Regards,
Mike

See this thread to find some of his books:

Stefasson Books

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**RE: Zero Carb / Meat and Water - Kristi31 - 08-02-2008 03:48 PM**

I actually read his book "Not by Bread alone" borrowed from the library. Also, another book, "The Stone Age Diet" by Walter L. Voegtlin, also found at the library. Amazing stuff! I think I might just borrow the books next time and photocopy them OR not ever return them...hehe!

Here is the scientific article on the Bellevue experiment...

[http://www.jbc.org/cgi/reprint/87/3/651](http://www.jbc.org/cgi/reprint/87/3/651)

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**RE: Zero Carb / Meat and Water - rozi - 08-02-2008 03:54 PM**

As I recall what I read some time ago, at some point not too long after the Bellevue stay, after going back to the basic diet of the day, he got so fat and grumpy his wife put him back on the all meat diet. I remember that much because I loved the story. According to what I read he soon lost the weight and felt much better and his disposition improved according to his wife.

I have no idea how accurate that is, I read it on line several years ago.

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**RE: Zero Carb / Meat and Water - Charles - 08-02-2008 04:45 PM**

feckless Wrote:
Do I need to eat tiny amounts, until my body gets used to this? How long is it okay to fast if you are feeling this way? I don't want to eat anymore today and yet 4 oz of short rib, even it is was mostly fat is not a lot of calories. This has been going on for a week now.

You shouldn't feel this bad ever. How about trying some ground beef with your short ribs? Maybe a patty of ground beef and a single short rib and see if that helps? Stefansson said that the Inuit eat the fat first and then eat the lean.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - Charles - 08-02-2008 04:48 PM**

Daryl Wrote:
I've seen Not By Bread Alone also called Fat of the Land, it's supposedly an expanded version; the cheapest one I've seen online? $325 😕 I hope to read it someday, what he and Anderson did at Bellevue endlessly fascinates me.
I'll get it up here free for everyone as soon as the Admin here tells us how I can do it. It's really huge so I may have to do it in segments. A lot of it has been told in the other books so once I finish reading it, I may end up telling you that all this information is available in such and such a book. The book on page 45 of this thread gives a nice account of Bellevue and it's very similar to what is in Not by Bread Alone which by the way was called Fat of the Land because the publisher had the same concern as they do today when you add "low-carb" to any title.

RE: Zero Carb / Meat and Water - Charles - 08-02-2008 05:02 PM

As far as Stefansson, he didn't necessarily recommend an all-meat diet for everyone. In fact, at the end of Adventures in the Land, he questioned why anyone would want to and said that eskimos don't live longer than other groups of people which may be due to many factors. None of this deterred me because I would rather have 70 years of looking like Jack LaLanne than 90 years of looking like Ancel Keys!

The same is true of Gary Taubes' work and that of many of the researchers he presented. The sum total of their work indicated very strongly that an all-meat diet was the best thing; however, they all stopped short of making that recommendation for some reason or another. This makes the argument that much more powerful to me they they weren't looking for it. If you step back and consider all the research and all the facts, the conclusion is crystal clear.

Regards,
Charles

RE: Zero Carb / Meat and Water - momandray - 08-02-2008 05:23 PM

onlyabtrfly Wrote:
I desperately need someone to explain in concise detail what just happened to me. Let me preface this by saying I had a good dinner last night and was getting ready to fix my breakfast at the regular time of 9am-ish.

I was in the kitchen having just given my little ones their breakfast. I was starting a bottle for the baby and I started getting the feeling like I was going to throw up and felt light headed. I put the bottle down and hung on to the counter, thinking it would go away. Well it didn't. I walked into the living room and sat down to put my head between my knees because I was sure passing out was coming up. I thought to take a bite of something, so I went back in the kitchen, snatched a banana off the counter, and took a bite. I was feeling so bad at that point I literally couldn't see straight, my ears were buzzing, and I just broke the banana up and gave it to the kids. I went to walk back into the living room thinking I'd lie down a few seconds and literally collapsed to the floor. I couldn't get up so I just watched my house spin around my head for about five minutes. When I finally dragged myself off the floor I went and got another banana. Sorry if this is TMI but all of a sudden I had the immense need to poo, so I hobbled to the bathroom. Not to be gross, but I tended to that business and ate my banana, and things started easing off. I am STILL shaking I feel like from the inside out. WHAT IS WRONG WITH ME???

I'm not trying to sound like a jerk or anything, but this is how I felt on Kimkins last year only I never collapsed. I am horrified at this because I FEEL SO DARN GOOD EATING THIS WAY!!!! I don't want to stop! So please, someone, tell me what just happened here and tell me how to avoid it. To have lived a week with no cravings and feeling satisfied is so insanely awesome to me and I don't want to give it up. But I can't be worried of having episodes like this. It sounds like a textbook rapid sugar drop
to me, but with all the science on these thread pages saying that won't happen.......what am I to think????
Someone help!!

I have an inner ear disorder called Meniere's disease and this is exactly how I get when I have an attack.
For your sake I hope it is nothing like that but just wanted you to know of the possibility. Take care.
Jeanie

RE: Zero Carb / Meat and Water - Living healthy - 08-02-2008 05:35 PM

momandray Wrote:
onlyabtrfly Wrote:
I desperately need someone to explain in concise detail what just happened to me. Let me preface this by saying I had a good dinner last night and was getting ready to fix my breakfast at the regular time of 9am-ish.

I was in the kitchen having just given my little ones their breakfast. I was starting a bottle for the baby and I started getting the feeling like I was going to throw up and felt light headed. I put the bottle down and hung on to the counter, thinking it would go away. Well it didn't. I walked into the living room and sat down to put my head between my knees because I was sure passing out was coming up. I thought to take a bite of something, so I went back in the kitchen, snatched a banana off the counter, and took a bite. I was feeling so bad at that point I literally couldn't see straight, my ears were buzzing, and I just broke the banana up and gave it to the kids. I went to walk back into the living room thinking I'd lie down a few seconds and literally collapsed to the floor. I couldn't get up so I just watched my house spin around my head for about five minutes. When I finally dragged myself off the floor I went and got another banana. Sorry if this is TMI but all of a sudden I had the immense need to poo, so I hobbled to the bathroom. Not to be gross, but I tended to that business and ate my banana, and things started easing off. I am STILL shaking I feel like from the inside out. WHAT IS WRONG WITH ME???

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I have an inner ear disorder called Meniere's disease and this is exactly how I get when I have an attack. For your sake I hope it is nothing like that but just wanted you to know of the possibility. Take care.
Jeanie

To me, it sounds like "dumping syndrome" related to excessive levels of insulin in the bloodstream. "Symptoms of early dumping include nausea, vomiting, bloating, cramping, diarrhea, dizziness and fatigue. "Late" dumping happens 1 to 3 hours after eating. Symptoms of late dumping include weakness, sweating, and dizziness. Many people have both types.

It is speculated that "early" dumping is associated with difficulty digesting fats while "late" dumping is associated with carbohydrates.[citation needed]

In addition, people with this syndrome often suffer from low blood sugar, or hypoglycemia, because the
rapid "dumping" of food triggers the pancreas to release excessive amounts of insulin into the bloodstream. This type of hypoglycemia is referred to as "alimentary hypoglycemia."

RE: Zero Carb / Meat and Water - feckless - 08-02-2008 05:59 PM

Charles Wrote:
feckless Wrote:
Do I need to eat tiny amounts, until my body gets used to this? How long is it okay to fast if you are feeling this way? I don't want to eat anymore today and yet 4 oz of short rib, even it is was mostly fat is not a lot of calories. This has been going on for a week now.

You shouldn't feel this bad ever. How about trying some ground beef with your short ribs? Maybe a patty of ground beef and a single short rib and see if that helps? Stefansson said that the Inuit eat the fat first and then eat the lean.

Charles

i only eat about 1/3 of a short rib, but i did, in fact, make a small beef patty and had less short rib with it twice today and the nausea is much less, so i will continue that. after two weeks, i'm still VERY lethargic, and having some inflammation in my knees. is this common? it seems transient, sometimes it is there...then it's not. so i'm thinking the body is just making some adjustments. i've never had any problem with my joints hurting ever, and have been doing only the lightest exercise the last two weeks, so i am sure it is the change in diet.

RE: Zero Carb / Meat and Water - Charles - 08-02-2008 06:07 PM

feckless Wrote:
i only eat about 1/3 of a short rib, but i did, in fact, make a small beef patty and had less short rib with it twice today and the nausea is much less, so i will continue that. after two weeks, i'm still VERY lethargic, and having some inflammation in my knees. is this common? it seems transient, sometimes it is there...then it's not. so i'm thinking the body is just making some adjustments. i've never had any problem with my joints hurting ever, and have been doing only the lightest exercise the last two weeks, so i am sure it is the change in diet.

It's hard to say "common" but certainly, I can imagine what you're feeling. I often feel a bit "lethargic" but I find that I always have energy. There is some degree of this that you get used to. When you're used to sugar highs, this is quite a different feeling. However, you should begin to have energy soon, I would think.

Ketoadaptation takes anywhere from 2 weeks to 2 months and it varies for everyone and there is no getting around it. Try not to expect too much too soon from exercise. In fact, I wouldn't even do it until I truly felt like it. Don't drag yourself to work out when you don't feel like it. One of these days you'll feel as if you have energy to burn and there will be no stopping you.

You'll always have some days that are more energetic than others, and then again there will be days where you sit around the majority of the day. If I'm "normal" then I would say so is this.

I used to have joint pain when I ate carbs, but that was one of the first things that went away for me. For now, I would say eat more ground beef or whatever makes you feel better and just hang in there. Things are bound to improve!
Regards,
Charles

RE: Zero Carb / Meat and Water - Daryl - 08-02-2008 06:23 PM

Charles Wrote:
I would rather have 70 years of looking like Jack LaLanne than 90 years of looking like Ancel Keys!
😊I agree. And thanks for sharing the links to the Stefasson info, it's invaluable, Charles.

RE: Zero Carb / Meat and Water - aim in Fla*working - 08-02-2008 06:41 PM

hey you guys...I am so bloated today that my shins are shiny...I have been eating zero carb for about 4
days consistently...the only thing is that I am on antibiotics...I have always had retention issues but this
is THE WORST...i don't get it. And MY BLOODPRESSURE , WHICH IS USUALLY 110/70 HAS BEEN 140/87!!!!Any input? TXhank you in advance.

RE: Zero Carb / Meat and Water - MAC - 08-02-2008 06:45 PM

aim in Fla*working Wrote:
hey you guys...I am so bloated today that my shins are shiny...I have been eating zero carb for about 4
days consistently...the only thing is that I am on antibiotics...I have always had retention issues but this
is THE WORST...i don't get it. And MY BLOODPRESSURE , WHICH IS USUALLY 110/70 HAS BEEN 140/87!!!!Any input? TXhank you in advance.

Would assume it has to be the antibiotics as a low carb or zero carb diet is VERY diuretic. Don't have
any advice or observations other than that. Are you on any other medications?

RE: Zero Carb / Meat and Water - montmorency - 08-03-2008 12:41 AM

Although I couldn't find the PDFs, I did read the "Harpers" article. Fascinating stuff about scurvy, for
example. However, there is a sting in the tail:

"The danger is that you may reason from this good health to a great longevity. But meat eaters do not
appear to live long. So far as we can tell, the Eskimos, before the white men upset their physiological as
well as their economic balance, lived on the average at least ten years less than we. Now their lives
average still shorter; but that is partly from communicated diseases.

It has been said in a previous article that I found the exclusive meat diet in New York to be stimulating -
I felt energetic and optimistic both winter and summer. Perhaps it may be considered that meat is,
overall, a stimulating diet, in the sense that metabolic processes are speeded up. You are then living at a
faster rate, which means you would grow up rapidly and get old soon. This is perhaps confirmed by that
eyarly maturing of Eskimo women which I have heretofore supposed to be mainly due to their almost
complete protection from chill - they live in warm dwellings and dress warmly so that the body is
seldom under stress to maintain by physiological processes a temperature balance. It may be that meat as
a speeder-up of metabolism explains in part both that Eskimo women are sometimes grandmothers
before the age of twenty-three, and that they usually seem as old at sixty as our women do at eighty."
hm...so, live a short live but a happy one...?

[UPDATE: oops, sorry, I meant to post this in the "book review" thread! - had 2 windows open and confused them - have re-posted it there now]

[Update2: double-oops: now I see what happened - both threads were covering some of the same ground. I now see that Charles has covered the point about length of Eskimos lives in this thread, and the fact of Stefansson and also Gary Taubes, stopping short of recommending all-meat to everyone.

I'd think a useful research project, could it ever be done, would be to establish the baseline health level engendered by an all-meat & water diet, and then selectively add "healthy" low-starch veg and conventional (not synthetic) sources of Vitamin C to it, and see if it makes it better, worse, or has no effect.

I'm slightly intrigued by Stefansson's comments about lime juice at one point: after pretty well showing that conventional anti-scurvy regimens didn't stand up to extreme load, he then says that since lime juice is convenient and can be packaged to retain its goodness, you might as well use it (or something like that).

Regards,
Mike

RE: Zero Carb / Meat and Water - Daryl - 08-03-2008 02:49 AM

All valid points to bring up, Mike. Is the meat diet "stimulating", speeding up our metabolisms, leading to a bit shorter lives on average, while something like calorie restriction, slowing down the metabolism, extends it? That leads to the question, is the extra time worth it?

RE: Zero Carb / Meat and Water - suzanneyea - 08-03-2008 03:18 AM

Quote:
I have been eating zero carb for about 4 days consistently...the only thing is that I am on antibiotics...

4 days is a very short period of time, you cannot judge things yet. I cannot imagine what my body was going through the first weeks or even months of low carb and zero carb. I was a mess when I started low carb. I felt sick most of the day, like I was going to puke, I was so tired other days I could not move off the couch, my BM were all over the place. It was a rough go and this lasted well over a month for me. The only solution is to stay on plan. Everytime you take a bite of a carb, you have to begin the process all over. It takes weeks and months for your body to adjust, not days.

RE: Zero Carb / Meat and Water - Loops - 08-03-2008 05:47 AM

Charles Wrote:
MAC Wrote:
There have been some studies recently about diabetic mothers passing on traits to their newborns because they are diabetic. We are not talking about gestational diabetes here but diabetics before pregnancy.

Well, that makes sense if you're talking about diabetics. However, just a blanket statement that very low-
carb eating is not good for pregnancy is quite a stretch. The Masai have babies every day and I don't think they have any trouble.

Any diabetic would want to work with an experienced low-carb doctor in anything they do in order to get their medicines adjusted accordingly. However, for the general non-diabetic pregnant woman, I don't see how a zero-carb diet would harm them any more than it does any other meat-eating woman in the world.

hi -

I'm still catching up on the rest of this thread, but...um...well, the Masai used to drink milk - quite a lot of it, which isn't zero carb. Still, I'm sure there must be other examples.

Loops

RE: Zero Carb / Meat and Water - LindaSue - 08-03-2008 06:43 AM

Welcome to the forum, momandray. I also suffer from bouts of vertigo that can go on for weeks or even months. It's no fun at all. It comes and goes for no apparent reason. The last one lasted several months and then went away overnight a few weeks ago. Now that it's gone again, I've been able to get back into my exercise routine.

RE: Zero Carb / Meat and Water - aim in Fla*working - 08-03-2008 07:34 AM

MAC Wrote:
aim in Fla*working Wrote:
hey you guys...I am so bloated today that my shins are shiny...I have been eating zero carb for about 4 days consistently...the only thing is that I am on antibiotics...I have always had retention issues but this is THE WORST...i don't get it. AND MY BLOODPRESSURE, WHICH IS USUALLY 110/70 HAS BEEN 140/87!!!!Any input? TThank you in advance.

Would assume it has to be the antibiotics as a low carb or zero carb diet is VERY diuretic. Don't have any advice or observations other than that. Are you on any other medications?

yeah, that is why I went on zero carb to begin with!! I am still down a 1/2 pound a day while ZC so that is good. BUT...i was so bloated that my face was moon-like and my eye lids were swollen and my shins were shiny and I had a terrible feeling of hypertensive...I have had a headach for 4-5 days. I stopped the antibiotic yesterday. My mother who is a Nurse Practitioner stated that it should be fine for my forearm injury seeing it was so high in potency. I also take thyroid meds and I am running a little high on thyroid now and have had to actually take a 1/2 grain less of my Armour.

RE: Zero Carb / Meat and Water - Tana - 08-03-2008 07:38 AM

Regarding vertigo...

I also have Menieres disease. It took almost 7 years to diagnose, as diagnosis is made by "exclusion" of other causes. Not to hijack this thread, but here is where I found the most helpful information.
I have found that low carbing has lessened my symptoms.

RE: Zero Carb / Meat and Water - **Wendyoh** - 08-03-2008 08:06 AM

aim in Fla*working Wrote:
I also take thyroid meds and I am running a little high on thyroid now and have had to actually take a 1/2 grain less of my Armour.

This is so interesting to me. You might find this thread interesting:


RE: Zero Carb / Meat and Water - **Loops** - 08-03-2008 08:34 AM

hi everyone -

ok so I am still struggling with the no cream and no cheese thing, and also I am up 3 pounds which came on before my TOM (straight after my meat binge not that that bears any relation), and HAVEN'T LEFT SINCE! Arg.

I really need some support. I had previously been doing a high fat, controlled protein low carb WOE (Banta diet) and was down to 64 kilos (63 at one point). It seems since I have relinquished my control over protein and instead opted to go for close to zero carbs (this time without dairy as much as I can stand it) I'm gaining again. Pants.

Is it possible that too much protein really CAN make me gain weight? I want to believe it's not so, but crap, I am getting fed up with the scale going up and not down, especially when <5g of carb is involved. I lost a small amount of weight eating nuts, cream, cheese and less protein overall, but can't ever seem to get back down to the 60 kilos I reached before (general low carb, lots of fat, cheese, salads - then one day without changing anything I started to gain weight again - so went zero carb with cheese and gained even more).

What is going on with me? Please excuse my negativity today - I am writing this here because I really really want zero carb to work for me so I need somewhere to vent and also get some support. This morning I had pork ribs for breakfast which was nice, and also some black coffee, but I was kind of down after jumping on the scales and it still has me at 65.5 kilos.

I don't ever do carb-ups or anything like that - never cheat etc. I was at one point eating nuts and actually was at a lower weight, but that was before I decided to give zero carb another shot WITHOUT dairy.

It really isn't muscle because my test jeans are once more feeling tighter. I wonder if I really do react to too much protein. After all, if it wasn't partly true, why do some low-carb authors recommend controlling protein intake (Kwasniewski and Barry Groves for instance)?

Please don't take this post as attacking zero carb - I'm just feeling a bit frustrated.

Thanks for listening
Loops

RE: Zero Carb / Meat and Water - **aim in Fla*working** - 08-03-2008 09:12 AM

Wendyoh Wrote:
aim in Fla*working Wrote:
I also take thyroid meds and I am running a little high on thyroid now and have had to actually take a 1/2 grain less of my Armour.

This is so interesting to me. You might find this thread interesting:


yes, I read the thread and it is very interesting. My issue is that although I have symptoms of 'hyper' I have a temp of 95-96 which is not good because I have chronic fatigue and fibro and it depletes my ability to fight infection and, like you...I teach...so you KNOW how viral those kids are!

---

RE: Zero Carb / Meat and Water - **Wendyoh** - 08-03-2008 09:50 AM

aim in Fla*working Wrote:
Wendyoh Wrote:
aim in Fla*working Wrote:
I also take thyroid meds and I am running a little high on thyroid now and have had to actually take a 1/2 grain less of my Armour.

This is so interesting to me. You might find this thread interesting:


yes, I read the thread and it is very interesting. My issue is that although I have symptoms of 'hyper' I have a temp of 95-96 which is not good because I have chronic fatigue and fibro and it depletes my ability to fight infection and, like you...I teach...so you KNOW how viral those kids are!

Why hyper symptoms do you have?

Did you say that you are taking antibiotics? Did your hyper symptoms show up or worsen when you started the antibiotics?

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RE: Zero Carb / Meat and Water - **aim in Fla*working** - 08-03-2008 09:52 AM

Wendyoh Wrote:
aim in Fla*working Wrote:
Wendyoh Wrote:
aim in Fla*working Wrote:
I also take thyroid meds and I am running a little high on thyroid now and have had to actually take a 1/2 grain less of my Armour.
This is so interesting to me. You might find this thread interesting:


yes, I read the thread and it is very interesting. My issue is that although I have symptoms of 'hyper' I have a temp of 95-96 which is not good because I have chronic fatigue and fibro and it depletes my ability to fight infection and, like you...I teach...so you KNOW how viral those kids are!

Why hyper symptoms do you have?

Did you say that you are taking antibiotics? Did your hyper symptoms show up or worsen when you started the antibiotics?

hyper is the agitation and lack of sleep and the high blood pressure I have had recently. I have never had high blood pressure in my life...i started ZC and antibiotics at about the same time...which was Monday.

**RE: Zero Carb / Meat and Water** - *aim in Fla*working - 08-03-2008 09:53 AM

my bloodwork has me at tsh which I do not even really use...at .03. Everything else is high end normal.

**RE: Zero Carb / Meat and Water** - *Wendyoh* - 08-03-2008 10:01 AM

aim in Fla*working Wrote:
my bloodwork has me at tsh which I do not even really use...at .03. Everything else is high end normal.

TSH is not very meaningful when you are on Armour.

But if your FT3 and FT4 are on the high end, that could explain your symptoms. How much Armour had you been taking?

**RE: Zero Carb / Meat and Water** - *poo123* - 08-03-2008 10:28 AM

Loops, Don't give up on the zero carb. I have been doing it since June 28th and for the first 2 weeks I lost 10lbs, then put 3 back on lost it again and then thats it for 4 weeks. Now the weight is coming off 3/4 - 1 lb a day. I really took a while for my body to get used to eating this way and Charles said the insulin had the "clear" my system. Sometimes it takes a while just hang in there. Once it happens you will be so happy. But if you are doing zero carb that really means ZERO. I have not had one cheat and my weight did go up and down like I said. So I am glad you are here, just give it a few weeks... alison

**RE: Zero Carb / Meat and Water** - *rozi* - 08-03-2008 10:54 AM

montmorency Wrote:
It may be that meat as a speeder-up of metabolism explains in part both that Eskimo women are sometimes grandmothers before the age of twenty-three, and that they usually seem as old at sixty as our women do at eighty."

hm...so, live a short live but a happy one...?

Regards,
Mike

I can tell you that you just talked me out of zero carbing, at 74 and feeling good and enjoying life, I just don't want to take a chance. I had my heart set on 100 or more!

RE: Zero Carb / Meat and Water - aim in Fla*working - 08-03-2008 11:13 AM

Wendyoh Wrote:
aim in Fla*working Wrote:
my bloodwork has me at tsh which I do not even really use...at .03. Everything else is high end normal.

TSH is not very meaningful when you are on Armour.

But if your FT3 and FT4 are on the high end, that could explain your symptoms. How much Armour had you been taking?

I was on 3 then 2 and now 1 1/2 one one day and 2 on another alternating. however, I have gained @ 7 pounds but I also quit smoking.

RE: Zero Carb / Meat and Water - Daryl - 08-03-2008 12:23 PM

rozi Wrote:
montmorency Wrote:
It may be that meat as a speeder-up of metabolism explains in part both that Eskimo women are sometimes grandmothers before the age of twenty-three, and that they usually seem as old at sixty as our women do at eighty."

hm...so, live a short live but a happy one...?

Regards,
Mike

I can tell you that you just talked me out of zero carbing, at 74 and feeling good and enjoying life, I just don't want to take a chance. I had my heart set on 100 or more!
Keep in mind that we're only speculating lol.... along with zero carb, they also had to endure living in the Artic, in rough conditions.

**RE: Zero Carb / Meat and Water - Loops - 08-03-2008 01:55 PM**

yeah well I guess you can't really blame me for being a bit disillusioned - I've been in this place before-gaining on <10g of carb a day - I just really want to believe it will be the answer for me. Anyway - onwards. The thing is, I'm not hyperinsulinemic - I've never been obese in my life either, just had a tendency to put on weight if I ate too much (which is easy to do high carb). I do intense tennis training and am only 32 so I'm in good shape - but still have rolls round my middle (have had them since childhood). I never let myself go above 65 kilos on a 'normal' diet - which meant lots of calorie restriction. However, for the 3 years doing low-very low carb with high fat my calories are about 2000 a day - so I'm used to lots of calories now.

I've read most of the low-carb books out there, and am at present reading Barry Groves' book. It's kind of frustrating to read that his wife who is my height lost down to 122 pounds on 60g of carb a day and high fat. I've been high fatting all along, and it hasn't gotten me anywhere - not a single damned pound in 3 years. I think my body is happy at 24% body fat (well actually doing it by measurements tells me I'm 26%). Just feel like crying because I'M not happy at 26% body fat - and I don't think I should have to stay here at only age 32 - no kids either yet! What the hell am I going to look like at 50 if zero carbs makes me gain now?!!

Anyway, nuff said, enough wingeing - guess I've just got to suck it up and hope that cutting out the dairy does something.

I'm still confused about protein as well. I've just seen too many people say how they cut protein to minimal amounts (well, still plenty but not huge quantities) and started to lose fat. I think I will be very miserable on zero carb if I can only have a couple of pork chops and a stick of butter every day. Just doesn't sound very appetizing. Still, anything to shift 5% body fat eh?

**RE: Zero Carb / Meat and Water - aim in Fla*working - 08-03-2008 02:48 PM**

Loops, I hope you get the answers you deserve. It is one thing to screw up and blow it some and wonder why you are not losing...it is another to do the 'right thing' and endlessly never lose...hugs, and I hope you find out why.

**RE: Zero Carb / Meat and Water - deedum - 08-03-2008 03:35 PM**

Charles Wrote:
aim in Fla*working Wrote:
Charles, a poster earlier posted that she had been on zero carb for 4 weeks and had not lost weight...could you explain how that is possible?
Thank you😊
Amy

Hi Amy!

It's possible because zero-carb doesn't aim to reduce your weight. It aims to repair a hormonal condition
in your metabolism. Deana has hyperinsulinemia which means that she likely secretes insulin for much of the day. That leaves little time for her fatty acids to circulate. By going zero-carb, she is trying to condition her pancreas not to secrete so much insulin which will allow fatty acids to flow for longer periods of time. This takes time. It's not just about how many carbs you eat, it's about how much insulin you secrete. The carbs are truly secondary, although not eating them is the best way to improve the condition.

This level of hyperinsulinemia varies wildly between people. Not only that, but if there are any other issues that she has, these can also exacerbate the condition. I don't know what, if any, supplements she may be taking, whether she has trouble with her menses, whether she has any sort of chronic pain anywhere in her body, etc.

Our bodies are a homeostatic system and it's impossible to separate weight from the other regulatory processes in the body. They are all driven by hormones with insulin being the chief hormone. If one of these is acting up, it will affect all the others. I would have to get a lot more information to know why she isn't losing weight, but she said that she had other markers like sleeping better and higher energy levels. These are signs that her insulin levels are improving and as long as this continues, it's a great sign that she'll begin losing weight soon.

Alison didn't lose weight for a while and then began to lose one day. That's how it works sometimes.

For some people, it takes a while to jump start the system and then once it gets going, it can take a long time to regulate itself properly. One has to be in it for the long haul because for some people, it will take that long to get where they are trying to go. I hate it that it's like this, but that's really how it is.

Regards,

Charles

Hey, you guys are talking about me!

Yes, hyperinsulimia is very insidious indeed. If you could look at me, you wouldn't guess that I was hyperinsulimic. I only have 10 lbs to lose and have never been obese. I am a professional fitness instructor. I am doing everything right. However, even though I was on The Zone diet for 11 years I am still hyperinsulimic. I suspect I was born with some kind of insulin issue because I can remember having crazy blood sugar swings my whole life. Going from "about to faint" before eating to "ecstatic euphoria" after eating. Heck, hyperinsulemia probably started in my early 20's even though it didn't show up as obesity. I am also going to get my thyroid and sex hormones tested in a couple of weeks (considering my age, 43).

Quote:
I'm going away to a Turbo Kick convention today through Sunday. I cooked up a bunch of steaks and ground beef to take with me so I requested a refrigerator in my room. This will be a real test of my fat adaption because I will be working out more than I ever have in my life the next four days! I'll be trying out all the other workouts the Turbo Kick organization certifies in. They have names like, "Hip Hop Hustle", "Turbo Kick Strength", and "PiYo" (pilates/yoga). They also split us up into teams and we compete against each other to see who's the most spirited. Sounds like junior high drill team camp to me, been there, done that, don't really want to do it again so let's hope I catch the spirit while I'm there. I am in pain, head to toe. I noticed that during the workouts that I didn't like (the ones that had no dancing) I had a hard time keeping up and I couldn't do even 80%.
However, yesterday I danced for 2 1/2 hours straight, learning a stomp routine from a professional stomp company (hurt my body and my brain), then learning and dancing a hip hop routine right after. Because I love, love, love dance I had more than enough energy to keep going. But when I got back to my room, I laid down and couldn't get back up. Even the Aleve I took didn't help with the muscle pain. I even missed the big party that evening.

My muscles are still sore from the strength workout we did Friday morning.

How does this compare to how I would have done before zero carb?

I noticed a substantial difference in endurance. Less endurance when it comes to weight resistance. However, cardio-wise, my endurance was good if not better. **I am still not fully adapted to zero carb but I am confident that I will be very soon** I also think I am adapted enough to resume regular weight resistance by the fact that I am still alive after Camp Turbo!

Deanna

---

**RE: Zero Carb / Meat and Water** - **caroline** - 08-03-2008 03:45 PM

I was just talking about this on another thread--someone asked Jimmy about working out--I am highly athletic--one of those people who could never sit still--since I do very low carb, my whole approach has changed--I've stopped trying to keep everything the same--after all, I was fueled by sugar and carbs before--Now I work with what my body feels comfortable with--and I feel much better doing less--maybe this is not the answer you want to hear, but this is my experience. I am still very energetic, but it is a slow constant burn kind of energy. When I do more high intensity, it is no longer for hours but a shorter time.

---

**RE: Zero Carb / Meat and Water** - **twilight** - 08-03-2008 04:11 PM

That's very interesting Caroline. I'm looking forward to see how zero-carbing will affect my running/fitness/strength-training. Only on my 6th day so far.

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**RE: Zero Carb / Meat and Water** - **suzanneeya** - 08-03-2008 04:22 PM

All my life I did huge workouts, I was usually in the gym for over two hours. When I switched to atkins, EVERYTHING changed. I went to the gym during my long induction/adjustment period, but it was hard going cause I was dead tired. Now, I workout so much less. I do 30 minutes medium cardio and 30 minutes weights and stretching, but I am more cut and buff than I ever was on those two hours workouts.

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**RE: Zero Carb / Meat and Water** - **aim in Fla*working** - 08-03-2008 05:09 PM

suzanneeya, I was wondering when I am going to feel really good? Also, I am losing .5 every day or every other day...which is good..but, I am retaining so much water~

---

**RE: Zero Carb / Meat and Water** - **suzanneeya** - 08-03-2008 06:07 PM
You have to stick with it for a significant amount of time, no cheating. No bites of cookies. It still took me a few months to feel "good." And that was months of pure low carb (under 10). It takes time for the body to adjust.

---

**RE: Zero Carb / Meat and Water - montmorency - 08-03-2008 06:14 PM**

Loops Wrote:

yeah well I guess you can't really blame me for being a bit disillusioned - I've been in this place before- gaining on <10g of carb a day - I just really want to believe it will be the answer for me. Anyway - onwards. The thing is, I'm not hyperinsulinemic - I've never been obese in my life either, just had a tendency to put on weight if I ate too much (which is easy to do high carb). I do intense tennis training and am only 32 so I'm in good shape - but still have rolls round my middle (have had them since childhood). I never let myself go above 65 kilos on a 'normal' diet - which meant lots of calorie restriction. However, for the 3 years doing low-very low carb with high fat my calories are about 2000 a day - so I'm used to lots of calories now.

I've read most of the low-carb books out there, and am at present reading Barry Groves' book. It's kind of frustrating to read that his wife who is my height lost down to 122 pounds on 60g of carb a day and high fat. I've been high fatting all along, and it hasn't gotten me anywhere - not a single damned pound in 3 years. I think my body is happy at 24% body fat (well actually doing it by measurements tells me I'm 26%). Just feel like crying because I'M not happy at 26% body fat - and I don't think I should have to stay here at only age 32 - no kids either yet! What the hell am I going to look like at 50 if zero carbs makes me gain now?!!

Anyway, nuff said, enough wingeing - guess I've just got to suck it up and hope that cutting out the dairy does something.

I'm still confused about protein as well. I've just seen too many people say how they cut protein to minimal amounts (well, still plenty but not huge quantities) and started to lose fat. I think I will be very miserable on zero carb if I can only have a couple of pork chops and a stick of butter every day. Just doesn't sound very appetizing. Still, anything to shift 5% body fat eh?

I had to get the calculator out ... 65 X 2.24 = 145.6 lbs or 10 stone 5 lbs in English money.

I don't know your height or build, but that doesn't sound heavy to me.

What had your target weight been?
Maybe you and your body don't agree about your goal weight?

Could you have less fat and more muscle than you think you have?

Regards,
Mike

---

**RE: Zero Carb / Meat and Water - Loops - 08-03-2008 06:22 PM**

Hi -
thanks for the thoughtful replies and the hug! I felt like I needed it today that's for sure (2nd day of no dairy!).

Yeah at 5'6, even with a bit of muscle from tennis and swimming 65 kilos is quite high for me, and I really do have quite a bit round my middle to lose - I wouldn't say I'm fat or even really overweight - but I don't feel like I'm at my ideal weight. I was hoping that zero carb might push me in the right direction.

I also felt like I had a bit of a hopeless dairy addiction - which is why I'm trying day by day to try to go without to see how it makes me feel. I had an awful time on a normal diet - rashes round my eyes, terrible eczema which covered my whole body (after being vegan for a year or so), not to mention several eating disorders.

Anyway, happily those cleared up - but I would love to be at 60 kilos again. Maybe that is just wishful thinking.

Anyway thanks! I'll keep on anyway

---

**RE: Zero Carb / Meat and Water - Daryl - 08-03-2008 06:35 PM**

Loops, are you certain that you aren't insulin resistant? Concentration of weight in the midsection is a sign of it, I think.

---

**RE: Zero Carb / Meat and Water - caroline - 08-03-2008 08:36 PM**

Hey Loops, I am not denying that men have equal challenges in weight loss--just wanted to get that out of the way. But as women, we are more padded in general (even if we have a lean body type) We have all those hormones. The point being, it takes time.

That's why I like to think I am a good reminder for people that it takes time. I am slim, high metabolism. all meat and also--I do eat cheese, nuts, cream (no fruit or vegs)--But it has and is taking me a while. I feel like my body had to get back in order--It takes time Can't recommend coconut oil enough.

Suzanne, you and I have had the same experience in regards to fitness. Tons of time spent pre low-carb. Now, it's no longer appropr. or necessary OR desirable for greater fitness.

We just need to remind ourselves that patience is a key factor. Also, there is something to be said for the complimentary effects of gratitude. Being positive WILL help progress.

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**RE: Zero Carb / Meat and Water - suzanneyea - 08-04-2008 01:54 AM**

I think a lot of people forget that I have been doing Atkins for 5 years. I did just switch to zero carb, but my carb level was never over 10 before that. I also never go off plan. For those who are just starting out, do not get discouraged. I did not just wake up with a flat stomach after a week, lol. I went through a lot to get to this point. I am not even sure exactly how long it took my body to adjust to this way of life, but I know I hung in there through some hard times. My best advice is to keep going, eat on plan and give it time.
hiya -

yeah - Daryl, maybe I am insulin resistant. I have noticed a few positive changes in my body - and also a few undesirable ones though! I lost a bit of fat around my upper middle (but not my lower) - that went in a couple of months about 3 years ago. However, get this - I gained cellulite/fat on my thighs and put on fat around my hips! Maybe that is something to do with coming into my early thirties though.

Caroline I was eating much like you do. I just can't figure out though what happened - it was really weird. I kept on plan (I adore eating low carb and never get cravings for carbs), and during the first year I bounced up and down the scale - down to 60 kilos, back up to 65, down to 60 etc. At one point it seemed I would stay at 60 kilos (and I was eating nuts, cheese, cream and salad at this point still). However in the third year my weight rose to 66 and pretty much stayed there. This coincided with my first attempt at going close to zero carbs. Since then I have tried all sorts of things - playing around with fat/protein ratios, eating more veg etc.

Most days I don't stress out about it. I decided that going pretty low carb is what matters in the long run so messing with ratios - or whether or not to eat veggies doesn't matter as long as I'm not giving up on the whole thing overall.

What I'm saying is, I haven't lost body fat in 3 years, and that is a long time to be patient, but I appreciate the encouragement. It's just hard to know what to 'tweak' next.

Anyway yesterday I was very good and just ate pork ribs all day. I know I didn't eat enough because I didn't eat any dairy which usually bumps up my calories - and I find it hard to eat enough when it is just meat (even fatty meat). Maybe that will change.

Ok -

well this morning finally I'm back down to 64.5 kilos since TOM. Breakfast was pork ribs instead of eggs. My muscles feel quite tired, which is unusual for me. Hopefully today I can eat more to get my calories up higher without dairy!

Other than the leg fatigue I feel pretty normal, although I also woke up with a headache. This is the first time since I started low-carbing 3 years ago that I dropped all dairy. Is a headache normal? What would it mean? I know I'm pretty fat-adapted as I've been <10g carb for long periods of time, but with the inclusion of cream and cheese.

Thanks

Loops
Hi Loops,

I know I sound like a broken record, but I notice some difference in my body shape (more contour) since I have been upping the fat with coconut oil. For ex., this morning when I got up, I put a few big hunks of coconut oil in some hot water and drank it. I just don't think the fatty meat is enough. (and I have the butcher grind us extra fatty meat) Then I put a pad or two of butter on my meat. I know Charles doesn't put butter on his stuff, but I find I need more. It seems the more fat I add, the better it works. You can try it and see...I appreciate your frustration. You have been really focused on this diet. I hope that the extra fat helps. Also, I think Jimmy and others (me included) are on the mark when they say that some resistance training also helps. If you have any questions about my workout, you can e-mail me and I'll tell you...Keep up the good work and the faith!

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RE: Zero Carb / Meat and Water - Loops - 08-04-2008 07:51 AM

Hi caroline -

yes, I do and will continue to add extra fat to my food. I find this is natural for me. I'm going to make some ghee today. Unfortunately, I can't get coconut oil here, so that is a no-go for me unless I order it (pricey). Pork fat seems to give me the most energy, but also I can't buy unmodified lard here. Everything is modified. I tried asking the butcher for spare pork fat but they never have any - the meat always arrives already cut. So pork ribs are the closest thing I can get to fatty meat. The butter is good here though thankfully. When I was eating cheese the goat cheese is very good - but I won't talk about that now!

The ground beef here is per 100g - 20g protein and 10g fat - that is the fattiest they have - everyone is into low-fat eating here now apart from the very poor who eat lots of organ meats. I also buy salmon and cook it with a few spices and lots of butter. I used to cook it in sesame oil which was yummy but stopped that when I read up on how veggie oils are bad for you.

For me I really really want to make sure I eat a lot of calories - otherwise I won't be convinced that if I DO have success it wasn't to do with lower calories. I need to see a clear result from dropping cream/cheese. If it doesn't make any difference I will have peace of mind and go back to it - if it does, then great!

The first time round years ago I tried Atkins I didn't realize that when you cut the carbs you have to add a lot of fat. I think that's why I eventually went off plan - I was always tired and not eating enough fat.

Anyway, I am really really determined to complete my no cheese/cream experiment. If it is simply a craving for fat, then eating my pork ribs with butter should ensure no dairy cravings. If not, then I might just have a problem with the cheese/cream.

I would think a month would be enough to see. So that is where I'm at anyway. Just going to start cooking up a storm to get prepared!

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RE: Zero Carb / Meat and Water - abnormalslc - 08-04-2008 08:57 AM

well....I did not quite last a full 2-weeks on ZC...I had a very frustrating weekend...and...horror of horrors....I ate some strawberries and cantaloupe yesterday at a BBQ we hosted....the meat skewers were delicious....but I just HAD to have something else...I felt like such a failure.
but...on the bright side...I still remained low carb...just not zero carb....
I weighed in today at 216...4 pounds up from my lowest....6 pounds down since starting ZC...
I also gave in and had Diet Pepsi....sorry Charles....I tried to stick to water only, but I was not "on my
game" this weekend and could not maintain that.
I have also added eggs back into my routine now that it has been 2 weeks....

so for me...I will remain actively living "very-low-carb" and see what happens.
I am back to water only as of this morning....so we shall see.

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**RE: Zero Carb / Meat and Water** - jeepifer - 08-04-2008 09:04 AM

We all do the best we can, and we're only human. Keep on keepin' on... :hugs:

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**RE: Zero Carb / Meat and Water** - LindaSue - 08-04-2008 09:04 AM

Don't beat yourself up, abnormalslc. That's pretty much how I eat lately. I mostly eat meat but I don't get stressed out if I have a small serving of veggies once in a while or a diet drink or whatever. I also eat cheese most days and eggs a couple times a week. I'm sure I'm still under 10 carbs per day so I just don't too worry about what I eat as long as it's low or no carb.

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**RE: Zero Carb / Meat and Water** - FatGirlOnAtkins - 08-04-2008 10:30 AM

suzannewayea Wrote:
I think a lot of people forget that I have been doing Atkins for 5 years. I did just switch to zero carb, but my carb level was never over 10 before that. I also never go off plan. For those who are just starting out, do not get discouraged. I did not just wake up with a flat stomach after a week, lol. I went through a lot to get to this point. I am not even sure exactly how long it took my body to adjust to this way of life, but I know I hung in there through some hard times. My best advice is to keep going, eat on plan and give it time.

I just wanted to say that you look awesome and you really give the rest of us hope that someday we can look as good as you.

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**RE: Zero Carb / Meat and Water** - Kristi31 - 08-04-2008 12:04 PM

Since upping my fat a few days ago, I feel incredible! I don't EVER feel tired now, sleep very well, probably about 6-7 hours, don't get all screwed up and drowsy after my meals, feel full on a smaller amount and can easily go 12 hours without eating. I also feel more relaxed and positive about life. Skin is great too...no hives to speak about. Bloating and stomach cramps are gone. Weight is stable for now. And I met a guy yesterday...who knows? He's pretty cute and offered to buy me a drink so I told him I only drink water...and what a cutie! he bought me a bottle of water.

Life is gooood. 😊

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**RE: Zero Carb / Meat and Water** - nyteez - 08-04-2008 12:06 PM

Today is my 5th day of just meat, water & wine. I am down 4 lbs! I am surprised, because we went
camping/fishing this weekend and I always gain 3 lbs when we go fishing for the weekend. I blamed it on the beer/wine we drink all weekend but, I guess it was the eggs.

I feel great, have lots of energy and went for a nice run then lifted weights. I wasn't even hungry for breakfast, but I know if I eat then I won't have to worry about food until 7pm. I had ground beef, with some homemade pork sausage, butter & tallow(beef fat) w/ a splash green hot sauce, Yummy!

Caroline is right, the FAT is so important! I wonder if women need more fat than the men and maybe this is why we have a harder time with zero carb. It was so hard for me mentally to eat fat. And eating all the melted fat from the bottom of the bowl with a spoon is something I would NEVER do before.

I have been doing VLC since February and cut way back on cheese a few weeks ago. I haven't noticed anything bad (tired, headaches) from switching to just meat.

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**RE: Zero Carb / Meat and Water - nyteez - 08-04-2008 12:09 PM**

Quote:
Since upping my fat a few days ago, I feel incredible! I don't EVER feel tired now, sleep very well, probably about 6-7 hours, don't get all screwed up and drowsy after my meals, feel full on a smaller amount and can easily go 12 hours without eating. I also feel more relaxed and positive about life.

How funny Kristi! I feel the same exact way! Fat is the key!😊

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**RE: Zero Carb / Meat and Water - Charles - 08-04-2008 12:28 PM**

Congrats Kristi and Dana on your weight loss and yes, fat is definitely the key for both men and women.

Mike, I hear you on Stefansson's quote and that gave me pause the first time I read it as well. I'm just resigned to the fact that I will have good, lean years, regardless of how long it happens to be. What good is it to live 20 years with medicine, tubes, and hospitals?

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**RE: Zero Carb / Meat and Water - pennypriitty1 - 08-04-2008 12:43 PM**

Daryl Wrote:
I've seen Not By Bread Alone also called Fat of the Land, it's supposedly an expanded version; the cheapest one I've seen online? $325 😢I hope to read it someday, what he and Anderson did at Bellevue endlessly fascinates me.

Good grief--I'm still trying to catch up. My local library has Not By Bread Alone but it's not reservable. I'd have to make time and go read it in the library... 😞

But it is there. See if your local library's have this available... you might be wonderfully surprised.

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**RE: Zero Carb / Meat and Water - Charles - 08-04-2008 01:19 PM**

If anyone wants the big PDF version of Not by Bread Alone e-mail me and I will return the e-mail with the PDF. That's probably the simplest way to go about it. It is huge though. I printed it out and put it in a
big binder that I keep by my bed. The other book, *My Life with the Eskimo* is also a gigantic book. It was larger than *Bread*.

The file is 5.24 megabytes. It's too big to post on the forum but it doesn't seem too terribly bad over e-mail.

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**RE: Zero Carb / Meat and Water** - [waywardsister](#) - 08-04-2008 01:50 PM

Quick update - it's been a week, and I am down 4lbs of what I assume was water weight. Been eating meat/fat, a little bit of veg now and then, and drinking tea w/coconut milk, water and...wine. Not copious amounts, but more than usual be everyone's birthday is in July/August and there's a lot of celebrating going on! I faltered in my dairy-free efforts and had some blue cheese dip with chicken wings, and paid for it with bloating and a rash on my arms. Why does blue cheese have to be soooooo good?

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**RE: Zero Carb / Meat and Water** - [suzanneyea](#) - 08-04-2008 01:51 PM

Quote:
I just wanted to say that you look awesome and you really give the rest of us hope that someday we can look as good as you.

Thank you, I also feel great. I was someone who really battled a lot with stuff in life and this diet plan has basically eliminated all this emotional baggage I had been carrying around, just amazing. But, we all have good and bad days, even on zero carbs. I still have days when I do not move off the couch or get cross for no good reason, but they are much much less frequent than before.

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**RE: Zero Carb / Meat and Water** - [FormerDonutJunkie](#) - 08-04-2008 05:07 PM

I'd already lost forty pounds on LC in the past year, but after stalling out for a while I started VLC a couple of weeks ago [still eating some eggs and coffee]. Wow, what a difference a couple of weeks can make! Ten more pounds gone on VLC.

What amazes me is the satiety factor eating 73/27 ground beef. First of all I find that most times I can only eat one patty of about 1/3 pound size. I ate two patties this afternoon and I'm still not even close to being hungry. I thought I was that hungry but soon afterward felt stuffed. I'm going to slow down eating, which I'm sure will solve that problem.

I've always been a meat lover, especially beef and pork. Steak has always been a staple with me but I just never realized the power of 73/27! Quite possibly the best value of low-carb.

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**RE: Zero Carb / Meat and Water** - [montmorency](#) - 08-04-2008 06:00 PM

Loops Wrote:
Yeah at 5'6, even with a bit of muscle from tennis and swimming 65 kilos is quite high for me, and I really do have quite a bit round my middle to lose - I wouldn't say I'm fat or even really overweight - but I don't feel like I'm at my ideal weight. I was hoping that zero carb might push me in the right direction.

Anyway thanks! I'll keep on anyway
Ha ha! I'm about 5'7" and my goal weight is more than you are now (~154 lbs) and I'd settle for 160 or so :-) On the other hand, I've been pretty overweight to a varying degree for quite a few years, so we are coming from a different place.

BTW, I could be kidding myself, but in the brief few days I have been all but zero-carbing, while my midriff hasn't shrunk exactly, it does seem to have firmed up a bit, and in the mirror, it even seems to have the glimmerings of some definition. I don't work out, but I do cycle and swim a bit.

Regards,
Mike

RE: Zero Carb / Meat and Water - LindaSue - 08-04-2008 06:11 PM

FormerDonutJunkie Wrote:
What amazes me is the satiety factor eating 73/27 ground beef. First of all I find that most times I can only eat one patty of about 1/3 pound size. I ate two patties this afternoon and I'm still not even close to being hungry.

I'm finding that half pound cheeseburgers (6 ounces cooked weight) are the only food that keeps me full for more than a couple of hours. I've been having one of these just about every morning around 8:00 and I can usually make it until almost 2:00 before I need to eat again. I have no trouble eating a whole one but I'm very full afterward.

RE: Zero Carb / Meat and Water - Charles - 08-04-2008 06:23 PM

Well, I have to apologize for anyone I might have thrown off with my "Thanksgiving-Full" rantings. Don't get me wrong, I still believe that you have to eat to appetite -- that's for sure, and if you're over 40 pounds from 24.9 BMI, that means a good bit of food is necessary. However, if you get to where you're within 20 pounds of your goal, I think you have to listen a little closer to hear your appetite so you don't engage in an overfeeding experiment ala Ethan Sims.

When you do that, you pretty much find that you only need to eat two times (maybe three, although the third is not much) per day. Since I've dropped the salt, my appetite has severely decreased (and the occasional cramping after a stretch in the bed has stopped). I can eat a single quarter-pound (pre-cooked) 73/27 patty and four strips of bacon for breakfast and I can easily go 6 and 1/2 hours before feeling the need to eat again. It's incredible. Even at lunch, I can get the thin ribeye steak from Wal-Mart and that satisfies me for lunch. Today, it was 7 hours because I went to the gym this evening. I ate just a few spoonfuls of 73/27 ground beef and carne asada (chopped up skirt steak Mexican-style) and I'm full 'til mornin'.

I wrote all that to say, just eat fatty meat, drink water and stop when you're full. Don't eat when you're not hungry and things should be just grand! When I do this, I have no trouble staying at 156 or below. If I eat more than I need, I can go to 158 or 159, but as soon as back off, I go right back to 156.

Regards,
Charles
Things are going quite well. I did try and add some coconut oil in some water, well I got it down, it didn't come back up so yeah for me. 1 tablespoon on the 1st day. I am still losing and I even tried on my 1 set of "thin" clothes. I do have many sizes to keep on trying. I think this time once they are too big to the goodwill they go. Why keep them anyways. And this is probably too much info but my undies are too big!!!!!Yeah (Sorry for that last bit, but I am sure the girls know how cool that is!!)

Loops Wrote:
Unfortunately, I can't get coconut oil here, so that is a no-go for me unless I order it (pricey).

Loops, can you buy whole coconuts where you are? Maybe you could make your own, or eat fresh coconut meat with the oil in it.

Charles Wrote:
I can eat a single quarter-pound (pre-cooked) 73/27 patty and four strips of bacon for breakfast and I can easily go 6 and 1/2 hours before feeling the need to eat again. It's incredible.

Wow, Charles. I can't believe that I'm eating more for breakfast than you are. I've tried eating just half of one of my half pounders (3 ounces cooked weight/4 ounces raw weight)) for breakfast and I end up right back to being hungry again in 2-3 hours. It seems that I must have that half pound of meat to keep me full long enough. I do eat much smaller meals later for lunch and dinner but I need to be careful not to fill my stomach up too much late in the day. I'm fine in regard to reflux if I eat that big meal first thing in the morning but not later.

poo123 Wrote:
I bought the Nutiva coconut oil and tried it. blech!! What was I thinking!? lol

I just thought for some insane reason there'd be this flavorful coconut taste and it'd be more creamy than... well, oily! Of course oil is still oil.

I still need to up my fat intake but I'm hesitant to try and just sop up a spoonful of the stuff. I'm kinda glad to hear you struggled with it too. It makes me feel better. It means I wasn't doing something wrong. lool
But I've got to find some way to up my fat... I'm eating a lot more red meat now, fat included. I'm even going to a meat market instead of a local supermarket, cooking my meat and bringing it to work. But I'm not losing more than maybe .5 pound a week... if that. Honestly I don't check the scale much so I really don't know how much I'm losing. My clothes are my indicator.

But I'm falling off-track here. lol

Are you forcing yourself to take that spoonful of coco-oil? What brand are you using? Maybe Nutiva's just not the one for me... (she says hopefully)

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RE: Zero Carb / Meat and Water - Loops - 08-05-2008 06:22 AM

Hi Vesna -

no - no coconuts - it's not tropical where I am. I can only buy dessicated coconut, but then that has carbs right?

Charles - 1/4 pound of meat, even if fatty, is so little calories. I know you don't count calories, but it would be interesting to see how much you eat? The reason I bring this up, is because yesterday after eating a lot of pork ribs (which was great and made me feel very good) - I got to the evening and was acutely aware that even though I didn't have a big appetite (well, for more meat anyway) I hadn't eaten anywhere close to the normal amount of calories I would ingest - or that I need. But I couldn't bring myself to eat more fat meat, so I did falter and had some cream and a few nuts.

This is what worries me - I would of course like to get ripped like Suzanne or yourself, but I am wondering if doing the all meat thing simply reduces one's appetite and thus ingestion of calories continually and that this could be really bad for me in the long run. It is true for me, that if I have no option but to eat meat and non-dairy fat (with inclusion of butter) I naturally drastically reduce my calories - but I feel kind of a bit hungry or like something is missing (calories)- but then I really can't eat anything because the only thing allowed is meat and the idea of that makes me feel really like not eating.

Does that make any sense? How does one get past this? I know people might not be in agreement here, but I really do think that eating LESS than a certain amount of calories is very bad for the metabolism in the long run, so I want to avoid doing this. Unfortunately that means eating dairy, which I'm trying to phase out. I find it quite easy to get my calories up to say 2000 eating cream and cheese, but near impossible to do eating meat/butter/other fats.

Opinions/ideas?

Loops

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RE: Zero Carb / Meat and Water - pennypritty1 - 08-05-2008 06:23 AM

caroline Wrote:

Hi Loops,

I know I sound like a broken record, but I notice some difference in my body shape (more contour) since I have been upping the fat with coconut oil. For ex., this morning when I got up, I put a few big hunks of coconut oil in some hot water and drank it. I just don't think the fatty meat is enough. (and I have the butcher grind us extra fatty meat) Then I put a pad or two of butter on my meat. I know Charles doesn't
put butter on his stuff, but I find I need more. It seems the more fat I add, the better it works. You can try it and see... I appreciate your frustration. You have been really focused on this diet. I hope that the extra fat helps. Also, I think Jimmy and others (me included) are on the mark when they say that some resistance training also helps. If you have any questions about my workout, you can e-mail me and I'll tell you... Keep up the good work and the faith!

Caroline,

Did you have fatigue when you started low carbing? Did you push through it to start working out? My fatigue comes and goes but I really want to start working out. In fact, I'm starting today with just some cardio... just walking to begin with... then the couch to 5k (with jeepifer) but my heart is truly in to weight lifting. That was always fun to me. But I've not been back in the gym since... oh wow... maybe 2003ish? I know that weight training will help reshape my body (translation: cut this gut back) while I lose. I don't mind being big if I can be the hourglass big. lool

And did the coco-oil mix well with the hot water? I'd not thought of trying that myself... someone else wrote they drank their oil with their coffee or something and I couldn't imagine how or if it would even mix well.

Questions... questions... questions... lol

Well to add to that -

yesterday was mostly a success for me. I ate the ribs for breakfast, lunch and dinner. They were pretty fatty.

The positive:

I felt extremely relaxed in the evening after eating. I didn't have the usual dairy bloat either. I felt pretty good. The night before I slept pretty well as well.

I was quite tired though all day, and as I mentioned in the post before, I felt that I wasn't getting enough calories.

I messed up and had some nuts/cheese and had really awful indigestion in the middle of the night - so I'm learning.

I think I"ll be able to work this out though - appetite must come back after awhile - I think Suzanne has a big appetite now no? I want to be able to enjoy my food. Right now meat without dairy seems a bit bleak - maybe that will change with practice?

pennypritty1 Wrote:
caroline Wrote:
Hi Loops,

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I have been upping the fat with coconut oil. For ex., this morning when I got up, I put a few big hunks of coconut oil in some hot water and drank it. I just don't think the fatty meat is enough. (and I have the butcher grind us extra fatty meat) Then I put a pad or two of butter on my meat. I know Charles doesn't put butter on his stuff, but I find I need more. It seems the more fat I add, the better it works. You can try it and see...I appreciate your frustration. You have been really focused on this diet. I hope that the extra fat helps. Also, I think Jimmy and others (me included) are on the mark when they say that some resistance training also helps. If you have any questions about my workout, you can e-mail me and I'll tell you...Keep up the good work and the faith!

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Questions... questions... questions... lol

Hi Penny!

Have you thought about making the chocolate bark with the coconut oil??? It's a chocolaty treat and it's a simple way to get in your fat.

Just an idea!!!

Take care,

Sam

RE: Zero Carb / Meat and Water - Glenice - 08-05-2008 06:43 AM

Charles Wrote:
Glenice Wrote:
Charles, I am slowly reading through this thread and find it fascinating and am learning a lot. I am particularly interested in your statement about zero carbs repairing hormonal conditions in the pancreas. Is it possible to do this even despite Type 2 diabetes? My feeling is that one would have to drop injecting insulin altogether for it to happen.

Hi Glenice, welcome to our thread! I believe that Type 2 is reversible because if you don't supply any glucose phosphate, then over time your pancreas should secrete less insulin. Dr. Mary Vernon deals with this often and she reports that most of her patients no longer need insulin very quickly after changing their diet. You would want to work with a doctor because as you go to zero-carbs you would need to
adjust your dosage of insulin down to keep from getting too much. I would expect on zero-carb that your need for insulin would plummet very rapidly.

Insulin injections would certainly cause fattening and in the 20s, Taubes' research tells us that this is how they used to treat anorexics. Dr. Blake Donaldson regularly chastised his patients for "wanting an insulin shot to cover their Danish."

Again, if you remove the carbohydrates, then your need for insulin will disappear pretty quickly afterwards but work with a doctor to keep from overdosing on insulin. I'm sure Jimmy can hook you up with a low-carb doctor in your area or if you feel like taking a trip, it would be worth it to visit Dr. Vernon in Kansas!

Regards,

Charles

Charles, thanks for this. I am not in the USA but in the UK so unfortunately for me am not able to connect with any Low-Carb Doctors. Fortunately, my doctor while not really getting into my diet, is happy with my current numbers (HbA1c of 6.4, not good enough for me though) and allows me pretty much to do my own thing. I was originally taking around 150 units of Insulin daily, so I believe I am highly insulin resistant. My low-carb (10g) diet has enabled me to come down to around 40 units and I micro managed that myself by constant testing. Every couple of weeks or so I do hourly tests to see what is happening on a 24 hour basis, and would naturally do this if venturing to No Carbs until I get to whatever minimum amount of Insulin I can go to, hopefully off it altogether. Even at just 40 units, the weight has not budged, so I am keen to try something else.

On another note, I read through your PDF file "Adventures ... and am puzzled by the following paragraphs. What is your take on this, could it be correct:

"While meat eaters seem to average well in heath, we must in our conclusion draw a caution from the most complete modern example of them the Eskimos of Coronation Gulf, when he was anthropologist on my third expedition, that the two chief causes of death were accidents and old age. This puts in a different form my saying that these survivors of the stone age were the healthiest people I have ever lived among. I would say the community, from infancy to old age, may have had on the average the health of an equal number of men about twenty, say college students.

The danger is that you may reason from this good health to a great longevity. But meat eaters do not appear to live long. So far as we can tell, the Eskimos, before the white men upset their physiological as well as their economic balance, lived on the average at least ten years less than we. Now their lives average still shorter; but that is partly from communicated diseases

It has been said in a previous article that I found the exclusive meat diet in New York to be stimulating—I felt energetic and optimistic both winter and summer. Perhaps it may be considered that meat is, overall, a stimulating diet, in the sense that metabolic processes are speeded up. You are then living at a faster rate, which means you would grow up rapidly and get old soon. This is perhaps confirmed by
that early maturing of Eskimo women which I have heretofore supposed to be mainly due to their almost complete protection from chill — they live in warm dwellings and dress warmly so that the body is seldom under stress to maintain by physiological processes a temperature balance. It may be that meat as a speeder-up of metabolism explains in part both that Eskimo women are sometimes grandmothers before the age of twenty-three, and that they usually seem as old at sixty as our women do at eighty.

So, an all meat diet may not mean you will live longer? Obviously an answer could be, who indeed would want to live longer with the debilitating diseases that plague us these days. But I am curious to find out the truth of this matter. I guess if calorie restriction extends life than eating so many more as in No Carb could have the opposite effect. Anyway I am interested in your thoughts on this.

Thanks ever so for your insight and information, I am about to embark on yet another journey in the quest for some weight loss.

Kind regards,
Glenice

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RE: Zero Carb / Meat and Water - jeepifer - 08-05-2008 06:47 AM

pennypritty1 Wrote:

And did the coco-oil mix well with the hot water? I'd not thought of trying that myself... someone else wrote they drank their oil with their coffee or something and I couldn't imagine how or if it would even mix well.

It mixes pretty well -- sort of floats on top, but I swirl the cup before drinking each time. One combo that I *love* is a True Lemon or Lime packet in hot water with the CO. Kinda like a warm colada. LOL

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RE: Zero Carb / Meat and Water - pennypritty1 - 08-05-2008 06:47 AM

Kristi31 Wrote:

Since upping my fat a few days ago, I feel incredible! I don't EVER feel tired now, sleep very well, probably about 6-7 hours, don't get all screwed up and drowsy after my meals, feel full on a smaller amount and can easily go 12 hours without eating. I also feel more relaxed and positive about life. Skin is great too...no hives to speak about. Bloating and stomach cramps are gone. Weight is stable for now. And I met a guy yesterday...who knows? He's pretty cute and offered to buy me a drink so I told him I only drink water...and what a cutie! he bought me a bottle of water.

Life is goooooooooooood. 😊
niiiiice, Kristi!!!!

that give me hope right there! lol

oh man, that was so cute. He bought you a bottle of water? wow...

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**RE: Zero Carb / Meat and Water - nyteez - 08-05-2008 07:52 AM**

Quote:
This is what worries me - I would of course like to get ripped like Suzanne or yourself, but I am wondering if doing the all meat thing simply reduces one's appetite and thus ingestion of calories continually and that this could be really bad for me in the long run. It is true for me, that if I have no option but to eat meat and non-dairy fat (with inclusion of butter) I naturally drastically reduce my calories - but I feel kind of a bit hungry or like something is missing (calories)- but then I really can't eat anything because the only thing allowed is meat and the idea of that makes me feel really like not eating.

Hi Loops, I noticed I am eating less too, but I am not sure it is less calories. The fat is concentrated calories. This goes along with listening to our bodies, if we are not hungry, then we must not need more food. With no carbs our bodies are now using fat either dietary or stored. I know I have enough stored fat to keep going for days! LOL! Yesterday I just had ground beef, pork sausage (homemade, nocarb) cooked with butter & tallow for breakfast. I wasn't hungry until 8pm and all I had was 2 small chicken thighs wrapped with bacon and baked in butter. I couldn't eat the 3rd one. I am down another 1/2lb today.

I eat coconut oil off the spoon. It grossed me out at first, but then I realized it was no different than eating a spoonful of frosting. My coconut oil tastes like coconuts and therefore tastes like coconut frosting. I eat small bites and just let it melt in my mouth. I love it now.

I am not buying the all meat diet makes you live a shorter life. This study was done a long time ago and the eskimos live a very hard life. The whole bit about their increased metabolism speeds up aging is ridiculous. If that were true then that means all people with high metabolisms die sooner then people with slow metabolisms? It just makes no sense to me.

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**RE: Zero Carb / Meat and Water - Charles - 08-05-2008 08:13 AM**

poo123 Wrote:
I think this time once they are too big to the goodwill they go. Why keep them anyways. And this is probably too much info but my undies are too big!!!!!Yeah (Sorry for that last bit, but I am sure the girls know how cool that is!!)

You women don't give some of us men enough credit. The Goodwill loves me. I've given away so many practically brand-new clothes over the past couple of years it's scary. I also have too-big underwear in my closet so I can identify with what you're saying!

Congrats on the weight loss and I'm so happy that things are working out so well for you.

Regards,
Hi -

I think for the time being I'm going to keep heavy cream in my diet. It's just too depressing for me to give it up! I'm also a bit of a believer in the Optimal Diet, although I'm not sure I agree with the carb allowances. Anyway that is for the other thread!

It could be just the cheese that does me in. In the past I've been able to lose a bit of flab by eating huge quantities of fat (including cream, tallow, butter) and trying to keep protein at a reasonable level and carbs low. But it gets old FAST trying to keep protein to this level - especially when I go out to eat and there's well a bit old steak waiting for me. I mean, how do you eat out when protein is restricted? They won't serve you a bucket of cream.

ahhhhhhh the different options. Salmon is for lunch and ug - I just haven't got the appetite for it right now - even cooked in lots of butter. I wonder what else I can snack on (no cheese no cheese!). I just had a big mug of tea with cream and feel a bit more energy.

Loops Wrote:

Charles - 1/4 pound of meat, even if fatty, is so little calories. I know you don't count calories, but it would be interesting to see how much you eat?

What we're talking about here is metabolic fuel, not calories as they are related to a bomb calorimeter. You've got the 1800's low-fat /BMR stuff stuck in your head and you're trying to reconcile it with low-carb. I understand that.

First, the 2,000 calorie recommendation is as meaningless a stat that there is. This figure came as a result of Keys and Benedict's studies on conscientious objectors to World War II. They put the results of these studies in a large set of books called the "Biology of Human Starvation." These men were fed low-fat diets of approximately 1600 calories where 70% were carbohydrates. These men went through Hell. It got so bad for them psychologically that they were always starving. Some people even started hacking off body parts. Check this out:

Here's an example of a typical dinner menu:

Quote:
The meals were designed to approximate the food available in European famine areas, with a heavy emphasis on potatoes, cabbage, and whole wheat bread. **Meat was provided in quantities so small that most men would swear in later years that none was included at all.** (Emphasis mine.)

One of the three dinners included the following:

**SUPPER #2**

185 grams of bean-and pea soup (made with 5 grams dried peas, 16 grams of dried beans, and 15 grams
255 grams macaroni and cheese (made with 130 grams wet macaroni, 12 grams lard, 108 grams skim milk, 2 grams flour, and 35 grams American cheese)

40 grams rutabagas

100 grams steamed potatoes

100 grams lettuce salad (80 grams lettuce, 10 grams vinegar, 10 grams sugar)

The relatively bulky 255 grams of macaroni made that particular meal an anticipated favorite among the volunteers. The wet macaroni served was roughly the amount required to fill a coffee mug about three-quarters full.

Over the twenty-four week starvation part of the study, the subjects not only lost a considerable percentage of their body weights, but suffered a number of problems as well. As the time wore on the men thought ceaselessly about food, they became lethargic, they were cold all the time, they became depressed, they developed bleeding disorders, their ankles became edematous, and some developed more serious psychological disorders. (Emphasis mine.)

The men in this study consumed macronutrients in the following amounts daily: protein 100 gm, fat 30 gm, and carbohydrate 225 gm. If you express these intakes as percentages, you come up with 25.5% protein, 17.2% fat and 57.3% carbohydrate.

Average energy intake of the subjects in the experiment: 1570 calories per day.

So basically, they came up with 2,000 calories in order to keep you from hacking off body parts and losing your mind. This is why when people come here saying that they only eat 1300 calories makes us all cringe and we relentlessly urge them to eat more.

The slow-down in metabolism comes from providing fuel that your body cannot use. However, we know of other studies that demonstrate that with the correct diet, 1800 calories is more than enough. Bistrian and Blackburn's studies showed that it's possible to eat 1800 calories of fat and protein and not be hungry, have feelings of well-being, have stronger immune systems, and overall satisfaction; whereas, if you eat 1800 calories of a balanced diet, you'll find yourself constantly hungry and psychologically unbalanced.

The number of calories is not the issue. What is important is your hunger. Your hunger is your body's way of telling you how much food YOU need to eat. It's really irrelevant how much I or some other person needs -- it's all about how much YOU need for your body at your size and at your weight. Just eating to get yourself above some calorie figure is wrong because you are overfeeding yourself.

Obviously, I can lift weights and run half-marathons so there must not be too much wrong with my metabolism, wouldn't you say? That's just more proof, albeit anecdotal, that you have to rely on your own hunger to tell you how much to eat.

It makes sense too when you think about it. I mean, what isolated, non-diseased population worries
about how many calories are in their food? It's just not natural to count calories. We're not machines, we are homeostatic creatures with long term fuel supplies. Our bodies do many things with our food and we don't use 100% of the energy found in food. I don't think anyone really knows how much we actually use although there are many theories. I submit that it's irrelevant.

The bottom line, once again, eat to appetite. Don't eat when you're not hungry and only eat when you are. Drink water and lose that salt shaker!

Also, I agree with the notion that fat is good, but you shouldn't have to go through all these extreme measures to add fat to your food. If you like coconut oil in water, have at it. I couldn't imagine....

I don't add anything to my meats. I just try to enjoy the natural flavors in the food. You may find that with all these additions, you end up eating more of it than you would without it. If I add mustard to hamburger patties, I can eat several. If I don't use mustard, I can't eat nearly as many.

It all comes down to hunger.

Loops Wrote:
The reason I bring this up, is because yesterday after eating a lot of pork ribs (which was great and made me feel very good) - I got to the evening and was acutely aware that even though I didn't have a big appetite (well, for more meat anyway) I hadn't eaten anywhere close to the normal amount of calories I would ingest - or that I need. But I couldn't bring myself to eat more fat meat, so I did falter and had some cream and a few nuts.

The culprit here was hyperinsulinemia and your own mind, not hunger. You should have ignored this and went to sleep with a full stomach. This is the problem I have with dairy, seasonings and sweeteners. Sure, they don't have many carbs or calories, but they make you eat more than you otherwise would. When you "couldn't bring yourself to eat more fat meat" that should have been your clue that you were finished!

Loops Wrote:
This is what worries me - I would of course like to get ripped like Suzanne or yourself, but I am wondering if doing the all meat thing simply reduces one's appetite and thus ingestion of calories continually and that this could be really bad for me in the long run.

This is exactly the point. When you ate a high-carb diet, you were never really satisfied so you continued to eat more and more carbohydrates, just like the people in the starvation study. In Ethan Sims overfeeding studies, he found that he could feed inmates 10,000 calories a day of mostly carbohydrates and guess what? They were still hungry at night before they went to bed! This is a problem.

When we say "calories don't count" we don't mean literally that they don't count. We're saying that they are not the proper measure to use when reducing weight. What's important is the quality of those calories that one ingests because if they are of poor quality, this will cause you to eat more calories than you actually need. Obesity is a hormonal drive to fatten caused by overconsuming carbohydrates. Yes, calories count in that regard.

However, to lose weight, it's not about "creating a negative caloric balance" in your brain. It's about creating a negative fatty acid balance in your fat tissue. You do that by cutting esterification which causes fatty acids to back up there.

Loops Wrote:
It is true for me, that if I have no option but to eat meat and non-dairy fat (with inclusion of butter) I naturally drastically reduce my calories - but I feel kind of a bit hungry or like something is missing (calories)- but then I really can't eat anything because the only thing allowed is meat and the idea of that makes me feel really like not eating.

Good! Go with that...

Loops Wrote:
Does that make any sense?

Yes, it makes perfect sense. Now, I have to ask you the same question. Eating less than your hunger is bad for your metabolism and it has nothing to do with the arbitrary 2,000 calorie limit. Please lose this number from your mind. Loops' number is quite a bit lower than this. Just eat fat and protein and lose the dairy. You'll lose weight and all will be well.

Regards,

Charles

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RE: Zero Carb / Meat and Water - pennypritty1 - 08-05-2008 09:08 AM

Sambezious Wrote:
Hi Penny!

Have you thought about making the chocolate bark with the coconut oil?? It's a chocolaty treat and it's a simple way to get in your fat.

Just an idea!!!

Take care,

Sam

I'm afraid, Sam. I'm very afraid. LOL

Remember my debacle with the oopsie rolls? Well, I tried to make those again a couple weeks ago and still no success. I just keep expecting them to be like regular carby rolls I guess and the outcome is just not tasty or appealing to me. It turned me off the whole concept of any kind of roll or low carb breading... ever!

I just canNOT ruin my love for chocolate. I just might jump off a cliff. (kidding...but not) lol

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RE: Zero Carb / Meat and Water - pennypritty1 - 08-05-2008 09:11 AM

jeepifer Wrote:
It mixes pretty well -- sort of floats on top, but I swirl the cup before drinking each time. One combo that I *love* is a True Lemon or Lime packet in hot water with the CO. Kinda like a warm colada. LOL

ooohh, I'll try that. thanks, jeepifer.
RE: Zero Carb / Meat and Water - Charles - 08-05-2008 09:24 AM

Glenice Wrote:
On another note, I read through your PDF file "Adventures ... and am puzzled by the following paragraphs. What is your take on this, could it be correct:
[...]
The thing to do then, probably, is to go on as you have been doing, but adding to your mental equipment, if it be a novelty, the idea that several at least of the disadvantages of a meat diet are compensated for by advantages"

Hey Glenice. We've talked about this a couple times, but I've been thinking on this the last couple of day. First of all, I'm not quite yet ready to concede Stefansson's speculations about the all-meat diet.

MAC related the story that:

Quote:
In the book Life w/o Bread by Lutz (a 40 year LC doctor in Germany) there is a bit credited to Herodotus about a meeting between a Persian delegation and an Ethiopian king in the 5th century B.C.

The Ethiopian king was given some wine and found it delicious. The king inquired of the Persian king the greatest age obtained. The Persians told about wheat and making bread and that they did not live beyond eighty.

The Ethiopian king replied that he was not surprised that anyone eating DUNG would die so soon and they would die younger if not for the wine.

The Persians then inquired of how the Ethiopians lived and the king replied most live to 120 years and that they ate boiled meat and drank milk.

A similar argument is made about Masai, that they have a low life expectancy, which is about 60 years. The thing about the data is that it's all an average. If someone died at birth and someone else lives until 90, then the average is 45. They are very poor and they, like the Inuit, lived in harsh conditions. On the other hand, they didn't start collecting these data until much later and the Westernization of the Inuit had already begun in Stefansson's day.

Personally, I'm not too concerned with it. I don't buy the argument that people make that something that is healthy in the short term is somehow harmful in the long term. And by inflection, something that is unhealthy in the short term (carbs) are somehow life-saving in the long term. In America, our life expectancy is so high because of the sheer number of people which helps the average. It's still a fact that symptoms of or relating to the metabolic syndrome is responsible for the majority of deaths and they are horrific.

Moreover, in America, we have become very good at treating the symptoms of metabolic syndrome. We have heart attacks and live to tell about it. Just think how long the Inuit and Masai might have lived with the correct diet and modern medicine?

If I can live until 60 and not have any of the diseases of civilization, I'll take it, although I don't concede the point just yet. My great-grandmother lived to 94 and my grandmother lived to 75 with diabetes. I like my chances if I can avoid the diabetes. And even if not, I'll still be running half-marathons right before I go!
Regards,

Charles

RE: Zero Carb / Meat and Water - poo123 - 08-05-2008 09:26 AM

Penny, the coconut oil I bought was in the vitamin isle at walmart, I am still looking for a eat off the spoon type. Mixing it with water was a little rough but I did choke it down. Right now I will be cooking with it and take it from there. I would like to find the ones that people say they eat it like frosting.

Charles, I am glad your undies are too big TOO !!!

I am really happy too that things are going so well.. thanks alison

RE: Zero Carb / Meat and Water - poo123 - 08-05-2008 09:28 AM

nyteez, what coconut oil are you eating that it tastes like frosting. Mine is from walmart and I can barely gag it down. alison

RE: Zero Carb / Meat and Water - FormerDonutJunkie - 08-05-2008 09:43 AM

poo123 Wrote:
nyteez, what coconut oil are you eating that it tastes like frosting. Mine is from walmart and I can barely gag it down. alison

Look at one of your local health food stores and see if you can find some Barleans' Extra Virgin Coconut Oil. It has become my favorite. There's just something about the taste and texture that makes it at least slightly more palatable for me. It's worth the extra couple bucks and if you like it you can buy it at VitaCost.com near the same price of the Rexall.

Barlean's makes some of the highest quality dietary oils in the nutrition world. Check them out on the web. I don't work for them or anything, I just happen to be a fan of their oils.

RE: Zero Carb / Meat and Water - poo123 - 08-05-2008 10:06 AM

Thanks, I'll check it out....anything is better than what I had last night. Today I cooked my pork steak in coconut oil and it was good. My husband tried it and said it tasted like there was something wrong with it. He is no judge of taste. alison

RE: Zero Carb / Meat and Water - jeepifer - 08-05-2008 10:47 AM

Someone want to tell me why I'm suddenly craving corn chips??? (insert scratching head, befuddled smiley here)

Darn vending machines. 😞
RE: Zero Carb / Meat and Water - pennypritty1 - 08-05-2008 11:24 AM

jeepifer Wrote:
Someone want to tell me why I'm suddenly craving corn chips?? (insert scratching head, befuddled smiley here)

Darn vending machines. 😐

ROTFLOL

I'm sorry, jeepifer. You make me laugh, girl.... I just had t'tell ya.

I'm sorry you're cravin' carbs, hun... I remember vaguely (waaaay back in this thread I think) Charles said something about if you're craving salt, you need to something...something... and if you're craving sugar, you need to something... something...

yea, I know, a lotta help that gives you but Charles did address this earlier up in this thread. It'll take time to find it. I wanted to PDF this thread and print it to read it from page to page (I know I've missed some info) but it came out to 520 pages!!! I can't justify printing that at work.

And I have nowhere near enough ink for that at home. So I'm back to just trying to catch up onscreen. lool

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RE: Zero Carb / Meat and Water - wifezilla - 08-05-2008 11:40 AM

Quote:
if you get to where you're within 20 pounds of your goal, I think you have to listen a little closer to hear your appetite so you don't engage in an overfeeding experiment

That is EXACTLY where I am at. It is very easy to go from "Gee I'm hungry" to "I feel so stuffed!". After all those years of my hormones and appetite being totally out of whack, this really doesn't surprise me.

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RE: Zero Carb / Meat and Water - travis t - 08-05-2008 11:41 AM

jeepifer
i don't know how this came to be, but i just had the same problem with craving carbs. It was so bad that i went out to the vending machine and got a mt dew. I used to drink about four 20oz bottles a day, but i quit cold turkey on dec 31 of last year. i haven't had a drop in 7+ months but here i am with one on my desk as i type this.
I just in the last week have dropped my extra salt on my meats and i don't feel the zip that i had the last several weeks. I don't know what to think. I haven't had any carbs in about three days so the salt may be a problem for me and i will put some back tonight and see how that goes.
travis t

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RE: Zero Carb / Meat and Water - Daryl - 08-05-2008 12:30 PM

Daryl Wrote:
All valid points to bring up, Mike. Is the meat diet "stimulating", speeding up our metabolisms, leading to a bit shorter lives on average, while something like calorie restriction, slowing down the metabolism, extends it? That leads to the question, is the extra time worth it?

We lost power from Tropical Storm Doofus, errrr, Edourd, so I spent the morning reading, and thinking.

According to GC, BC, both Stefasson and Anderson saw a rise in their metabolic rate on the meat diet-- 7 percent for Stefasson and 5 percent for Anderson, while pursuing the Bellevue experiment.

But, Stefasson lived to 83 - though not entirely on a meat diet, although he did say "More than twenty-five years have passed since the completion of my first twelve months on meat and more than six years since the completion in New York of my sixth full meat year. All the rest of my life I have been a heavy meat eater, and I am now fifty-six."-- and Bear has lived into his mid-70s, and is still going strong as far as I know.

With the benefits of civilization, including advanced medical care, I don't think we're "condemned" to short lives on a meat diet, but I do think most would reap a lot of benefit from it, and need the medical care less, perhaps.

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RE: Zero Carb / Meat and Water - LindaSue - 08-05-2008 12:32 PM

poo123 Wrote:
Penny, the coconut oil I bought was in the vitamin isle at walmart, I am still looking for a eat off the spoon type. Mixing it with water was a little rough but I did choke it down. Right now I will be cooking with it and take it from there. I would like to find the ones that people say they eat it like frosting.

I don't think that they meant that it tasted like frosting but that the texture was a bit like it. The thing is that the texture changes depending on the temperature in the room. In the summer coconut oil will be in a mostly clear liquid state and in the winter it will be white and have a thick crystalline consistency that people like so much. Unfortunately, there is nothing you can do to change the texture unless you can change the temperature in your house to below 70 degrees. If you try to refrigerate coconut oil, it will turn hard as a rock and you won't be able to get it out of the container.

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RE: Zero Carb / Meat and Water - LindaSue - 08-05-2008 12:37 PM

jeepifer Wrote:
Someone want to tell me why I'm suddenly craving corn chips???

I'd forgotten all about corn chips. I can't remember the last time I had one. Must be at least six years or more. I use to like them much better than potato chips or tortilla chips. It's funny that the longer you eat low carb, the more foods you forget even exist. They are non-foods to me now. I can see high carb foods in TV commercials and my brain doesn't even perceive them as edible. When I watch cooking shows on TV, and they use bread or pasta or some other starchy base, my mind instantly tries to think of some way to make the recipe without all the starchy fillers. I don't even see the bread or pasta.

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RE: Zero Carb / Meat and Water - nyteez - 08-05-2008 12:46 PM

I did mean that it tastes like coconut frosting, just not as sweet. I do not like sugar, so the coconut flavor all by itself tastes really good to me. It was the consistency that bothered me at first not the taste, but
when I related it to the consistency of frosting it was easier to eat off the spoon. That frosting in the plastic jars tastes toxic to me, waaay to sweet. I get my coconut oil from Puritans Pride. They have 2 for one and 3 for one sales on it all the time. I could not cook a steak with it because the steak would taste like coconut! It is great in breads, but I don't make bread anymore.

RE: Zero Carb / Meat and Water - jeepifer - 08-05-2008 12:52 PM

pennypritty1 Wrote:
I'm sorry you're cravin' carbs, hun... I remember vaguely (waaaay back in this thread I think) Charles said something about if you're craving salt, you need to something...something... and if you're craving sugar, you need to something... something...

Huh. I remember something (not by Charles, I don't think) about green olives or pickles getting rid of the sugar cravings.

The worst of it has passed, without me eating those evil things. I am sure it was a salt craving. The other thing I miss is crunch. Crunch and salt. *sigh*

But I feel too awesome right now to mess that up!!!

poo123 Wrote:
Penny, the coconut oil I bought was in the vitamin isle at walmart, I am still looking for a eat off the spoon type. Mixing it with water was a little rough but I did choke it down. Right now I will be cooking with it and take it from there. I would like to find the ones that people say they eat it like frosting.

Sorry I keep butting in here. LOL Anyhow, you want to look for unrefined, extra virgin CO. Does yours taste coconut-y at all? FWIW, I ordered mine off of Amazon, two 16 oz jars, of Source Naturals, for a great price (and free shipping, no sales tax). I am not yet to the "eat it off the spoon" but I certainly don't dislike the taste. I'd better not -- I'm using it for a cleanser/moisturizer now! 😜

RE: Zero Carb / Meat and Water - jeepifer - 08-05-2008 12:54 PM

LindaSue Wrote:
I'd forgotten all about corn chips. I can't remember the last time I had one. Must be at least six years or more. I use to like them much better than potato chips or tortilla chips. It's funny that the longer you eat low carb, the more foods you forget even exist. They are non-foods to me now. I can see high carb foods in TV commercials and my brain doesn't even perceive them as edible. When I watch cooking shows on TV, and they use bread or pasta or some other starchy base, my mind instantly tries to think of some way to make the recipe without all the starchy fillers. I don't even see the bread or pasta.

That's funny, I do the same thing (the cooking shows, that is). I keep muttering about them ruining it with the starch/sugar/etc. LOL

RE: Zero Carb / Meat and Water - Daryl - 08-05-2008 12:55 PM

Charles Wrote:
Just think how long the Inuit and Masai might have lived with the correct diet and modern medicine?

Exactly!
My experiment with arachidonic acid and itching seems to be showing that the AA is not a problem; sooo, the likelihood (spelling??) of attempting a meat diet may be in the cards for me. I've been on a very low carb diet since late 2006 anyway, staying under 25 carbs a day 99% of the time, to control my weight and diabetes, so taking the plunge shouldn't be too tough. Here is my sample menu:

MON
B- tuna salad
L- 2 hardboiled eggs and bacon
D- ribeye

TUES
B- pork chop
L- 2 HB eggs and bacon
D- chicken quarters

WED
B- salmon
L- 2 hb eggs and bacon
D- ribeye

THUR
B- tuna salad
L- eat out
D- chicken quarters

FRI
B- burger
L- 2 hb eggs and bacon
D- ribeye

SAT
B- salmon
L- 2 hb eggs and bacon
D- burger

SUN
B- burger
L- chicken or Golden Corral
D- cod and filet mignon

I already pretty much have my hunger under wraps; indeed, I rarely GET hungry. I'm at weight (153, down from 260), and the blood sugar is normal (stays in the 80s and low 90s, down from a fasting 339 in '06), so I'm doing this to see if it makes me feel better.
Charles Wrote:
Could be, but I think it has more to do with the body's changeover from not having to deal with glucose and the well-known adaptation period that all must go through. Dr. Stephen Phinney's studies on cyclists also bear this out and show that it doesn't matter who you are or what type of condition you're in, this adaptation period will happen and it's anywhere from two weeks to two months. I don't take any supplements whatsoever. I endured the first two weeks and woke up one day and felt as good as I ever felt.

Charles, you've been the topic of a few conversations on our Raw Paleo Diet Forum. I could have sworn that you said you took supplements on the old forum. I was quickly corrected. I see you don't now. Was that a false memory? If not, how long have you been without supplements? Eating cooked meat and fat, without organs seems to me that it'd be very difficult to get everything you need.

Thanks,
Craig

My Raw Paleo Diet Testimonial

RE: Zero Carb / Meat and Water - FormerDonutJunkie - 08-05-2008 12:59 PM

I don't see Stefasson and Anderson making a hard fast conclusion in regard to a higher metabolism being 'the' direct result of a somewhat shorter life expectancy. These were very intelligent anthropologists who realized the literally hundreds of variables which can directly effect life expectancy. The fact that heart disease and other related diseases were practically non-existent in these Eskimos speaks volumes about the positive effects of their all meat diet.

One thing is for certain. Study after study has proven that the low-fat regime is not the answer, even though the low-fatties refuse to admit failure. It's their hypothesis, their money stream, their power trip and they are not about to give it up. Neither has vegetarianism proven to be the answer to health, weight loss or maintenance. So, what's a fat boy to do? I'll take my chances with Stefasson and Anderson's experiences and make fatty meats the staple of my diet.

I think I'll go find me some 73/27 for dinner! 73/27...it's not just for breakfast anymore! 😇

RE: Zero Carb / Meat and Water - Charles - 08-05-2008 01:13 PM

Craig Wrote:
Charles, you've been the topic of a few conversations on our Raw Paleo Diet Forum.

That's scary! I'd check it out, but I just can't find the time. For now, I'm just stuck on this forum! 😞

Craig Wrote:
I could have sworn that you said you took supplements on the old forum. I was quickly corrected. I see you don't now. Was that a false memory? If not, how long have you been without supplements?

I stopped taking my multivitamin last summer at some point; but before zero-carb. It was probably when
I read GCBC the first time. There was enough there to demonstrate that they weren't needed but it was probably even before that.

Craig Wrote:
Eating cooked meat and fat, without organs seems to me that it'd be very difficult to get everything you need.

We've discussed this at length over here. The whole idea of "everything you need" is quite subjective and no one has proven that any supplementation is needed once you remove the dietary ingredients that cause you to lose nutrients.

As we learned in GCBC, deficiency diseases come as a result of carbohydrate-rich diets, not meat diets. Although it's difficult to determine the source of calcium and other nutrients in the Inuit diet, analyzations of bones consistently showed no deficiencies whatsoever as we've seen in Stefansson's books, specifically, *Not by Bread Alone*. This indicates that there is much more going on with our bodies then we currently understand.

Some Inuit ate caribou and gnawed bones (although none ate them all year and some went years between eating caribou), but some Inuit never ate caribou and only ate seal and whale meat. They each had perfect teeth and no deficiency diseases. That's enough for me!

Regards, and Welcome back to our forum!

Charles

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**RE: Zero Carb / Meat and Water - Charles - 08-05-2008 01:55 PM**

suzanneyea Wrote:
Also, one difference between Charles and I, I love eating and still really enjoy my food, while Charles sees food more as fuel. I love food and eating. Now, there are times I have to pack a meal and sort of eat on the go and then, yes, my food is simply fuel and usually not that yummy.

Okay, I'm not a robot....😔 but I can't say I enjoy food in the sense that I watch them cook prime rib on television or savor every morsel and remember it from day to day. I do enjoy unseasoned ribs that fall off the bone, and the unique texture of skirt steaks, the tenderness of a porterhouse, the exquisite fat of a prime rib, the variety of a Brazillian steakhouse...see, I get it.

However, I don't associate food with occasions. For example, it doesn't disappoint me one bit if I come to visit your house and you don't have my favorite kind of meat on your table. I'll eat what you have or I won't. However, the point will be that I'm visiting you and enjoying your company and the food won't matter at all to the quality of the visit.

I had dinner with Jimmy and Christine Moore in Asheville, North Carolina a couple of months ago. I don't remember what I ordered, I'm sure it was a steak, but I remember the company and the conversation. The food was irrelevant.

See what I mean?
The food was irrelevant.

See, no matter how good the company, I have never felt that way, lol. I went out to dinner with some girlfriends the other night and all I had to report to my dh when I got home was about how much I hated my meal. I honestly had a hard time enjoying the company cause I was so upset about my dinner.

**RE: Zero Carb / Meat and Water** - caroline - 08-05-2008 02:10 PM

Suzanne,

I eat the coconut oil because I find it very helpful. there is nothing about it that makes me want to gag. I eat tons of fatty meat, eggs, butter, but I find that additionally eating coconut oil makes me feel better. It's not for entertainment, it's an extra boost for me.

for example, I have already had probably 3 big tablespoons of coconut oil in addition to meat eggs and butter. I notice that the more I eat, the better I seem to feel. It's easier to eat sometimes melted in water and I kind of like it now that I don't drink coffee.

FYI I notice that I am stronger with the added fat.

**RE: Zero Carb / Meat and Water** - Charles - 08-05-2008 02:12 PM

suzanneyea Wrote:

See, no matter how good the company, I have never felt that way, lol. I went out to dinner with some girlfriends the other night and all I had to report to my dh when I got home was about how much I hated my meal. I honestly had a hard time enjoying the company cause I was so upset about my dinner.

That's too bad. Even when we go on the cruise, I'm looking forward to meeting you all and giving many of you a hug because I've been struggling with you every day so much I feel like we're close friends. I've heard they have good meat on cruise ships, but even if they don't I'm going to have a terrific time because you folks will be there!

I'll be more excited about the speakers and the entertainment. Will there be good music? Is there good shopping in Cozumel or what will the views be like looking out at the ocean. Will there be a memorable sunset or will Jimmy dance on a table during his karaoke act. These things are what I associate with a cruise. The low-carb lifestyle, not necessarily the food.

**RE: Zero Carb / Meat and Water** - caroline - 08-05-2008 02:12 PM

fyi: the taste of coconut oil is completely dependent on the one you buy. there are ones that are smooth and almost sweet, ones that taste soapy, ones that are lumpy, etc. It's no different than wine, or cheese, or etc. One coconut oil is not the same as all the rest.

**RE: Zero Carb / Meat and Water** - suzanneyea - 08-05-2008 02:15 PM

I agree with you there Charles. I am looking forward to the people first and for most on the cruise. I can say food is the bottom of my list of things I cannot wait to do on the cruise.
Craig Wrote:
Thanks Charles for the quick response! I wish I had time to frequent this and other forums like I used to. Don't worry. Nothing bad is being said about you. Quite the contrary.
I'll relate this info if that's okay with you.
Craig
That's fine, Craig!

Poo123 Wrote:
The coconut oil I bought is fine on texture it has a light nice smell but there is really no flavor. I did get virgin and it is not refined but I will be on Amazon tonight buying another type, a few people have suggested puritians pride so I might give it a shot. I do believe I need to up my fats and this could do the trick. I don't mind using the one I have for my hair and skin. I think its a trial and error thing just like everything else. I have heard so many benfits of the oil that I would really like to give it a shot.....alison

Caroline Wrote:
If you dilute it in warm water, it doesn't matter one way or the other about the taste. I have a giant bucket that I bought b/c it was on sale and it tastes like soap. But when I dilute it in water (can be a small amount) you don't taste it. I eat it on the spoon if it comes from another brand that tastes better. Point being, even if you pick one that's not so good, you can still salvage it by diluting in water.
Way to go on your weight loss, Poo!

Aim in Fla*working Wrote:
caroline Wrote:
  fyi: the taste of coconut oil is completely dependent on the one you buy. there are ones that are smooth and almost sweet, ones that taste soapy, ones that are lumpy, etc. It's no different than wine, or cheese, or etc. One coconut oil is not the same as all the rest.

my coconut oil is Nutiva Organic and I like it too. They are NOT all the same that is for a fact!
I am still bloated and my blood pressure is high I have normal pressure of 110/70 and lately it has been 140+/88+....does anyone have any ideas. I thought it was the antibiotics I was on so I took them for 2 days and went off them...I feel better than I did but my pressure is higher FOR ME and i have had a headache for 3-4 days consistenly.
I have been under 10 carbs I think for sure...I have cream in my coffee and have had a few nuts when I think the headache might go away. I am not a wuss...I had a metal rod through my arm a week ago and was moving boxes the nest day...however, I am frustrated because even on REGULAR Atkins, I never had these problems. I WILL say that my IBS seems to be 'cured' and I have had a TON of energy despite my headache which is consistent and right between and above my eyes. Any advice? Anyone go through this?
RE: Zero Carb / Meat and Water - caroline - 08-05-2008 03:23 PM

Hi Amy,

I do notice that too many nuts bloat me, and coffee also seems to bloat me. Now when I say bloat, it is not dramatic. My stomach is just flatter without. I'm not so good with all the blood pressure and other things. Wendyoh seems to have a lot of ideas about all these things. Maybe you can ask her.

Hope your arm is feeling better...

---

RE: Zero Carb / Meat and Water - Kristi31 - 08-05-2008 05:32 PM

So yesterday afternoon, I had a pretty bad headache and constantly felt thirsty. By late evening, the headache and thirst were gone but I had a little difficulty breathing (felt like anxiety) which only lasted about 30 mins. I was pretty tired last night and slept about 10-11 hours. Still tired a little today. I feel better now. I started having carb cravings yesterday evening and it got really bad today (along with very dry mouth). However, I wasn't hungry for fat or meat. Cravings are much diminished now. I ate at around 11am and did not get hungry until about 7pm. My evening meal was no more than 3 ounces of ground beef with a couple of thin slices of pork belly. My ketones are second to highest. I think my body is finally adapting to burning fat as the excess protein (or lack of fat) before was preventing my body from using fat (and ketones) as a main fuel. I'm on my way!!! Yea baby, Yea!!!, as Austin Powers would say. 😊

My skin is great (wow!) and much less hair is falling from my scalp when I run my fingers through my hair. Still no bloating. My brain is a little foggy but there are also moments when my focus is very sharp. No other news to report.

I am sticking with raw meat only and water. Nothing else, not even salt.

I've been re-reading Not By Bread Alone (thanks Charles!) but the later version and it's cool to read all the updates. I find I'm assimilating the information much more this time around. Interestingly, caribou tongue which was much liked by the Inuits and probably Indians as well is much fattier than beef tongue. I had bison tongue (raw) a few times and it was delish, don't know about it's fatty content though. Bison liver is yummy too! Oh, and I tasted caribou once, the backside plus the lower leg marrow which is all soft and creamy...out of this world. The taste of wild caribou is truly exquisite although wild hare is totally the opposite...yuk!

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RE: Zero Carb / Meat and Water - waywardsister - 08-05-2008 06:22 PM

FormerDonutJunkie Wrote:
What amazes me is the satiety factor eating 73/27 ground beef. Steak has always been a staple with me but I just never realized the power of 73/27! Quite possibly the best value of low-carb.

Okay, I have looked high and low and I can't find any ground beef labelled this way. Maybe we don't do it like that in Ontario. All the ground beef (in grocery stores, anyway) is just labelled lean. So if I ask a butcher for ground beef, what should I ask for? Is this 27% fat?

poo123 Wrote:
Things are going quite well. And this is probably too much info but my undies are too big!!!!!!Yeah (Sorry for that last bit, but I am sure the girls know how cool that is!!)

My best moment on my weight loss journey was when my weight hadn't moved, at all, in about two months...but suddenly, all of my undies were too big! Congrats poo!

Loops Wrote:
Right now meat without dairy seems a bit bleak - maybe that will change with practice?

I can honestly say I relate to this, and that it does get better. I cave now and then, but it does get better. It's a lot like quitting smoking - for awhile, you feel like something is missing. Then one day, you don't.

Charles Wrote:
However, I don't associate food with occasions. For example, it doesn't disappoint me one bit if I come to visit your house and you don't have my favorite kind of meat on your table. I'll eat what you have or I won't. However, the point will be that I'm visiting you and enjoying your company and the food won't matter at all to the quality of the visit.

I had dinner with Jimmy and Christine Moore in Asheville, North Carolina a couple of months ago. I don't remember what I ordered, I'm sure it was a steak, but I remember the company and the conversation. The food was irrelevant.

I vehemently agree! I can't tell you how freeing it is to not obsess over food. It's there, I eat it, I savour it, I enjoy it, and I move on. Talk about freedom. I was afraid that I was losing my passion for food - but then I realized it was obsession, not passion. This from a gal who used to get so upset if her favorite dishes weren't being served at dim sum that she'd snap at her BF and get teary. Seriously.

Update: Today I experienced what can only be described as a...well, cleansing. Unexpected and interesting. Good thing I work from home. I've read other ppl who said that they had the same reaction when going vlc/meat & water, so I'm not worried about it. My system had some junk to clear out.

RE: Zero Carb / Meat and Water - aim in Fla*working - 08-05-2008 06:52 PM

caroline Wrote:
Hi Amy,

I do notice that too many nuts bloat me, and coffee also seems to bloat me. Now when I say bloat, it is not dramatic. My stomach is just flatter without. I'm not so good with all the blood pressure and other things. Wendyoh seems to have a lot of ideas about all these things. Maybe you can ask her.

Hope your arm is feeling better...

thank you very much..IT is getting there. They were supposed to take the stiches out today and said no, wait a few more days😢
THe bloat is really not in my belly, low low carb has eliminated that...it is more in my shins, feet, fingers and face..and i am bordering a pretty bad migraine for a while now. And my blood pressure has been high(for me) I feel it.

RE: Zero Carb / Meat and Water - aim in Fla*working - 08-05-2008 06:55 PM

I cannot find 73/27 ground beef either!
My blood work results:

Total Cholesterol: 217
LDL: 154
HDL: 51
Trigs: 58

This is the notes from the Dr....."Low Fat Diet, try weight loss, increase exercise, recheck lipids in one year.
ugh...lets see....NO to the low fat...yes to the weight loss-I am trying...yes to more exercise...and yes to the recheck.
Three agrees, and one Not a chance it H E double hockey sticks.

edited to add...I weighed in at 215 this AM...

Did he not notice your great trig/HDL ratio or those by themselves? All he looked at was your total cholesterol and recommended a low fat diet. At least he didn't recommend statins.
thank you very much..IT is getting there. They were supposed to take the stiches out today and said no, wait a few more days 😞

The bloat is really not in my belly, low low carb has eliminated that...it is more in my shins, feet, fingers and face...and i am bordering a pretty bad migraine for a while now. And my blood pressure has been high(for me) I feel it.

Do you eat a lot of red meat and eggs? If so, did you before you began zero carbing?

---

**RE: Zero Carb / Meat and Water** - abnormalslc - 08-05-2008 07:21 PM

MAC Wrote:

abnormalslc Wrote:

My blood work results:

Total Cholesterol: 217
LDL: 154
HDL: 51
Trigs: 58

This is the notes from the Dr....."**Low Fat Diet, try weight loss, increase exercise, recheck lipids in one year.**

ugh...lets see....NO to the low fat...yes to the weight loss-I am trying...yes to more exercise...and yes to the recheck.

Three agrees, and one Not a chance it H E double hockey sticks.

edited to add...I weighed in at 215 this AM...

Did he not notice your great trig/HDL ratio or those by themselves? All he looked at was your total cholesterol and recommended a low fat diet. At least he didn't recommend statins.

not a mention of any of the "positives." Overall, my rating was "normal"..the other choice was..well...Abnormal...har har...so at least I have "normal" blood.

He also knows I have been LLVLC, and that I have lost weight doing that....he simply chose to ignore that part.

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**RE: Zero Carb / Meat and Water** - Daryl - 08-05-2008 07:23 PM

Isn't that irritating when they don't even mention the good? Anyway, it's highly unlikely that the LDL you have is "bad", so good going.

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**RE: Zero Carb / Meat and Water** - usmaid - 08-06-2008 04:17 AM

Does anyone have any thoughts on seltzer water? I understand the "diet drink" thing and I've eliminated them but what about plain seltzer water? I guess sometimes I just like the bubbles!
Thanks
Beth

RE: Zero Carb / Meat and Water - aim in Fla*working - 08-06-2008 07:44 AM

Daryl Wrote:
aim in Fla*working Wrote:
caroline Wrote:
Hi Amy,

I do notice that too many nuts bloat me, and coffee also seems to bloat me. Now when I say bloat, it is not dramatic. My stomach is just flatter without. I'm not so good with all the blood pressure and other things. Wendyoh seems to have a lot of ideas about all these things. Maybe you can ask her.

Hope your arm is feeling better...

thank you very much..IT is getting there. They were supposed to take the stitches out today and said no, wait a few more days 😐 THe bloat is really not in my belly, low low carb has eliminated that...it is more in my shins, feet, fingers and face..and i am bordering a pretty bad migraine for a while now. And my blood pressure has been high(for me) I feel it.

Do you eat a lot of red meat and eggs? If so, did you before you began zero carbing?

i eat alot of red meat. I always have...but now, it is all I eat. I used to eat salads and alot of veg. Eggs, not so much at present. However, I used to have scrambled eggs every morning.

RE: Zero Carb / Meat and Water - waywardsister - 08-06-2008 08:58 AM

usmaid Wrote:
Does anyone have any thoughts on seltzer water? I understand the "diet drink" thing and I've eliminated them but what about plain seltzer water? I guess sometimes I just like the bubbles !

Me too - I drink carbonated mineral water. There's just something satisfying about the bubbles.

Funny aside: my mum used to live in Switzerland (German part), and ordering water at a restaurant got you uncarbonated mineral water. If you wanted carbonated, you had to order "water with gas"

RE: Zero Carb / Meat and Water - MAC - 08-06-2008 09:05 AM

waywardsister Wrote:
usmaid Wrote:
Does anyone have any thoughts on seltzer water? I understand the "diet drink" thing and I've eliminated them but what about plain seltzer water? I guess sometimes I just like the bubbles !

Me too - I drink carbonated mineral water. There's just something satisfying about the bubbles.
Funny aside: my mum used to live in Switzerland (German part), and ordering water at a restaurant got you uncarbonated mineral water. If you wanted carbonated, you had to order "water with gas"

This is true as well in South America. Agua mineral con gas or Agua mineral sin gas. With or without gas.

I also think the only reason I ever drink diet soda is for the bubbles. The more gas the better the seltzer:-)

---

RE: Zero Carb / Meat and Water - FatGirlOnAtkins - 08-06-2008 09:28 AM

MAC Wrote:
waywardsister Wrote:
usmaid Wrote:
Does anyone have any thoughts on seltzer water? I understand the "diet drink" thing and I've eliminated them but what about plain seltzer water? I guess sometimes I just like the bubbles!

Me too - I drink carbonated mineral water. There's just something satisfying about the bubbles.

Funny aside: my mum used to live in Switzerland (German part), and ordering water at a restaurant got you uncarbonated mineral water. If you wanted carbonated, you had to order "water with gas"

This is true as well in South America. Agua mineral con gas or Agua mineral sin gas. With or without gas.

I also think the only reason I ever drink diet soda is for the bubbles. The more gas the better the seltzer:-)

HEeeeyyyyy.... ya'll have given me an idea. I wonder if I could get off the diet soda if I tried mineral water... hmmm. *thinking aloud* I really just drink the soda for the bubbles, too. Thanks, you guys are awesome!

---

RE: Zero Carb / Meat and Water - usmaid - 08-06-2008 09:52 AM

Thanks for all the responses!! Are you all saying that seltzer water is OK or is mineral water something different. Glad I'm not the only one that likes the bubbles! They fill me up, too!

Beth[/i]

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RE: Zero Carb / Meat and Water - rozi - 08-06-2008 12:43 PM

I drink seltzer all the time, I just count it as water. If anyone knows different I hope they let us know!

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RE: Zero Carb / Meat and Water - feckless - 08-06-2008 01:04 PM

I have just gotten a blood glucose meter from my doc. Is there a place in this forum or elsewhere that details what optimal readings would be when following this type of diet?
Also, I was shocked when she told me to take an iron supplement because my iron was low on my labs. WHAT?! i eat red meat at least twice a day! I am not going to go on an iron supplement because the reading was just a couple points below normal, but i thought that was very strange.

RE: Zero Carb / Meat and Water - Charles - 08-06-2008 01:28 PM

feckless Wrote:
I have just gotten a blood glucose meter from my doc. Is there a place in this forum or elsewhere that details what optimal readings would be when following this type of diet?

MAC is the "BG" guy for me. I don't check mine.

feckless Wrote:
Also, I was shocked when she told me to take an iron supplement because my iron was low on my labs. WHAT?! i eat red meat at least twice a day! I am not going to go on an iron supplement because the reading was just a couple points below normal, but i thought that was very strange.

Good for you. I wouldn't take any iron supplement, of all things. Our bodies typically lower our serum iron when it is fighting off something or if there is too much of another nutrient. Either way, our bodies regulate iron and if it needs more, it will get it from the meat you eat.

Regards,
Charles

RE: Zero Carb / Meat and Water - feckless - 08-06-2008 01:46 PM

Charles Wrote:
MAC is the "BG" guy for me. I don't check mine.

I wouldn't take any iron supplement, of all things. Our bodies typically lower our serum iron when it is fighting off something or if there is too much of another nutrient.

aha, i have had the flu for two weeks! so maybe that explains the low iron! i am monitoring blood sugar because of my severe hypoglycemia symptoms. no matter what results i get, i do not plan to take any treatment the doc advises and to stick with zero carb, but i thought the data would be interesting as far as seeing what is going on with my fasting and post meal blood sugar levels. i would like to know how to interpret them though. so i will search for MAC posts. and i will post any interesting results...

at almost three weeks ZC now my hypoglycemia symptoms are much better, except after caffeine when they go CRAZY. i know it's bad, but the lethargy is really intense and at some point i just need to do something so i can get my work done! i keep waiting for that energy to hit! i've lost 6 pounds. (i'm 5'6"/128)

thanks charles....

RE: Zero Carb / Meat and Water - travis t - 08-06-2008 01:55 PM
I feel so much better today than yesterday's little stumble (mt dew).
Sometimes i just don't get it as to why when things are going so well that i will sink myself. It's almost like i shouldn't be feeling this good so i will mess it up on purpose. I don't know if this makes any sense to anyone else but thats how i feel sometimes.

I'm going to try and stick with the foods that make me happy and those are my beloved coffee and the wonderfull butter that i put on my burger patties.

travis t

---

**RE: Zero Carb / Meat and Water** - [waywardsister](mailto:waywardsister) - 08-06-2008 02:12 PM

FatGirlOnAtkins Wrote:
HEeeeyyyyy.... ya'll have given me an idea. I wonder if I could get off the diet soda if I tried mineral water... hmmm. *thinking aloud* I really just drink the soda for the bubbles, too. Thanks, you guys are awesome!

If you 'do' sweetener (which you do, since you drink diet pop) a shot of flavoured DaVinci syrup is nice in mineral water - fruit, cola or root beer. Or a bit of lemon/lime juice and some liquid stevia (or just lemon/lime).

I think the only difference between mineral and seltzer water is that seltzer doesn't contain minerals (minerals have been removed for a neutral flavour)?

---

**RE: Zero Carb / Meat and Water** - [Charles](mailto:Charles) - 08-06-2008 02:34 PM

travis t Wrote:
I feel so much better today than yesterday's little stumble (mt dew).
Sometimes i just don't get it as to why when things are going so well that i will sink myself. It's almost like i shouldn't be feeling this good so i will mess it up on purpose. I don't know if this makes any sense to anyone else but thats how i feel sometimes.

People ask me all time, how do I stick to a zero-carb diet? You just explained it better than I ever could. I got tired of "sinking myself" and then having to pick up the pieces the next day and get back to work. Unfortunately, it's going to take several "sinkings" before it's over. They are all part of the plan.

One day, you'll decide that it's not worth it and you'll resist the urge to sink yourself. That will be the turning point and it's much smoother after that. It also helps when you get to your body's preferred weight and you get your six pack. You won't want to lose that, baby!!! 😊

Keep your head up!

Regards,

Charles

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**RE: Zero Carb / Meat and Water** - [jeepifer](mailto:jeepifer) - 08-06-2008 02:41 PM

Sinking? I'm drowning here. *sigh*
I see my carb and sugar addiction like an alcoholic, I really cannot touch the stuff, super dangerous for my mental and physical health. It is that serious to me.

Dr. Atkins in DANDR Wrote:
"The 'just this one taste' rationalization is indeed the 'kiss of death' to the success of this journey to healthy living!"

This holds true for me every single time! I cannot do carbs in moderation, it's that simple! This is one of my favorite LC quotes and I have it plastered across the front of my fridge. The 'one' taste always leads to unending tastes for me.

feckless Wrote:
I have just gotten a blood glucose meter from my doc. Is there a place in this forum or elsewhere that details what optimal readings would be when following this type of diet?

Quote:
These are the targets that will give you an A1c in the 5% range no matter how high your A1c is now. If you don't believe me, check out THIS PAGE of reports from people who have used these targets to dramatically lower their A1cs.

One hour after eating: under 140 mg/dl (7.8 mmol/l)

Two hours after eating: under 120 mg/dl (6.7 mmol/l)

If you can do better than this, go for it. Normal people rarely go over 120 mg/dl ever and are usually under 100 mg/dl at 2 hours after eating.


Hope that helps.

dey all -

today I've done pretty well with eating no cheese! This is the first day where I haven't been hankering
after it all day. I am still eating pork ribs, and tonight to celebrate my no cheese week (although I snuck in an oz yesterday) we are going out to eat at 'Tololo Beef' - which is a meat restaurant, where I will order, guess what...probably more pork ribs. If they don't have those, it'll be some kind of steak. They do a mean garlic mayonnaise, and I might indulge in that if they don't have butter. I did eat some deep fried broccoli today (tallow) - but it didn't set off my appetite or anything. I also had a bit of cream in some coffee - but hey, right now I'm just happy to be off the cheese. One addiction at a time!

Anyway I feel much better off cheese. That was actually the reason I wanted to quit it - it seemed to mess with my moods. I'm pretty convinced this is to do with the calcium content - but that is for another thread (dairy and calcium overload).

---

RE: Zero Carb / Meat and Water - waywardsister - 08-06-2008 06:31 PM

Yay Loops!!!!

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RE: Zero Carb / Meat and Water - Loops - 08-07-2008 05:26 AM

hey I have a question though -

last night I was having some pretty scary appetite suppression. I mean - I was aware I needed to eat, but when we went out I could hardly eat any of my steak. It was very upsetting. Despite eating the broccoli at lunch (which was soaked in tallow) I just completely lost my appetite come the time we went out. In the end I came home and had some tea with cream and a few nuts because I had this gaping hole inside me but just couldn't bring myself to eat meat - not even pork ribs!

How does one get past this? Anyone have this? I'm aware it is symptoms of ketosis - but I've been on a very low carb diet for a long time and rarely got to this point - I did have it a little while into a diet that was high fat/low-mod carbs before but it went. I also had this when I was travelling and reduced to eating a big tub of pecans over a 24 hour period. I also did my tennis training yesterday morning - and since then had no appetite.

Thanks

Loops

---

RE: Zero Carb / Meat and Water - Loops - 08-07-2008 05:28 AM

Oh -

another thing I noticed since coming off cheese - and this is kind of gross so close your ears if you don't want to know! - Stools have firmed up something crazy. Isn't that weird? Most people get constipated from cheese but it seems to have the opposite effect for me. That's ok though. And I still take my magnesium so I wasn't expecting that one. Or maybe it was the broccoli.

---

RE: Zero Carb / Meat and Water - Kristi31 - 08-07-2008 05:36 AM

Loops,
Before reaching the "promised land", one must suffer a little. By that I mean, endure ketosis (like appetite suppression) until your body finally adapts to ketones. During that timeframe, you should stick to animal protein and fat, keeping fat intake high, between 75-85%, preferably over 80%. Eating nuts will prolong ketosis and the hardship. If you don't want to wait that long or prefer having a few carbs, then increase carbs and reduce fat a little, keeping protein at around 15-25%. Personally, I don't think there is no other way to go about it.

RE: Zero Carb / Meat and Water - FatGirlOnAtkins - 08-07-2008 06:25 AM

waywardsister Wrote:
FatGirlOnAtkins Wrote:
HEeeeyyyyy.... ya'll have given me an idea. I wonder if I could get off the diet soda if I tried mineral water... hmmm. *thinking aloud* I really just drink the soda for the bubbles, too. Thanks, you guys are awesome!

If you 'do' sweetener (which you do, since you drink diet pop) a shot of flavoured DaVinci syrup is nice in mineral water - fruit, cola or root beer. Or a bit of lemon/lime juice and some liquid stevia (or just lemon/lime).

I think the only difference between mineral and seltzer water is that seltzer doesn't contain minerals (minerals have been removed for a neutral flavour)?

That sounds so good. I'm going to have to order some davinci's- they just don't carry it anywhere around here. I wonder if I would transfer addictions.... I really need to get off the diet soda.

I'm down 2 more pounds this week... WOOT! I'm so excited!

RE: Zero Carb / Meat and Water - abnormalslc - 08-07-2008 06:27 AM

well....this Zero/near Zero thing is working for me!

I weighed in at 213 this AM! 9 pounds lost since starting ZC! 1 more pound and I'll be back at my lowest...then on to 180!!!

I must admit that I started drinking diet soda again....but we all have our "vices"...har har ...not as much as before...not nearly as much...but 1 or 2 cans...

RE: Zero Carb / Meat and Water - waywardsister - 08-07-2008 07:56 AM

Loops Wrote:
hey I have a question though -

last night I was having some pretty scary appetite suppression. I mean - I was aware I needed to eat, but when we went out I could hardly eat any of my steak. It was very upsetting. Despite eating the broccoli at lunch (which was soaked in tallow) I just completely lost my appetite come the time we went out. In the end I came home and had some tea with cream and a few nuts because I had this gaping hole inside me but just couldn't bring myself to eat meat - not even pork ribs!
How does one get past this? Anyone have this? I'm aware it is symptoms of ketosis - but I've been on a very low carb diet for a long time and rarely got to this point - I did have it a little while into a diet that was high fat/low-mod carbs before but it went. I also had this when I was travelling and reduced to eating a big tub of pecans over a 24 hour period. I also did my tennis training yesterday morning - and since then had no appetite.

I get this on and off. Some days I'm hungry and want to eat, some days I'm not that hungry, or I start eating and realize I don't want to. If this is unusual for you, it might be cheese-related? Meaning that now you're without cheese (how dramatic - "I am without cheese") your system isn't irritated and is settling in?

Loops Wrote:

another thing I noticed since coming off cheese - and this is kind of gross so close your ears if you don't want to know! - Stools have firmed up something crazy. Isn't that weird? Most people get constipated from cheese but it seems to have the opposite effect for me. That's ok though. And I still take my magnesium so I wasn't expecting that one. Or maybe it was the broccoli.

When I'm grain and dairy-free, I have PP's. That's Perfect Poops for y'all not in the know 😜

FatGirlOnAtkins Wrote:

That sounds so good. I'm going to have to order some davinci's- they just don't carry it anywhere around here. I wonder if I would transfer addictions.... I really need to get off the diet soda.

I'm down 2 more pounds this week... WOOT! I'm so excited!

Congrats on the poundage! Yeah if you do have an addiction you might just be transferring it - is it the sweetener thing, or caffeine? I just bought diet pop too 😁but I like it now and then. Maybe go for the lemon/lime option first before you dive into the DaVinci?

Update: 113 this morning! Most of that is water (about 4lbs), but I know from experience that at least 1lb was actual fat. My usual 'hang' weight is 116, sometimes 114. Got a huge thing of ground beef from Costco and cooked some up with eggs, in bacon fat and butter, for brekkie (bc I felt hungry this morning). Yum. Made burgers last night too, and could only eat one. It's only 15% fat, but adding bacon fat really improves the situation!

RE: Zero Carb / Meat and Water - Loops - 08-07-2008 08:11 AM

Hi waywardsis -

thanks for the encouragement. This morning I had a lot of cream in some tea and BAM - brain fog extraordinaire! I don't get this reaction with butter thank goodness. Anyway that kind of nails it for me. No more!

I have more pork ribs waiting for me in the oven so all should go smoothly today. Congratulations on all your weightlosses. I seemed to have gained after my beef binge (excess protein?) but then lost a little - still nothing really and still at my all time high, but then I am cheating every now and again with nuts etc.

It's kind of hard to ignore the little voice in the back of my mind which says...well remember x and x, they did zero carb and gained (as I did, but I did eat a lot of cheese). Self experimentation is the only way. All I know is I felt quite good after eating more meat, although quite tired. I also have that little
voice which says - but don't you remember a year ago you were 5 kilos lighter and eating vegetables, cheese, cream etc. That's one thing I can't work out, and it IS a big doubt in my mind. Also when I hear about people starting to lose weight again once they INCREASED their carbs. What's with that?

Any ideas?

Cheers - just trying to reconcile stuff in my mind - once more I am not trying to dis this way at all.

Loops

RE: Zero Carb / Meat and Water - nyteez - 08-07-2008 08:15 AM

Well, it has been one week since eating just meat & fat. I have lost 5lbs! Finally broke thru 168 and am down to 167.

Loops: My appetite gets less & less every day. I think it is a good thing, as long as I feel good. I noticed about a month ago (before I cut out eggs & cheese and the occasional salad), that if I ate any vegetable even a small amount I felt very full and completely lost my appetite. I thought that was so weird, because I don't ever remember getting full on a vegetable. So it might have been that piece of broccoli you ate that made you lose your appetite.

I have dilemma today. I have a wedding to go to on aug 31st. I am inbetween a size 10 & 12 right now. Do I order the size 10 dress or the 12? I just know if I order the 12 I'll lose 10 more lbs and it will be too big and if I order the 10 I won't lose anything and it will be too tight. LOL! Well, I decided I am going to challenge myself and order the 10. That gives me 3 weeks, I'm just gonna do it! I have confidence ZC is going to work for me!

RE: Zero Carb / Meat and Water - Charles - 08-07-2008 08:28 AM

Loops Wrote:

another thing I noticed since coming off cheese - and this is kind of gross so close your ears if you don't want to know! - Stools have firmed up something crazy. Isn't that weird? Most people get constipated from cheese but it seems to have the opposite effect for me. That's ok though. And I still take my magnesium so I wasn't expecting that one. Or maybe it was the broccoli.

Definitely the broccoli. On my low-fat diet, it used to lock me up all the time to the astonishment of my doctor.

RE: Zero Carb / Meat and Water - Charles - 08-07-2008 08:35 AM

Dana Wrote:

I thought that was so weird, because I don't ever remember getting full on a vegetable. So it might have been that piece of broccoli you ate that made you lose your appetite.

I'm glad you mentioned this. This is something that all zero-carbers should consider. When you are on zero-carb for a good while, your body stops producing the enzymes to deal with carbohydrates. Therefore, when you "cheat" you will actually store all those carbohydrates in your fat tissue longer until your body reproduces the necessary enzymes. Stefansson and Dr. Eades wrote about this. I find this for
myself as well. I am extremely sensitive to carbohydrates and if I eat just a little, I will gain 4 quick pounds and it will take about two or three weeks to finally lose them. This is why I don't cheat.

Dana Wrote:  
have delemma today. I have a wedding to go to on aug 31st. I am inbetween a size 10 & 12 right now. Do I order the size 10 dress or the 12?

Get the 10!

Regards,

Charles

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RE: Zero Carb / Meat and Water - Loops - 08-07-2008 08:44 AM

Yeah get the 10 - I'm sure you'll fit into it!

---

RE: Zero Carb / Meat and Water - Loops - 08-07-2008 08:45 AM

Ok then - today is all meat. Fingers crossed I make it! It's so interesting that I can go zero carb with cheese (1g/100g) with ease, but just meat is proving a real challenge for me. Still - better a challenge than the ol brain fog.

---

RE: Zero Carb / Meat and Water - Kristi31 - 08-07-2008 09:05 AM

Loops,

be sure to eat lots of fat and not too much protein. Although this may be challenging, it gets better every day.

As to why some people lose weight when increasing carbs, I suspect it is because they were in a state where there wasn't enough glucose such that cell activity would slow down and where there wasn't enough fat such that they weren't ketone-adapted and cells could not use ketones for energy. The slowing down of cell activity would explain why some people stall or even gain weight...the solution: increase fat and decrease protein. As soon as carbs are increased, cells are provided more glucose, become more active and weight is lost. That would explain why increasing carbs somewhat helps some. However, too much of an increase, say above 50-70 grams could eventually make one gain weight.

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RE: Zero Carb / Meat and Water - Charles - 08-07-2008 09:09 AM

Kristi31 Wrote:  
be sure to eat lots of fat and not too much protein. Although this may be challenging, it gets better every day.

I certainly don't buy this part. In fact, the guy that MAC quoted, who tried this only gained weight.

Just eat fat and protein and you'll be fine. No need to measure!
Charles,

TheBear, Stefansson and Hanson (Amazon guy who tried 3 types of pemmican) have consistently said that a diet composed of at least 75% fat calories (usually 80%) was either the norm or the best ratio for feeling good. Many of the meats we eat end up being much less than that today because of the low-fat dogma, compared to 50 yrs ago or even 100 yrs ago.

From personal experience, I can tell you I'm doing much better eating regular ground beef with extra pork belly than eating JUST prime rib, chuck or even shortribs. Perhaps, in your area, the meats are very fatty but not where I live.

In the end, what I'm saying is not to LIMIT protein but to eat at least 75% fat, the rest will take care of itself. That's all. Works for me!

Hiya -

the last time I was close to zero carbs, I did try to reduce protein and increase my fat intake (at the time through tallow and cream) - I did have a lot more energy and the scale edged down a bit - then bounced right back up again! However, I found it very difficult to restrict protein, although too much protein without enough fat left me feeling dire. So I agree with Kristi - I think it is of paramount importance to get enough fat, with or without carbs from vegetables etc.

Charles,

are there enzymes one can take that will boost the bodies ability to deal with carbs?

Kristi31 Wrote:
TheBear, Stefansson and Hanson (Amazon guy who tried 3 types of pemmican) have consistently said that a diet composed of at least 75% fat calories (usually 80%) was either the norm or the best ratio for feeling good. Many of the meats we eat end up being much less than that today because of the low-fat dogma, compared to 50 yrs ago or even 100 yrs ago.

I don't dispute the basics of what they're saying I just don't think it's necessary to work out the ratios like this as it's very difficult to do. The meat we're talking about is actually more fatty than what we give it credit. For instance, Stefansson described it this way:

Quote:
We averaged about a pound and a third of lean per day and half a pound of fat (this is about like eating a two pound broiled sirloin with the fat such a steak usually has on it). That seems like eating mostly lean; but grow technical and you find, in energy units,
that we were really getting three-quarters of our calories from the fat.  
**That is what the scientists meant when they said at the end of our diet had proved to be not so very high in protein**

They weren't putting butter and mayo all over their beef either. No one has to sit around artificially trying to increase their fat intake.

If you looked up sirloin with the fat on fitday you would come back and tell me that it wasn't very fatty. However, we see from Stefansson's explanation that he considered it fatty protein. The best way is just to eat fatty protein as we've discussed and just watch your energy levels. It's not hard to tell.

This whole notion of ratios and percentages is just a level of sophistication that unnecessarily complicates things. None of these populations we've discussed spend too much time worrying about the ratio. They see a fatty piece and they eat it until they're tired of eating. No calculations, no nonsense.

**RE: Zero Carb / Meat and Water - MAC - 08-07-2008 11:06 AM**

Charles Wrote:
This whole notion of ratios and percentages is just a level of sophistication that unnecessarily complicates things. None of these populations we've discussed spend too much time worrying about the ratio. They see a fatty piece and they eat it until they're tired of eating. No calculations, not nonsense.

Believe the Bear said eat the fat first and then the lean. If your still hungry eat some more lean. Have to go find this quote sometime.

**RE: Zero Carb / Meat and Water - Nicola - 08-07-2008 11:08 AM**

From the rawpaleo yahoo group:

A while back, I was fortunate enough to be pointed to more detailed info re Stefansson's all-meat Bellevue Experiment. Here are some pertinent excerpts from the link below:-

http://www.jbc.org/cgi/reprint/87/3/651

"The meat was usually cooked lightly and the bone-marrow eaten raw. Raw, frozen meat was requested as a variation but no method of freezing it was available."

also:

"The meat used included beef, lamb, veal, pork and chicken. The parts used were muscle, liver, kidney, brain, bone-marrow, bacon and fat."

So, given that Stefansson's diet was only short-term(1 sole year) and included a variety of organ-meats, plus even some raw animal food in the form of raw marrow, and given that his diet was generally lightly-cooked( ie boiled rather than fried) it is incorrect for zero-carbers to cite Stefansson's Bellevue Experiment, and subsequently claim that it's perfectly healthy for people to eat heavily-cooked muscle-meats and fat and nothing else, in the long-term
Loops Wrote:
the last time I was close to zero carbs, I did try to reduce protein and increase my fat intake (at the time through tallow and cream) - I did have a lot more energy and the scale edged down a bit - then bounced right back up again! However, I found it very difficult to restrict protein, although too much protein without enough fat left me feeling dire. So I agree with Kristi - I think it is of paramount importance to get enough fat, with or without carbs from vegetables etc.

These small variations don't tell us much of anything. Each time you give an example, there are carbs present. Cream has carbs. It says zero-carb on the label because that's for the serving size. If you drink more than the serving size, you will definitely get carbs.

Zero-carb is not something one can casually undertake while checking the scale every day. You would have to commit to this for a good six months of solid eating with no cheating to tell whether or not you can adapt to the way of eating or not. The Bear and Stefansson agree on this.

A very low-carb diet is close, but it's not zero-carb. If you have hyperinsulinemia, you may not be able to tolerate ANY carbs. It has nothing to do with others, it only has to do with what works for you and your body.

It's very natural to go up a few pounds and down a few pounds despite not changing anything in your diet. Weight is not regulated in your brain, only in your body. This is very important. You have to learn to trust your hunger first and foremost of you won't be successful on any diet.

If you're going to do it, then jump in with both feet and make it happen. If not, try Atkins Induction. It's a very solid plan and gives you some of the things you're missing. But just going zero-carb for a couple of months intermixed with some cheat days does not give a valid picture of zero-carb.

Too much fat brings nausea just as too much protein brings lethargy. There is a balance. However, for long term success, you don't have to walk around eating butter sticks and drinking coconut oil.

By the way, if you want a good coconut diet, eat whole coconuts and fish. The Tocolauans ate that for centuries and had excellent health.

Charles
When you eat the carbs, your body will make the enzymes, don't worry. I'm just saying that once you've gone zero-carb long enough, it will take you a little bit to process carbs.

Stefansson Wrote:
The first glucose "meal," when we were immediately off the meat, showed a poor sugar tolerance; but in a week or so we were back to where we had been before the meat year began.

I don't know how to make this process any easier.

RE: Zero Carb / Meat and Water - poo123 - 08-07-2008 11:29 AM

Well things are going well here. No cheating, and I am still losing in small amounts, but a loss is a loss... I think I am coming down with something that has been going around. I am eating plenty of fats and protein but I am really tired, and ache all over and some sore throat. We will see, but I have no desire for cheating. I really don't have any interest in food anymore. And that is really big for me since I was a chef and all. I do still cook for some clients but its getting harder and harder for me to do it. Well off to play with the kids, and get some homework done before school starts...alison

RE: Zero Carb / Meat and Water - Charles - 08-07-2008 11:30 AM

MAC Wrote:
Believe the Bear said eat the fat first and then the lean. If your still hungry eat some more lean. Have to go find this quote sometime.

Fred Stare Wrote:
Stefansson has probably consumed more meat than any other person today. When I gave him dinner at the Harvard Club, Boston, it was roast beef with an extra serving of beef fat; at our home it was steak, with extra fat. Nothing else except Martinis and cheese. **Some of the fat is consumed first.** This sounds a little like the Du Pont-Hoiday-Pennington diet one read so much about a few years ago. In fact, that diet was the Stefansson regimen dressed up with a little "bedside manner" which is a half-hour morning walk and "absolutely no alcohol."

Stefansson Wrote:
Perhaps because lean meat had at the time a better press than fat meat, this was played up as a high protein diet; **and indeed it appeared high protein**, as we are aware from having spent a year, in 1928-1929, on its near equivalent, the Russell Sage diet, which served per day 28 to 30 ounces of lean, which, though they yielded only so per cent of our energy, still appeared to be a huge pile alongside the 8 or 9 ounces of the fat from the edges of our sirloins, which gave us 80 per cent of the calories. Actually, the main
energy sources of the Du Pont-Holiday diet are similar to what ours were at Bellevue, between lean and fat

RE: Zero Carb / Meat and Water - Kristi31 - 08-07-2008 11:39 AM

Charles,

Back in Stefansson's days, the meat was fattier such that the lean was fattier than it is today, more marbled with alot more fat on the outer part.

From The Land of The Fat, Stefansson write:
"Mrs. Seybold believes in varying meals a good deal, but allows her husband considerable fat meat. When she is away from home he has only two meals a day, noon and evening. At both he eats pork chops two inches thick, with at least three quarters of an inch of fat all the way around the outer edge of each. During one absence of his wife, every meal he ate for six weeks consisted of these chops." Much fattier than today, at least where I live.

I agree that counting unnecessarily complicates things and that one shouldn't have to measure things, similar to our ancestors and other more contemporary tribal people. Instead of stating percentages, I should have just said to increase fat if one experiences symptoms A and B, for example. I just observed that, in my case, upping the fat, which incidentally happens to represent about 80% of my calories, has helped me alot and I'm feeling alot better. Interestingly, others like Hanson, TheBear and Stefansson also cited that number, about 80%.

So, if anyone notices they don't feel quite up to par eating just meat, perhaps upping the fat could help solve the issue. That's all I'm saying in the end.

And based on my personal experience, the only fatty meat that does it for me is regular ground beef, no other cut. With a few slices of pork belly. I don't feel nauseous but quite satisfied after my meals such that I can eat once or twice daily without any problems.

RE: Zero Carb / Meat and Water - pennypritty1 - 08-07-2008 11:42 AM

waywardsister Wrote:
FatGirlOnAtkins Wrote:
HEeeeyyyyy.... ya'll have given me an idea. I wonder if I could get off the diet soda if I tried mineral water... hmmm. *thinking aloud* I really just drink the soda for the bubbles, too. Thanks, you guys are awesome!

If you 'do' sweetener (which you do, since you drink diet pop) a shot of flavoured DaVinci syrup is nice in mineral water - fruit, cola or root beer. Or a bit of lemon/lime juice and some liquid stevia (or just lemon/lime).

I think the only difference between mineral and seltzer water is that seltzer doesn't contain minerals (minerals have been removed for a neutral flavour)?

that's a really good idea, waywardsister. I'm going to try that myself.
Stefansson wrote in his book the following:

"The second provision, that you must eat the whole beast, has, in my experience and observation, still less foundation than the first provision, if that be possible. Both Eskimos and northern forest Indians, and whites who live with them, have a clear mental picture of each animal they butcher, dividing the carcass then or later so that certain parts go uniformly to the dog team, the rest to the family. These divisions of the carcass vary from one species of animal to another but do not vary within the species, unless slightly by season.

The way in which Eskimos divide, for instance, a caribou between men and dogs has been described with some detail; here the fact is emphasized that the organ commonly spoken of as richest in vitamins, the liver, is nearly always given to the dogs—as are the sweetbreads and, indeed, all things from the body cavity except the heart and kidneys. The kidneys are usually given to children, somewhat as if they were candy. So far as I know the Eskimos of northern Alaska and northwestern Canada, and the forest Indians just to the south of them, the only condition under which they ate nearly or quite the whole caribou was in time of famine. Ceasing to give the dogs the parts which normally are theirs was that stage of a famine which immediately preceded the killing and eating of the dogs themselves.

So far as present knowledge goes, there is in ordinary red meat, or in ordinary fresh fish, without the eating of anything from the body cavity, enough Vitamin C, or whatever it is that prevents scurvy, to maintain optimum health indefinitely, with a cooking to the degree which we call medium. Certainly this is true if the meat is cooked in large chunks, as with both Eskimos and northern forest Indians, rather than in thin slices, which latter style of cooking may, for all I know, decrease the potency of the scurvy-preventing factor.

There is no intention to deny, of course, that cooking to medium will somewhat lessen the meat's antiscorbutic value. What is to be said is only that even with medium cooking there appears to be left over, in fresh red meat or fresh fish, an abundance if not a superabundance of all the vitamins and of all the other factors necessary for keeping a man in top form indefinitely."

From this I infer that, according to Stefansson and his experience, muscle-meat alone is enough, even if cooked somewhat. The Bear has also been living on almost exclusively muscle-meat for 47 years and supports the idea that muscle-meat alone is sufficient.

This to me makes sense because there would not be much organ to eat per person as one animal contains only one of each and there are many members in a group. Some would probably not have any organ at all for many days, if not, months. Some organs would also never be eaten by anyone, ever, like polar bear liver or caribou lungs. To rely on something that is more scarce as opposed to muscle-meat which is more abundant just doesn't make sense to me.

Loops Wrote:

hey all -
Anyway I feel much better off cheese. That was actually the reason I wanted to quit it - it seemed to mess with my moods. I'm pretty convinced this is to do with the calcium content - but that is for another thread (dairy and calcium overload).
that's interesting to know, loops.

I'd not associated cheese with mood swings... I loooove cheese and if I can't find anything to eat or to fill me when I can't find something locally I go for the cheese. Do you think you took in too much calcium?

Now I'm wondering if I should consider suppression myself...

thanks for sharing that.

---

**RE: Zero Carb / Meat and Water - Charles - 08-07-2008 12:07 PM**

Kristi31 Wrote:
From this I infer that, according to Stefansson and his experience, muscle-meat alone is enough, even if cooked somewhat. The Bear has also been living on almost exclusively muscle-meat for 47 years and supports the idea that muscle-meat alone is sufficient.

This to me makes sense because there would not be much organ to eat per person as one animal contains only one of each and there are many members in a group. Some would probably not have any organ at all for many days, if not, months. Some organs would also never be eaten by anyone, ever, like polar bear liver or caribou lungs. To rely on something that is more scarce as opposed to muscle-meat which is more abundant just doesn't make sense to me.

Thanks, you beat me to this. I was going to say the same thing. Another thing to consider is that there were some Inuit who never ate caribou and only ate fish. And those who did eat caribou, did not eat it every year. They may go a year or two without any of it and yet all of them were just as healthy as the next.

For every benefit some got from caribou (such as calcium), others apparently got the same benefit despite not eating the same things as evidenced by their bones.

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**RE: Zero Carb / Meat and Water - Charles - 08-07-2008 12:09 PM**

Kristi31 Wrote:
Back in Stefansson's days, the meat was fattier such that the lean was fattier than it is today, more marbled with alot more fat on the outer part.

You're right.

Kristelle Wrote:
And based on my personal experience, the only fatty meat that does it for me is regular ground beef, no other cut. With a few slices of pork belly. I don't feel nauseous but quite satisfied after my meals such that I can eat once or twice daily without any problems.

We agree!

---

**RE: Zero Carb / Meat and Water - Charles - 08-07-2008 12:14 PM**

The Fat of the Land Wrote:
There is no tendency to overeat of fat if you have fat every day (not necessarily at every meal); but there is danger of it after a shortage of fat. So far as memory serves and my records go, there is no corresponding tendency to overeat of lean to an injurious extent after one has been on an excessively fat regimen.

If the diet has been too lean, one is likely to overindulge in fat to a degree which causes vomiting within the next hour or two. This single gorging and its violent reaction apparently leave no bad effect; but a persistent overindulgence can produce discontents and difficulties that may last a day, or even several days. The best practice, in such case, would seem to be eating for two or three meals somewhat less than the appetite dictates, and of a meat that is chiefly or entirely lean. Another good way might be to go without a meal or two.

What this says to me is that it's tough to eat the same amount of fat each day. At some times, the fat will make you nauseous and you need to eat a little more lean. At other times, you'll eat lean meat and you'll have "fat-hunger" and want some more fat. At which time, you'll seek it out and likely crave some ground beef or pork belly.

This is why I say that just relying on ratios can be deceiving. It always depends on your own hunger and energy level. It's pretty obvious when you need more fat, and it's just as obvious when you need some more lean. They will just taste right to you and after you eat it, you'll think, "that hit the spot!"

Charles

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**RE: Zero Carb / Meat and Water - Loops - 08-07-2008 12:24 PM**

pennypritty1 Wrote:
Loops Wrote:
hey all -
Anyway I feel much better off cheese. That was actually the reason I wanted to quit it - it seemed to mess with my moods. I'm pretty convinced this is to do with the calcium content - but that is for another thread (dairy and calcium overload).

that's interesting to know, loops.

I'd not associated cheese with mood swings... I looove cheese and if I can't find anything to eat or to fill me when I can't find something locally I go for the cheese. Do you think you took in too much calcium?

Now I'm wondering if I should consider suppression myself...

thanks for sharing that.

Hi -

yes, most cheeses contain a large amount of calcium. This can be disputed - but I have read time and
time again that in order to absorb enough magnesium it's not a good idea to take in a lot of calcium. IMO magnesium is harder to get enough of from the diet. So I guess if you are relying from all your nutrients from meat, you don't really want to screw up the cal/mag (and also zinc) balance by eating loads of cheese. That's the way I see it anyway - could be wrong of course! In my experience this seems to be right.

RE: Zero Carb / Meat and Water - Loops - 08-07-2008 12:36 PM

Yeah I know Charles -

I'm getting there slowly.

RE: Zero Carb / Meat and Water - twilight - 08-07-2008 12:41 PM

Most of you have probably already seen this, but here's more z-c info: http://livinlavidalocarb.blogspot.com/2006/05/how-about-zero-carb-carniverous-diet.html

RE: Zero Carb / Meat and Water - nyteez - 08-07-2008 01:12 PM

I ordered the 10! Then went for a run. LOL! I have not been able to run for the past 2 months because I had fires burning all around me and it was too smoky to run. Now, I have to get back into running, if I wanna to fit into that dress. I normally run/walk/hike (I live in the mountains). I never had the endurance to run long distances. I was able to run longer today. That's weird, because I haven't really ran in 2 months.

All I know is this meat & fat diet makes me feel great!

I hate measuring & counting food! I add butter and or tallow to my meat because I feel better with more fat and I know I will get enough this way. When I feel myself getting full I know I have had enough fat. It is different each day, like Charles mentioned. My body don't need the same amount of fat each day. Every morning since last week I eat the same thing (about 1/3lb ground beef & homemade pork sausage w/ butter & tallow). Some days I get full faster and can't eat all of it.

Another thing about cheese, and I always thought this was my problem is the salt content. Cheese is high in salt. Just a thought.

RE: Zero Carb / Meat and Water - Charles - 08-07-2008 01:19 PM

Dana Wrote:
I ordered the 10! Then went for a run. LOL! I have not been able to run for the past 2 months because I had fires burning all around me and it was too smoky to run. Now, I have to get back into running, if I wanna to fit into that dress. I normally run/walk/hike (I live in the mountains). I never had the endurance to run long distances. I was able to run longer today. That's weird, because I haven't really ran in 2 months.

Not too much, Dana! I'm glad you're running again but don't run yourself out. I only run two days a week and I don't lose any fitness as a result. You won't get into your dress any faster while running, although it is possible you can stall or even gain if you overdo it in these early stages. Just be careful and
really pay attention to your body. If for any reason you don't feel like running, then don't. Just wait until you're full of energy and then go running. Try to stop a little before you're tired.

You'll get there just fine. Hopefully, you'll share pictures of you in the pretty dress!

Regards,

Charles

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**RE: Zero Carb / Meat and Water** - suzanneyea - 08-07-2008 01:34 PM

I cannot fathom the thought of worrying about percentages and levels of fat and protein, even I do not have that much free time, and I have a lot, a lot of free time, lol. The meat in Quebec is pretty lean too and I eat a lot of steak and chicken. My protein level is high, my fat level various from 50 to 150 grams a day, but is usually around 70, my protein is always over 300. My thought when I buy meat is to buy meat that I enjoy eating and is the cheapest.

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**RE: Zero Carb / Meat and Water** - Kristi31 - 08-07-2008 02:14 PM

Relying on fat-hunger just doesn't work for me, for some reason. When eating other "fatty" cuts of meat, I just don't feel good no matter how much I eat and never crave fat either. I need more fat but my body's signals aren't pointing me in that direction.

I upped my fat and what do you know?! I feel better, skin is smoother, etc...

I suspect that when I'm better adapted to fat, I will begin to feel those fat cravings if and when I don't consume enough. Right now, my body's signals are a bit fuzzy from eating all those carbs and junk all my life.

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**RE: Zero Carb / Meat and Water** - Charles - 08-07-2008 02:30 PM

Kristi31 Wrote:
I suspect that when I'm better adapted to fat, I will begin to feel those fat cravings if and when I don't consume enough. Right now, my body's signals are a bit fuzzy from eating all those carbs and junk all my life.

I'm sure you're correct. If it's working for you, then keep it up.

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**RE: Zero Carb / Meat and Water** - nyteez - 08-07-2008 03:16 PM

Quote:
I suspect that when I'm better adapted to fat, I will begin to feel those fat cravings if and when I don't consume enough. Right now, my body's signals are a bit fuzzy from eating all those carbs and junk all my life.

I started Atkins induction 6 months ago and have gradually eliminated things from my diet. I think my body is just now getting used to ZC after 6 months.
Quote:
Not too much, Dana! I'm glad you're running again but don't run yourself out. I only run two days a week and I don't lose any fitness as a result. You won't get into your dress any faster while running, although it is possible you can stall or even gain if you overdo it in these early stages. Just be careful and really pay attention to your body. If for any reason you don't feel like running, then don't. Just wait until you're full of energy and then go running. Try to stop a little before you're tired.

Thanks Charles! I only run for about 30 mins, then do weights for about 15mins. Do you think it is too much to do 5 days a week, or should I alternate running one day, weights the next?

I will definitely post a pic of me in the 10 dress! 😊

RE: Zero Carb / Meat and Water - C-Dunc - 08-07-2008 06:28 PM

Hello, all (and especially Charles Washington):

I've read this thread and Charles is indeed the prolific, and not at all superfluous or redundant, for there are some things that need to keep being said since the majority of the world does not get it.

I'm Chris Duncan (aka "C-Dunc") and I'm 32 years of age. I'm around 145 lbs and about 5'4." I sport a 4-pack and so I guess body fat percentage is around 12-14. I've read a lot about low-carb (30 gram ala Dipasquale's Anabolic Diet), moderate (Barry Sear's The Zone), Cyclic type low-carb ala Rob Faigin's Natural Hormonal Enhancement.

I did try the Anabolic Diet when I was around 20 years old. Back then, I started with a 14-day induction of mainly the fattiest cuts of meat (steak, ground beef), eggs, and cheese. I think it was around day 8 or 9 that I started to feel bad (i.e., lethargic, mentally foggy). But then one morning at 5 a.m. when my alarm went off, I quite literally jumped out of bed. I had new found energy and the brain fog (I guess the fog is due to the brain still transitioning from glucose to ketone usage) was gone, and in its place was some very cool mental clarity.

I ended up quitting the Anabolic Diet because I was getting some fat gain. I was starting to gain fat despite the virtually zero carb intake. After reading through this thread and Charles's responses, I suppose the fat gain could have been from the 2 day carb extravaganza (after the initial 14 and 2 it went to 5 and 2). It also could have been the enormous amounts of cheese that I ate during the 5 day low carb portion of the diet.

By the way, I am wondering what is the deal with the preoccupation with the scale/weight? Charles, let's say (hypothetically) that in order for you to eat to satiety and stave off hunger for 5-6 hours, you have to eat a little more. And then let's say that in the course of time, you find yourself at 170 lbs with more muscle and yet that six-pack of yours remains. So, you gained weight. Who cares, right? Another question I am curious to know the answer to, is that knowing your body, could you eat enough to get to 170-180 lbs on zero carb and still maintain the six-pack? For me personally, I don't care how much or little I weigh if there's no six-pack. And to further explicate, I know that health is the most important thing (as you've stated on this thread) regardless if one has a six-pack, but for some it's not cool to know that they are healthy (due to zero carbs), while they stare at that layer of fat covering their abs--is a layer of fat covering one's abs healthy?

Hopefully, I am not being too fragmented here.
Thanks in advance Charles,

Chris

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**RE: Zero Carb / Meat and Water - C-Dunc - 08-07-2008 07:02 PM**

I'll just add here further, that I exercise with weights usually around 3-4 days a week (mostly 3 days). In the past couple of years, I've been cycling low carb with high--either 6 days of sausage patties and Monterey Jack cheese and one day of high carb, or one high carb meal on Wednesday night and a high carb day on Sunday; low carb days being the same, sausage and cheese. But with this thread fresh on my mind, I recall that these particular frozen sausage patties that I purchased at Walmart said that they contained 1 gram carb per patty, and in the ingredients was listed, "corn syrup solids." I remember eating a bunch of these patties with all the fat and YET I STILL was feeling extremely lethargic coupled with mental fogginess. I couldn't wait to get a little bit of carbs in order to lose the fogginess. But then, there were carbs in the patty, but not enough for the brain to function with glucose well...confusing. I guess my brain was not able to use ketones at all (not in ketosis) and not enough glucose from carbs. I'm guessing here, but it seems like some kind of "metabolic purgatory."

Anyways, I bought some ground beef today which is the highest of fat (i.e., not lean at all) and so I am ready to see what happens when I try more extreme form of what I have dabbled in the past. And that is, to use unadulterated meat (without corn syrup solids and other similar junk) and to completely 86 any carb cycling, post workout drinks (although most of the time I just ate meat and cheese post workout), and to even forego the use of cheese. Of course, the diet Coke will have to go--I only drank it to help with hunger because it wasn't time to eat yet.

-Chris

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**RE: Zero Carb / Meat and Water - C-Dunc - 08-07-2008 07:40 PM**

Here is something that I found on the internet. A coach/bodybuilder (someone named "Thibideau") is being asked questions concerning energy, ketosis, etc. I was just thinking that there are many who would say, that while zero carb is good for fat loss (I don't care about weight loss), it is bad for gaining a significant amount of muscle mass. Anyways, I think that this is relevant to this meat and water thread. Obviously, from reading this thread, a 6 day zero carb meat and water/one day carbs would not work for those extremely carb sensitive individuals. I would love for Charles to comment on what "Thib" says, as I believe it will help benefit those of us who lift weights without carbs or will begin soon lifting weights without carbs.

Quote:

==Alright since your on your diet, you have one cheat meal a week, are you worried about not being in a ketogenic state after that meal, or does that meal not effect your ketones being use primarily as energy.

==

Thibideau (Thib): Okay, first of all it's not really a 'cheat meal'... as I will rarely eat crap. It's more of a higher carbs meal. It normally contains 100-150g of clean carbs.

YES it will take you out of a ketogenic state. But since it's only ONE meal (compared to two full days of high carbs for the Anabolic Diet and the Bodyopus diet) it is possible reach ketosis again within around 8-12 hours. I have my carbs meal as the last meal of a Sunday and train Monday morning. But Monday post-workout I'm normally back in ketosis.
With a traditional cyclical ketogenic diet like the AD and bodyopus it can take as long as 3 days to re-establish ketosis.

scheung wrote:
==At what point do you now when your in a ketogenic state. ==

Thib: You can use ketostic, but they are inaccurate as they only measure the ketones in your urine, i.e. those you don't use. If you use all the produced ketones for energy, you will not register as in a ketogenic state even if you are.

The only way to know, is that you are feeling psychologically good and have normal energy levels despite not consuming carbs.

matt_t2004 wrote:
== I was wondering why it is better to be in ketosis for fat loss. Is it that you use more fat for energy or is it that it is more muscle sparing while dieting. Also what materials helped shape your opinion on ketogenic dieting. I am wanting to learn more about it, and was just wondering what you would recommend? Thanks for the great forum. ==

Thib: You absolutely do not need to be in ketosis to burn a lot of fat. Any low-carbs diet will accomplish that.

The main difference is that once ketosis is established the diet is much easier to follow physiologically because the body, especially the brain, has less carbs cravings and less energetic up-and-downs.

Understand that the brain can only use ketones or glucose/carbs for fuel.

On a low-carbs diet where ketosis is not established there will be moments where the brain will lack glucose. When this happens it will try to fabricate new glucose (neoglucogenesis) via the breakdown of amino acids or by emptying the few glycogen stores you have left.

When this happens you will:

1. Run low on energy
2. Suffer from "brain fog", have a hard time focusing
3. You'll be irritable and basically feel bad.
4. You will crave carbs like crazy... the cravings are about as bad as a former smoker who has a nicotine craving.

When you are in a state of ketosis the brain has plenty of fuel to work with (ketones) so the above situation is much less likely to occur.

Now, some peoples WILL get carbs cravings even when in ketosis, but most of the time these cravings are psychological and not physiological.

Basically I follow 3 types of diets:
1. Ketogenic diet: to get into a ketogenic state most people will need to stay below 50g of carbs per day AND avoid consuming more than 20g of those carbs in one sitting. Some actually need to stay below 30g to enter ketosis while others can handle as much as 70-80g and stay in ketosis.

2. Low-carbs non-ketogenic diet: You do not have to be in a ketogenic state to burn fat optimally. You can be low-carbs without being in a ketogenic state and still burn fat as your primary fuel source.

HOWEVER if you are not in a ketogenic state AND are on a low-carbs diet, you WILL get more cravings for carbs because the brain can ONLY use carbs or ketones for fuel. If you are not in a ketogenic state, your brain can thus only use carbs for fuel and as soon as your blood sugar drops a bit you will get carbs cravings.

So a low-carbs/non-ketogenic diet is still effective for fat loss BUT it's harder psychologically and physiologically. However the benefit is that you can have a carbs spike post-workout which helps with recovery and muscle building. When using this type of diet I can go as high as 100-120g of carbs on workout days (50g being consumed post-workout and 20g during the workout) and I stay at around 50g on non-workout days.

3. "Zone type diet" where I consumed around 40% of my calories from protein, 30% for fat and 30% from carbs. This is my favorite form of muscle-building diet. When doing this type of diet I consume all three nutrients (in the mentioned ratio) at all meals, except for the post-workout meal which is protein + carbs only.

On this type of diet my nutrients intake is around:

- 0.25g of protein/pound at each meal
- 0.2g of carbs/pound at each meal (0.4g/pound in my post-workout shake)
- 0.12g of fat/pound at each meal (0g post-workout)

I modulate my caloric intake (depending on how fast I want to gain weight and how much fat gain I'm willing to accept) by adding or removing meals; the amount of nutrients per meal is pretty stable.

So during a lean gaining phase I may consume 5 meals + 1 post-workout meal which would come up to around:

1.5g of protein/pound (around 330g)
1.4g of carbs/pound (around 300g)
0.60g of fat/pound (around 130g)

If I want to put on size faster and am willing to accept gaining some fat I will go up to 8 meals per day which will give me:

2g of protein/pound (around 440g)
1.6g of carbs/pound (around 350g)
0.8g of fat/pound (around 175g)

My diet plan will be/is pretty repetitive. I do well on eating the same thing over and over, always have. I'm not a gourmet or food lover so I can tolerate bland food without a problem.

I will not do any cardio until my fat loss stalls. I don't have much to lose anyway since I currently stand
at 8% body fat. The president of the Quebec bodybuilding federation told me that in my condition I could be stage ready in 6 weeks. BUT I prefer to lean out a bit more slowly and stay lean for a longer period of time. I find that it tightens my skin more and gives me a better overall look.

However I will be careful about overdieting. Last time I dieted down for a competition I was 205lbs with striated glutes 6 weeks out of the show, but stepped on stage at 192 with much less definition because I lost too much muscle. This time, if I ever start to flatten out or lose strength I will add calories (mainly in the form of good fats) to my diet.

My "basic" diet plan will be as follow:

MEAL 1
3 whole omega 3 eggs,
1 scoop Grow! whey,
4 Flameout caps

MEAL 2 (post-workout)
2 scoops whey isolate,
10 caps Biotest BCAA's
20g glutamine
10-20g glycine
10g creatine

MEAL 3
200g turkey,
1 tablespoon fish oil

MEAL 4
2 scoops Low-Carb Metabolic Drive,
1 tablespoon natural peanut butter

MEAL 5
200g turkey,
1 tablespoon macademia nut oil

MEAL 6 (before bed)
3 whole omega 3 eggs*
1 scoop Low-Carb Metabolic Drive
1 tablespoon all natural peanut butter
* The eggs are mixed raw in the shake

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RE: Zero Carb / Meat and Water - suzanneyea - 08-08-2008 02:55 AM

Hey C-Dunc,
Good to have you here. I use the scale at the gym to make sure my weight does not get too low, I am pretty much zero carb (coffee and cream in the am) and my weight can get pretty low without me being hungry or tired or even noticing really, so I jump on the scale at the gym to make sure I stay over 110. Also, are you in Quebec? I saw you refer to Quebec in your post and there are just not many other Quebecors on the boards. Welcome.
RE: Zero Carb / Meat and Water - abnormalslc - 08-08-2008 06:01 AM

Ladies and Gentlemen!...I am officially back at 212 this morning!

so I have lost 10 pounds since starting ZC....not even 3 weeks ago!

I cooked 2 ground sirloin patties this morning...and was stuffed after only 1!....so now I have lunch already made!
I don't think these have enough fat in them like the hamburger patties...so I cooked them in coconut oil!

Have a great day!

RE: Zero Carb / Meat and Water - deedum - 08-08-2008 08:33 AM

Quote:
I started Atkins induction 6 months ago and have gradually eliminated things from my diet. I think my body is just now getting used to ZC after 6 months.

I started Atkins almost 8 months ago and have gradually gone down to ZC and am just now feeling almost adapted! What an incredible lesson in patience.

I haven't been able to weigh myself (I use an industrial scale at the home of one of my private yoga students but they canceled Wednesday so I haven't weighed since the Wednesday before) but I have definitely lost weight in my abdomen since all my pants are fitting looser! This is the first time I have lost this weight since I've gained over a year ago!!!!

Deanna

RE: Zero Carb / Meat and Water - waywardsister - 08-08-2008 09:17 AM

aim in Fla*working Wrote:
Charles,
are there enzymes one can take that will boost the bodies ability to deal with carbs?

I took digestive enzymes when I was healing from gluten damage, and they helped. Charles is right, your body will make them...but if you're going to be somewhere and you know you're going to eat, say, veggies and are worried about bloating, gas etc, they can help in a pinch. Not harmful AFAIK, but I wouldn't want to rely on them all the time.

Kristi31 Wrote:
Back in Stefansson's days, the meat was fattier such that the lean was fattier than it is today, more marbled with alot more fat on the outer part.

Ugh, I know. I can't find any ground beef not marked 'lean', and most grocery meats (and farmers market meats, etc) have very little to no fat on them. That's why I add fat. If I don't add, say, bacon fat to burger patties it's just dry and nasty.

Charles Wrote:
What this says to me is that it's tough to eat the same amount of fat each day. At some times, the fat will make you nauseous and you need to eat a little more lean. At other times, you'll eat lean meat and you'll have "fat-hunger" and want some more fat. At which time, you'll seek it out and likely crave some ground beef or pork belly.

This is why I say that just relying on ratios can be deceiving. It always depends on your own hunger and energy level. It's pretty obvious when you need more fat, and it's just as obvious when you need some more lean. They will just taste right to you and after you eat it, you'll think, "that hit the spot!"

That's been my experience too, Charles. This WOE (vlc) has really tuned me in to my body - I can finally speak it's language, you know?

Welcome C-Dunc!

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**RE: Zero Carb / Meat and Water - feckless - 08-08-2008 11:13 AM**

i've been three weeks on my zero carb experiment. i am having very small amounts of cheese, sour cream and some eggs. so i guess i am probably more like under 5 carbs per day. my glucose monitor readings have been between 67 and 82, usually lingering in the low to mid seventies. i have measured pre meal, post meal, 1, 2, 3 hours later. after fasting for 9-12 hours overnight, etc.

the blood sugar seems to be staying in a pretty tight low range. i would like this range to come up as i feel better when it is in the 80s. i am hoping as my body adjusts to ZC, it will put out a bit less insulin and the level will rise. i have had to turn to lean meat a couple time when the blood sugar fell into the 60s and i was feeling really shakey and ravenous. lean meat brought it up into the 80s! my blood pressure is also low, that combo suggest adrenal insufficiency but don't know what to do about that.

i think the bear said his BS stayed around 100! does anybody else know what their average blood sugar is?

i am trying to stay 80% fat/20% protein, but i still feel nauseated, sometimes for a very long time, from a high fat meal.

---

**RE: Zero Carb / Meat and Water - C-Dunc - 08-08-2008 03:01 PM**

suzanneyea Wrote:

Hey C-Dunc,

Good to have you here. I use the scale at the gym to make sure my weight does not get too low, I am pretty much zero carb (coffee and cream in the am) and my weight can get pretty low without me being hungry or tired or even noticing really, si I jump on the scale at the gym to make sure I stay over 110. Also, are you in Quebec? I saw you refer to Quebec in your post and there are just not many other Quebecors on the boards. Welcome.

Thank you for the welcome, and sorry about my blurred post. My final comments were these: "...lifting weights without carbs." That was the last sentence I wrote in the first paragraph. The remainder of the post I did not write, but was something I found (copy and paste) where various people were asking questions of a French bodybuilder/coach nicknamed "Thib." Quebec is where "Thib" is going to compete at in a bodybuilding show. I am originally from Utah, but I recently moved to Vermont 3 years ago. So, Vermont is where I live presently.
RE: Zero Carb / Meat and Water - Daryl - 08-08-2008 03:51 PM

feckless Wrote:
i think the bear said his BS stayed around 100! does anybody else know what their average blood sugar is?
Last time I did an average, it was 87, I think.

RE: Zero Carb / Meat and Water - C-Dunc - 08-08-2008 04:02 PM

suzanneyea Wrote:
I am totally confused by your question can you re-phrase it?

Sure. I had a hard time trying to articulate the question, and your confusion is the fruit of my effort. Here I try again:

If you are eating until satisfied and hunger is what dictates when you do or don't eat, then why are you concerned about dropping below 110? If you end up at a slightly fluctuating 103, so what? Would not this new 103 be what your body says it ought to be?

Hopefully this one's better,

-C-Dunc

RE: Zero Carb / Meat and Water - suzanneyea - 08-08-2008 04:29 PM

I am 5 5 and I look pretty skeletal at 110 already, if I went to 100 I would look way too thin. I actually like how I look at 120, but that just isn't going to happen

RE: Zero Carb / Meat and Water - C-Dunc - 08-08-2008 04:49 PM

suzanneyea Wrote:
I am 5 5 and I look pretty skeletal at 110 already, if I went to 100 I would look way too thin. I actually like how I look at 120, but that just isn't going to happen

Okay. So then, perhaps in order stay above 110, there are times when you may have to eat either slightly above satiety and/or eat a bit more frequently than what hunger dictates. But from what I've read of the very well read Charles Washington, this would not be necessary and you should just keep eating the way you have, and keeping your eye on the scale.

RE: Zero Carb / Meat and Water - suzanneyea - 08-09-2008 02:49 AM

I am going to just keep eating until satisfied and deal with the "you are too thin" comments. I am pretty used to them by now. It is a good lesson for me, cause all those years when I was heavier and would see a really skinny woman I would just assume she had an eating disorder cause no one could be that thin naturally, lol. I am sure most people who see me think the same thing.
RE: Zero Carb / Meat and Water - Bill - 08-09-2008 05:57 AM

I was reading about Owsley (Bear) Stanley he has eaten only meat for like 40 years, but has had a heart attack and has cancer in his asofigus (can't spell it). Just wondered if there was any one who now's about this guy. And wonder why he would develope clogged arteries on a all meat diet?

RE: Zero Carb / Meat and Water - MAC - 08-09-2008 06:09 AM

Bill Wrote:
I was reading about Owsley (Bear) Stanley he has eaten only meat for like 40 years, but has had a heart attack and has cancer in his asofigus (can't spell it). Just wondered if there was any one who now's about this guy. And wonder why he would develope clogged arteries on a all meat diet?

He had occlusion of one artery in his 20's before he started an all meat diet.

See this link for his story:
http://activenocarber.myfreeforum.org/Bear_s_Words_Of_Wisdom_about22.html

RE: Zero Carb / Meat and Water - Living_healthy - 08-09-2008 06:20 AM

Bill Wrote:
I was reading about Owsley (Bear) Stanley he has eaten only meat for like 40 years, but has had a heart attack and has cancer in his asofigus (can't spell it). Just wondered if there was any one who now's about this guy. And wonder why he would develope clogged arteries on a all meat diet?

As far as his esophageal cancer, it was probably related to long term passive smoke inhalation from exposure at the concerts and elsewhere.

RE: Zero Carb / Meat and Water - C-Dunc - 08-09-2008 06:45 AM

C-Dunc Wrote:
Hello, all (and especially Charles Washington)...

By the way, I am wondering what is the deal with the preoccupation with the scale/weight? Charles, let's say (hypothetically) that in order for you to eat to satiety and stave off hunger for 5-6 hours, you have to eat a little more. And then let's say that in the course of time, you find yourself at 170 lbs with more muscle and yet that six-pack of yours remains. So, you gained weight. Who cares, right? Another question I am curious to know the answer to, is that knowing your body, could you eat enough to get to 170-180 lbs on zero carb and still maintain the six-pack? For me personally, I don't care how much or little I weigh if there's no six-pack. And to further explicate, I know that health is the most important thing (as you've stated on this thread) regardless if one has a six-pack, but for some it's not cool to know that they are healthy (due to zero carbs), while they stare at that layer of fat covering their abs--is a layer of fat covering one's abs healthy?

After reading through some other posts by people (and again, especially Charles), it looks like it is not so much a matter of the scale as it is a matter of fat loss, leanness, and health.

I also wanted to state that I DO believe zero carbs (i.e., meat and water; Inuit-style etc.) does indeed
look like the optimal type of diet for fat loss. I still wonder about the building of additional muscle apart from the powerful anabolic hormone insulin though. But I think it was researchers like Volek and Forsythe that say if you eat enough, you can gain additional muscle mass without having to "spike insulin" post workout.

Anyways, I've been lifting weights since I was around 16 years old and so I will keep doing that. I will also experiment with what are the optimal types of fatty meat to eat while following the "eat to appetite; eat when hungry, don't eat when not hungry" protocol. Last night, which was the first day of meat and water, I was not hungry but man did I feel bad. And so I did eat this time when not hungry and I felt a little better. I wonder if I feel bad like this--with the mental fogginess and all, and all around feeling terrible--should I just ignore it and wait till I am truly hungry? Some say that while going through this kind of zero carb induction phase, that sometimes it helps the transition when you eat more. The idea is to eat more even if not hungry in order to help yourself through some initial lethargy, mental fogginess, etc.

RE: Zero Carb / Meat and Water - nyteez - 08-09-2008 07:48 AM

Quote:
Bill Wrote:
I was reading about Owsley(Bear)Stanley he has eaten only meat for like 40 years,but has had a heartattack and has cancer in his asofigus(can't spell it).Just wondered if there was any one who now's about this guy.And wonder why he would develope clogged arteries on a all meat diet?

He didn't have a heartattack, he had bypass surgery to correct the blockage.

RE: Zero Carb / Meat and Water - Bill - 08-09-2008 08:08 AM

So he didn't get the blockage from his diet?

RE: Zero Carb / Meat and Water - MAC - 08-09-2008 08:24 AM

Bill Wrote:
So he didn't get the blockage from his diet?

No. Read the link I posted. Also, you cannot take a study of 1 and draw conclusions. The Inuit ate an all meat diet and did not suffer from heart disease.

RE: Zero Carb / Meat and Water - deedum - 08-09-2008 08:43 AM

Quote:
C-Dunc,
Be patient with that feeling-real-bad thing. It took me 3-4 weeks to adapt to an all meat diet. I am a
fitness instructor and before I adapted it was killing me to teach my 3 kickboxing classes/week. I had no energy for weight resistance training so I stopped that. Now my energy has returned so I started the weight training again but I am finding out that I have to train differently. Less often with less reps. Charles found the same thing, he trains less now, needs more recovery time but his race times keep improving.

Deanna

RE: Zero Carb / Meat and Water - poo123 - 08-09-2008 09:36 AM

Well just checking in. I am feeling better so thankfully it was just a small cold. Not losing weight on the scale but my clothes fit much better and I still feel great. I am glad my husband is still doing low carb and my 6 year old son now wants to eat everything I eat so we are getting him more into low carb because he really hates veggies and fruit. My daughter still only want tuna with mayo on low carb pita and milk, she also hate fruits and veggies. So just breaking the milk and some cookies and crackers I think it will be good. They really love cheese, and the dreaded juice boxes. I found at walmart an apple juice cocktail made with splenda and they love it. So All in all I think this family is doing wonderful and on our way to much better health. alison

RE: Zero Carb / Meat and Water - FormerDonutJunkie - 08-09-2008 09:49 AM

MAC Wrote:
Bill Wrote:
So he didn't get the blockage from his diet?

No. Read the link I posted. Also, you cannot take a study of 1 and draw conclusions. The Inuit ate an all meat diet and did not suffer from heart disease.

Exactly! I read a blog post somewhere in the recent past of a guy who'd been 'trying' low-carb for a few weeks and was whining because he couldn't eat all his favorite 'comfort foods' like mac/cheese, mashed potatoes, etc. He was sinking into the 'Deprivation Mindset' even though he had lost some weight. Then he goes on to tell about someone he knew who'd done low-carb for a few months and had a heart attack, thus blaming it on low-carb. Basically, the guy was looking for an excuse to quit.

Problem is these people are 'head-hunters', looking for a way to 'kill' low-carb. They don't [want to] consider the fact that the person lived 40 or 50 years gorging on 'carbage' and likely trying to eat 'low-fat' at the same time. They deny the heart attack has any relation to all those years of really bad nutritional habits, blocking arteries and sending insulin levels through the roof year after year. A few weeks or few months of any nutritional lifestyle, good or bad, is not going to totally wreck your body, but they refuse to realize that. Their goal is to get on the 'kill low-carb' bandwagon, right or wrong, without any real study or research and see low-carb dead.

I've been fortunate in my 55 years so far and have had no serious medical problems other than some mild hypertension which has been controlled by a single med daily. However, my BP continues to come down the longer I'm on low-carb. And my cholesterol and triglycerides amaze the doctor and everyone else, for a 5'-8" guy who once weighed in at 288 pounds. But, if I did have something go wrong, I would in no way attribute it to low-carb. I would instead attribute the health problems to all the pies, cakes, cookies, donuts, pastries and other sugary, carb-laden treats I could lay my formerly carb stained fingers
on! Low-carb is the ONLY successful long term nutritional lifestyle I've ever been able to follow with any measure of success.

Funny, nobody ever bothered to say anything negative to me about my diet [diet? yeah right] when I was eating tons of carb-age every day. But when I start eating low-carb, suddenly folks feel like they need to rescue me from myself with their comments about "eating all that meat and eggs, especially all that bacon!" I just chuckle and say, "I'm really a vegetarian...I only eat animals that eat vegetables!" 😄

Long Live Low-Carb!

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<td>Yes. The guy could still have hyperinsulinemia in spite of low carbing. Bear pointed out a study done on dogs where they dripped insulin into one artery and not on the mirror image artery. Think it was the carotid arteries. In any case, the dog developed atherosclerosis in the one dripped with insulin and the other stayed clean. So yes, just because you low carb does not mean you have reduced your risk totally. In addition, inflammation is supposed to be an initiator of atherogenesis as well. Gum disease can raise inflammation levels. You cannot draw conclusions from a study of 1.</td>
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<th>RE: Zero Carb / Meat and Water</th>
<th>Daryl</th>
<th>08-09-2008 11:11 AM</th>
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<td>Excellent post, Ron -- if I have a heart attack or stroke ten minutes from now, I'm not blaming it on LC, but on letting myself get diabetic, and eating damaged fats, and being stressed out to the gills.</td>
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<th>RE: Zero Carb / Meat and Water</th>
<th>C-Dunc</th>
<th>08-09-2008 09:02 PM</th>
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<tr>
<td>deedum Wrote:</td>
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<td>Deedum, Be patient with that feeling-real-bad thing. It took me 3-4 weeks to adapt to an all meat diet. I am a fitness instructor and before I adapted it was killing me to teach my 3 kickboxing classes/week. I had no energy for weight resistance training so I stopped that. Now my energy has returned so I started the weight training again but I am finding out that I have to train differently. Less often with less reps. Charles found the same thing, he trains less now, needs more recovery time but his race times keep improving. Deanna</td>
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<td>Thanks for the encouragement, Deanna. I recall that when I was doing the Anabolic Diet, I could do high rep (15-20) squats on the Monday after a two day carb-up, while by Friday I simply could not do high rep squats, and so I would just take a bit heavier weight that kept me in the 6-8 range. And so I guess that while there is much negative with high carb/high insulin, it is possible to work out hard at the higher reps.</td>
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<td>Here is something relevant that I found on the web:</td>
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For competitive athletes, how do you feel about a long term low-carb approach?

Charles Poliquin: If you're talking about energy system sports like kayak or speed skating, then I'd say that low-carb diets don't do well for these because of the demands on their glycogen stores, but those athletes tend to be insulin sensitive anyway.

Though an extremely low-carb diet would probably not be the perfect way to go for Olympic quality athletes, it's interesting that the one study that was done with high performance athletes and a ketogenic diet (a very extreme form of low-carb diet) showed that their performance returned to "normal" (which for them was world class) within a month of being on the diet, showing that adaptation takes place.

RE: Zero Carb / Meat and Water - C-Dunc - 08-09-2008 09:12 PM

C-Dunc Wrote:
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Quote:
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Though an extremely low-carb diet would probably not be the perfect way to go for Olympic quality athletes, it's interesting that the one study that was done with high performance athletes and a ketogenic diet (a very extreme form of low-carb diet) showed that their performance returned to "normal" (which for them was world class) within a month of being on the diet, showing that adaptation takes place.

To the same question Poliquin answered, now here is Miss Forsythe's take:

Quote:
What say you, Miss Forsythe?

Cassandra Forsythe: No matter what diet an athlete follows, they have to eat enough energy to prevent their performance from suffering. A long-term LCD approach doesn't stop you from being a competitive athlete.

Many sports nutritionists tell us that in order to be successful in sports, we have to top off muscle glycogen stores by eating loads of carb foods. However, when you limit carbs, you use intramuscular triglyceride and stored body fat for energy. Once this transition has occurred, athletic performance (even competitive athletic performance) is sustained.

We just need to educate our athletes about the foods they can easily eat when following a lower-carb diet so that energy imbalances are avoided. Some believe that if an athlete follows a strict VLCKD, they also need extra electrolyte support (because of increase sodium and potassium losses in the first weeks of the diet change) and should give careful attention to fatty acid composition (ensure enough omega 3's to reduce inflammation).

For athletes that can get away with eating slightly more carbs due to their high activity levels, they don't
need to be so careful, but should ensure that the carbs they eat don't reduce their ability to use fat as a fuel. They can eat some "smart carbs" like sweet potatoes, extra fruit, and oatmeal, but they must keep fat and protein high. It's not necessary for them to consume 65% of their calories from carbs because they get more energy from the increased protein and extra fats.

Overall, as long as they eat enough calories, any competitive athlete can perform just as well eating less calories from carbs and more calories from protein and fat as they would eating a high-carb diet.

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RE: Zero Carb / Meat and Water - C-Dunc - 08-09-2008 09:39 PM

Perhaps the following interview could be placed in another thread, but since this thread is the biggest and most intriguing thread going here, I decided to post it here. I think that what Dr. Volek says here has obvious and necessary implications--and thus what he says is very relevant to this thread's subject--for those of us who are embarking on this carb-less path with nothing but H2O and fatty meats in our Igloo coolers. I don't necessarily agree with all that Volek says, but obviously much can be gleaned from him:

Quote:
The New Low-Carb Guru
An interview with Dr. Jeff Volek
by Greg McGlone

On diet, I can say low-carbing it while training for powerlifting was very easy and effective for keeping lean. I rarely performed over six reps and so even though my glycogen stores may have been reduced, that type of exercise isn't taxing on glycolysis and acid base stress, so I never felt this was a hindrance.

JV: Low-carb has been my major line of research for the last ten years. Low-carbohydrate diets have been very misunderstood by most people and professional organizations. My research has focused more on clinical implications than exercise, although we have begun a study examining interactions of diet and training.

We do have a big problem with obesity in the U.S. and so this has driven my interest in areas specifically related to management of obesity, metabolic syndrome, and heart disease. The fact of the matter is that current leadership under the ADA, AHA, etc. has failed to prevent and is currently unable to curtail the epidemic of obesity and diabetes.

Rather than explore all possibilities that might help, they're specifically trying to reduce the options for diabetic patients even though their own publications admit that reduced carbohydrate improves glycemic control. Rather than trying to find anything positive that could be used from the numerous publications on low-carbohydrate, they ignore almost all of them and have a blanket condemnation.

I could go on and on surrounding the mythologies of low-carbohydrate diets, but suffice it to say reducing carbohydrates is a very healthy approach and the preferred method to treat obesity and metabolic syndrome. Reducing carbohydrates is far better than any drug to treat diabetes; it's like taking a hammer to the problem whereas other lifestyle and pharmaceutical interventions have minimal impact.

Perhaps one of the most important discoveries is that carbohydrate restriction has an underlying mechanism — fat is relatively passive and insulin controls the disposition of fat. Given the intimate connection between carbohydrates and insulin, you can see the focus has been on the wrong nutrient.

You are not what you eat; you are what you do with what you eat. Eat fat with carbs you get fat, but eat
fat with low-carbs and you get lean — and insulin is the switch that controls the fate of fat.

GM: In terms of carb tolerance and insulin sensitivity, how do you feel about the subject of the leaner one gets, the more carbs he or she can start to add back into his diet without worrying about fat gaining/regaining?

JV: I think you're right on. The reason you should start thinking about reducing carbs in the first place is that you want to lose body fat or you have metabolic problems associated with insulin resistance. If you're already ripped and have a high degree of insulin sensitivity you'll be able to tolerate more carbs.

I'd emphasize that there's a lot of heterogeneity among people in terms of how they respond to carbohydrates. Each person probably needs to dial in to their ideal carb intake that works for them at any given time. The point is to start thinking about carbs more than dietary fat as opposed to the other way around.

Basic biochemistry and metabolism would predict that carbs have a dominate effect on metabolism due to the close connection with insulin. Building on this notion, our research points to the idea that dietary fat plays a relatively passive role, and detrimental effects of fat will generally be seen only in the presence of high carbohydrate which, via insulin, determines the metabolic fate of ingested fat.

Again, in the real world, some people will need to restrict carbs more than others to kick into fat burning mode, and others will be able to tolerate more carbs without observing adverse effects.

GM: Are there some guidelines in terms of current levels of body fat and how many carbs — percentage or just straight up grams — that you could give us?

JV: Be wary of anyone who claims to have a magic formula for prescribing the precise amount of carbs... or any other nutrient for than matter. There's far too much variability to make these types of absolute recommendations. This is the foundation of personalized nutrition and in the bigger picture personalized health (the antithesis of public health).

We have the technology to measure a person's entire genome in a single blood sample and use that information to predict how they respond to various dietary interventions. We've done this in our studies and have made progress in understanding the genetic factors that contribute to variable responses to low-carbohydrate diets in weight loss, fat loss, and other health markers.

For now, most people won't have access to genetic testing and so the best advice I can give is to become an experimentalist. There are many ways to restrict carbohydrate, and you have to experiment with different approaches and monitor the results — just like a scientist would do in the lab. In the end, it doesn't matter what the science or the experts say; you should do what works best for you.

Most guys do much better on low-carb. So I think a logical default approach is to take your current level of carbohydrate intake and reduce it. A minimum of 20-30 gram reduction would be a good place to start and see what happens. Give it at least a couple weeks and if you don't detect a positive effect then reduce the carbs another 20-30 grams.

Others may prefer to go cold turkey and remove most of the carbs from their diet. There are no hard rules here other than to do experiments, observe your results, and make appropriate decisions based on those observations. The only way you can fail is to keep doing the same thing and not give different approaches a try.
GM: Cool. What's on the horizon for you project-wise?

JV: Adam Campbell and I are nearly finished with a book that we've been working on for quite awhile called the TNT Diet. For this book, we asked the question: what innovative tactics can be utilized to optimally enhance body composition? More specifically, what sensible procedures can be utilized to simultaneously build muscle and lose fat?

It's a program based on scientific research that shows men how to use Targeted Nutrient Tactics (TNT) to trade their fat for muscle. The philosophy of the book is heavily based in science and basic physiology, which unfortunately hasn't been part of mainstream diet recommendations.

One basic concept of human survival is the ability to maintain homeostasis or balance. For example, when you're cold you begin to shiver to increase temperature back to normal. A more relevant example might be when you restrict calories, your metabolism decreases to maintain energy balance. You see, in this case, homeostasis can work against you if weight loss is your goal.

We take advantage of the body's homeostatic responses that occur as a result of eating diets varying in composition to stimulate metabolic pathways to enhance body composition. Rather than promote moderation like most nutritionists, we put an emphasis on extremes in nutrient composition that cause the body to adapt in a more robust manner to maintain homeostasis.

What often occurs is that the body overshoots, and if the diet is manipulated in a synchronized and coordinated manner, you can exploit this phenomena to your advantage to achieve simultaneous muscle gain and fat loss. What we show is how you can effectively partition nutrients, that is, divert the calories consumed away from storage in fat cells and redirect them toward muscle tissue where they'll be used in anabolic processes.

On the research end, my plate is always full, but I'm always hungry so we're pushing a lot of different lines of research. We have some controlled feeding studies planned in both animals and humans where we'll be investigating the role of fat quality in a low-carbohydrate diet and the impact on a wide array of metabolic and cardiovascular markers.

We're continuing to refine our knowledge on ways to optimize the effects of low-carbohydrate diets through the interaction of resistance training and other dietary supplements. We're also pursuing some work on novel whey peptides that affect vascular function and the underlying biological mechanisms and how they contribute to optimal adaptations to resistance training.

GM: Sounds exciting, Dr. Volek. Any final words?

JV: I know there are a lot of guys out there who want to trade fat for muscle and look, feel, and perform better. If you're frustrated with your current progress, I highly recommend giving a low-carbohydrate diet a try.

In our most recent study we've seen several guys lose more than 20 pounds of fat and gain as much as 12 pounds of muscle in a 12 week period. The combination of carb restriction and periodized resistance training is potent. Using these two approaches as a foundation, you can begin to experiment with all sorts of modified versions to find the approach most suitable for you.

The body has a tremendous capacity to adapt to its environment, so provide the right stimuli and I can assure you that you can improve your body and your health.

GM: Interesting stuff, Jeff. Thanks for the interview!
Well I am doing good. I finally got the coconut oil thing. It was suggested to put a tad of sweetner and that did the trick for me. I put in 2 tablespoons in warm water with a very, very little bit of splenda and drank it down. It was really good. I am happy. alison

Hi C-Dunc! Thanks for posting the info.

Here's some more interesting running/zero carb info for you:

"Fat instead of Carb even for sprinters?" from LowCarb Muscle Forum:  

"My Experience on a Zero Carb Diet" from a MMA Forum:  
http://www.sherdog.net/forums/f15/my-experience-zero-carb-diet-749233/

Hello Chris, and welcome to our forum!

By the way, I am wondering what is the deal with the preoccupation with the scale/weight? Charles, let's say (hypothetically) that in order for you to eat to satiety and stave off hunger for 5-6 hours, you have to eat a little more. And then let's say that in the course of time, you find yourself at 170 lbs with more muscle and yet that six-pack of yours remains. So, you gained weight. Who cares, right?

Yes, I generally agree with this. The thing is, sometimes there are things going on that we're unaware of. This is the perfect segue to what I wanted to share today. I am 154.4 today, which is my lowest weight since I got out of the Navy in April 1995. Because I used salt and seasonings, I ate quite a bit more than I should have. In short, I think I was engaged in an overfeeding experimient. Don't get me wrong, I'm not jumping on the calorie bandwagon. I'm re-enforcing the need to follow one's hunger.

There are many things that we eat which will confuse our hunger. Carbohydrates are one of those things and a very bad one, but cheese and things like that can be too. For instance, I can eat two Hardees' Monster Thickburgers if you put cheese on them. If you remove the cheese, I can't eat but one of them and will struggle to finish it today. Also, if you eat meat which is too lean, you can eat more of it than necessary.

If I only eat meat on my zero-carb diet, I can probably make my weight climb to 158 but not much higher. I will continue to have my six pack, but I may need to wear pants with a 29 or 30-inch waist. My main fat tissue is in my thighs. They are the first things to grow when I put on weight and I can immediately feel it in my pants. My waist will stay small.
So to answer your question, it really depends on where a person primarily stores fat. If you store it in your stomach, then your six pack might not remain if you overfeed and gain four pounds. I would think it would still pretty much be there, but it really depends.

Chris Wrote:
Another question I am curious to know the answer to, is that knowing your body, could you eat enough to get to 170-180 lbs on zero carb and still maintain the six-pack?

I don't think I could eating the foods I eat now. To do it, I would have to add salt and dairy. I don't think my six-pack would be there at 170 or 180 though, but then again, if I really worked my abs in the gym throughout the overfeeding, perhaps it would.

Regards,

Charles

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RE: Zero Carb / Meat and Water - Charles - 08-11-2008 09:40 AM

C-Dunc Wrote:
I would love for Charles to comment on what "Thib" says, as I believe it will help benefit those of us who lift weights without carbs or will begin soon lifting weights without carbs.

Honestly, I don't have too much to comment on regard Thib. Cycling in and out of the ketoadaptation zone doesn't sound like fun at all. The real benefits of zero-carb don't manifest themselves for a food couple of months after reaching ketosis. I don't find much beneficial about merely "being in ketosis."

He is interested in muscle building, which does not interest me. I have very lean muscle and I'm not at all puffy. It seems that in order to get bigger and really sculpt a bodybuilder's physique, one would need to do as Thib and incorporate this sort of regimen. I can't comment on the healthiness of such an approach because I don't know of a population that does this nor have I studied the life span of bodybuilders who do this.

I think that one can be sufficiently muscular while eating a proper diet and with moderate weight training they can look pretty spectacular. However, for competitions and the like, perhaps they would need to cycle which I don't recommend.

By the same token, to run marathons and qualify for the Boston Marathon, it may take some amount of carbohydrates to do that well. I don't think that's healthy so therefore, I would not be interested in running the Boston Marathon. The end does not necessarily justify the means, in my opinion.

Regards,

Charles

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RE: Zero Carb / Meat and Water - Charles - 08-11-2008 09:41 AM

abnormalslc Wrote:
Ladies and Gentlemen!...I am officially back at 212 this morning!

so I have lost 10 pounds since starting ZC....not even 3 weeks ago!

Congratulations. This is great news indeed!

Regards,
Charles

RE: Zero Carb / Meat and Water - Charles - 08-11-2008 09:44 AM

deedum Wrote:
I started Atkins almost 8 months ago and have gradually gone down to ZC and am just now feeling almost adapted! What an incredible lesson in patience.

I haven't been able to weigh myself (I use an industrial scale at the home of one of my private yoga students but they canceled Wednesday so I haven't weighed since the Wednesday before) but I have definitately lost weight in my abdomen since all my pants are fitting looser! This is the first time I have lost this weight since I've gained over a year ago!!!!

Deanna

Congratulations, Deanna! You're exactly right, it takes a long time to adapt and some just are going to take much longer than others. Either way, it's worth it to endure it and get through it.

Regards,
Charles

RE: Zero Carb / Meat and Water - Charles - 08-11-2008 09:49 AM

feckless Wrote:
i think the bear said his BS stayed around 100! does anybody else know what their average blood sugar is?

Sorry, feckless, I don't measure my blood sugar. It sounds like you should add more lean. The more I read Stefansson the more I want to make my own pemmican and just eat it. Either way, the suggested ratio seems to be 2 pounds of lean to 1 pound of fat. I'm going to get some pork fat or some beef tallow to make sure I can always observe this ratio. Then, if you have leaner cuts, you can ensure there is plenty of fat.

I also add bacon to my ground beef and don't waste much of the fat.

Regards,
Charles
suzanneyea Wrote:
I am going to just keep eating until satisfied and deal with the "you are too thin" comments. I am pretty used to them by now. It is a good lesson for me, cause all those years when I was heavier and would see a really skinny woman I would just assume she had an eating disorder cause no one could be that thin naturally, lol. I am sure most people who see me think the same thing.

I get this as well. My older boss exclaimed, "no grown man should have a waist below 30 inches!"
That's how far we've come as a society. But keep in mind, it's mostly fat people making these judgments. The biggest problem we Americans have is wearing the wrong size of clothes. If I wear too big clothes, I look skinnier. I have to make sure I avoid clothes that don't show off the physique.

Women seem to do this more intuitively than men. We don't always appreciate the difference between "straight fit" or "relaxed fit" or a "fitted shirt" versus a non-fitted one. These clothes are more expensive, but they make a huge difference in how we look in our clothes.

Regards,

Charles

poo123 Wrote:
So All in all I think this family is doing wonderful and on our way to much better health. alison

Thanks for the update, Alison. Glad all is going well. Just keep living, lady!

Regards,

Charles

MAC Wrote:
Yes. The guy could still have hyperinsulinemia in spite of low carbing. Bear pointed out a study done on dogs where they dripped insulin into one artery and not on the mirror image artery. Think it was the carotid arteries. In any case, the dog developed atherosclerosis in the one dripped with insulin and the other stayed clean. So yes, just because you low carb does not mean you have reduced your risk totally. In addition, inflammation is supposed to be an initiator of atherogenesis as well. Gum disease can raise inflammation levels. You cannot draw conclusions from a study of 1.

This is very, very important to note. I don't think enough of us even on this forum understand this point. I wrote this today in response to Dr. Berkowitz. Hyperinsulinemia is the culprit and just because people eat a low-carb diet, that does not mean they have conquered the hyperinsulinemia. That is something that has to be controlled. I don't think it ever gets fixed. This is the reason why everyone should eat as few carbohydrates as they possibly can on a consistent basis.

Thanks, MAC,
RE: Zero Carb / Meat and Water - Charles - 08-11-2008 10:09 AM

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[/quote]

I agree with this. Of course, everyone forgets that Mamo Wolde won the marathon in 1968 and he ate a zero-carb diet. The right diet won't automatically guarantee athletic success but that's when we have to be grownups and make intelligent decisions. Which is more important? Fleeting athletic prowess or long-term health? My money is on the health every time.

Charles

RE: Zero Carb / Meat and Water - Charles - 08-11-2008 10:15 AM

C-Dunc Wrote:
GM: In terms of carb tolerance and insulin sensitivity, how do you feel about the subject of the leaner one gets, the more carbs he or she can start to add back into his diet without worrying about fat gaining/regaining?

JV: I think you're right on. The reason you should start thinking about reducing carbs in the first place is that you want to lose body fat or you have metabolic problems associated with insulin resistance. **If you're already ripped and have a high degree of insulin sensitivity you'll be able to tolerate more carbs.**

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Again, in the real world, some people will need to restrict carbs more than others to kick into fat burning mode, and others will be able to tolerate more carbs without observing adverse effects.

This is part of the problem even in the low-carb community. Whether you're ripped and fit is a very poor marker for the metabolic disorder. We need to understand that this same disorder is responsible for ALL the diseases of civilization. Obesity is just one of many. Because of this, one should NEVER increase carbs regardless of the "ability to tolerate more" without affecting weight or fitness level.
This is serious business and doesn't get nearly enough attention as it should.

**RE: Zero Carb / Meat and Water - MAC - 08-11-2008 10:18 AM**

Charles Wrote:
MAC Wrote:
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Thanks, MAC,

Charles

Your welcome. One other thing I found the other day while reading snippets of GCBC was LPL or lipoprotein lipase. Page 397-399 of GCBC. LPL activity increases with weight loss on a calorie restricted diet and decreases in muscle tissue. What this says to me cut your calories and your body fights to get those calories back. Taubes was talking about negative energy balance diets here.

**RE: Zero Carb / Meat and Water - Charles - 08-11-2008 10:21 AM**

twilight Wrote:
Hi C-Dunc! Thanks for posting the info.

Here's some more interesting running/zero carb info for you:

"Fat instead of Carb even for sprinters?" from LowCarb Muscle Forum:

"My Experience on a Zero Carb Diet" from a MMA Forum:
http://www.sherdog.net/forums/f15/my-experience-zero-carb-diet-749233/

Benji found a great diet but all the naysayers over there are telling her all the nonsense about the need for vegetables. Poor lady. If I were a member at that forum, I would invite her here, give her a big hug, and assure her that all will be well on her beloved zero carb regimen. Hopefully, she follows her body and not the ignorants.

Regards,
MAC Wrote:
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By the time I got to Berkowitz' exercise argument, I was too exasperated to get into LPL. Exercise has the ability to mask a bad diet. That's about the only thing I can say positive about it. To think that we all have to be marathon runners to be considered healthy is the biggest crock!

Regards,
Charles

Charles Wrote:
Benji found a great diet but all the naysayers over there are telling her all the nonsense about the need for vegetables. Poor lady. If I were a member at that forum, I would invite her here, give her a big hug, and assure her that all will be well on her beloved zero carb regimen. Hopefully, she follows her body and not the ignorant.

Thank you Charles!
I had never been to that forum before, but found that on a search and thought it was interesting.

I can't wait until more of you get into Not by Bread Alone. The history lesson is so very profound. When I first began to read, I was angry that I didn't learn more about the Hudson's Bay Company in History. Then, it dawned on me. We didn't learn this because the Revolutionary War was going on at the same time. Well, now that we're all independant (with apologies to our British readers) we have got to learn about the Pemmican wars.

This was all new to me but my wife tells me that in those sultry Western novels she reads, there is always a damsel in distress who is rescued by an attractive Indian man with pemmican. Who knew? Anyway, they had a very clear understanding back then of what was good health and what was not, unlike us today. The discussions on scurvy are also fascinating. We've also heard how fruits and vegetables were the cure but according to Stefansson, that was not always the case at all. In fact, more often than not, that particular cure did not help the poor sailors and explorers on their expeditions.

Stefansson's main claim to fame was that he demonstrated how you could "winter" over in the Arctic on meat and not get scurvy. We always have people going on and on about the healthy fruits and vegetables but they don't seem to know that fresh meat ALWAYS cured scurvy. The poor sailors knew it but they
had the wrong cooking process in mind. They would kill animals and then boil the animals and have the sick drink the broth. The problem there was that the sick people didn't have good teeth because the scurvy so weakened their gums that they could literally pull their teeth out with as much force as it took to dislodge a piece of meat.

However, if you got to the victim a little bit earlier, you could reverse scurvy with fresh meat. This is important to know because most of the world believes that those of us who adhere to the all-meat diet will get this -- although today they call it a "deficiency disease."

I also found it fascinating that just like today, people had cause and effect reversed as well. This was the first stage of scurvy:

Stefansson Wrote:
If an observer were watching for the onset of scurvy and had in mind, among other things, the psychiatric aspect, the first symptom noticed would probably be an emotional or temperamental change—the victim becomes more argumentative, more irritable, likelier to take affront, more inclined to pessimistic interpretations. At this stage it would seem that no physical examination could reveal any gross sign of the coming trouble nor would the patient be likely to admit that there was a mental change. As full development of scurvy draws nearer, the mental condition changes from aggressive and argumentative irritability to pessimism. Then appears a slight and thereafter steadily growing disinclination to physical effort; and similarly with mental effort, particularly in that the patient more and more often finds himself in a "what's the use" mood. Now comes the first symptom that a patient will notice, but only if watchful. It is that when he jumps up from a sitting or lying position he will stagger momentarily, though not enough to feel it as a dizzy spell. It will not be many days, however, until this is recognized as dizziness, and likely the patient will fall back into the seat from which he has just risen.

Stefansson responded to this as follows:

Stefansson Wrote:
From our point of view this last is putting the cart before the horse. To us the quarrelsomeness of the patient, the fault-finding, suspicion, lack of energy amounting to what some nowadays call "a breakdown in will power," are symptoms or results of the disease; to the seventeenth and eighteenth centuries these were causes of the disease. We think that a man is cranky, suspicious, lazy, because he already has scurvy; they thought that men who were lazy, cranky, and suspicious were thereby predisposed to contraction of the disease. On that reasoning the doctors classified as preventives such things as exercise, cultivation of a cheerful disposition, music, parlor games, any suitable entertainment
Doesn't this sound eerily similar to how they classify obese people today? The experts today say that those who are lazy and who do not exercise will be predisposed to obesity. From our perspective, these people already have the metabolic disorder which causes the person to be lazy and non-energetic. They then become obese or manifest other symptoms of metabolic syndrome.

If you read closely what Stefansson is writing about scurvy, you can see evidence of all the diseases of civilization. In this case, they all happen very quickly. In the regular diseases, they happen slowly. The teeth are the first symptom after sluggishness appears.

Stefansson Wrote:
Death is from hemorrhage, usually of the digestive tract or lungs. No doubt sudden deaths from scurvy are from ruptured blood vessels in the brain.

Chronically-high insulin leads to complications in all these areas as well. Alzheimer's and dementia manifest themselves very close to this. Diabetics are far more likely to develop heart disease, cancer and dementia than the non-diabetic population.

How about this:

Stefansson Wrote:
One woman I remember in particular, who was a delicate Nordic blonde in appearance, looked especially dainty and ethereal at the beginning of her treatment, more so than she did later when she had partly recovered. Looking at such a patient, it was difficult to understand how scurvy could have received its Shakespearean connotation; but that connotation would be easy for one who confuses the disease we are here describing with some other which is characterized by a scurfy or scabby appearance of the skin.

They even had "Thin Man's Scurvy" like we have with Thin Man's Diabetes.

And finally:

Stefansson Wrote:
There is the further striking similarity that only now and then are we told by the older writers that fresh meat will cure scurvy, but we are constantly told that fresh vegetables are a cure. However, the idea fresh never got a very strong hold. For instance, in the nineteenth century the usual view of lime juice or lemon juice as an antiscorbutic was that the efficacy depended on acidity. Accordingly, in the reports of polar expeditions there is frequent reference to the acid content of the antiscorbutics carried, but mention of the age or comparative freshness of the juice occurs rarely, if ever. In seventeenth- and eighteenth-century theory of scurvy causation, a canvass of the literature reveals great variety and
ingenuity. The precepts which most frequently crop up are that the leader of an expedition must see to it that his men are cleanly, that they exercise in the fresh air, that they have plenty of sunlight, that they are kept in good spirits by suitable entertainment—views still held as to the general preservation of health, though discarded as particularly applicable to scurvy.

These are basically the same recommendations for every chronic disease today. Eat a low-fat diet and get plenty of exercise. Eat your fruits and vegetables, limit red meat, and all will be well. This might keep you from scurvy, but you get the diseases of civilization in some form or another at some point in your life.

I find the parallels fascinating. What do you think?

Charles

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**RE: Zero Carb / Meat and Water** - FatGirlOnAtkins - 08-11-2008 02:25 PM

Well, it's been almost 3 weeks on zc for me. Except for a couple of instances (which I instantly regretted) I have been so so good. I can't believe how easy it is to stick with this. My clothes are looser... and the worst thing- my scale is broken and I can't tell how much I've lost. It's so so nice to put on something that was tight a couple of weeks ago and now it fits. I am NEVER hungry! After 4 or 5 hours I'm thinking "I guess I should eat something". I don't miss the cravings at all!!!!

**RE: Zero Carb / Meat and Water** - Loops - 08-11-2008 02:44 PM

FGOA -

that is great news! I am still going strong with giving up my cheese - although I did have a single oz of goat cheese a couple of days ago, but nothing since. Still having the cream though and stuff like lettuce and some nuts so I'm still not on zc. I just enjoy reading all the posts - maybe one day I'll be convinced to try it again.

**RE: Zero Carb / Meat and Water** - C-Dunc - 08-11-2008 04:23 PM

Charles Wrote:
Yes, I generally agree with this. The thing is, sometimes there are things going on that we're unaware of. This is the perfect segue to what I wanted to share today. I am 154.4 today, which is my lowest weight since I got out of the Navy in April 1995. Because I used salt and seasonings, I ate quite a bit more than I should have. In short, I think I was engaged in an overfeeding experiment. Don't get me wrong, I'm not jumping on the calorie bandwagon. I'm re-enforcing the need to follow one's hunger.

There are many things that we eat which will confuse our hunger. Carbohydrates are one of those things and a very bad one, but cheese and things like that can be too. For instance, I can eat two Hardees' Monster Thickburgers if you put cheese on them. If you remove the cheese, I can't eat but one of them and will struggle to finish it today. Also, if you eat meat which is too lean, you can eat more of it than necessary.
I really appreciate you taking the time to form a response to me. And thanks for the welcome.

I am the same way with hamburgers with/without cheese. In my opinion, the hamburger tastes better with cheese on it and I think that is definitely a reason I would eat a second burger. I know that I can eat a lot of cheese at a sitting, but not much meat in comparison. I don't know if the minimal carb in cheese triggers greater appetite via insulin but that could be a factor. Also, the sodium in cheese could cause me to eat more cheese by itself, or more hamburgers due to cheese being on them.

In sum, possible contributions to the confusion of hunger: tastes better with cheese, a bit of carb, and the higher sodium (versus the meat/burger) in the cheese.

Charles Wrote:
If I only eat meat on my zero-carb diet, I can probably make my weight climb to 158 but not much higher. I will continue to have my six pack, but I may need to wear pants with a 29 or 30-inch waist. My main fat tissue is in my thighs. They are the first things to grow when I put on weight and I can immediately feel it in my pants. My waist will stay small.

So to answer your question, it really depends on where a person primarily stores fat. If you store it in your stomach, then your six pack might not remain if you overfeed and gain four pounds. I would think it would still pretty much be there, but it really depends.

The overfeeding and the gaining is contrasted with the eating until sated and letting your body "do its thing." But even if one overfeeds one time by eating THREE of those Monster burgers with cheese, methinks they would be so extremely sated for a while and would still eat less than if they overfed with carbs, say, a half gallon of ice cream.

Basically, what I'm trying to say here is that not only is it easier to overfeed on a high carb/high fat meal, it causes more fat gain than if you were just to overfeed a bit with the zero (well, not quite since there was cheese) carb diet. Also, it is way easier (due to insulin I think) to overfeed with carbs than to overfeed by adding cheese to your otherwise zero carb hamburger. With carbs, the sense of hunger is so warped and confused that in many (all?) cases, the eating of a carbohydrate snack/meal

Quote:
"has as much to do with hunger as an alcoholic reaching for a bottle of liquor has to do with thirst" (Rob Faigin, Natural Hormonal Enhancement, p. 101).

Chris Wrote:
Another question I am curious to know the answer to, is that knowing your body, could you eat enough to get to 170-180 lbs on zero carb and still maintain the six-pack?

Charles Wrote:
I don't think I could eating the foods I eat now. To do it, I would have to add salt and dairy. I don't think my six-pack would be there at 170 or 180 though, but then again, if I really worked my abs in the gym throughout the overfeeding, perhaps it would.

I weighed 145 on Thursday, August 7th. It was on that morning that I began the meat and water diet that is advocated here on this thread. I have not weighed myself yet, but I may tomorrow at the gym. Sometimes I think of what is the heaviest I could get while remaining lean enough that all six abdominal muscles are very visible. I doubt I could get to even 170 without sacrificing leanness. I am a couple short of a six-pack at 145 and so if this meat and water diet takes me down to a ripped 130 for example, then I don't know if I would really like 130 (at around 5-4"). Charles, you had said *somewhere* in this
large thread that your muscles appear bigger due to their leanness. That reminds me of one guy I read about who lost 20 pounds and he looked bigger at his new 180 than he did at his old 200.

**RE: Zero Carb / Meat and Water - twilight - 08-11-2008 04:47 PM**

C-Dunc Wrote:
Charles, you had said *somewhere* in this large thread that your muscles appear bigger due to their leanness. That reminds me of one guy I read about who lost 20 pounds and he looked bigger at his new 180 than he did at his old 200.

Exactly! My arms look very muscular (or defined) to most people, but it's not that I necessarily have any bigger muscles than others, just less body fat to cover them.

I remember reading a personal trainer's comments about his wife. When she lost 20 lbs of fat, people commented that she was too "big". When she was heavier and the muscles were hidden, she was "ok".

RE: Zero Carb / Meat and Water - C-Dunc - 08-11-2008 04:52 PM

Charles Wrote:
C-Dunc Wrote:
GM: In terms of carb tolerance and insulin sensitivity, how do you feel about the subject of the leaner one gets, the more carbs he or she can start to add back into his diet without worrying about fat gaining/regaining?

JV: I think you're right on. The reason you should start thinking about reducing carbs in the first place is that you want to lose body fat or you have metabolic problems associated with insulin resistance. **If you're already ripped and have a high degree of insulin sensitivity you'll be able to tolerate more carbs.**

I'd emphasize that there's a lot of heterogeneity among people in terms of how they respond to carbohydrates. Each person probably needs to dial in to their ideal carb intake that works for them at any given time. The point is to start thinking about carbs more than dietary fat as opposed to the other way around.

Basic biochemistry and metabolism would predict that carbs have a dominate effect on metabolism due to the close connection with insulin. Building on this notion, our research points to the idea that dietary fat plays a relatively passive role, and detrimental effects of fat will generally be seen only in the presence of high carbohydrate which, via insulin, determines the metabolic fate of ingested fat.

Again, in the real world, some people will need to restrict carbs more than others to kick into fat burning mode, and others will be able to tolerate more carbs without observing adverse effects.

This is part of the problem even in the low-carb community. Whether you're ripped and fit is a very poor marker for the metabolic disorder. We need to understand that this same disorder is responsible for ALL the diseases of civilization. Obesity is just one of many. Because of this, one should NEVER increase carbs regardless of the "ability to tolerate more" without affecting weight or fitness level.

This is serious business and doesn't get nearly enough attention as it should.
Your experiences and your results on this zero carb diet, plus the research that you cite from men such as Taubes are some of the reasons why I decided to embark on a long-term zero carb journey. Any lingering reservations about this type of diet are only due to an influenced mindset that may like more muscle and scale weight. But if I am lean and healthy, even at a smaller muscled 130 or whatever, then I must be content with what my metabolism, genetics, etc., dictate I should weigh. I still tend to lean a lot toward the mindset that says that if I am lean and healthy, then who cares if I weigh less. Hence, a bit of obvious back-and-forth going on with me.

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**RE: Zero Carb / Meat and Water - C-Dunc - 08-11-2008 05:47 PM**

**Quote:**

"Eat every few hours irrespective of whether you are hungry. Each between-meal interval does not have to be the exact same duration, *but no interval should be longer than 4 hours.* Whether you designate a particular feeding a "meal" or a "snack" is mere semantics. What matters is that you **eat to prevent hunger rather than eating in response to hunger.** Should you find that you have no desire to eat within 4 hours after your last meal/snack, fine--simply eat a small snack like a handful of nuts, or a tablespoon of peanut butter, or a few slices of cheese or sliced turkey, or a protein shake. In other words, *desire to eat influences the size of the feeding NOT whether or not you feed*" (Rob Faigin, Natural Hormonal Enhancement, p. 190).

Now, from a purely fat-losing perspective, it seems like Charles's prescription of eating only when hungry and not eating when not hungry, is superior. A couple of quick questions, Charles:

1) Where did you read about your particular frequency of feeding idea?
2) And how is it better than Faigin's regarding some relevant things, especially fat-loss?

I'll just say that on a zero carb, meat and water diet, I would rather follow Charles's recommendations than Faigin's, even if the fat-loss might be the same. By extrapolating a bit from what I've read of Faigin, he would say that if you wait until hunger to strike, you might overeat. And so, this way you become proactive, rather than reactive. I say "extrapolating" because Faigin makes this meal frequency recommendation in the context of a cyclic (one carb meal every 3rd and 4th day) diet. More from Faigin:

**Quote:**

"By eating when you are *not* hungry, you are being proactive and guaranteeing that hunger will stay away for another few hours. If you do this perpetually, you'll never be hungry.

If, however, you allow more than 4 hours to elapse without eating, you relinquish control. In this scenario, you are, in effect, sitting back and waiting for hunger to strike--*you are letting the enemy in the door.* Under the influence of an appetite surge, your eating decisions are likely to become distorted. Don't make matters unnecessarily difficult for yourself--get with the program" (Faigin, p. 190).

If I apply what Faigin says here to the zero carb regimen, then I would say perhaps Faigin would think that due to this appetite surge, you may double the amount of hamburgers eaten. This preemptive strike against hunger is accomplished by eating when not hungry. This and so, the argument is that going this route you would eat less. Not sure about that, but the reason why I would prefer Charles's to Faigin's is that with Faigin you are giving your body some fuel when it was not ready for it--and thus would seem to hinder fat loss. It seems that your body was just fine using its own fat stores for fuel when you were
NOT hungry, so why mess that up? With insulin as much out of the picture as possible, I don't think the appetite would be as crazy as Faigin might think it would be.

RE: Zero Carb / Meat and Water - Loops - 08-12-2008 06:36 AM

Hi -

I gained whilst eating a lot (6-7oz a day probably) of cheese on close to zero carbs awhile back - the cheese had 0.1g of carb per 100g. I could have gained for other reasons - but anyway...the point is, I have read that the casein in cheese stimulates insulin secretion - hyperlipid had a link to the study on his site somewhere in the comments. However, most proteins raise insulin levels, and the numbers for cheese were compared to cream, which doesn't have much protein. So I don't know whether the study is very informative. It could be that it stimulates much more than meat, but there don't seem to be any studies. Also I suppose we have to remember that glucagon is also released from protein.

What am I going on about here? Sorry - just answering my own ponderings I think. Anyway I have heard other people having problems on zero carb with cheese - usually the people that can't seem to shift any bodyfat, and end up gaining etc. whatever plan they follow.

RE: Zero Carb / Meat and Water - Loops - 08-12-2008 06:37 AM

Actually I think it's only some amino acids that raise insulin. Please somebody clear this up for me.

RE: Zero Carb / Meat and Water - jeepifer - 08-12-2008 06:53 AM

If caffeine raises insulin levels, which is bad, what can we do to help "wake up" on days where we're dragging?

I am SO tired today and had some leftover diet Mt. Dew at my desk. I don't normally drink coffee, and have been giving up the diet sodas, but I just had to do something...

RE: Zero Carb / Meat and Water - caroline - 08-12-2008 07:02 AM

C Dunc,

I can't answer to the specifics of the second part of your thoughts--but as for the first, I prefer to only eat when hungry as well. Years of blood sugar and the idea that I should eat "often" had me going in the other direction. I found that once I low carbed, and got acclimated, even if I wait too long--which before would have set of MAJOR eating binge, not it's not a big deal. The other night I studied for a million hours and ate very early in the day. By the time I got to Trader Joes (also would have been a nightmare before--shopping when hungry)--I was hungry. I opened some mac nuts and ate some, but not tons. The point being, my hunger even when it is overdue, is nowhere near the intensity of before. And further, I can keep pushing it off without shakes, brain issues, etc. I think it's much healthier if you don't have health issues that mandate forced meals--to eat when hungry. There you have it.

RE: Zero Carb / Meat and Water - suzannyea - 08-12-2008 07:42 AM
I have just come to accept that some day I will be tired and some days I will be full of energy. On days when I am tired, I just deal and try to take it slower.

RE: Zero Carb / Meat and Water - daveo - 08-12-2008 09:02 AM

Charles Wrote:
feckless Wrote:
i think the bear said his BS stayed around 100! does anybody else know what their average blood sugar is?

Sorry, feckless, I don't measure my blood sugar. It sounds like you should add more lean. The more I read Stefansson the more I want to make my own pemmican and just eat it. Either way, the suggested ratio seems to be 2 pounds of lean to 1 pound of fat. I'm going to get some pork fat or some beef tallow to make sure I can always observe this ratio. Then, if you have leaner cuts, you can ensure there is plenty of fat.

I also add bacon to my ground beef and don't waste much of the fat.

Regards,
Charles

Charles,

You mentioned in some other posts that you have stopped eating salt. Doesn't eating salty bacon cause the same problems as putting salt on your food? Or have you found some extremely ow sodium bacon? If so, where? I love bacon but have been avoiding it due to the salt.

Thanks,
Dave

RE: Zero Carb / Meat and Water - KimPossible - 08-12-2008 09:41 AM

Hey everyone! I cannot believe how many pages I'm going to have to catch up on! 50 or so?? EEK!

Briefly...I did well on about 2 days of my vacation, but when you are the guest and not responsible for the food, it's hard to demand ground beef. :-P So off the zero carb train I went...it is interesting, b/c I didn't have much of a reaction to the bread in the sandwiches, but when I had fried seafood OMG--it absolutely made me sick to my stomach. It was an interesting experience and it echoed what Charles said about 45 pages back:

"That means when you go zero-carb for a while and switch back, you shouldn't expect it to be easy."

No it wasn't. And it was even harder for me to get back on..which I am now. I am starting school Monday and food is the last thing I am wanting to worry about. On Zero Carb, I didn't. There were no cravings, no thinking about my next meal, nothing. With carbs in the mix, it is a complete 180 from that.

Here's to meat and water! :-}
oh, and I'm not getting on that stupid scale so that I can feel really bad and indulge THAT crazy cycle. I will know when I've lost...I can feel it.

RE: Zero Carb / Meat and Water - Charles - 08-12-2008 09:51 AM

C-Dunc Wrote:
Charles, you had said *somewhere* in this large thread that your muscles appear bigger due to their leanness. That reminds me of one guy I read about who lost 20 pounds and he looked bigger at his new 180 than he did at his old 200.

That's right. I can actually lift more now at 155 than I could at 207. My muscles aren't "bigger" but they are more defined even though I'm smaller. Men's Health makes a similar comment somewhere as well.

Regards,

Charles

RE: Zero Carb / Meat and Water - KimPossible - 08-12-2008 09:55 AM

I am currently on page 152 re: pregnancy and low carb "risks." Not being a doctor myself, of course, and risking that this has already been said, I have to comment that it is ridiculous to debate here the benefits of low carb and/or zero carb on our bodies and then say that we need carbs in our diets to nourish our babies? Why wouldn't they thrive on the same nutrition? To say that one is going to eat "normally" and THEN go on a low carb diet insinuates that it is just a tool to lose weight, NOT a life-style change. If this is the way we truly believe we should eat FOR LIFE, then having babies is included in that.

back to reading! ;-)
peers? No sugar in the house causes them to freak out and gorge at other people's houses. (And mind you, our friends and family are all too happy to oblige them! They think it's absurd that we encourage our children to eat fat and meat.) They whine and complain that they don't get soda, etc... They see their friends eating it and being thin and "healthy" and they just don't get it. I remember when I was a child and my parents forced me to wear my seatbelt, and all my friends to do so in our car as well. This was back in the 80's when that was unheard of, so I was horrified. I could have cared less if it was for my own safety, yadda, yadda. It was different and weird and embarassing. It kills me to do the same thing to my children. And don't get me started on school lunches.... Ugh.

Thoughts?

RE: Zero Carb / Meat and Water - MAC - 08-12-2008 10:38 AM

cbnebraska Wrote:
If low/no carb is the optimum diet for adults, why not for children? Everyone always says things like ... kids can handle the carbs...their bodies can process them...they need the energy...they're burning them off so quickly...they aren't fat... blah, blah, blah. But none of these responses has a thing to do with optimum health versus adequate health.

Yeah, kids can handle the carbs until they can't. I was a skinny kid until age 11 and then I got chubby. Wish my parents had kept the carbs out of my life at that age.

RE: Zero Carb / Meat and Water - Charles - 08-12-2008 10:39 AM

Faigen Wrote:
What matters is that you eat to prevent hunger rather than eating in response to hunger.

I differ with this because of Alfred Pennington and Jacque LeMagnen's work on hyperinsulinemia, among others. According to the alternative hypothesis of obesity, obesity is a compensatory reaction to internal starvation. The cells are unable to get to the vast supply of fuel being stored in adipose tissue. Therefore, the body compensates by restricting the flow of nutrients (triglycerides) into the fat tissue (like a garden hose) which increases the flow of nutrients to the cells. That was Pennington's theory.

In reality, the presence of glucose phosphate causes triglycerides to form which are bigger than fatty acid molecules. Because of esterification, they create the small slow down in metabolism that leads to fat storage.

If that's the case that hunger is driven by the cells, and consequently the drive to fatten, then obese and lean individuals are both at "equilibrium". In other words, they both eat the amount of food to keep this equilibrium which is actually regulated by the body.

Overfeeding results from eating food which does not supply the expected nutrients in the proper amounts. For instance, it would take 3.3 pounds of wheat bread for a 176-pound person to equal what they would get from 3/4's of a pound of meat. We all know that we can eat more lean meat than we can fatty protein because the fat fills us up quicker. According to LeMagnen, it's not so much that fat is more filling, as it is that our body can more readily assimilate the fuel from fatty sources than it can from non-fatty substances which tends to shut off our hunger faster.

Similarly, LeMagnen found that when rats were given watered down food (soup), they would continue
to eat until they reached the caloric requirement regardless of the quantity.

Therefore, to cure the metabolic disorder, a person would need to eat fat and protein to appetite to satisfy the cellular demand. They might initially eat more food, but over time the appetite would match the needs of the cells and maintain equilibrium at a lower rate due to the increased flow of nutrients. That's not the "set-point" hypothesis, but the effect of fat metabolism.

So eating more than the cell's requirement at a single meal only means that the person will be full for a longer period of time. It doesn't mean that they will gain more weight. It's possible some will gain weight by overfeeding, but as soon as they stop the overfeeding, the weight will likely vanish quicker than it came as Ethan Sims found out in his overfeeding experiments.

Chris Wrote:
Where did you read about your particular frequency of feeding idea?

From putting all that I read in Taubes, Stefansson and other sources (such as the Randle and Krebs cycles), together. Claude Bernard's notion of homeostasis is the critical idea.

Chris Wrote:
2) And how is it better than Faigin's regarding some relevant things, especially fat-loss?

I don't know all of Faigen's ideas about fat loss, but the science suggests to me that weight is regulated by the body, not by the brain, just like internal temperature, blood pressure, pulse rate, nutrient level, vitamin level, etc. All animals are lean unless they have a good reason not to be and I think we're very similar. We're not supposed to fatten without reason. Children grow based on their hormones, not their appetites. Pregnant women fatten because the sex hormones mobilize fatty acids at a slower rate to ensure enough fat is stored. The same can be said of hibernators. The severe mentally ill patients stop eating to keep the internal environment constant and anorexics don't eat due to low insulin.

Therefore, my recommendation is to basically eat nutrient-dense real food and stay out of the body's way. If you eat the foods that agree with your metabolism, fat-loss will automatically occur without the need for any intervention because your body wants you to be lean. Of course, this is all regulated by hormones so out of whack hormones can change the environment such that hormones cannot mobilize fat like they should.

Faigen Wrote:
"By eating when you are not hungry, you are being proactive and guaranteeing that hunger will stay away for another few hours. If you do this perpetually, you'll never be hungry.

I don't disagree with this in theory. LeMagnen found this as well in his experiments. If we eat a lot of food, we can hold off hunger for longer periods of time. This is a very valuable tool to have. We can plan for long journeys and the scarcity of food supply by eating as much as we want to hold off hunger for long periods of time.

How often you eat doesn't have much to do with long-term fat loss in my opinion. Again, weight is regulated by the body, not the frequency of feeding. As you can tell, I'm not with the "intermittant fasting" camp. It's axiomatic that if we increase energy consumption, our body will respond with increased energy output. If we restrict energy consumption, our body will respond with decreased energy output. Greenwood's studies on LPL, the "gatekeeper hypothesis" clearly shows why exercise is not the treatment for obesity we think it is.
Faigen Wrote:
If, however, you allow more than 4 hours to elapse without eating, you relinquish control. In this scenario, you are, in effect, sitting back and waiting for hunger to strike—"you are letting the enemy in the door." Under the influence of an appetite surge, your eating decisions are likely to become distorted. Don't make matters unnecessarily difficult for yourself--get with the program" (Faigin, p. 190).

Now there might be more to this situation. For instance, if you are eating carbohydrates then your insulin may be out of whack. In this case, you still want to follow your hunger but you cannot add carbohydrates or you will remain in the vicious cycle of hypersecretion. Hyperinsulinemia will indeed distort your eating decisions but you can control it by not eating carbohydrates over time. That's what the zero-carb path is all about, in my opinion.

Faigen's approach would lead to fat loss by arresting hunger because if you wait for hunger -- i.e. the anticipatory insulin surge, that invokes a period of fatty acid storage and the more of these you have during the course of a day, the more fat will be stored. Perhaps he's trying to circumvent that and that may be an option.

However, on a zero-carb diet, when you're not hungry, you're usually not hungry at all. When I'm sated, the thought of more meat is revolting so I couldn't eat when I'm not hungry. However, if you haven't reached this point on the zero-carb path, this is certainly possible to be able to eat without being truly hungry.

Honestly, I don't think it's really possible to eat when you're truly not hungry. I think that it's a matter of degrees and if you can get yourself to eat fat and protein, you must be hungry on some level.

Chris Wrote:
with Faigin you are giving your body some fuel when it was not ready for it--and thus would seem to hinder fat loss. It seems that your body was just fine using its own fat stores for fuel when you were NOT hungry, so why mess that up? With insulin as much out of the picture as possible, I don't think the appetite would be as crazy as Faigin might think it would be.

This is true, but the zero-carb regimen alone doesn't automatically translate into low-insulin and no hunger. We have to understand that when you begin zero-carb, your insulin is still as out of control as it's been. The goal is to bring it under control. It certainly doesn't start out that way. If Stefansson is right, six months of consistent zero-carb is about the time it takes to get insulin under control. The markers are about 5 or 6 hours between meals, sleeping through the night (5-7 hours depending on age), and controlled hunger.

It's easy to see why many would fail at such an approach but just because it's difficult, doesn't mean that it's not effective. For many of us, that's what it's going to take. All I can say is that it gets easier every single day.

Regards,
Charles

RE: Zero Carb / Meat and Water - jeepifer - 08-12-2008 10:42 AM

Their bodies function the same way as adults. I feed my children as low carb as possible, not to have them lose weight, but to keep them away from blood sugar spikes and insulin issues.
suzanneyea Wrote:
I have just come to accept that some day I will be tired and some days I will be full of energy. On days when I am tired, I just deal and try to take it slower.

Right. Well, this is where Stefansson has me so fascinated. He says that shouldn't be the case. He says that fatigue is a sign of fat-hunger. Therefore, I've been making sure to have extra fat with each meal to make sure I get enough. I now understand the coconut oil fascination. I prefer to use beef and pork fat. I find I cannot eat ground beef now without bacon or at least covered in fat. It has to be "greasy" or I don't want it.

By the way, you coconut lovers, the Tocalauans ate a diet of fish and coconut for centuries and did not suffer from any of the diseases of civilization. If you really like coconut, you might be on to something.

Back to the fat, it doesn't have to be that much, according to Stefansson. The fat should just equal to 1/2 of the lean. If you eat two pounds of sirloin in a day, you should have 1 pound of fat. Obviously, the sirloin will have some fat, depending on how much they trimmed it, and then some extra fat from bacon or pork or even tallow would make it perfect. Eating this way should take care of the energy issues.

It appears there may be a level between "rabbit starvation" and "fat-hunger" that we've discovered.

Regards,

Charles

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daveo Wrote:
You mentioned in some other posts that you have stopped eating salt. Doesn't eating salty bacon cause the same problems as putting salt on your food? Or have you found some extremely low sodium bacon? If so, where? I love bacon but have been avoiding it due to the salt.

Hey, Dave.

I stopped shaking it on foods and using seasonings and the like. It's true that bacon is salty and some other meats but I rationalize that the fat makes it worth it. I'm not avoiding it altogether, but I don't consciously reach for it. I ask for ribs plain, hamburger plain, etc. I used to put salt on everything.

I use the Hormel uncured bacon from Wal-Mart and I have attached a PDF that has the nutritional info. I generally eat 4 slices at breakfast. How does this compare with other bacon in terms of sodium content?

Regards,

Charles

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KimPossible Wrote:
No it wasn't. And it was even harder for me to get back on..which I am now. I am starting school Monday and food is the last thing I am wanting to worry about. On Zero Carb, I didn't. There were no cravings, no thinking about my next meal, nothing. With carbs in the mix, it is a complete 180 from that.

Welcome home!

Regards,

Charles

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RE: Zero Carb / Meat and Water - daveo - 08-12-2008 11:03 AM

Charles Wrote:
daveo Wrote:
You mentioned in some other posts that you have stopped eating salt. Doesn't eating salty bacon cause the same problems as putting salt on your food? Or have you found some extremely ow sodium bacon? If so, where? I love bacon but have been avoiding it due to the salt.

Hey, Dave.

I stopped shaking it on foods and using seasonings and the like. It's true that bacon is salty and some other meats but I rationalize that the fat makes it worth it. I'm not avoiding it altogether, but I don't consciously reach for it. I ask for ribs plain, hamburger plain, etc. I used to put salt on everything.

I use the Hormel uncured bacon from Wal-Mart and I have attached a PDF that has the nutritional info. I generally eat 4 slices at breakfast. How does this compare with other bacon in terms of sodium content?

Regards,

Charles

I see where you are coming from. I've never been a big salt eater myself (I don't generally shake it on everything), but I love bacon, sausage, and the meats at Brazilian Steakhouses, all of which are very salty. Just still trying to figure out what I should and shouldn't be eating. The more choices I have the better, but at the same time I don't want to derail myself. I will say that the first time I lost significant weight eating low carb (though not zero carb), I ate a TON of all of the above. I guess I'll have to test and see how quickly I get hungry again with and without those foods.

I do know from experience that if I go to a Brazilian Steakhouse for lunch and eat all I can, I definitely have no interest in dinner that night 😛

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RE: Zero Carb / Meat and Water - Charles - 08-12-2008 11:03 AM

KimPossible Wrote:
Why wouldn't they thrive on the same nutrition? To say that one is going to eat "normally" and THEN go on a low carb diet insinuates that it is just a tool to lose weight, NOT a life-style change. If this is the way we truly believe we should eat FOR LIFE, then having babies is included in that.
cbnebraska Wrote:
This was back in the 80's when that was unheard of, so I was horrified. I could have cared less if it was for my own safety, yadda, yadda. It was different and weird and embarassing. It kills me to do the same thing to my children. And don't get me started on school lunches.... Ugh.

Thoughts?

Hey Cynthia, welcome to the ZC thread!

I guess I have to share you with the rest of the forum, now huh? 😊

I have these same issues at home but it's a little easier now than it used to be. My children are also all lean but I kind of take the approach that I want their level of carbohydrate consumption to be a very weighted choice. If I started out zero-carb with them as infants, then I would be more willing to demand compliance. Since I didn't, we gradually removed carbohydrates until now they are very scarce. For instance, we only cook meat at home and we've been phasing out vegetables. When the children eat with me, they eat how I do. If my wife cooks vegetables, they tend to stay on the table and no one eats them. What a waste!

When we go out to Golden Corral, I let them have a real sugar desert if they want. They usually opt for the cheesecake or something not too sweet. I am also aware that when they go to friend's houses, they get some carbohydrates.

They take their lunch to school and they tend to go low carb then. They get lunch meats, cheeses, nuts, and water. We're always tweaking the lunch menu. You can tell a big difference in their hunger levels. They used to be hungry every 10 minutes. Now, they can go several hours without the need to eat and that's a wonderful thing.

The thing is, I try to talk to them often about nutrition so they will choose this for themselves. They all witnessed my 65-pound weight loss and their friend's parents comment on this to them as well. I share Stefansson with them, I explain to my teens that eating carbohydrates in your youth can cause your children to need braces when you have them. I demonstrate to my teenager that his acne is directly related to his carbohydrate consumption.

I also find that when they return from friend's houses or parties, they tell me how something they tried was far too sweet, or my 11 year-old daughter tells me how she notices when her skinny friends wear the bare-midriff shirts, she can see the little fat on their lower backs above their hips that they can't seem to get rid of.

I probably make them crazy with all the discussion, but I tell them that no one ever spoke to me this way. They feel like they know what to do if they run into trouble later in life. The trouble is always trying to convince them that they have to take action today before there is trouble.

I am satisfied that they eat correctly the vast majority of the time and I can't really worry about those times they are out of my sight. Either way, I know they consume 80 pounds less per year than I did.
when I was their age, so there's hope!

Regards,

Charles

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**RE: Zero Carb / Meat and Water - Charles - 08-12-2008 11:33 AM**

daveo Wrote:
I do know from experience that if I go to a Brazilian Steakhouse for lunch and eat all I can, I definitely have no interest in dinner that night 😄

I think you should continue to eat those foods, I really do. I would have no qualms about eating at a Brazilian steakhouse! If it wasn't so expensive, I would eat there every day.

I just noticed that adding salt and seasonings made me eat more than I would without it and Stefansson's observations convinced me that it's not necessary to consume salt so I just quit adding it.

I have noticed that I can taste so many differences in the meats now that I didn't notice before. I love smoked meats and just the natural flavors in the different types of meat. I used to make all my meat taste the same by using the same few seasonings. Now, I can appreciate the many differences.

I do understand that there is a lot of salt in meats, but that's fine as long as I'm not adding to them.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - daveo - 08-12-2008 11:39 AM**

Charles Wrote:
daveo Wrote:
I do know from experience that if I go to a Brazilian Steakhouse for lunch and eat all I can, I definitely have no interest in dinner that night 😄

I think you should continue to eat those foods, I really do. I would have no qualms about eating at a Brazilian steakhouse! If it wasn't so expensive, I would eat there every day.

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I do understand that there is a lot of salt in meats, but that's fine as long as I'm not adding to them.

Regards,
I have 2 smokers 😎 BBQ is one of my favorite things to do, I've even done a couple competitions.

I need to come up with some great dry rubs, so I can enjoy my ribs, briskets (no problem getting enough fat there!), and pork shoulders without BBQ sauce.

---

**RE: Zero Carb / Meat and Water - feckless - 08-12-2008 11:50 AM**

question: if my blood sugar is staying in a narrow/low range (it's almost always 75-85) is that an indication that my insulin levels are in check?

here are some observations in case it's useful to anyone. my glucose monitor allows me to do 'experiments':

a candy with sugar alcohols quickly shot my blood sugar up 20 points, which is the most dramatic response to anything i've eaten in nearly four weeks at near zero carb. will never touch them again!

caffeine raises my BS only about 5 points, but does cause intense sugar cravings, so not sure what the mechanism of those cravings are. also, since i added that cup of tea in, i have not lost anymore weight.

red wine had no effect whatsoever on BS levels -it was combined with high fat meal.

in other areas, sleep is good, but shorter. energy is still not 'there' but yet when i get on the treadmill, i am able to do 30 minutes with no problem, which is what charles described. still i would like to 'feel' energetic, and hope that comes soon. also, i find i need much less water and yet my skin/body seems to stay hydrated.

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**RE: Zero Carb / Meat and Water - MAC - 08-12-2008 11:58 AM**

feckless Wrote:

question: if my blood sugar is staying in a narrow/low range (it's almost always 75-85) is that an indication that my insulin levels are in check?

here are some observations in case it's useful to anyone. my glucose monitor allows me to do 'experiments':

a candy with sugar alcohols quickly shot my blood sugar up 20 points, which is the most dramatic response to anything i've eaten in nearly four weeks at near zero carb. will never touch them again!

75-85 blood glucose is normal range. You would need an oral glucose tolerance test with insulin levels to find out your real response to carbs and your insulin levels but you would have to carbs up (>150 grams/day) for 3 days prior to the test to not produce skewed results. If you are really interested have your doctor do a fasting blood glucose test with serum insulin levels.

Normal after a high carb meal is no higher than 120 mg/dl. Hard to say if your insulin levels are in check but they seem normal as your blood glucose is normal.
Yep, Charles, I found my way over. Thoroughly enjoying the discussions!

Thanks for the words on the kids. I'm working on my approach with them, and with my husband, since he's one of the ones saying the things like "they'll be fine..", etc.. He eats very low carb, but he just doesn't want to tackle it with the kids. It's mostly in my lap, so I'm working on it. I'm glad you mentioned what you pack your kids too because that's a huge stumbling block for me.

What are you all using to test your glucose levels? It sounds like there is no easy way to actually test you insulin levels, right? One would just have to assume that if your glucose goes up, the insulin will follow to eradicate it? Do I understand correctly that the amount of insulin any one person's body secrets to combat the glucose could vary immensely even when eating the exact same food as someone else? Hence, fat storage or no fat storage, overweight or not overweight. Skinny people's bodies secret very little of it, heavier secrets more of it.

Sorry to sound so simplistic. I just want to get this straight so that when I try to explain it to others, I'm using easy enough language. I get questioned so often and I feel like I understand for myself but can't necessarily explain it well enough to someone else.

Thanks--

Cynthia

Hi everybody! TOM is here so I am up 1lb, but that's OK, I expected it. After eating this way for about 6 months, there is NO WAY I would cheat, it is just not worth it. We spent the weekend out of town w/ friends during 4th of July. When I couldn't eat meat I had a salad. I felt horrible (gassy & bloated) all weekend. I would rather not eat and be a little hungry, than feel like that.

Right. Well, this is where Stefansson has me so fascinated. He says that shouldn't be the case. He says that fatigue is a sign of fat-hunger. Therefore, I've been making sure to have extra fat with each meal to make sure I get enough. I now understand the coconut oil fascination. I prefer to use beef and pork fat. I find I cannot eat ground beef now without bacon or at least covered in fat. It has to be "greasy" or I don't want it.

I am finding this is true for me too. If I eat enough fat at breakfast I won't have to eat for the rest of the day and I have plenty of energy. We are going to be staying w/ friends over labor day weekend. Do I dare bring my jar of beef fat to drown my breakfast in!? LOL!

I cut salt out about 3 months ago because I read it can slow down fat mobilization. I just noticed this weekend I don't like bacon anymore! It is too salty. I like it as a seasoning, like wrapped around a scallop or a chicken thigh, but not by its self. As Charles mentioned I too am beginning to notice the different flavors of meat. I am craving the meat & spices not the salt. I mixed some fresh crushed garlic & fresh chopped oregano to my morning ground beef, kind of a ground beef sausage, it is really good! A nice change from plain beef. I even notice the different flavors of pork fat vs beef fat.

I have yet to find a good zero carb seasoning. I found a few rub recipes on the internet and just picked
up the ingredients today. If they are any good I'll post them.

Speaking of Brazilian restaurants, I just found a very easy zero carb Brazilian pork rib recipe. It was really good! I will post it over in the recipe section later tonight.

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RE: Zero Carb / Meat and Water - *nyteez* - 08-12-2008 01:20 PM

*Quote:* 
Do I understand correctly that the amount of insulin any one person's body secrets to combat the glucose could vary immensely even when eating the exact same food as someone else? Hence, fat storage or no fat storage, overweight or not overweight. Skinny people's bodies secret very little of it, heavier secrets more of it.

Sorry to sound so simplistic. I just want to get this straight so that when I try to explain it to others, I'm using easy enough language. I get questioned so often and I feel like I understand for myself but can't necessarily explain it well enough to someone else.

Hi Cynthia, here is a link that explains why some people can eat carbs and why some people can't. Chapter 1 explains it very well. [*Eat Fat & Grow Slim*]

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RE: Zero Carb / Meat and Water - *twilight* - 08-12-2008 01:25 PM

nyteez Wrote:
Hi Cynthia, here is a link that explains why some people can eat carbs and why some people can't. Chapter 1 explains it very well. [*Eat Fat & Grow Slim*]

Hi Dana! I checked that websight out the other day. Pretty interesting! BTW, the book is as old as I am. 😊

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RE: Zero Carb / Meat and Water - *MAC* - 08-12-2008 01:34 PM

cbnebraska Wrote:
What are you all using to test your glucose levels? It sounds like there is no easy way to actually test you insulin levels, right? One would just have to assume that if your glucose goes up, the insulin will follow to eradicate it?

People use a blood glucose monitor to measure blood glucose unless they get this from a test given by their doctor. Never heard of an off the shelf way to measure insulin. Normal people have an insulin response proportionate to the carbs (glucose) they take in. Protein creates a rise in blood glucose but is counter acted by glucagon.

See this site to learn more about blood glucose than you probably want to know: [http://www.phlaunt.com/diabetes/](http://www.phlaunt.com/diabetes/)

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RE: Zero Carb / Meat and Water - *jeepifer* - 08-12-2008 01:48 PM
And it's compounded by the fact that there is no standard for insulin like there is for lipid panels, so what you get at one lab may be different at another lab, from the same blood draw.

**RE: Zero Carb / Meat and Water - MAC - 08-12-2008 01:53 PM**

jeepifer Wrote:
And it's compounded by the fact that there is no standard for insulin like there is for lipid panels, so what you get at one lab may be different at another lab, from the same blood draw.

This is true. If you were to take an oral glucose tolerance test with insulin being tested for every draw you would be able to tell a few things. Dr. Mary Vernon in the Atkins Diabetes Revolution book says insulin at 1 hr that is 5 times your fasting insulin level indicates that you have insulin resistance (IR). Also fasting insulin > 10 indicates insulin resistance. There are some other levels of insulin at other time frames that indicate insulin resistance.

**RE: Zero Carb / Meat and Water - Kristi31 - 08-12-2008 01:55 PM**

I've been strictly zero-carbing and eating high-fat, probably around 80% for almost 2 weeks now. My energy levels are better now but ketones still high in urine...to be expected. It takes AT LEAST 2 weeks to adapt.

I found a butcher that sells FRESH meat in bulk (cryovac) WITH trimmings. They also deliver, extra charge only $5 per order.

I personally don't feel very comfortable eating ground beef everyday (frozen, grinding) and pork fat (trichinosis), as I've been doing for the last week and so. I also think it's healthier to stick to herbivores and not omnivores/carnivores due to parasites. In the wild, carnivores eat almost exclusively herbivores and there must be a reason for that. This may also explain why certain religions prohibit the eating of pork. My reasoning could be wrong but I prefer to be safe than sorry even if there's a 0.000001% chance.

So...I plan to buy some brisket or shortribs (beef), depending on how fatty they are. I don't want them too fatty either, I need my protein! Not very expensive either. The brisket is $4.75/lb. I forgot to ask about shortribs. If neither is too fatty, I'll ask for beef fat. Hopefully, it'll all work out. I'll let you know how it goes...I'm going there now...ciao!

**RE: Zero Carb / Meat and Water - Charles - 08-12-2008 01:55 PM**

cbnebraska Wrote:
Do I understand correctly that the amount of insulin any one person's body secrets to combat the glucose could vary immensely even when eating the exact same food as someone else? Hence, fat storage or no fat storage, overweight or not overweight. Skinny people's bodies secret very little of it, heavier secrets more of it.

You're exactly right. The food is secondary. The insulin secretion is primary and that varies wildly. Your second point is also correct. Taubes cited studies, of course, that show clearly that the obese have much higher levels of circulating insulin than lean people.

It's possible to get a test in the doctor's office that will provide your "whole body" insulin number, but
it's irrelevant because what you really need to know is what is your level of insulin resistance in your muscle tissue. That's where insulin tries to put the glucose you consume. If it's unsuccessful, then your blood sugar is higher. You should know that insulin is out of whack long before blood sugar registers as high. The insulin is the tougher measurement and no one looks at that usually until some other symptom of the metabolic disorder has manifested itself, such as obesity, hypertension, or even diabetes.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - Charles - 08-12-2008 02:14 PM**

Kristi31 Wrote:
So...I plan to buy some brisket or shortribs (beef), depending on how fatty they are. I don't want them too fatty either, I need my protein! Not very expensive either. The brisket is $4.75/lb. I forgot to ask about shortribs. If neither is too fatty, I'll ask for beef fat. Hopefully, it'll all work out. I'll let you know how it goes...I'm going there now...ciao!

Sounds like a good plan, Kristelle! (The comments that follow do not agree or disagree with you. It's just an excuse to talk Stefansson! 🤓)

I've been thinking about this too since reading *Fat of the Land*. I know what religion says about pork, but I can't get past the myriad groups that Stefansson mentioned who got fat basically any way they could and were quite healthy for their efforts.

Stefansson Wrote:
In view of beliefs that remain strangely current, it is worth emphasizing that we liked our meat as fat in July as in January. This ought not to surprise Americans (though it usually does), for they know or have heard that fat pork is a staple and relished food of the Negro in the Deep South. Our Negro literature is rich with the praise of opossum fat. Nor did Negroes develop the taste for fats in our southern states; for Carl Akeley brought from tropical Africa such yarns of fat-gorging as have not yet been surpassed from the Arctic. A frequent complaint of travelers in Spain is against foods that swim in oil, and there are similar complaints when we visit rural Latin America. In Puerto Rico, cracklings are sold like candy. So we really know, when we stop to think, that many if not most tropical people like greasy food. (I return to this topic in the chapter "Living on the Fat of the Land.")

When I go to our local Golden Corral that actually has good pork ribs, you can see people lined up to get them but they also have three types of bread on their plate. The poor people think the ribs are bad for them when it's actually the bread.

The greasier, the better!

Regards,
This is true, but the zero-carb regimen alone doesn't automatically translate into low-insulin and no hunger. We have to understand that when you begin zero-carb, your insulin is still as out of control as it's been. The goal is to bring it under control. It certainly doesn't start out that way. If Stefansson is right, six months of consistent zero-carb is about the time it takes to get insulin under control. The markers are about 5 or 6 hours between meals, sleeping through the night (5-7 hours depending on age), and controlled hunger.

Yes, yes, yes! I was on the Zone Diet for 11 years, then Atkins Induction for 6 months, now zero carb for 6 weeks and I still don't have my insulin under control. How do I know? I still feel hypoglycemic sometimes which means I am still hyperinsulimic. A few times I have gone 6 hours not eating (during the day), but most of the time I feel like my blood sugar is very low between 4-5 hours. So I just keep eating that darn fatty meat.

However, I do not wake up hungry any more! But right after my morning cup of coffee (with coconut oil only) I'm starving. So the coffee is definately making me secrete lots of insulin. I think its because I've been drinkin a cup right before breakfast for so many years I have conditioned myself to release insulin upon drinking it.

You know how many times on these forums I have said I was giving up coffee?

Skinny people's bodies secret very little of it, heavier secrets more of it.

Well, I have always been average weight and I think I have been hyperinsulimic since childhood. I often felt hypoglycemic and thought that's what I had. But Charles has conviced me that is was hyperinsulemia causing the low blood sugar symptoms. So, I have always secreted lots of insulin and was always relatively thin. But the hyperinsulemia caught up to me last year at age 42 when I suddenly started gaining weight quickly. Now I am hyperinsulemic and insulin resistant!

It's easy to see why many would fail at such an approach but just because it's difficult, doesn't mean that
it's not effective. For many of us, that's what it's going to take. All I can say is that it gets easier every single day.

Regards,

Charles

I rarely have any problems with sleeping through the night, and in the past there were only occasional times that I would wake up before the 5-7 hours, and that was only to use the bathroom; and I was not hungry. Hunger was controlled but I think I think when eating carbs I would be hungry about 2-3 hours after having something with carbs in it.

I have not been on zero-carb long (6 or 7 days I think), and so obviously I am nowhere near the adaptation of which Stefansson speaks. Today, at work, I was not hungry at all between meals, but I felt very strong cravings for carbs to raise what felt like low blood sugar. I was a bit light-headed and felt "out of it" (zombie-like). I assume this is the brain trying to function on low blood glucose--working through this horrible low carb brain fog or something--until it makes the transition to using ketones. I felt better after eating some more grease saturated hamburgers, but I must say I was close to eating some carbs to get rid of the hunger-less YET terrible feeling. As I type this, I feel okay after eating a couple of fatty burgers, and while I am sated I still don't feel so great. Not so much brain-fog now, but something else--like if I went to the gym and worked out hard I might faint or something.

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**RE: Zero Carb / Meat and Water** - **caroline** - 08-12-2008 03:14 PM

I have been doing vlcarb (meat with occasional nuts-no veges or fruit) (cheese and eggs and butter) for about 3 months and low carb for 5. I have really seen appetite, ability to go without food etc. change in the past few weeks. (I have seen progress all along but more recently, a bigger change). It does take time but I was a non-stop eater, never slept through the night and now I maybe get up once and sleep really well (except if I am obsessing about something--but that's a different issue!! LOL)

Have hope--if it can happen to someone like me who was a compulsive eater, non-stop eater, totally fixated on food and always low blood sugar--it can happen to you!

---

**RE: Zero Carb / Meat and Water** - **Ell.lee** - 08-12-2008 03:45 PM

I'm relieved to hear others reporting that it takes a long time to see changes in hyperinsulin symptoms as I've been feeling a little frustrated and angry with myself. Six weeks vlc - 1 week zero carb (and prior to that 5 years strict Berstein's 30 carbs) and so far the only change is I've gained 5 pounds. My blood sugars are still elevated, I'm still shakey and lightheaded after meals. I have been able to cut down to two meals a day and I'm learning to eat fats, but I am impatient and would love to see some results! Maybe if I was heavy and could see weight loss it would be a tangible result - I've about had enough of gaining now too. Sorry for the mini rant. Maybe I need to cut calories or protein. I don't know. Just want to be healthier.

---

**RE: Zero Carb / Meat and Water** - **Kristi31** - 08-12-2008 04:39 PM

So I finally bought a whole brisket, it's freakin' HUGE!!! Cryovaced and not trimmed. One side is fatter than the other so I'll probably cut a piece from each side at each meal, eat the fatter portion until I'm satiated and then continue eating the leaner part. I think the fatty portion is called the point while the
leaner portion is called the flat brisket. They also had short ribs but they didn't look as fatty. The butcher told me to go for brisket if I wanted fatty.

RE: Zero Carb / Meat and Water - Daryl - 08-12-2008 07:03 PM

Ell.eee Wrote:
I'm relieved to hear others reporting that it takes a long time to see changes in hyperinsulin symptoms as I've been feeling a little frustrated and angry with myself. Six weeks vlc - 1 week zero carb (and prior to that 5 years strict Berstein's 30 carbs) and so far the only change is I've gained 5 pounds. My blood sugars are still elevated, I'm still shakey and lightheaded after meals. I have been able to cut down to two meals a day and I'm learning to eat fats, but I am impatient and would love to see some results! Maybe if I was heavy and could see weight loss it would be a tangible result - I've about had enough of gaining now too. Sorry for the mini rant. Maybe I need to cut calories or protein. I don't know. Just want to be healthier.

What blood sugar numbers are you seeing?

RE: Zero Carb / Meat and Water - Daryl - 08-12-2008 07:07 PM

Some random info on blood sugar and insulin, from Dr Ron Rosedale:

Quote:
Cells become insulin resistant because they are trying to protect themselves from the toxic effects of high insulin. They down regulate their receptor activity and number of receptors so that they don't have to listen to that noxious stimuli all the time. It is like having this loud, disgusting music played and you want to turn the volume down.

You might think of insulin resistance as similar to sitting in a smelly room and pretty soon you don't smell it anymore because you get desensitized.

You can think about it, it's not that you are not thinking about it anymore. But if you walk out of the room and then come back in, the smell is back, which means you get resensitized.

If your cells are exposed to insulin at all, they get a little bit more resistant to it. So the pancreas just puts out more insulin. I saw a patient today whose blood sugar was 102 and her insulin was 90! She wasn't sure if she was fasting or not, but I've seen other patients where their blood sugar was under 100 and their fasting insulin has been over 90.

That is a fasting insulin. I'm not sure how many people are familiar with seeing fasting insulins, but if I drank all the glucose I could possibly drink my insulin would never go above probably 40. So she was extremely insulin resistant.

What was happening was that she was controlling her blood sugar. Statistically she was not diabetic or even impaired glucose tolerant. Her glucose is supposedly totally normal. But her cells aren't listening to insulin; she just has an exceptionally strong pancreas.

Her islet cells that produce insulin are extremely strong and are able to compensate for that insulin resistance by producing thirty times more insulin than what my fasting insulin is. And just by mass action her pancreas is yelling so loud that her cells are able to listen, but they are not going to listen forever. Her pancreas is not going to be able keep up that production forever.
Once her production of insulin starts slowing down, or her resistance goes up any more, then her blood sugar goes up and she becomes a diabetic. For many years, decades before that, her insulin levels have been elevated but have never been checked.

This is one thing that I try to keep in mind; I managed to normalize my blood sugar with VLC dieting; I feel like I've been given a second chance by the man upstairs. Every time I'm tempted to eat off plan (like today, being offered some peanut butter fudge 😁), I tell myself that those little binges might be my undoing one day, and end up blowing out my pancreas.

RE: Zero Carb / Meat and Water - kherring - 08-12-2008 07:39 PM

So, I am new here. I have been lurking forever and decided last wednesday to start zero carb. I have a tough time getting steak down for some reason. We have a ton of pork in our freezer so I started with that. I have been eating two pork chops for breakfast lunch and dinner since last wednesday and a ton of water (a gallon a day). I am up 5 lbs.

WHAT THE HECK?

What am I doing wrong and I am excited to join the board...😊

Kellie

RE: Zero Carb / Meat and Water - KimPossible - 08-12-2008 09:04 PM

Hi Kellie! Glad you've come out of lurkdom!! I don't know why you'd be up, but I do have a question...

why so much water? Are you drinking to thirst or are you making yourself drink a lot? Not sure that would have anything to do with it...Charles will have an opinion/idea, I'm sure, but a gallon seems excessive/borderline dangerous.

RE: Zero Carb / Meat and Water - Kristi31 - 08-12-2008 09:26 PM

I agree with Kim, you may be drinking far too much. Drink when thirsty! Also, how fatty are these pork chops? You want most of your calories to come from fat, not protein.

RE: Zero Carb / Meat and Water - jeepifer - 08-13-2008 05:40 AM

How the heck can someone gain 10 lbs in a week? OMG. I am so depressed.

RE: Zero Carb / Meat and Water - twilight - 08-13-2008 05:48 AM

jeepifer Wrote:
How the heck can someone gain 10 lbs in a week? OMG. I am so depressed.

Please don't be depressed...there are lots of reasons. And NOT fat gain!!

I am on the way out the door, but your post reminded me of a thread by Coach Mike on Precision
Nutrition, so I went and found it for you. 😊


**RE: Zero Carb / Meat and Water - FatGirlOnAtkins - 08-13-2008 06:17 AM**

Loops Wrote:
FGOA -

that is great news! I am still going strong with giving up my cheese - although I did have a single oz of goat cheese a couple of days ago, but nothing since. Still having the cream though and stuff like lettuce and some nuts so I'm still not on zc. I just enjoy reading all the posts - maybe one day I'll be convinced to try it again.

I know everyone is different, but nuts always, always stall me. Which stinks as much as I love them!!!

Just a thought

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**RE: Zero Carb / Meat and Water - kherring - 08-13-2008 06:20 AM**

The reason I drink so much water is that I don't want to get constipated eating this way. I know it's a major side effect. The problem is, it's not working and I am barely going to the bathroom (tmi, I know)

So, what fattier meats are you guys all eating? I run out this morning to get some and hope it works.

What are you doing for constipation?

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**RE: Zero Carb / Meat and Water - suzanneya - 08-13-2008 06:37 AM**

Quote:
The reason I drink so much water is that I don't want to get constipated eating this way. I know it's a major side effect

Not true. LC keeps you very regular without outside assistance. I also believed that I needed something to keep me regular and tried things like flax. I was wrong, once I stopped taking flax and fiber and let my body self regulate, I was perfect. It did take some time, but it worked. I have a teaspoon of coconut oil in my morning coffee, that will without fail keep everything regular.

I eat a lot of ground beef and steak cause I like them best. Eat the meat you like. I also tend to eat those cause they are cheapest.

My salt update:
As some of you know I had a big salt addiction and it has been about two weeks woithout any added salt and I do not miss the taste on my steak anymore! The ground beef was never a problem. I have also found that a touch of coconut oil to my meat gives it a nice flavor.

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**RE: Zero Carb / Meat and Water - kherring - 08-13-2008 06:54 AM**

Interesting that you never had a problem being regular. That is always my biggest problem when I do LC or zero carb. Hmmmm, wonder what is going on? I do know that everything I have read about zero carb mentions constipation being an issue also so I'm not sure what the answer is.
RE: Zero Carb / Meat and Water - MAC - 08-13-2008 07:03 AM

kherring Wrote:
Interesting that you never had a problem being regular. That is always my biggest problem when I do LC or zero carb. Hmmmm, wonder what is going on? I do know that everything I have read about zero carb mentions constipation being an issue also so I'm not sure what the answer is.

According to Dr. Eades in Protein Power regarding constipation on a low carb diet:

"If you are eating carbs, make sure you eat those with a high fiber content. Take a fiber supplement if necessary but this should be short term. Increase fluid intake and take one or two capsules of fish oil."

As others suggest, up the fat. Your body will make itself regular even on zero carb.

RE: Zero Carb / Meat and Water - daveo - 08-13-2008 07:11 AM

Also, be sure you are actually constipated. Eating meat only causes a MUCH lower volume of elimination than a mixed diet. It is very possible to mistake just not needing to go for constipation.

RE: Zero Carb / Meat and Water - suzanneyea - 08-13-2008 07:13 AM

Charles? Can you jump in here with your knowledge on this issue.

RE: Zero Carb / Meat and Water - nyteez - 08-13-2008 07:14 AM

Quote:
Interesting that you never had a problem being regular. That is always my biggest problem when I do LC or zero carb. Hmmmm, wonder what is going on? I do know that everything I have read about zero carb mentions constipation being an issue also so I'm not sure what the answer is.

Whenever you change your diet you have to give your body a chance to adjust. As long as you are eating enough fat and not too much cheese there will not be a problem. I have been doing ZC for almost 6 mos and have no problems at all.

RE: Zero Carb / Meat and Water - jeepifer - 08-13-2008 07:53 AM

I agree with the others -- up the fat or take fish oil / coconut oil and things will, ahem, move on through! Fiber and capsules and such only bind me up. Ick.

RE: Zero Carb / Meat and Water - Charles - 08-13-2008 08:31 AM

deedum Wrote:
However, I do not wake up hungry any more! But right after my morning cup of coffee (with coconut oil only) I'm starving. So the coffee is definately making me secrete lots of insulin. I think its because I've been drinkin a cup right before breakfast for so many years I have conditioned myself to release insulin upon drinking it.
You know how many times on these forums I have said I was giving up coffee?

You should know that it's not just the coffee in the morning. Remember, we are hyperphagic so we store fat during the day and we use it to live on at night. The diabetic community calls this Dawn Syndrome. It's normal for all of us to have insulin secretions in the morning as our metabolism slows to store more fat, thus prompting us to eat. Thus, eating carbohydrates in the morning is the worse thing that can be done because it immediately goes to storage.

If you're going to eat them, I would make it around mid-day so you have time to possibly mobilize them and certainly not before bed!

Regards,

Charles

RE: Zero Carb / Meat and Water - Charles - 08-13-2008 08:42 AM

C-Dunc Wrote:
I felt better after eating some more grease saturated hamburgers, but I must say I was close to eating some carbs to get rid of the hunger-less YET terrible feeling. As I type this, I feel okay after eating a couple of fatty burgers, and while I am sated I still don't feel so great. Not so much brain-fog now, but something else--like if I went to the gym and worked out hard I might faint or something.

This is the classic hyperinsulinemia that LeMagnen informed us about in his studies. See GCBC at 445. At a time when you should be living off of your long-term fuel supply in your circulation, your pancreas secretes insulin between meals. Insulin completely clears the bloodstream of any and all nutrients thus prompting you to eat. You eat greasy hamburgers but the muscles have been primed to burn glucose due to the high insulin levels in the circulation. Unfortunately, none is coming because the liver and muscles will not relase their glycogen. This is the vicious cycle you've heard about.

This is what people mistakenly call hypoglycemia. Hypoglycemia was a term invented by Louis Newburg a long time ago and had a different meaning. He used the term to explain why insulin could cause fattening because he didn't believe it was possible. He thought insulin made a person ravenous to eat too many calories because he believed people were fat because they ate too much and didn't run marathons.

Back to the cycle... You eat greasy hamburgers, no glucose is coming and the liver and muscles will not give up the glycogen stored within them so you feel the shakes, the brain fog, etc, because your fat tissue and muscles are directly linked to, guess what, your central nervous system! These powerful signals are telling you to eat glucose because of the high insulin.

Therefore, you have to continue eating the greasy hamburgers to train your body not to expect glucose. This is difficult and is similar to fighting an addiction. That's why this thing is so hard for people to handle.

Charles

RE: Zero Carb / Meat and Water - Charles - 08-13-2008 08:54 AM
Kellie Wrote:
So, I am new here. I have been lurking forever and decided last wednesday to start zero carb. I have a tough time getting steak down for some reason. We have a ton of pork in our freezer so I started with that. I have been eating two pork chops for breakfast lunch and dinner since last wednesday and a ton of water (a gallon a day). I am up 5 lbs.

WHAT THE HECK?

What am I doing wrong and I am excited to join the board...😊

Welcome to the forum, Kellie!

Well, there is nothing wrong with pork chops, but they are very lean. I agree with Kim on the water thing. That does sound quite dangerous. Are you taking medications of some sort?

What were you eating before the pork chops? What low carb plan were you following?

Do these pork chops hold you over until the next meal?

Do you sleep through the night?

What other issues are going on in your body, i.e., thyroid, endometriosis, etc?

It is necessary to understand quite a bit more about you in order to determine possibly what caused you to gain 5 pounds from 6 pork chops per day.

Either way, if you enjoy the pork chops and your hunger is controlled, don't stop eating them just yet. Don't change until we learn more about what's going on.

Regards,
Charles

suzanneyea Wrote:
Charles? Can you jump in here with your knowledge on this issue.

I don't have anything to add. You all are on top of it. Pretty soon, I'll be able to ride off into the sunset knowing that people are giving great advice based on science and experience and not just mere speculations.

I am quite regular as well. If I had a dollar for every person who swore I was constipated.....or who believes that fiber is so necessary...

I've recently picked up some pure fat (salt and water cured) from Wal-Mart and I add it to my pork meals. It is absolutely fantastic. I just melt it and put it in a dish and dip my fatty meat right in it. It's fantabulous! (Is that a word?) I have some here at the office so at lunch (whenever that is...) I'll warm up my pork steak in my toaster oven and melt the fat with it and just enjoy!
I did the same with chicken fat. I baked thigh and leg quarters last night and put the chicken fat in a dish and dipped the chicken, including the skin, in the hot fat. Man, that was some good eatin'. A year ago, I would never have done this.

It takes a very determined effort, but everyone can overcome their conditioning and achieve great health.

Regards,

Charles

RE: Zero Carb / Meat and Water - cbnebraska - 08-13-2008 09:04 AM

A very simple to understand logic that I throw out when people seem fascinated that I don't get constipated even though I avoid all grains and get no fiber. If you want to keep something free flowing, should you toss in some sawdust or keep it well oiled? Everyone goes "oh, I see". To anyone who is ever constipated on this diet -- EAT MORE FAT!!!

I am intrigued by all of you talking about coconut oil. Tell me more? Can I find it at Wal-Mart or do I need to go to a "health market" type grocery store isle? If so, is it cheaper on-line? What do you put it in? Does it make things taste like coconut? I just searched for it on Amazon and there are some books about the "cocunut oil miracle" or something like that. Worth reading?

Thanks!

RE: Zero Carb / Meat and Water - abnormalslc - 08-13-2008 09:06 AM

check this thread discussing Coconut Oil

http://livinlowcarbdiscussion.com/showthread.php?tid=1083&page=1

RE: Zero Carb / Meat and Water - jeepifer - 08-13-2008 09:10 AM

Charles Wrote:
This is the classic hyperinsulinemia that LeMagnen informed us about in his studies. See GCBC at 445. At a time when you should be living off of your long-term fuel supply in your circulation, your pancreas secretes insulin between meals. Insulin completely clears the bloodstream of any and all nutrients thus prompting you to eat. You eat greasy hamburgers but the muscles have been primed to burn glucose due to the high insulin levels in the circulation. Unfortunately, none is coming because the liver and muscles will not relase their glycogen. This is the vicious cycle you've heard about.

So by continuing to deprive the body of glucose by eating fatty meat, you can train the body to not put out as much insulin. This will allow the fatty acids to be burned for fuel and weight to be lost in the process. Do I have that right?

And it takes 3 weeks or so to get fully keto-adapted. So to re-introduce carbs/sugars during this time is counter productive and will set you (and your insulin levels) back to square one.
RE: Zero Carb / Meat and Water - **kherring** - 08-13-2008 09:11 AM

Charles,

I was eating badly before. Like a normal unhealthy diet. Pasta's, mexican food, sushi (with the rice), burgers, etc. I had lost 30 lbs 4 years ago doing zero carb (not intentionally) and all I ate was plain chicken wings and a steak here and there(not intentionally, it's just what was the easiest to make at that time in my life).

I take no medications and am not hungry at all between my meals. I am sleeping better than I have in years and have no more insomnia. I have no issues going on with my body other than being 35 lbs (155) over weight (I was 150 last Wednesday).

I'm heading out to the grocery store now for some fattier meat and I'll pop a few fish oil that I have in my pantry. 😊

What do you think the issue could be?

Thanks for the welcome everyone and I look forward to being here. 😊

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RE: Zero Carb / Meat and Water - **Charles** - 08-13-2008 09:16 AM

jeepifer Wrote:
So by continuing to deprive the body of glucose by eating fatty meat, you can train the body to not put out as much insulin. This will allow the fatty acids to be burned for fuel and weight to be lost in the process. Do I have that right?

Right, just like the treatment for any other addiction, if you think about it. If you abstain from alcohol long enough, your body stops looking for it, at least to a big degree. By the same token, the smell of alcohol can really torture a long-time alcoholic...So we might need to stay out of the fresh bread store for a few years! 😊

Jenn Wrote:
And it takes 3 weeks or so to get fully keto-adapted. So to re-introduce carbs/sugars during this time is counter productive and will set you (and your insulin levels) back to square one.

Ketoadaptation is just that, your body adapting to using fat for energy and ketones in place of glucose for most of the tissues that use it. That doesn't have anything to do with insulin, however. Your body will still hypersecrete some but it should begin to get better.

The "little bit won't hurt" mentality will doom your effort at controlling your insulin and put you back in the ketoadaptation process where you are wasting ketones since you provided some glucose even though your body created ketones out of fat for this purpose. The adaptation process is hard on your body and makes you feel like you have no energy as your body adapts. It's best to just adapt and stay there than keep going back and forth.

Regards,

Charles
RE: Zero Carb / Meat and Water - Charles - 08-13-2008 09:23 AM

kherring Wrote:
I was eating badly before. Like a normal unhealthy diet. Pasta's, mexican food, sushi (with the rice), burgers, etc. I had lost 30 lbs 4 years ago doing zero carb (not intentionally) and all I ate was plain chicken wings and a steak here and there(not intentionally, it's just what was the easiest to make at that time in my life).

So you ate like this prior to last Wednesday?

Kellie Wrote:
I'm heading out to the grocery store now for some fattier meat and I'll pop a few fish oil that I have in my pantry. 😊

In my opinion, you can save the money on the fish oil and just buy some more meat. I don't take any supplements or vitamins of any kind. Your Omega 3s will improve once you eliminate the sources of excessive Omega 6, the oils and stuff.

Kellie Wrote:
What do you think the issue could be?

Each time you go zero-carb it may not be as easy as the last time. It's not so much about the number of carbohydrates you eat, as it is your insulin resistance. That could have gotten worse since you stopped before.

The chicken wings and the occasional steak thing might be a good clue. If you ate those foods before and they worked for you, there's no reason not to eat them now. I'm suspect of chicken wings because most of them are fried in vegetable oil these days and then the sauces that people use are loaded with bad things. However, if you make them yourself, that's another story. Either way, you ate what you ate then and it worked so I might go back to them and the occasional steak, as long as these are foods you enjoy.

The 5 pounds could be anything. I wouldn't be overly concerned with that. If you got to 150 by cutting your calories, then it's only natural that your body reclaimed those pounds because that's what it is supposed to do.

I would certainly recommend that you only drink water to thirst. Don't go about just drinking until you reach a gallon.

How tall are you and what do you think you should weigh?

Charles

RE: Zero Carb / Meat and Water - poo123 - 08-13-2008 09:42 AM

Well just checking in. Things are good. My husband is still doing low carb and feels great and still losing slowly. Yeah for him. My weight is holding fine. My body is changing, the inner tube around my middle and my face are a lot smaller. That is really cool. I am drinking my coconut oil daily. I really like
it. I take 4 tablespoons and mix it with warm water and add the smallest amount of splenda and drink it down. I am regular, (granted the amount has decreased since I don't eat all that much) and its all fine. I have bunches of energy and I have a great positive attitude. No cheating at all... Keep up the good work everyone...

alison

RE: Zero Carb / Meat and Water - Charles - 08-13-2008 09:52 AM

poo123 Wrote:
I am drinking my coconut oil daily. I really like it. I take 4 tablespoons and mix it with warm water and add the smallest amount of splenda and drink it down. I am regular, (granted the amount has decreased since I don't eat all that much) and its all fine. I have bunches of energy and I have a great positive attitude. No cheating at all... Keep up the good work everyone...

I don't know that I like this part. You were losing until you added the coconut oil mixture, if I remember correctly and that seems to be the only thing that has changed. Not only that but I want to make sure you are in fact eating. You're not going to lose more if you don't eat. I know I told you to eat when hungry, which you should, but make sure the majority of your fat is coming from your meals, not the coconut oil drink.

I'm certainly not a fan of Splenda in any amount. The fact that the drink is sweetened has effects on insulin secretion so I think you should go without it for a week and see what happens. If it's truly good for you, then you won't miss it.

What do you think?

Charles

RE: Zero Carb / Meat and Water - deedum - 08-13-2008 09:57 AM

Charles Wrote:

deedum Wrote:
However, I do not wake up hungry any more! But right after my morning cup of coffee (with coconut oil only) I'm starving. So the coffee is definately making me secrete lots of insulin. I think its because I've been drinkin a cup right before breakfast for so many years I have conditioned myself to release insulin upon drinking it.

You know how many times on these forums I have said I was giving up coffee?

You should know that it's not just the coffee in the morning. Remember, we are hyperphagic so we store fat during the day and we use it to live on at night. The diabetic community calls this Dawn Syndrome. It's normal for all of us to have insulin secretions in the morning as our metabolism slows to store more fat, thus prompting us to eat. Thus, eating carbohydrates in the morning is the worse thing that can be done because it immediately goes to storage.

If you're going to eat them, I would make it around mid-day so you have time to possibly mobilize them and certainly not before bed!
Regards,
Charles

Nope, not gonna eat any carbs.

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RE: Zero Carb / Meat and Water - deedum - 08-13-2008 10:01 AM

Charles Wrote:
suzanne Wrote:
Charles? Can you jump in here with your knowledge on this issue.

I don't have anything to add. You all are on top of it. Pretty soon, I'll be able to ride off into the sunset knowing that people are giving great advice based on science and experience and not just mere speculations.

I am quite regular as well. If I had a dollar for every person who swore I was constipated.....or who believes that fiber is so necessary...

I've recently picked up some pure fat (salt and water cured) from Wal-Mart and I add it to my pork meals. It is absolutely fantastic. I just melt it and put it in a dish and dip my fatty meat right in it. It's fantabulous! (Is that a word?) I have some here at the office so at lunch (whenever that is...) I'll warm up my pork steak in my toaster oven and melt the fat with it and just enjoy!

I did the same with chicken fat. I baked thigh and leg quarters last night and put the chicken fat in a dish and dipped the chicken, including the skin, in the hot fat. Man, that was some good eatin'. A year ago, I would never have done this.

It takes a very determined effort, but everyone can overcome their conditioning and achieve great health.

Regards,
Charles

What is this pure fat product called? I'm looking for more fat also.

---

RE: Zero Carb / Meat and Water - deedum - 08-13-2008 10:03 AM

Quote:
And it takes 3 weeks or so to get fully keto-adapted. So to re-introduce carbs/sugars during this time is counter productive and will set you (and your insulin levels) back to square one.

It's taken me alot longer than 3 weeks. I'm at 6 weeks zero carb and I feel alot better but my insulin is not under control yet. Patience, young Padawan.

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RE: Zero Carb / Meat and Water - suzanne W - 08-13-2008 10:23 AM
Hey Charles,
I have started to add fat to my cooking as well and it is so yummy. I just want to get my weight up to 110 and I have zero desire to eat anymore than I already am.

**RE: Zero Carb / Meat and Water - travis t - 08-13-2008 10:28 AM**

i have been using butter (a lot of butter) on my meats for a couple of months and i love it. coffee, butter, meat......oh my

travis t

**RE: Zero Carb / Meat and Water - daveo - 08-13-2008 10:32 AM**

I just wanted to add that this morning I added a couple strips of bacon and the bacon fat to my hamburger, and it has made a big difference in filling me up. Not even a little hungry 😊

**RE: Zero Carb / Meat and Water - Charles - 08-13-2008 10:34 AM**

deedum Wrote:
What is this pure fat product called? I'm looking for more fat also.

I don't remember a name on it. It just said "pork fat." It was in the meat section in one of the big bins across from the pork. They sell a bunch of it in a pack and there are two kinds, sugar cured and salt cured. I would get the "salt-cured" obviously. It was about $3 or $4.

Regards,

Charles

**RE: Zero Carb / Meat and Water - Charles - 08-13-2008 10:36 AM**

suzanneyea Wrote:
Hey Charles,
I have started to add fat to my cooking as well and it is so yummy. I just want to get my weight up to 110 and I have zero desire to eat anymore than I already am.

Congratulations! You said "weight up to 110", where are you now?

**RE: Zero Carb / Meat and Water - Charles - 08-13-2008 10:38 AM**

daveo Wrote:
I just wanted to add that this morning I added a couple strips of bacon and the bacon fat to my hamburger, and it has made a big difference in filling me up. Not even a little hungry 😊

Cool, isn't it? I find I have more energy (a feeling of). After my half-marathon races, I make it a priority to rest so I didn't lift Monday or run this morning. I don't get to go back to the gym until tomorrow night and run on Sunday. I'm already wanting to go...
Charles, I am eating twice a day. For lunch I have a pork steak cooked with butter. (12:30pm) For supper I have 73/27 ground beef cooked with butter usually around 1lb (10:00pm) And I drink some water during the day. Thats it. I have NO desire for food at all. I am eating at those times because that is when a actually feel hungry. I will drop the coconut oil and just use it on my skin and see what happens. I love to see my body changing but to be honest I am FAT and I would really like to see the numbers go down. I am sticking with this no matter what, so lets give no coconut oil a shot. I am willing to do anything. If you want me eating butter by the sticks, stand on my head I don't care I will do it.....alison

Travis--

I am so right there with you! Coffee, butter and meat. (If I could add one more thing to my list, I'd add 1 Tbp whole cream each day in my 3 cups of coffee.) I could seriously do fine with just these things!! I wonder if eating just these things would cause me to lose weight?

I am 5' 5.5" and weigh between 147 & 150. I wear a size 6/8 pant and have the waist taken in because I'm smaller there than in the thighs. I am athletic and lift heavy weights for a woman. Everyone always says I have very little fat on me, and I tend to believe them since I can't pinch anything anywhere, but I would love to get that honey super thin look so many women get. I just don't think it's in the cards for me? I've resigned myself to this, but...... it would still be nice........

I need to get to the grocery store and get some really fatty meat. We've been making turkey sausage, chicken thighs, lean hamburgers, salmon and eggs. The only thing we have on hand that's fatty is some beef brisket. I will go get some more fatty stuff after work tonight. This may be the first step.

poo123 Wrote:

Charles, I am eating twice a day. For lunch I have a pork steak cooked with butter. (12:30pm) For supper I have 73/27 ground beef cooked with butter usually around 1lb (10:00pm) And I drink some water during the day. Thats it. I have NO desire for food at all. I am eating at those times because that is when a actually feel hungry. I will drop the coconut oil and just use it on my skin and see what happens.

Please, I'm not accusing you of anything, I just think that when you added the cocounut drink, you stopped losing.

You might try what I'm doing and that's adding some more pork fat to your pork steak. For lunch today, I took some of the fatback I purchased and melted it in my toaster oven. The salt stayed in the pan and I poured the fat into a bowl. I dipped my pork steak in the fat with each bite and it was marvelous.

The butter should be fine, but I have my suspicions about dairy which I can't really explain. The 73/27 is great but just use the juices from the ground beef and leave out the butter. Try this for a week or two and let's see what happens.

Alison Wrote:
I love to see my body changing but to be honest I am FAT and I would really like to see the numbers go down. I am sticking with this no matter what, so let's give no coconut oil a shot. I am willing to do anything. If you want me eating butter by the sticks, stand on my head I don't care I will do it.....alison

I understand. I don't want you to eat butter sticks or stand on your head, but I want you to get the fat primarily from the meats instead of from dairy. The fact that your body is changing is also a good sign and we can't discount that. The problem is on the inside, not the outside, so it's great to see that we're progressing. Your hair is probably shinier, your skin radiant and other observations.

Let's give non-dairy and non-coconut a shot and see what happens.

Regards,

Charles

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RE: Zero Carb / Meat and Water - suzanneyea - 08-13-2008 12:44 PM

Quote:
Congratulations! You said "weight up to 110", where are you now?
I got on the scale at the gym and it was around 107, with my sneakers on. EEK! I am a little over 5'5, so, I am too thin. I love shrimp and chicken, but have dropped the shrimp and limited the chicken (I do not like skin either) I am trying to eat ground beef and steak, but I am hoping that adding the fat will help too.

RE: Zero Carb / Meat and Water - Charles - 08-13-2008 01:00 PM

suzanneyea Wrote:
I got on the scale at the gym and it was around 107, with my sneakers on. EEK! I am a little over 5'5, so, I am too thin. I love shrimp and chicken, but have dropped the shrimp and limited the chicken (I do not like skin either) I am trying to eat ground beef and steak, but I am hoping that adding the fat will help too.

Okay, well I take my congrats back, then! 😊

You said you could really eat, so keep it up. We know you won't gain more than you should, that's for sure!

Regards,

Charles

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RE: Zero Carb / Meat and Water - nyteez - 08-13-2008 01:09 PM

Quote:
What is this pure fat product called? I'm looking for more fat also.
It is usually called Salt Pork and usually found in the cured meats section or where they have the tongue & tripe & stuff. I'm with Travis! - everything is better w/ butter! I am now dipping all of my meats in to some kind of fat too, reminds me of dipping lobster into butter, Yummy!
How do you cook brisket? Isn't it a tough cut that has to cooked forever?

RE: Zero Carb / Meat and Water - Charles - 08-13-2008 02:16 PM

Dana Wrote:
How do you cook brisket? Isn't it a tough cut that has to cooked forever?

That's where the convection roast comes in. I never knew what I gem I bought my wife several years ago.... so easy, even a caveman can do it! 😁

By the way, I've also seen pork fat referred to as "fat back." It's just strips of fat in a package that just requires refrigeration. You take a couple and add them to your pan or heat them seperately until they liquify. Poor the fat into something (unless you want the salt as well) and dip away. Stefansson would eat the fat first and then the lean. I prefer my fat with my lean. If you start to get a little nauseated with too much fat, then that's a good sign that you have plenty. Just eat more lean and back off the fat a little and you should feel just grand!

RE: Zero Carb / Meat and Water - Nicola - 08-13-2008 02:34 PM

I believe that animal fat (not butter) is best like Charles. I have followed many "humans" (you don't have to be a doctor, just be interested in our make-up, before agriculture) over many forums, blogs...

Eggs will not have been easy to find (birds lay eggs in the spring - not like modern "soya and grain chicken"), wild meat will have had healthy fat (light yellow, not white, salt or suger cured!!!) and we should try are best to eat healthy meat and fat.

I go (I don't care how many km I have to ride!!!) to farms for suet. Marrow is a nice change and every now and again I have some brain (for healthy fat). Once a week I ride to Waldshut (Germany) to get my Argentine beef (they will eat a natural diet of grass, not like the European) because Switzerland is very pricey.

We also know that fat is best raw - but as we all live in our own body and mind...not all worry about or consider this!

On one of the forums a person, who has been eating just beef&fat and a little organs for over 3 years, has a journal all about pemmican (yellow tallow from grass fed beef vs. white tallow from grain fed beef) and many blood tests... with higher fat vs. lower fat!

So commercial meat and fat is not the deal.

http://www.csuchico.edu/agr/grassfedbeef/health-benefits/index.html

http://www.michaelpollan.com/article.php?id=14

Take care!

Nicola
Nicola Wrote:
I believe that animal fat (not butter) is best like Charles. I have followed many "humans" (you don't have to be a doctor, just be interested in our make-up, before agriculture) over many forums, blogs...

Eggs will not have been easy to find (birds lay eggs in the spring - not like modern "soya and grain chicken"), wild meat will have had healthy fat (light yellow, not white, salt or sugar cured!!!) and we should try are best to eat healthy meat and fat.

I go (I don't care how many km I have to ride!!!) to farms for suet. Marrow is a nice change and every now and again I have some brain (for healthy fat). Once a week I ride to Waldshut (Germany) to get my Argentine beef (they will eat a natural diet of grass, not like the European) because Switzerland is very pricey.

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So commercial meat and fat is not the deal.

http://www.csuchico.edu/agr/grassfedbeef/health-benefits/index.html
http://www.michaelpollan.com/article.php?id=14

Take care!

Nicola

I hear you and I don't doubt that anything you say is accurate. However, hopefully eating an all meat diet gives you most of the health benefits. Being a realist, I know that such things as eating raw fat, brains, marrow, organs, and having to track down grass-fed beef, while probably ideal, will not fit my lifestyle and there is no chance I will stick with it for life.

Nicola Wrote:
I believe that animal fat (not butter) is best like Charles. I have followed many "humans" (you don't have to be a doctor, just be interested in our make-up, before agriculture) over many forums, blogs...

Eggs will not have been easy to find (birds lay eggs in the spring - not like modern "soya and grain chicken"), wild meat will have had healthy fat (light yellow, not white, salt or sugar cured!!!) and we should try are best to eat healthy meat and fat.

I go (I don't care how many km I have to ride!!!) to farms for suet. Marrow is a nice change and every now and again I have some brain (for healthy fat). Once a week I ride to Waldshut (Germany) to get my Argentine beef (they will eat a natural diet of grass, not like the European) because Switzerland is very
pricey.

We also know that fat is best raw - but as we all live in our own body and mind...not all worry about or consider this!

On one of the forums a person, who has been eating just beef&fat and a little organs for over 3 years, has a journal all about pemmican (yellow tallow from grass fed beef vs. white tallow from grain fed beef) and many blood tests... with higher fat vs. lower fat!

So commercial meat and fat is not the deal.

http://www.csuchico.edu/agr/grassfedbeef/health-benefits/index.html
http://www.michaelpollan.com/article.php?id=14

Take care!

Nicola

Nicola, Welcome to this forum. We are also having a discussion about Lex in this forum as to why he is not keto adapted in this thread:
http://www.livinlowcarbdiscussion.com/showthread.php?tid=1037&pid=20229#pid20229

BTW, I lived for brief time in Argentina and ate many an Argentine steak in one of the many restaurants along the Rio de la Plata in Buenos Aires. They were quite good along with the blood sausage.

RE: Zero Carb / Meat and Water - poo123 - 08-13-2008 03:07 PM

Charles, I didn't want my post to sound bitchy. I think you are wonderful and will follow your advice without question. Its just I want to be thinner and would like it faster than is happening. Don't get me wrong, I am happy but I just want to be thin and happy.... For right now no coconut, no butter, little salt and added fat from pork or beef. I love eating this way, so it won't be a problem....Updates to follow....alison

RE: Zero Carb / Meat and Water - daveo - 08-13-2008 03:21 PM

poo123 Wrote:
Charles, I didn't want my post to sound bitchy. I think you are wonderful and will follow your advice without question. Its just I want to be thinner and would like it faster than is happening. Don't get me wrong, I am happy but I just want to be thin and happy.... For right now no coconut, no butter, little salt and added fat from pork or beef. I love eating this way, so it won't be a problem....Updates to follow....alison

It looks like you have lost about 17 lbs in 6 weeks or so. That's phenomenal. Your body can only burn so much fat in a given amount of time.

RE: Zero Carb / Meat and Water - nyteez - 08-13-2008 03:49 PM
Quote:
I believe that animal fat (not butter) is best like Charles.
Butter is animal fat.

The link from CSUchico about grass fed beef is a good example of how the augment against grain fed vs grass fed gets messed up.

I occasionally get my meat from CSU Chico's meat lab. (they sell it to the public on thurs & fridays) It is not 100% grass fed.

Most of our friends are ranchers & farmers. I never heard of anybody feeding grain to their cows from birth. It is too expensive. The ranchers go to great lengths to "pasture" their cows. In the summer the cows are trucked 50 or more miles up into the cooler part of the mountains where the grass stays green, then they truck them back down the hill before it snows. Can you imagine how much it must cost to truck herds of cows up into the mountains? It is cheaper than feeding grain. Most beef IS grass feed for most of its life, as it is at the CSU Chico farm. Then they feed grain before slaughter to fatten up the cow. The grain makes the meat and fat taste much better. Cows that were not finished off with grain are true grass fed. True grass-fed beef is awful! It is gamey and the fat tastes rancid.

These experiments at Chico farm were done on a cow that was raised on grain and a cow that was grass fed only. That is unrealistic. Commercial ranchers cannot afford to raise their cows on grain only.

I just don't buy that grass fed beef is much better nutritionally than store bought beef. All I know is I eat a lot of commercial beef & fat and I feel great!

---

**RE: Zero Carb / Meat and Water - caroline - 08-13-2008 03:56 PM**

Great point, Dana!

I love hearing this kind of info. because I am very focused on economizing for my family. This makes me feel great!

---

**RE: Zero Carb / Meat and Water - Kristi31 - 08-13-2008 05:55 PM**

I agree with Dana and besides, herbivores will make up what's missing in their diet...they are THAT efficient, YES! The difference in nutrition is so minimal as to be insignificant.

Once keto-adapted, if you have weight to lose, you will not be hungry until all the fat that is undesirable is used up for energy, as glucose, fatty acids and ketones. Once you reach your desirable weight, hunger will strike...until the next time when all that dietary fat is used up. And so on. So, if you are much above your healthy weight (established by your body, not by you), you may not feel hunger for days...who knows?! I suggest you eat when you truly feel hungry, not just for the sake of eating.

In ketosis, you will have cravings for carbs or protein, the latter being especially likely if formerly relying on protein for glucose. No matter how much you eat, the cravings will come and go until cells adapt to ketones. Also, you may have some craving for fat more frequently than in a keto-adapted state as fatty acids mobilization is somewhat reduced due to slowing down of body activity (similar to calorie restriction). Ketosis is real tough and is a time of strong cravings. If you get through it, the rewards are endless!
On a ZC or LC diet where protein and carbs (or protein alone) provide enough glucose, you will be hungry for protein (and carbs) from time to time and will have easy access to fatty acids for energy. But relying on protein for glucose may slow you down (from the energy it takes for conversion) and lead to a less than optimal state of health. You want to either rely mostly on ketones or carbs, not proteins for energy. Your cells are also still relying on glucose so when carbs are closeby and when you're hungry, beware! Overall, not an optimal state to be in.

On a high-carb low-fat diet (or high-protein low-fat), you will be hungry for carbs (or protein) from time to time. Problem is that fatty acid energy will be low. Fat hunger or the craving for fats should occur.

With high-protein/low-fat, insulin will not be high and protein will NOT be converted to fat such that you definitly need to eat fat to resolve the issue. You will have exhausted your fat reserves and be extremely thin.

With high-carb/low-fat, insulin is high and carbs do get converted to fat. Whereas in the above, you cannot get at fatty acids because there are none left and too little in the diet, in this particular scenario, there is plenty of fatty acids available but less accessible because insulin is stimulated frequently by periodic carb consumption. And of course, very little fatty acids coming from the diet. The solution, like in the above, is to eat more fat. So in either case, increasing fat is imperative.

If you are still too heavy (realistically) or too thin, check to see if you are spilling ketones. If you are, then wait until no more are spilled. If you aren't spilling, INCREASE fat intake until you start spilling ketones. Then wait again until no more is spilled. Ideally, you want no ketones in your urine, plenty of energy, no constipation, good skin, good sleep, no hunger and a healthy weight.

I truly believe that we can all reach our desirable weight, no matter how old, how obese, what our sex is, but only if we truly stick with (and are fully committed to) a zero-carb diet consisting of only WATER, ANIMAL FAT (including perhaps butter and cream but preferably pure animal fats like pork fat, suet, marrow, etc.) and ANIMAL MEAT. Nothing else, not even salt as it can interfere with fat metabolism...

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**RE: Zero Carb / Meat and Water - 08-13-2008 08:55 PM**

Hey guys! Quick check in to say I'm not struggling anymore...it's as if my body is welcoming the familiar feeling of NO carbs. I already feel 95% better. I did check the scale this a.m.: 171 which is up 9 from my pre-vacation weight...my feeling is that it will come off quickly. I can already feel it! :-) I absolutely love this WOE! 😊

I had a thought today--I ate to hunger, haven't cut out cheese or a bit of condiments yet...ended up eating 4 hamburger patties (73/27) with cheese and a bit of mayo, mustard, and LC bbq sauce...but my thought is was that enough? I don't want to force it but I don't want to be low in calories. Should I worry? Or let it go...I absolute DETEST tracking intake and love the eat to hunger/satiety way of thinking....just wondering...

---

**RE: Zero Carb / Meat and Water - 08-13-2008 10:00 PM**

Eat to appetite. As long as your are feeling good, have plenty of energy, losing weight (or at a desirable weight already) and find that overall, physically and psychologically, things are going well, then there needs no change.

As for the mayo, try to do your own instead of buying those with soy or canola oil. Healthier for you.
Don't overdo cheese as it can constipate and try as much as possible to keep it simple and stick to animal fats.

Happy you're feeling better and again, don't worry about the calories, just how you feel! Take care, Kim.

---

**RE: Zero Carb / Meat and Water**

Charles Wrote:
Ketoadaptation is just that, your body adapting to using fat for energy and ketones in place of glucose for most of the tissues that use it. That doesn't have anything to do with insulin, however. Your body will still hypersecrete some but it should begin to get better.

The "little bit won't hurt" mentality will doom your effort at controlling your insulin and put you back in the ketoadaptation process where you are wasting ketones since you provided some glucose even though your body created ketones out of fat for this purpose. The adaptation process is hard on your body and makes you feel like you have no energy as your body adapts. It's best to just adapt and stay there than keep going back and forth.

I'm 32 years of age now, and when I was around 19-20 I tried Mauro Dipasquale's Anabolic Diet--a diet geared to bodybuilder types. I did a 14 day induction of basically meat, cheese, and eggs. Even back at a "young 19" I had the low energy, brain fog, etc., going on, albeit to a MUCH lesser degree. So, it appears that even at 19: "slight hyperinsulinemia." But at 32: hyperinsulinemia significantly heightened.

So, a little over ten years ago, with the Anabolic Diet, it was not the "little bit won't hurt" mentality BUT the "a lot won't hurt" since after the 2-day carb fest you go back to your zero carb on Mon-Fri. After the 14 day induction followed by the two days of lotsa carbs, followed by the 5 days of virtually zero carb, followed by 2 days lotsa carbs, and continuing the 5 and 2 cycle for about 6 months or so. And despite this continual 5 and 2 cycle (back and forth) I had plenty of energy.

Take this scenario: A person gets ketoadapted. They go "back and forth" with a 6 day zero, 1 day carbs. They do not suffer any ill effects insofar as energy and brain (focus, mental clarity,etc.) are concerned. But if I remember correctly, even a 6 and 1 would not be optimal, *even if* one had plenty of energy and focus due to the other health concerns that are NOT felt or perceived in the way mental focus and physical energy is.

---

**RE: Zero Carb / Meat and Water**

Dwayne Wrote:
Well I am checking back in and trying harder than I was since it wasn't working. I am still having coffee in the morning but my carbs are 4-6 a day now. Today is day two. I am excited once again. Does anyone have suggestions for long cooking meats in the oven? I want to try to do some ribs or brisket, but was curious how you all cook them.

---

**RE: Zero Carb / Meat and Water**

Dwayne Wrote:
Well I am checking back in and trying harder than I was since it wasn't working. I am still having coffee in the morning but my carbs are 4-6 a day now. Today is day two. I am excited once again. Does anyone have suggestions for long cooking meats in the oven? I want to try to do some ribs or brisket, but was curious how you all cook them.
Pork sparebits ribs can be done in one of two ways according to the ones I bought and cooked last week.
1. Put the ribs in boiling water and then simmer for 45 minutes. Then put them on a grill for 4 per
minutes per side. 2. Bake at 375 for 1 1/2 hours and then coat with 'sauce' (low carb of course or a spice
rub) and then back in the oven for an additional 30 minutes at 425. The instructions were on the
packages of pork spareribs I bought.

RE: Zero Carb / Meat and Water - Kristi31 - 08-14-2008 07:07 AM

Keto-adaptation would not occur on such a cyclical diet.

First, one usually needs more than 2 weeks to become adapted to ketones. So, I doubt those on a cyclical
diet are adapted. Their cells are still adapted to glucose.

Second, carb days would derail the process of keto-adaptation and make it impossible to achieve. One
would go in and out of ketosis. OR just remain glucose-dependent (protein or carb). Personally, I don't
think it's a good idea. The days (1-3) that follow "carb-day", you will probably feel good and then not so
good unless you are eating much protein which would allow you to get all the glucose needed.

I suspect you felt good all along because you relied on glucose (carbs and protein mostly) and were
never in ketosis. I think it's unnecessary to follow a cyclical diet because once keto-adapted, your
endurance and strength can actually benefit while keeping in top shape and very healthy. You just have
to get through the transition period.

Muscles appear bigger when insulin is present because glycogen reserves in muscles increase,
"ballooning the muscle". Increased fat deposition also adds to the bulk.

RE: Zero Carb / Meat and Water - daveo - 08-14-2008 07:11 AM

Dwayne Wrote:
Well I am checking back in and trying harder than I was since it wasn't working. I am still having coffee
in the morning but my carbs are 4-6 a day now. Today is day two. I am excited once again. Does anyone
have suggestions for long cooking meats in the oven? I want to try to do some ribs or brisket, but was
curious how you all cook them.

I generally smoke those kinds of meats, but if I did them in the oven I would cook them low n' slow,
maybe 225 degrees. Ribs would take maybe 4 hours or so. Brisket will be a lot longer but it depends on
weight. When I smoke a brisket it can be a 12 hour affair 🙄. A meat thermometer would help, preferably
a remote one. Brisket will slice well at appx 175-185 degrees and pull closer to 200 (I think, I'll look it
up and edit this if those #s are off). Cover with foil to keep as much moisture in as possible.

I have one of these:

http://www.amazon.com/Weber-2820-Smokey-Mountain-
Cooker/dp/B00004U9VA/ref=pd_bbs_sr_1?ie=UTF8&s=home-garden&qid=1218722899&sr=8-1

and one of these:

There is definitely an investment involved, but if you love these kinds of meats it is worth it, and think about how much you can save eating awesome Brisket and Pork Shoulder, both of which are extremely cheap, fatty, and make great BBQ 😊

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**RE: Zero Carb / Meat and Water - C-Dunc - 08-14-2008 07:55 AM**

C-Dunc Wrote:
Take this scenario: A person gets ketoadapted. They go "back and forth" with a 6 day zero, 1 day carbs. They do not suffer any ill effects insofar as energy and brain (focus, mental clarity, etc.) are concerned. But if I remember correctly, even a 6 and 1 would not be optimal, *even if* one had plenty of energy and focus due to the other health concerns that are NOT felt or perceived in the way mental focus and physical energy is.

Charles, I think that perhaps your post 1816 answers the above scenario:

Quote:
Honestly, I don't have too much to comment on regard Thib. Cycling in and out of the ketoadaptation zone doesn't sound like fun at all. The real benefits of zero-carb don't manifest themselves for a food couple of months after reaching ketosis. I don't find much beneficial about merely "being in ketosis."

He is interested in muscle building, which does not interest me. I have very lean muscle and I'm not at all puffy. It seems that in order to get bigger and really sculpt a bodybuilder's physique, one would need to do as Thib and incorporate this sort of regimen. I can't comment on the healthiness of such an approach because I don't know of a population that does this nor have I studied the life span of bodybuilders who do this.

I think that one can be sufficiently muscular while eating a proper diet and with moderate weight training they can look pretty spectacular. However, for competitions and the like, perhaps they would need to cycle which I don't recommend.

By the same token, to run marathons and qualify for the Boston Marathon, it may take some amount of carbohydrates to do that well. I don't think that's healthy so therefore, I would not be interested in running the Boston Marathon. The end does not necessarily justify the means, in my opinion.

And so, there are no studies or whatever that demonstrate that once a week carb meals or infrequent all out loads are unhealthy. There is no "disease of civilization" with regard to infrequent "carbing-up."
Those who advocate periodic carb loading say that carbs are only problematic when taken in large quantities, frequently--and that is painfully obvious to us, but not so obvious to those who adhere to a diet like unto Food Pyramid recommendations.

A cited benefit of a carb load is that it allegedly boosts the T3 (thyroid hormone) that they say declines on a long-term zero/low carb diet. Proof that low carb lowers T3 is that weight comes piling back on after going back to a higher carb diet. Any diet (say "they") that lowers T3 is not a viable means of achieving lasting fat loss. They think meat and water would lower T3 (long term; not short term), and so they would have people to do periodic carb loads to boost T3 and hence, continue losing fat. But I say what if one continues losing fat on zero carb for 6 months, and then stagnates at 6 months and one day? Should he or she carb up or should they try "tweaking" some other things within the zero carb parameters? I'm not sure.

For Faigin and Dipasquale specifically, they desire to OPTIMIZE insulin's anabolic muscle-building
effects through a periodic carb-load while avoiding the lipogenic (fat accumulating) effect of the chronically elevated insulin that accompanies the average diet of American civilization. In sum, the goal in muscle building/fat losing is the minimize the bad of insulin, while maximizing the good--hence the concept of "insulin optimization."

I lean more toward the mindset of muscle-building. BUT NOT to the degree of bodybuilding competitions or even to the degree of "looking like I lift weights" *specifically* for bodybuilding. I wrestled in high school and even now I look like a fairly muscled wrestler at a height of 5'4" 145 pounds. Assuming I lose no muscle mass on perpetual zero-carb, I would probably look a bit bigger at an extremely lean (shredded) 130. I don't really care about whether it is a bodybuilders physique or a Olympic wrestling physique. For even some pro basketball players are quite lean and heavily muscled.

**RE: Zero Carb / Meat and Water** - [Loops](#) - 08-14-2008 08:12 AM

FatGirlOnAtkins Wrote:
Loops Wrote:
FGOA -

that is great news! I am still going strong with giving up my cheese - although I did have a single oz of goat cheese a couple of days ago, but nothing since. Still having the cream though and stuff like lettuce and some nuts so I'm still not on zc. I just enjoy reading all the posts - maybe one day I'll be convinced to try it again.

I know everyone is different, but nuts always, always stall me. Which stinks as much as I love them!!! Just a thought

Hiya -

nope, not here. I lost down to 60 kilos eating lots of nuts before, especially almonds. Still - they're probably not that great for me (too much omega-6 maybe).

Loops

**RE: Zero Carb / Meat and Water** - [cbnebraska](#) - 08-14-2008 08:30 AM

Just curious to find out which artificial sweeteners stall the least amount of people? I've switched to liquid saccharin for my coffee, but I've heard erythritol is the least likely to affect blood sugar. However, I cannot find erythritol anywhere. I am working myself very close to zero carbs, but I am going to try to do it while still having my 2 morning cups of coffee and 1 afternoon iced coffee. I put a tiny bit of sweetener in each cup, as well as I almost Tbsp. of whole cream. Everything else, I can give up.

So, could I get a poll? Which sweetener stalls you? Also, should I put coconut oil or whole cream in it and why? I don't have anything to measure my glucose, so I thought maybe if there's a clear favorite, I'd switch to that.

Thanks!
Cynthia
cbnebraska Wrote:
Just curious to find out which artificial sweeteners stall the least amount of people? I've switched to
liquid saccharin for my coffee, but I've heard erythritol is the least likely to affect blood sugar. However,
I cannot find erythritol anywhere. I am working myself very close to zero carbs, but I am going to try to
do it while still having my 2 morning cups of coffee and 1 afternoon iced coffee. I put a tiny bit of
sweetener in each cup, as well as 1 almost Tbsp. of whole cream. Everything else, I can give up.

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and why? I don't have anything to measure my glucose, so I thought maybe if there's a clear favorite, I'd
switch to that.

Thanks!
Cynthia

I'm completely avoiding sweeteners, but I can tell you that in the past when I lost a lot of weight low
carbing, I drank Diet Coke like nobody's business and had no problems. I'm avoiding it now to get rid of
a taste for sweet flavors.

Splenda, however, seems to be no different that sugar to my body. I get cravings and I feel like I just ate
a high carb meal if I use Splenda.

kherring Wrote:
Interesting that you never had a problem being regular. That is always my biggest problem when I do
LC or zero carb. Hmmm, wonder what is going on? I do know that everything I have read about zero
carb mentions constipation being an issue also so I'm not sure what the answer is.

I have the same problems the first couple of weeks, but for some reason once my body adapts,
everything goes as well as before. Exercise always helps, too. But the constipation issues never last
more than a week for me.

lowcarbscott Wrote:
Just curious to find out which artificial sweeteners stall the least amount of people? I've switched to
liquid saccharin for my coffee, but I've heard erythritol is the least likely to affect blood sugar. However,
I cannot find erythritol anywhere. I am working myself very close to zero carbs, but I am going to try to
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and why? I don't have anything to measure my glucose, so I thought maybe if there's a clear favorite, I'd
switch to that.

Thanks!
Cynthia
8 months on low carb, I seem to be sensitive to all of them. Could be just my own system.

Scott

RE: Zero Carb / Meat and Water - deedum - 08-14-2008 10:30 AM

cbnebraska Wrote:
Just curious to find out which artificial sweeteners stall the least amount of people? I've switched to liquid saccharin for my coffee, but I've heard erythritol is the least likely to affect blood sugar. However, I cannot find erythritol anywhere. I am working myself very close to zero carbs, but I am going to try to do it while still having my 2 morning cups of coffee and 1 afternoon iced coffee. I put a tiny bit of sweetener in each cup, as well as 1 almost Tbsp. of whole cream. Everything else, I can give up.

So, could I get a poll? Which sweetener stalls you? Also, should I put coconut oil or whole cream in it and why? I don't have anything to measure my glucose, so I thought maybe if there's a clear favorite, I'd switch to that.

Thanks!
Cynthia

Cynthia,
Its not the chemical composition of the sweetener that causes stalls. Its the body's conditioned response to the taste of sweetness that causes the stalls. Your body tastes "sweet" and your pancreas releases insulin because its conditioned to do so regardless of what that sweetness is made of. That is why Charles recommends no sweetness (in foods, that is)

RE: Zero Carb / Meat and Water - Charles - 08-14-2008 11:09 AM

Dana Wrote:
I just don't buy that grass fed beef is much better nutritionally than store bought beef. All I know is I eat a lot of commercial beef & fat and I feel great!

I couldn't have said it better!

Just to add a little what Dana said, Stefansson, in Not by Bread Alone states that it's very difficult to make nutrition arguments based on types of fat or meat. No one disputes the health of those Inuit that ate Caribou and gnawed on the bones and even ate occasional organ meats. However, for every one of them, there were others who never ate Caribou and only ate fish. They were just as healthy and their teeth were just as beautiful. Even the Caribou eaters did not eat that meat all year, and they would go a year without it and eat seal or whatever else was available. The point is, they were all healthy to the same degree.

Just because some grass fed "may" (which I'm not positive) be more nutritious, that doesn't mean that grain-finished meat is not nutritious. Just like Dana, I eat a lot of it and feel just great.

Regards,
Charles
poo123 Wrote:
Charles, I didn't want my post to sound bitchy. I think you are wonderful and will follow your advice without question.

No problem, Alison. You can bitch to me all you want 😊 Oh, and you SHOULD always question and even argue everything I write. That's a very good thing and you should never feel like you can't disagree. I argue strongly, but I'm not infallible (I don't even know if I spelled that word right!)

Okay, I am not talking about Alison at this point...I'm writing in general!

I wrote about this in my journal today, but I want to say here as well that weight is not the marker for good health. Obesity gets a bad rap because obese people tend to get the other diseases of civilization faster than the rest of us, especially since they usually don't correct their diet.

However, it's possible to live a long and healthy life on the correct diet and you may or may not get skinny for all your efforts. However, what if you stave off all the other diseases of civilization in the process? Isn't that much better? I have to believe it is. I know it's tempting to throw your hands up and say "what's the use" if you're not losing weight but the alternative could be much worse.

Too much weight is not the issue, it's too much insulin. Work to correct that and you may or may not get lean. But I have to believe that you'll be better in the long run. You'll be the most beautiful large person with beautiful hair, white teeth, clear skin, clear thinking, a great libido, well-rested, active, and have a good optimistic disposition which is needed in our world.

Former smokers are faced with the same possibilities. They may gain weight when they stop but they realize that life is more important.

Regards,
Charles

C-Dunc Wrote:
And so, there are no studies or whatever that demonstrate that once a week carb meals or infrequent all out loads are unhealthy. There is no "disease of civilization" with regard to infrequent "carbing-up."
Those who advocate periodic carb loading say that carbs are only problematic when taken in large quantities, frequently--and that is painfully obvious to us, but not so obvious to those who adhere to a diet like unto Food Pyramid recommendations.

A cited benefit of a carb load is that it allegedly boosts the T3 (thyroid hormone) that they say declines on a long-term zero/low carb diet. Proof that low carb lowers T3 is that weight comes piling back on after going back to a higher carb diet. Any diet (say "they") that lowers T3 is not a viable means of achieving lasting fat loss. They think meat and water would lower T3 (long term; not short term), and so they would have people to do periodic carb loads to boost T3 and hence, continue losing fat. But I say what if one continues losing fat on zero carb for 6 months, and then stagnates at 6 months and one day? Should he or she carb up or should they try "tweaking" some other things within the zero carb parameters? I'm not sure.
My major problem with all of this just has to do with the metabolic syndrome. Weight is just one of the many symptoms involved so each time you "carb up" how can you be so sure that the only effect involves fat mobilization? We really don't know the effects of high insulin. I know chronically high insulin is bad, but the real question is should insulin ever be so elevated?

If you were coming from 100 years of history where your people never ate carbohydrates and then you "carbed up" you could make reasonable predictions about what should happen. However, because we inherit a lot of our insulin problems I would be hard pressed to test the voracity of a carbup routine without knowing every variable.

I'd like to think that whenever I carb up, I can just go back to zero-carb and everything will be fine. Well, this last time I ate some carbs it took several weeks to get down to my low weight and I found this wildly disconcerting. I'm afraid to do that again and have no plans to repeat the experiment.

It used to take 70 pounds of sugar a year to manifest the diseases in a brand new population transitioning to what we call "civilized." I suspect it would take far less for us to develop disease today since we're far removed from the 1800s when sugar consumption rose sharply.

Regards,

Charles

---

RE: Zero Carb / Meat and Water - suzanneyea - 08-14-2008 12:21 PM

Quote:
However, it's possible to live a long and healthy life on the correct diet and you may or may not get skinny for all your efforts.

That was all so well said Charles! I always tell people that they need to follow this plan for health reasons, the weight loss is a side effect.

---

RE: Zero Carb / Meat and Water - RobinM - 08-14-2008 12:35 PM

daveo Wrote:
I'm completely avoiding sweeteners, but I can tell you that in the past when I lost a lot of weight low carbing, I drank Diet Coke like nobody's business and had no problems. I'm avoiding it now to get rid of a taste for sweet flavors.

Splenda, however, seems to be no different that sugar to my body. I get cravings and I feel like I just ate a high carb meal if I use Splenda.

I feel the same way with Splenda altho liquid Splenda does not seem to affect me the same way.

There is so much great information here. I will have to check here frequently to keep learning. Zero carb may be something I work towards in the future. 😊

Charles, thank you for everything you do!

Robin 😊
suzanneyea Wrote:
Quote:
However, it's possible to live a long and healthy life on the correct diet and you may or may not get skinny for all your efforts.
That was all so well said Charles! I always tell people that they need to follow this plan for health reasons, the weight loss is a side effect.

Thanks, Suzanne!

I also wanted to report that this is my third day with the added fats routine and I have to tell you all, I woke up with so much energy today. This is absolutely awesome! I never thought my energy was that bad, but I would get sluggish from time to time. Well, now I'm raring to go to the gym with my son tonight. I have all this energy.

Monday and Tuesday, I was pretty sore from my race, especially in my hamstrings. Today, they feel great.

Don't worry about the salt-cured pork fat. When I heat it in my toaster oven, the salt stays with the main piece of fat on the pan. The rest just turns to a beautiful golden liquid and I pour it into a dish. It's not at all salty. Dip the meat in on each bite and enjoy.

Even my dog is enjoying his zero-carb diet. The last bag of Nutro was his last. For past week, he's been eating raw ground beef and meat scraps and bones from whatever we eat as a family. His teeth are sparkling, his energy is good and every time he sees me, he's jumping up looking for some meat. I treat him like an Alaskan sled dog!

Look at those eyes!

RE: Zero Carb / Meat and Water - RobinM - 08-14-2008 12:45 PM

RobinM Wrote:
Charles, thank you for everything you do!

You're very welcome, Robin! Great to see you over here!

Best regards,

Charles

RE: Zero Carb / Meat and Water - Loops - 08-14-2008 01:09 PM

Wow he's really cute Charles!
I think your new avatar pic is amazing as well - such an inspiration - you look like a pro athlete! Suzanne's avatar is the same - totally ripped and lean.

I have a new little spanner to throw into the works if that's ok! I love discussing this stuff here - so please don't throw me out.

Have you heard of the Banta diet? The author claims that ANY food can be ketogenic, as long as it's fat quantity is at least 1.5 times the weight of both protein and carbs added together. For instance, if you ate 100g of protein, in order to be able to eat that food and be able to have fat loss without caloric restriction, you need to eat at least 150g of fat with it.

The same goes for carbs - 30g of carb needs at least 45g of fat for the food to be ketogenic. She is of course taking the opinion that the glucose from protein can impact weight loss and needs to be countered by fat. However, as we have seen with both yourself and Suzanne, weightloss can occur on a high protein zero carb diet.

So....

I've thrown out this idea at other forums - can't get much feedback. It all sounds a bit dubious, especially since it would be totally against the low-carb ideal to say you can eat a high carb food, mix it with tons of fat and still lose weight, but maybe she has a point about the ratios.

Here we are discussing how fat is important - we see Lex who has been zero carbing for a long time on a lot of protein and moderate fat, suddenly begin to get into 'ketosis' i.e. peeing ketones once tons of fat is added (80%), which is odd, seeing as Bear maintains that gluconogenesis simply doesn't happen.

I also note some authors (a good example being Kwasniewski) claiming that gluconogenesis does indeed happen and needs to be controlled for good health (i.e. eat lots of fat instead).

Who is right? Does it even matter if the carbs are low enough? It shouldn't, but what if it does?

I wish someone would have an outright answer. Anecdotal experiences don't seem to show much in common. For instance I know both you and Suzanne and a few others on this forum are having great success simply cutting out all of the carbs, but I also know a few other people on other forums that didn't have any success on zero carb, and gained weight/fat. One of those people (I won't name them as I don't have their permission to talk about this) did zero carb for 3 years and gained 15 pounds. I don't think she was cheating or doing weird stuff like AS either.

What gives? Do I sound like a broken record? Apologies!

Loops

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**RE: Zero Carb / Meat and Water** - MAC - 08-14-2008 01:19 PM

Loops Wrote:

One of those people (I won't name them as I don't have their permission to talk about this) did zero carb for 3 years and gained 15 pounds. I don't think she was cheating or doing weird stuff like AS either.

There is a quote from Gary Taubes in another thread (probably in the GCBC sub-forum) that you may be low carb and never get to your ideal weight because of metabolic defects that cannot be overcome.
Sorry to be so harsh but that may be true. Which is why it is more important to stress the health benefits of low carbing rather than the weight loss.


Loops Wrote:
Here we are discussing how fat is important - we see Lex who has been zero carbing for a long time on a lot of protein and moderate fat, suddenly begin to get into 'ketosis' i.e. peeing ketones once tons of fat is added (80%), which is odd, seeing as Bear maintains that gluconogenesis simply doesn't happen.

He doesn't maintain it doesn't happen only that someone must actually be starving to make it happen. That is, no food is consumed period.

**RE: Zero Carb / Meat and Water - daveo - 08-14-2008 01:25 PM**

My Walmart doesn't appear to sell pork fat. Must be a regional thing.

**RE: Zero Carb / Meat and Water - Charles - 08-14-2008 01:59 PM**

Loops Wrote:
Wow he's really cute Charles!

We just love Sawyer's whiskey eyes. He's not a very good guard dog, though. He would play with the robbers!

Loops Wrote:
I think your new avatar pic is amazing as well - such an inspiration - you look like a pro athlete! Suzanne's avatar is the same - totally ripped and lean.

Thanks. I'm sure Suzanne would agree that we want the same for all of our zero-carbers and we suspect by the end of the year, more people will be reporting that they've found their abs as well, without that much exercise.

Loops Wrote:
I have a new little spanner to throw into the works if that's ok! I love discussing this stuff here - so please don't throw me out.

That's okay. That's why I'm here!

Loops Wrote:
Have you heard of the Banta diet? The author claims that ANY food can be ketogenic, as long as it's fat quantity is at least 1.5 times the weight of both protein and carbs added together.

Well, I looked at the website for this diet and it doesn't look all that dissimilar from other low carb diets. They are borrowing off of William Banting's name and the popular term, "banting" as a tribute to the Englishman.

I don't really buy the logic of the ketogenic food. The point of ketone bodies is that they are created out of fatty acids to provide fuel to those tissues that can use them. Of course, when carbohydrates are
absent from the diet, ketones make up the difference but that's really a backwards way of looking at it. Ketones provide what they provide. When glucose is present, our bodies use these tissues to use that glucose first in order to get back to the ketones which are preferred.

There is ample evidence that our brains and other tissues run far more efficiently on ketones than they do on glucose so it's not at all a stretch to say that ketones are preferred. It is a disservice to say that ketones replace carbohydrates.

Therefore, I can't see how a carbohydrate would ever be considered ketogenic. It can not be by definition. Now, if you increase your fats in response to having more carbohydrates in your diet, you're only going to put on that much more weight. Everyone, including Dr. George Bray, will agree that fats and carbohydrates together are a deadly duo. In fact, if you do eat carbohydrates, you probably should eat less fat to avoid serious weight gain.

Loops Wrote:
However, as we have seen with both yourself and Suzanne, weightloss can occur on a high protein zero carb diet.

Suzanne and I are NOT on a high protein diet. We are on a high-fat diet. Our protein is really quite moderate.

Loops Wrote:
I've thrown out this idea at other forums - can't get much feedback. It all sounds a bit dubious, especially since it would be totally against the low-carb ideal to say you can eat a high carb food, mix it with tons of fat and still lose weight, but maybe she has a point about the ratios.

Ratios are really irrelevant. They are never considered by those populations that eat them, if you notice. It's always outsiders that analyze the diet and say, "so and so is eating X% fat and X% protein." It's not at all natural to look at a piece of food and say, oh, this is 600 calories so I'll eat this much. What is so wrong with relying on hunger? I agree that it may be out of whack at first, but it will adjust over time and regulate as its supposed to.

Loops Wrote:
Here we are discussing how fat is important - we see Lex who has been zero carbing for a long time on a lot of protein and moderate fat, suddenly begin to get into 'ketosis' i.e. peeing ketones once tons of fat is added (80%), which is odd, seeing as Bear maintains that gluconogenesis simply doesn't happen.

We can't explain Lex's issue but to me it doesn't really matter whether he's doing that or not. The real issue is that a person needs to get ketoadapted to realize the benefits of a zero-carb diet. Kristelle made the observation that many people spend much time in ketosis but not very much time being ketoadapted. She urged people to just take the plunge and get ketoadapted and don't worry about ketosis after that point. I agree wholeheartedly. I have only rarely tested my strips. They don't mean much in the overall scheme of things. If I tested today and found that I spill ketones in my urine, I would just say, okay. What does that really mean?

Loops Wrote:
I also note some authors (a good example being Kwasniewski) claiming that gluconogenesis does indeed happen and needs to be controlled for good health (i.e. eat lots of fat instead).

Why? If the Inuit and Masai (and the rest of us) eat a high fat diet and enjoy good health, then we are consuming what is, by definition, a healthy diet, period. You cannot solely examine the diet to determine
how healthy it is. Examine those eating it to see whether you find any deficiencies or poor health. Since Suzanne, Dana and I (among others) are in great health, then the assumption should be that we are eating what is by definition, a healthy diet.

I'm not saying gluconeogenesis happens or doesn't happen, I'm just saying that it's quite irrelevant. We talk about it to try and explain how a person gets what we believe to be the necessary amount of glucose on a zero-carb diet, but it's obviously not important. I mean, really.

Loops Wrote:
Who is right? Does it even matter if the carbs are low enough? It shouldn't, but what if it does?

As I've said ad nauseum, looking at carbohydrates and ratios is missing the forest for the trees. Carbohydrates are not the problem, chronically high insulin is the problem. If you don't have much insulin resistance, your body can efficiently remove them from your system without storing them. However, there is no easy way to tell whether you're insulin resistant without other markers. The damage happens long before weight gain. Some people never gain weight, only the lucky ones.

There is absolutely nothing wrong with being overweight and healthy. If you eat to control your insulin, you will gain a health advantage regardless of whether or not you lose weight. That is the most important thing. Everything else is truly irrelevant.

Loops Wrote:
For instance I know both you and Suzanne and a few others on this forum are having great success simply cutting out all of the carbs, but I also know a few other people on other forums that didn't have any success on zero carb, and gained weight/fat. One of those people (I won't name them as I don't have their permission to talk about this) did zero carb for 3 years and gained 15 pounds. I don't think she was cheating or doing weird stuff like AS either.

That's because by your criteria, everyone has to be like Suzanne and I to prove that zero-carb "works." I would suggest that you need to alter your criteria about what works. If your friend ate zero-carb consistently for three years and gained 15 pounds, then they won't lose weight on any other plan either. They can stop eating and starve themselves by going on a hunger strike, but they will still be fat at the end of such a plan. There is another reason they gained 15 pounds and I'm positive that there is something else going on in their body that they are not sharing with you. I guarantee there is.

Loops Wrote:
What gives? Do I sound like a broken record? Apologies!

There is no need to apologize. I understand why you have questions and problems with all of this. You don't like fatty things due to your own conditioning and you want to find something that works more with you rather than you working with it. I appreciate that and I wish life were that easy, but unfortunately, it isn't.

I realize that zero-carb turns many things that we hold dear completely on their side and makes the lines blurry. However, I also believe that in order to be successful at something, one has to go and find others who have been successful at a particular venture and emulate them. If I want to be good with money, I need to go find some people who are handling theirs and do likewise. By the same token, if I want to see what a healthy diet looks like, I need to go find healthy people and eat like them.

It does no good to sit amongst those who merely theorize about what should happen. If you listen to them, then we all have overworked kidneys, fatigued adrenals, low calcium, deficiency diseases, bad
teeth and no energy. However, you know that isn't the case.

The Inuit men, international explorers, Native Americans, and fur traders ate a half-pound of fat along with a pound and a third of lean per day and they drank water. These were the ones who engaged in hard work and took long journeys. If I want to be successful on zero-carb, this is my starting point, period. There is nothing else to try.

Will it be hard? Yes. Will it be boring? Yes. Will it make me dislike my food? Probably. Will I be healthier even if I don't lose weight? Why not, they were!

For me, there are no other considerations. We can haggle over how much glucose the body needs or whatever, but at the end of the day, all of this is meaningless. It's all about eating the best diet for health and in my opinion, history, epidemiology and some impressive science suggests that this is it.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - Charles - 08-14-2008 02:02 PM**

daveo Wrote:
My Walmart doesn't appear to sell pork fat. Must be a regional thing.

Check other locations if you can, even other stores. Our Kroger sells chicken fat and of course one can always cook up a big pork roast and collect the fat from it to use with other meats. I'm looking for beef fats now. I usually get enough from the drippings but I would like to have some so I can add to things if necessary.

Charles

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**RE: Zero Carb / Meat and Water - daveo - 08-14-2008 02:37 PM**

Charles Wrote:
daveo Wrote:
My Walmart doesn't appear to sell pork fat. Must be a regional thing.

Check other locations if you can, even other stores. Our Kroger sells chicken fat and of course one can always cook up a big pork roast and collect the fat from it to use with other meats. I'm looking for beef fats now. I usually get enough from the drippings but I would like to have some so I can add to things if necessary.

Charles

My wife gave me a look of utter horror when I poured the bacon grease on top of my bacon cheeseburger this morning 😕

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**RE: Zero Carb / Meat and Water - Nicola - 08-14-2008 02:45 PM**
Charles, I love to see how huskys rip up their raw meat...

http://www.shirleys-wellness-cafe.com/animals.htm

...and when cows get fed sugar beet (grain, soya, antibiotics...), then this will add to their milk, meat, fat (not that we should be drinking this milk); children, baby's, adolescent and adults can/do show a reaction in some form...but our mind is powerfull with answers to confirm us all is normal.

I am shore, that adding antibiotics to pigs food (to promote growth and efficient use of food) and all the rest of man made agriculture is why our world is turning in to all the ill health and unjust life.

http://www.energybulletin.net/node/34991

Charles, you have a grate character and that is what we love about you - grass or grain fed!

Nicola

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**RE: Zero Carb / Meat and Water - poo123 - 08-14-2008 02:50 PM**

well here I am again. Just checking in and saying everything is fine. Just meat and h2o, no cocount oil or butter, no salt either. Feel fine. Love reading all the posts, thanks for everything Charles. alison

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**RE: Zero Carb / Meat and Water - nyteez - 08-14-2008 03:20 PM**

Hi Everybody! I think the magic key is FAT! So many people are fat phobic and just don't get this. I was doing zero carb for 4 months and didn't lose anything until I started eating way more fat than I would ever allow myself, and cut out eggs. I don't know what it is with the fat, you just have to try it and see for yourself. It is like jet fuel! I haven't had this much energy since my 20's.

Isn't it great Charles? Have you noticed a difference in your running since adding fat? I felt like I could run for days this morning.

Measuring makes me crazy. With my ground beef & sausage breakfast I add about 1 T of butter and 1 T of tallow or lard. So, there is about 1/3cup of juices & fat that I eat in a bowl with the meat. Meat is about 1 cup or so. I don't eat anything until about 7pm now. My dinner isn't as fatty because I am afraid I won't sleep LOL!

Even if Carbs mixed with fat would produce the same results as meat & fat, I wouldn't do it. Carbs are just bad and there is scientific proof of that. The body does not need to ingest carbs and the little carbs we do need for certain cells our bodies can manufacture from protein.

I ask a butcher for pig fat and beef fat. You guys must have places around that cut their own meat. They throw most of the fat away, so they just give it to me. I cut it up into stew size chunks and put it in the crock pot for about 2 days. Then pour it into mason jars. It's really easy. If you don't have a crock pot you can do it in the oven. Put the fat chunks in an oven proof pot and set the oven to 250. It takes all day.

Cute dog Charles! I also feed my dogs raw meat, eggs & bones every day. Everybody comments on how white their teeth are.
I'm on my way to finding my abs!

RE: Zero Carb / Meat and Water - **Kristi31** - 08-14-2008 03:35 PM

I personally think that almost everyone, with a very very few exceptions, who is KETOADAPTED can reach a healthy weight. But you have to be willing to go through that period of transition, NOT cheat, be 100% committed. Stick to a simple diet and not try to sneak in this or that. If people gain weight on zero-carb, I blame ketosis not insulin. Once keto-adapted, that weight will melt like butter under the hot desert sun.

If you rely on protein gluconeogenesis, you will also lose weight. I know...been there and was really, really thin...too thin. That's the problem. Unhealthy weight and in general, not feeling your best.

Suzanne IS on a high-protein/moderate fat diet, at least until a few days ago. I remember her saying that she ate up to 300 grams of protein daily and usually 70 grams of fat. Definetly not a high fat/moderate protein diet. I also suspect that Charles may have been running on glucose before with higher protein and that now, with the increased fat, he may be spilling ketones and entering ketosis. One way to find out...check the ketones.

Loops, either consume just enough carbs to not be in ketosis, eating the remaining as mostly fat ans some protein OR be committed to keto-adaptation. If low-carb doesn't work for you, then ketoadaptation is the only healthy way you'll reach a desirable weight. No other way. You choose.

RE: Zero Carb / Meat and Water - **daveo** - 08-14-2008 03:36 PM

Loops Wrote:
Have you heard of the Banta diet? The author claims that ANY food can be ketogenic, as long as it's fat quantity is at least 1.5 times the weight of both protein and carbs added together. For instance, if you ate 100g of protein, in order to be able to eat that food and be able to have fat loss without caloric restriction, you need to eat at least 150g of fat with it.

Ah, the old "eating carbs and even more fat" diet. I'm pretty sure thats what got me fat in the first place 😞

Maybe I should have ordered extra mayo on my Whoppers to make them ketogenic 😊

I'm just joking around, but this theory just sounds out there.

RE: Zero Carb / Meat and Water - **Loops** - 08-14-2008 03:42 PM

Charles Wrote:
Loops Wrote:
However, as we have seen with both yourself and Suzanne, weightloss can occur on a high protein zero carb diet.

Suzanne and I are NOT on a high protein diet. We are on a high-fat diet. Our protein is really quite moderate.
Loops Wrote:
What gives? Do I sound like a broken record? Apologies!

There is no need to apologize. I understand why you have questions and problems with all of this. You don't like fatty things due to your own conditioning and you want to find something that works more with you rather than you working with it. I appreciate that and I wish life were that easy, but unfortunately, it isn't.

Hi Charles -

this comes up because awhile back in the thread Suzanne stated she was eating over 300g of protein and something like 70g of fat a day - that is high protein. And you yourself stated originally that we should just eat as much of the meat that we like - if it is not fatty enough, just to eat as much as satisfies to get enough fat. I know recently you've started adding fat, and I'm not here to split hairs about who said what when and whatever - so if I misquoted Suzanne I'm sorry - and obviously high fat is much better.

Also, I have been eating a VERY high fat diet for the past 3 years. I really hate to be misinterpreted as the next person! I have no fear of fat - I have been low-very low carb and eating around 75-80% of my food as fat for the whole of this time. I LOVE fatty foods. I have NO FEAR of them.

And so I'm off to eat chicken with butter.

Loops

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RE: Zero Carb / Meat and Water - rozi - 08-14-2008 03:43 PM

C-Dunc Wrote:
A cited benefit of a carb load is that it allegedly boosts the T3 (thyroid hormone) that they say declines on a long-term zero/low carb diet. Proof that low carb lowers T3 is that weight comes piling back on after going back to a higher carb diet. Any diet (say "they") that lowers T3 is not a viable means of achieving lasting fat loss. They think meat and water would lower T3 (long term; not short term), and so they would have people to do periodic carb loads to boost T3 and hence, continue losing fat. But I say what if one continues losing fat on zero carb for 6 months, and then stagnates at 6 months and one day? Should he or she carb up or should they try "tweaking" some other things within the zero carb parameters? I'm not sure.

Funny you should mention this. I got the results of my lab tests back yesterday. I haven't gone over them with my Dr. yet so I don't understand all of them but I have been taking thyroid hormones since I was 22 years old (since I am 74 that's a long time) however last year I began having a allergic reaction to them, so I simply quit taking them. I hadn't had any for six months about and ask the Dr to do the tests without the thyroid. They came out well within the normal range. I have been low carbing for several years but near zero only lately and I gave up all soy products and started coconut oil. I am very pleased and I expect my Dr to be shocked. My T3 was low last test even with thyroid medication.

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RE: Zero Carb / Meat and Water - Loops - 08-14-2008 03:49 PM

Yeah Kristi as usual I think you're on the money there.

I think I'm just going to throw away my scales from now on. If things get really out of hand and none of
my clothes fit then I will give up zero carb. If that happens I will report! I doubt it though. Yeah health first and sod the weight loss. If it doesn't happen on zero carb, it probably won't happen for any length of time on any other plan either.

Oh yeah and no excess salt or anything. I'm sure that screws with potassium and magnesium balance.

Loops

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**RE: Zero Carb / Meat and Water** - Kristi31 - 08-14-2008 04:05 PM

Loops,

It WILL HAPPEN on zero-carb if you are KETOADAPTED. I suspect you have never been keto-adapted. Zero-carb means no artificial stuff, no nothing except meat, animal fats and water. The question is...are you willing to do that for the rest of your life. You decide.

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**RE: Zero Carb / Meat and Water** - daveo - 08-14-2008 04:23 PM

Kristi31 Wrote:

Loops,

It WILL HAPPEN on zero-carb if you are KETOADAPTED. I suspect you have never been keto-adapted. Zero-carb means no artificial stuff, no nothing except meat, animal fats and water. The question is...are you willing to do that for the rest of your life. You decide.

How long does it take most people to keto-adapt? I don't feel run down or flu-like or anything, but I am certainly not energetic yet. I just feel like I could go for a nap all the time 😴

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**RE: Zero Carb / Meat and Water** - nyteez - 08-14-2008 05:24 PM

It takes anywhere from 2 weeks to 6 weeks. Are you spilling ketones? What is your diet like? How much protein relative to fat? Any carbs?

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**RE: Zero Carb / Meat and Water** - Kristi31 - 08-14-2008 05:38 PM

Speaking of Keto-adapted. I have been testing w/ keto strips for 6 mos. They were always showing moderate ketones. I quit checking for months, but checked this morning just to see and they were the darkest purple! So, I am throwing ketones like crazy! LOL!

Quote:

Funny you should mention this. I got the results of my lab tests back yesterday. I haven't gone over them with my Dr. yet so I don't understand all of them but I have been taking thyroid hormones since I was 22 years old (since I am 74 that's a long time) however last year I began having a allergic reaction to them, so I simply quit taking them. I hadn't had any for six months about and ask the Dr to do the tests without the thyroid. They came out well within the normal range. I have been low carbing for several years but near zero only lately and I gave up all soy products and started coconut oil. I am very pleased and I expect my Dr to be shocked. My T3 was low last test even with thyroid medication.
That's fantastic rozi! I love hearing how low carb gets people off medications and on their way to better health.

There is zero carb and then there is zero carb. Some people can eat cheese, eggs and a few nuts in zero carb. I cannot and I suspect those who are not losing or even gaining are eating those foods. The true test of Zero carb is mostly fat & meat.

This is my 2nd week of meat & fat only and I am down 6lbs. Proly would have been more if it wasn't for TOM. I gained 2lbs monday, but lost them and am back on track today. I feel thinner LOL! I am betting I am down another 1/2lb tomorrow. Whoo hoo! (gotta fit in that dress 😁)

RE: Zero Carb / Meat and Water - deedum - 08-14-2008 05:42 PM

daveo Wrote:
Kristi31 Wrote:
Loops,

It WILL HAPPEN on zero-carb if you are KETOADAPTED. I suspect you have never been keto-adapted. Zero-carb means no artificial stuff, no nothing except meat, animal fats and water. The question is...are you willing to do that for the rest of your life. You decide.

How long does it take most people to keto-adapt? I don't feel run down or flu-like or anything, but I am certainly not energetic yet. I just feel like I could go for a nap all the time 😞

It took me exactly 5 weeks. Got loads of energy now. But I am still hyperinsulemic.

Deanna

RE: Zero Carb / Meat and Water - daveo - 08-14-2008 06:03 PM

Kristi31 Wrote:
It takes anywhere from 2 weeks to 6 weeks. Are you spilling ketones? What is your diet like? How much protein relative to fat? Any carbs?

No idea if I'm spilling Ketones, I'm not using sticks. Diet is.. well for example today was 73/27 Ground Beef with the fat poured over it, with bacon and the grease mixed in too. Steak, fatty cuts of pork, and water are about it besides that. No dairy, no carbs, no vegetables. I'll be doing some chicken with the skin too, mainly thighs.

RE: Zero Carb / Meat and Water - suzanneeya - 08-15-2008 02:43 AM

Quote:
Suzanne IS on a high-protein/moderate fat diet, at least until a few days ago. I remember her saying that she ate up to 300 grams of protein daily and usually 70 grams of fat. Definetly not a high fat/moderate protein diet.

Actually, like Charles, I have made changes to my diet recently. I have started cooking in fatback too, which replaced the bacon fat I used to cook in. My protein probably is still over 300, but my fat has
definitely been increasing. Also, the ratio I gave was not an exact measurement, but something I plugged into fitday to get an idea. My diet is about being healthy. I eat the meat that is on sale that day, so my fat level might vary, as will my protein. I do not like the idea of measuring fat or protein levels, I eat till I am satisfied. It works for me cause I feel great emotionally and physically, but my weight is not ideal either, I find I look too thin a lot of times, but it seems to be the weight my body settles at.

RE: Zero Carb / Meat and Water - cbnebraska - 08-15-2008 03:34 AM

I am really finding it difficult to get the extra fat you all talk about. I certainly don't lack in energy and I need very little sleep (I pop out of bed on 6 hours), but I would like to up the fat percentage of my intake and see if I drop any weight. I eat plenty of protein, but it's fairly lean. I bought some bacon but with my busy schedule I don't even have the time to cook the stuff! My husband does one very large grill session every 2 weeks and we split the meat into 2 very large tupperware containers and freeze one and put one in the fridge. We reheat this meat for meals by popping it in the microwave. Throughout the week we may have 2 dinners where he cooks fresh - usually shrimp or fish. I've gotta get this one figured out. I haven't had time to get to the grocery store to search out some extra meat fat either. ARGH!!

About the sweeteners, I got the feeling that Splenda is out and Equal is back into my coffee. I had quit the Equal because I read somewhere that it's toxic, especially when heated, or some such crap. Someone said it wasn't about blood sugar for artificial sweeteners, but about sweet cravings. I don't seem to have the sweet cravings, so do you think it's okay to use a little sweetener? I've cut it back to less than 1/2 packet in my cup. And, with the coffee, is the problem the caffeine addiction or something else in the coffee? I am going to cut back to half calf for a while and then back it off to no caf, but I just love the taste of coffee!! I'm not sure if I'm addicted to the caffeine or not, it's the taste I enjoy each morning.

Cynthia

RE: Zero Carb / Meat and Water - lowcarbscott - 08-15-2008 04:26 AM

"About the sweeteners, I got the feeling that Splenda is out and Equal is back into my coffee. I had quit the Equal because I read somewhere that it's toxic, especially when heated, or some such crap. Someone said it wasn't about blood sugar for artificial sweeteners, but about sweet cravings. I don't seem to have the sweet cravings, so do you think it's okay to use a little sweetener? I've cut it back to less than 1/2 packet in my cup. And, with the coffee, is the problem the caffeine addiction or something else in the coffee? I am going to cut back to half calf for a while and then back it off to no caf, but I just love the taste of coffee!! I'm not sure if I'm addicted to the caffeine or not, it's the taste I enjoy each morning.

Cynthia"

Cynthia
I try to shoot for zero usage on the sweeteners, if I dont make it I will go for the stevia or the splenda. Equal is scary. I am drinking my coffee mixed with coconut oil this morning 2nd day in a row, I like it.

Scott

RE: Zero Carb / Meat and Water - suzanneyea - 08-15-2008 05:30 AM

I cannot do splenda at all, I can feel my body react to it almost immediately. I am down to half a
package of equal in my coffee with heavy cream (less than a teaspoon) and coconut oil. I am also making my coffee weaker every week.

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**RE: Zero Carb / Meat and Water - lynnopes - 08-15-2008 05:48 AM**

Hello

I have many questions about the zero carb lifestyle so maybe some of you kind folks could help me:

1) Can you do zero carb like the Bear where he eats eggs and cheese and some cream but no veggies? Anyone here doing that?

2) Where is the evidence that we don't need veggies? Studies etc? My dad died of a brain tumour and my mother has cancer also. So I have eaten a LOT of non starchy vegetables for years along with my low carb diet to ward off cancer. What about the phytochemicals that can only be found in veggies?

3) Is zero carb something you have to do for the whole rest of your life if you do it? Does anyone here ever have a higher carb meal for a special occasion such as Christmas? From what I am reading one should either zero carb or eat a high fat, adequate protein diet with carbs around 60 so one is not in ketosis. Am I understanding this correctly? Also does a zero carb diet not heal the body somewhat so that one's pancreas produces less insulin? Therefore after a time could one progress back to low carb?

4) I have PCOS and went off my metformin recently and gained 8lbs in six weeks. I even gained weight on my thighs which was extremely odd since I am an apple and when I gain weight it goes to my belly and breasts. I never had lower body weight even at my heaviest. I am still battling to get rid of 5 of those pounds that snuck up on me. I was eating between 20-30 carbs when I was off my metformin. This was a huge reduction for me as on my metformin I had been eating 60-80. So I am terrified of going off it again and gaining loads of weight. Is there anyone here who zero carb and is coming off their metformin?

5) Any former vegetarians here? A lot of you seem to really enjoy meat. I eat meat because it's healthy and because my body craves it if I don't get it. However I can't honestly say I enjoy meat. Not like I enjoy dairy or veggies.

6) What is the rationale behind zero carb? I thought the body produced little insulin when eating veggies. On an all meat diet one still produces insulin also so is there a big difference in amounts produced on zero carb as opposed to low carb induction? Does the body run on fat or ketones on low carb ketogenic? Does the body run on fat only on zero carb?

Thanks very much for reading this essay!

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**RE: Zero Carb / Meat and Water - Living_healthy - 08-15-2008 05:50 AM**

lowcarbscott Wrote:

I try to shoot for zero usage on the sweeteners, if I dont make it I will go for the stevia or the splenda. Equal is scary. I am drinking my coffee mixed with coconut oil this morning 2nd day in a row, I like it. Scott

I agree, Scott. I haven't drank coffee for 11 days now. I miss the taste.....had it everyday since around age 10 and I'm now 52. I, fortunately, did not use sweeteners in mine....only coconut oil, as well. It
wasn't hard to drop it, like I thought it would be. My reason for the change is to give myself the opportunity to go absolute zero carb on meat and water only. After the end of my 100 day challenge, I am going to try it again to see if any and what effect it may have on my system.

If sweeteners don't cause you any problems, Cynthia, then why stop them. Will aspartame cause some form of dementia or other unwanted health problem down the road....I sure don't know.

**RE: Zero Carb / Meat and Water - daveo - 08-15-2008 06:49 AM**

Kristi31 Wrote:
Daveo,

Seems likes you are getting plenty of fat...good!

Yeah, I'm feeling ok, not hungry, and weight seems to be falling off, but I am not real energetic yet and still sleeping more than 8 hours.

**RE: Zero Carb / Meat and Water - Charles - 08-15-2008 07:35 AM**

Nicola Wrote:
Charles, I love to see how huskys rip up their raw meat...

Thanks, Nicola. I will check out the link. I know my dog runs out to his food in the morning where he used to just tip over the bowl and stare at us. He would eventually eat, but it was clear he didn't much care for his dog food. Now, he waits a second until I walk away and he devours his meat! Good dog...

Nicola Wrote:
I am shore, that adding antibiotics to pigs food (to promote growth and efficient use of food) and all the rest of man made agriculture is why our world is turning in to all the ill health and unjust life.

I wrote about this in a private message to someone yesterday. You may be right about antibiotics, but I think there is more to it than just that. When Keys and Benedict did their starvation studies on the conscientious objectors, their 1800 calorie high-carb diet had them cutting off body parts and going insane. I tend to think that today's crazy people are more influenced by their diet than they are the antibiotics in meat.

People are more stressed out because their cortisol is unable to work in their bodies due to the high insulin. Chronically high insulin is the issue for us and there is no evidence that the additives in the meat supply raise insulin.

The truth is, everyone doesn't eat that much meat, at least in America. When I go to the store, people always assume we're having a cookout at our house because we buy so much meat. If you look around, you just don't see that much in people's baskets.

Nicola Wrote:
Charles, you have a grate character and that is what we love about you - grass or grain fed!

Thanks, Nicola, I'm glad you're here as well.
Regards,
Charles

**RE: Zero Carb / Meat and Water** - [Charles](#) - 08-15-2008 07:36 AM

poo123 Wrote:
well here I am again. Just checking in and saying everything is fine. Just meat and h2o, no cocount oil or butter, no salt either. Feel fine. Love reading all the posts, thanks for everything Charles. alison

Okay, Alison. Keep me posted. Have a great weekend and keep the fat high by using that grease!

Regards,
Charles

**RE: Zero Carb / Meat and Water** - [Charles](#) - 08-15-2008 07:43 AM

nyteez Wrote:
Hi Everybody! I think the magic key is FAT! So many people are fat phobic and just don't get this.

Yes, Yes, and Yes! I can't explain it either. I'm at my lowest weight and I have energy to burn. I always thought I got enough fat, but I was sooooo wrong.

Dana Wrote:
Isn't it great Charles? Have you noticed a difference in your running since adding fat? I felt like I could run for days this morning.

My 16 year-old son had a hard time keeping up with the old man at the gym last night. He's been eating a few extra carbs lately, taking in donuts at his job. He could barely manage 9 pullups last night and he used to do 20. Of course, last night he had a zero-carb dinner! He's still pretty lean, but his muscles are bigger because the extra glucose makes them swell. His muscles are bigger but not stronger. I've lost about 4 pounds since I went to the gym before my race and still lifted the same heavy weights I did at the higher weight. You're right Dana, FAT IS KEY!

Dana Wrote:
I'm on my way to finding my abs!

Just keep living, you'll find them!

Regards,
Charles

**RE: Zero Carb / Meat and Water** - [Charles](#) - 08-15-2008 07:54 AM

Loops Wrote:
Also, I have been eating a VERY high fat diet for the past 3 years. I really hate to be misinterpreted as the next person! I have no fear of fat - I have been low-very low carb and eating around 75-80% of my food as fat for the whole of this time. I LOVE fatty foods. I have NO FEAR of them.

And so I'm off to eat chicken with butter.

Loops

Loops, I'm not here to split hairs either. I don't think I came across clear enough. I don't really care much about gluconeogenesis or ketosis or any of that. To me, they are all irrelevent. I have no axe to grind or weight to lose for that matter. Therefore, being "right" is not necessary for me.

I'm sure you and Kristelle may be right about Suzanne's diet. However, just because a diet appears high in protein, that doesn't mean it is. Stefansson noted many times that a diet appeared to be lean but in reality it wasn't. It may not be as high in fat as another, but that's not really the point. It all comes down to the individual's energy levels. If I ate the same amount of at as some people, I would be nauseous. By the same token, someone eating my idea of high fat would be lethargic. It always goes back to the individual.

The point is that we can eat meat to satiety and drink water and be on the healthiest diet. It's true that if I add more fat I am sated sooner and have more energy. I've always said that. Perhaps I didn't eat as much fat before as I do now, but I've always been very active and I certainly was not doing all that on glucose.

All these theories are just that. The point is that people who eat high fat diets are healthy and if we want to be likewise, that's the thing to do. How exactly it all works is quite irrelevent to me, today.

The best thing for any of US (I include myself in this) to do is get off these computers and go eat some fat and have a terrific weekend! 😊

Regards,

Charles

RE: Zero Carb / Meat and Water - nyteez - 08-15-2008 08:14 AM

Well, I am not down 1/2lb this morning, I am down 1 whole lb! This is so amazing to me!

Quote:
1) Can you do zero carb like the Bear where he eats eggs and cheese and some cream but no veggies? Anyone here doing that?

Yes, lynn you can do zero carb with eggs & cheese. I did it for a while with no results though. Since I have cut out the eggs & cheese and upped my fat intake I have lost 7 lbs in 2 weeks.

Quote:
2) Where is the evidence that we don't need veggies? Studies etc? My dad died of a brain tumour and my mother has cancer also. So I have eaten a LOT of non starchy vegetables for years along with my low carb diet to ward off cancer. What about the phytochemicals that can only be found in veggies?

The studies about what requirements our bodies need is somewhere in this thread or the bears thread. I am sorry I don't have a link to it. There are no special nutrients found in vegetables! That is a myth! The nutrients in vegetables are difficult for our bodies to assimilate. And in reality our bodies LOSE nutrients in trying to access these nutrients in vegetables. All the nutrients our bodies need are in meat and fat.

Quote:

3) Is zero carb something you have to do for the whole rest of your life if you do it? Does anyone here ever have a higher carb meal for a special occasion such as Christmas? From what I am reading one should either zero carb or eat a high fat, adequate protein diet with carbs around 60 so one is not in ketosis. Am I understanding this correctly? Also does a zero carb diet not heal the body somewhat so that one's pancreas produces less insulin? Therefore after a time could one progress back to low carb?

No, you don't have to do it for the rest of your life, but I feel so good I plan to do it for the rest of my life. I ate salads one weekend when we were out of town. I felt awful, gassy & bloated all weekend, not worth it. I would rather go hungry than eat another carb. Zero carb just seems to work better with high fat. High fat and 60 carbs is bad, zero carbs and high fat is good. Don't know about healing. I guess you could go back to low carb, but why, when zero carb makes you feel so great.

Quote:

4) I have PCOS and went off my metformin recently and gained 8lbs in six weeks. I even gained weight on my thighs which was extremely odd since I am an apple and when I gain weight it goes to my belly and breasts. I never had lower body weight even at my heaviest. I am still battling to get rid of 5 of those pounds that snuck up on me. I was eating between 20-30 carbs when I was off my metformin. This was a huge reduction for me as on my metformin I had been eating 60-80. So I am terrified of going off it again and gaining loads of weight. Is there anyone here who zero carbs and is coming off their metformin?

I am sorry, I don't know anything about this.

Quote:

5) Any former vegetarins here? A lot of you seem to really enjoy meat. I eat meat because it's healthy and because my body craves it if I don't get it. However I can't honestly say I enjoy meat. Not like I enjoy dairy or veggies.

I was a vegetarian for 2 years, but never ate much meat for most of my life. I gained 20 pounds and felt like crap when I was a vegetarian.

Quote:

6) What is the rationale behind zero carb? I thought the body produced little insulin when eating veggies. On an all meat diet one still produces insulin also so is there a big difference in amounts produced on zero carb as opposed to low carb induction? Does the body run on fat or ketones on low carb ketogenic? Does the body run on fat only on zero carb?

The rationale is that is how our bodies are supposed to eat. Our bodies don't need carbs. The few carbs our bodies do need can be manufactured from protein. The body runs on fat all the time. When you eat
carbs, the body has to convert that carb to fat, then store it as fat in order for it to be used. When you eat fat, it just gets burned up or eliminated.

Charles or Kristi can better answer the insulin issue.

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**RE: Zero Carb / Meat and Water - LindaSue - 08-15-2008 08:31 AM**

lynnhopes, I'm probably not the best person to reply to your questions because I don't eat strict zero carb. I just noticed that no one has replied to your questions yet.

There are some days when I do eat no carbs and some days when I eat a few veggies or things like cream, flax and nut flour. I do find that I feel the best when I don't eat any carbs or foods containing fiber but, on my budget, it's just not practical to go carb-less 100%. I almost never eat more than about 10 carbs per day. When I do eat veggies, I go very easy on them or risk severe constipation that can take several days to go away once I stop eating them. It frustrates me sometimes that my body can't handle even the tiniest bit of fiber without plugging up because I do enjoy veggies once in a while.

I've got about 8 pounds to lose but eating this way doesn't seem to allow me to lose anything much. At least I'm maintaining and not gaining. I eat a fair amount of protein and a LOT of fat every day and I'm still trying to work out the best things to eat to keep from being hungry most of the time. So far I've figured out that a half pound hamburger patty topped with a slice of cheese will keep me full for about 6 hours. I usually have one every morning for breakfast around 8:00 and don't need to eat again until about 2:00 in the afternoon. I love the freedom of not having to think about food during the morning and part of the afternoon. I'm going to try an experiment in the next few days to see if I can get by on two meals like that per day. I figure that if I can go six hours between breakfast and lunch, I should be able to go from 2:00 in the afternoon until 8:00 at night if I eat another half pound hamburger for lunch. If I need it, I will eat an ounce of cheese before bed so that I won't go to sleep hungry. It would be great if I only needed to think about food twice a day instead of every couple hours or so.

For two big cheeseburgers and an ounce of cheese in the evening, my numbers would be about like this:

- 1409 Calories
- 105g Fat
- 106g Protein
- 4g Carbohydrate

By the way, I use the highest fat ground beef that I can buy and I don't drain off the fat when I cook my burgers. I pour any fat from the skillet over the patties. When I heat up my burger in the morning, there is usually a pool of fat on my plate and I swish each bite of meat in the fat to use it all up.

So, basically, while I believe that zero carb is probably about the healthiest way to eat for some people, it may not be the most practical or even necessary for everyone. I lost my weight (50 pounds) eating between 20-30 carbs per day of veggies and other low carb foods so I'm not convinced yet that zero carb is the ONLY way to lose weight and be healthy.

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**RE: Zero Carb / Meat and Water - lynnhopes - 08-15-2008 08:38 AM**

Thanks Linda and Nyteez!!

I am just gonna go back to Barry Grove's 60 carbs, high fat and strict protein intake. It worked very well for me before so I should give it another go.
lynnhopes Wrote:
1) Can you do zero carb like the Bear where he eats eggs and cheese and some cream but no veggies? Anyone here doing that?

We're kind of unstructured over here. There is no plan per se, but true zero carb is just that, meat and water. Eggs, cheese and creams have carbs despite their labeling and serving size. Eggs are strange in that they reportedly don't have carbs but several of us have reported weight loss as soon as we stopped eating them, so I have my suspicious about dairy in general. Butter is probably just fine, but I have nothing to put it on so I don't eat it.

lynnhopes Wrote:
2) Where is the evidence that we don't need veggies? Studies etc? My dad died of a brain tumour and my mother has cancer also. So I have eaten a LOT of non starchy vegetables for years along with my low carb diet to ward off cancer. What about the phytochemicals that can only be found in veggies?

The better question is where is the evidence that we DO need veggies, studies, etc. Nurses and Nurses II showed absolutely no benefit to increased fruits and vegetables so I persist, where is the evidence we do need them?

People who do not eat veggies do not get brain tumors and cancer. What other study do you need? The need for phytochemicals is overstated. They are necessary when you eat carbohydrates which require these nutrients to process them. When you cut them out, you no longer require these so-called nutrients.

It is true that the refined and easily digestible carbohydrate foods are more to blame for metabolic syndrome than 5% vegetables but there is no evidence that a so-called "balanced diet" is healthy. We do have whole populations that eat a high-fat diet and they are completely healthy. That means that they are consuming what is by definition, a healthy diet.

lynnhopes Wrote:
3) Is zero carb something you have to do for the whole rest of your life if you do it?

By your question, it seems you are implying that zero-carb is a weight-loss diet and I think all of us would strongly object to that description as to how we eat. For many people, their hyperinsulinemia is such that to enjoy optimum health, there is no alternative. For others, it may not be harmful to eat some 5% vegetables, but there is no reason to consume "monkey food" especially if you don't enjoy it.

Cynthia Wrote:
Does anyone here ever have a higher carb meal for a special occasion such as Christmas?

This is part and parcel of the problem. Why is food such an integral part of these "special occasions?" These psychological connections are directly related to diet and the narcotic nature of sugar is directly to blame. When we go to movies, sporting events, birthdays, holidays, promotions, afterwork socials, or just because someone decided to bless the office with a pan of cupcakes, there is always an excuse to eat unhealthy food. Drug users report the same connections to their activities. They need their drugs to "wake up" in the morning.

I am glad to report that I can attend "special occasions" without regard to what food will be served. It is purely irrelevant to me. I can freely enjoy the company, the conversation, the experience of being in the place, and I have possibilities to explore with all the free time. I feel no awkwardness at not eating
unhealthy food as a lemming just following the crowd. I have no problem asking the restaurant for exactly what I want to eat since I'm paying for it. I will exercise that option in about 30 minutes when I will order pork ribs without sauce or seasoning.

Lynn hopes wrote:
From what I am reading one should either zero carb or eat a high fat, adequate protein diet with carbs around 60 so one is not in ketosis. Am I understanding this correctly?

Even Atkins doesn't say that. Atkins says that a person should eat a moderate fat and protein diet (nowadays lean protein) with carbs at a level that allows for weight loss or weight maintenance and this varies for every person. Many people consider what you described to be a "low-carb" diet, although I think that is highly subjective. I certainly could not enjoy 60 grams of carbs and lose weight.

Lynn hopes wrote:
Also does a zero carb diet not heal the body somewhat so that one's pancreas produces less insulin? Therefore after a time could one progress back to low carb?

I don't believe so. I think that once insulin resistance rears its ugly head, it's over. At that point, hyperinsulinemia can only be controlled, not healed in the sense that it can now efficiently remove glucose. I'm not so sure it's "broken" as it is that the adaptation for glucose was weak to begin with so the incorrect diet just overtaxed the adaptation.

Stefansson and Dr. Eades write of decreased sugar tolerance after being on a zero-carb diet for a while since the body stops its production of the enzymes necessary to process carbohydrates. Over a short period of time, the body cranks up that process and it gets better. However, we certainly can not go back to the pies and cakes of our youth without ultimately making a return trip to a forum like this or a book looking to start induction again to lose the pounds gained. This provides ample proof to me that "this dog will never hunt again."

Lynn hopes wrote:
4) So I am terrified of going off [metformin] again and gaining loads of weight. Is there anyone here who zero carbs and is coming off their metformin?

Can't answer this one, but the idea of needing medicine for the rest of my life pales in comparison to the idea of eating zero carbs for the rest of my life. Let's see, real food or medicine? I'll leave that for you to decide.

Lynn hopes wrote:
5) Any former vegetarins here? A lot of you seem to really enjoy meat. I eat meat because it's healthy and because my body craves it if I don't get it. However I can't honestly say I enjoy meat. Not like I enjoy dairy or veggies.

That's a matter of conditioning. People enjoy what they are conditioned to eat. Stefansson made this observation in the 1920s and many have made similar observations. LeMagnen's "the physiology of taste" presented in GCBC, is a must-read for anyone wishing to learn why we prefer what we prefer.

It's very hard to reverse one's conditioning and try new things or develop a "taste" for what they formerly found repulsive. However, one of the main things we learned from Stefansson's expeditions was that people of both sexes, all creeds and nationalities, could learn to develop a taste for something especially when nothing else was available. The food is only "monotonous and boring" if you are not hungry.
For us on zero-carb, we have to accept that there is no other metabolic fuel out there that fills our gas tanks and causes our engines to run nearly as efficient as high-fat protein. We're BMW's that need premium fuel. Regular unleaded is going to make us knock!

Lynnhopes Wrote:
6) What is the rationale behind zero carb? /quote]

Peter Cleave answered this better than I've ever seen. He said:

[quote=Peter Cleave]"Evolution should be our best guide for what constitutes a healthy diet. It takes time for a population or a species to adapt to any new factor in its environment; the longer we've been eating a particular food as a species, and the closer that food is to its natural state, the less harm it is likely to do."

Gary Taubes went further and stated: "The fat content of the diets to which we presumably evolved, however, will always remain questionable. However, there is no such ambiguity on the subject of carbohydrates. The most dramatic alterations in human diets in the past two million years, unequivocally are (1) the transformation from carbohydrate-poor to carbohydrate-rich diets that came with the invention of agriculture -- the addition of grains and easily digestible starches to the diets of hunter-gatherers; (2) the increasing refinement of those carbohydrates over the past few hundred years; and (3) the dramatic increases in fructose consumption that came as the per-capita consumption of sugars increased from less than ten to twenty pounds a year in the mid-eighteenth century to the nearly 150 pounds it is today.

Why would a diet that excludes these foods specifically be expected to do anything other than return us to "biological normality"?

It is not the case that carbohydrates are required in a healthy human diet. Without them, our brain and central nervous system will run on ketone bodies, converted from dietary fat and from the fatty acids released by fatty acids released by adipose tissue; on glycerol, released from triglycerides, and on glucose converted from the protein in the diet. Since a carbohydrate-free diet will have considerable fat and protein, there will be no shortage of fuel for the brain. Indeed, this is likely to be the fuel mixture that our brains seem to run more efficiently on.

The 2002 Institute of Medicine Report acknowledges that the brain will be fine without carbohydrates because it runs perfectly well on ketone bodies, glycerol and protein-derived glucose.

That's all I needed, how about you?

Regards,

Charles

RE: Zero Carb / Meat and Water - Charles - 08-15-2008 08:50 AM

Living_healthy Wrote:
If sweeteners don't cause you any problems, Cynthia, then why stop them. Will aspartame cause some form of dementia or other unwanted health problem down the road....I sure don't know.
This is the major reason why I would stop them, because we simply don't know. Who wants to be a guinea pig while they're figuring it out...

RE: Zero Carb / Meat and Water - lynnhopes - 08-15-2008 09:06 AM

Charles

I had only just joined the old board when it went down so I never got to see your progression to zero carb. Did you find it hard to cope with social occasions and forgo drug like food on special occasions at first?

Were you always a big meat eater? Also you write that you have increased your fat intake lately. How have you done this? Added coconut oil or butter?

Thanks for everything you do!

RE: Zero Carb / Meat and Water - Charles - 08-15-2008 09:26 AM

lynnhopes Wrote:
I had only just joined the old board when it went down so I never got to see your progression to zero carb. Did you find it hard to cope with social occasions and forgo drug like food on special occasions at first?

No, I never had any trouble with this. I've never felt compelled to eat by others. There have been some really sweet older ladies who would give me a hard time for not trying their pie or whatever, but I just stuck to my guns and stayed as polite as possible. I don't make any crusades about it, by saying it's unhealthy or anything like that. I just politely refuse and engage in conversation while others indulge. That always seems to work.

lynnhopes Wrote:
Were you always a big meat eater?

I wish! I ate a lot of meat growing up, probably every day. But when I got married, I married a starch lover and changed my diet to match. I gained 65 pounds in 15 years.

lynnhopes Wrote:
Also you write that you have increased your fat intake lately. How have you done this? Added coconut oil or butter?

If I cook some bacon in a pan, I will collect the liquid fat in a dish and dip the bacon in the fat while eating it. I do this with whatever I'm eating, whether it's chicken, beef or pork. I get full faster and I have tremendous energy since doing this. Not to mention, I'm at my lowest weight.

lynnhopes Wrote:
Thanks for everything you do!

You're very welcome, Lynn!
Regards,

Charles

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RE: Zero Carb / Meat and Water - Gr82bthin - 08-15-2008 09:40 AM

lynnhopes, I came off Metformin while on Atkins about a year ago. I was consuming 15-20 carbs daily. I also came off several other medications for high cholesterol, depression, and diabetes, all under the supervision of my doctor. I had no trouble with weight gain as long as I stayed around 15 carbs a day. I am trying the zero carb now and am doing well and feel better than ever. Good Luck!

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RE: Zero Carb / Meat and Water - Sambeziou - 08-15-2008 12:18 PM

jeepifer Wrote:
Huh. I need to look for this! I wonder if it's a regional thing... They're all about "lean" here in the Midwest. Ugh.

Hi Jeep!

I do think it's a regional (Southern) thing. I remember my family cooking big pots of beans or green beans and fatback was cooked along in the same pot for flavoring.

Sam

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RE: Zero Carb / Meat and Water - MAC - 08-15-2008 12:26 PM

jeepifer Wrote:
Huh. I need to look for this! I wonder if it's a regional thing... They're all about "lean" here in the Midwest. Ugh.

Not in Chicago. Chicago is one of the centers of the Optimal Diet started by a Polish doctor in Poland. The immigrants from Poland took the diet with them to Chicago. There is a place in Jefferson Park where lard is king. The Optimal Diet limits the carbs and the protein and the rest is all lard or fat.

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RE: Zero Carb / Meat and Water - travis t - 08-15-2008 12:51 PM

Mac
We were in chicago last weekend for the Scorpions concert at the charter one pavillio. What an awesome show they put on and yes they rocked us like a hurricane. Charter one pavillion faces west and as the sun sets the entire skyline of chicago can be seen, it was the best concert venue that i could ever imagine. Soldier field to the left and the sears tower to the right, wow what a visual. about half way through some low clouds rolled in and were lit up by the city lights to produce a pink sky.

Every time we are in chicago we go to Giordano's for the best pizza that there is. Sorry to post this in the zero carbs section but we only go to chiicago about every other year.


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travis t

Well if you ever want a deep dish Chicago pizza recipe I have one. Giordanos is good but I came to prefer Eduardos's deep dish when I lived in Chicago. Theirs is the one I have the recipe for. Of course you would need a real deep dish pizza pan to make it. I used to make deep dish pizza when I was eating carbs but only once a year. Nancys is good, Uno & Duos pizza is good. Ginos East is good if you like your crust with a bit of corn meal in it.

RE: Zero Carb / Meat and Water - travis t - 08-15-2008 01:26 PM

Mac
i love Chicago and I am thinking of coming back up next August for the Accenture triathlon that they have downtown, I love that race and the atmosphere around it. Since I'm trying to go zero on my carbs I might just wait for Giordanos or maybe Pizzeria Uno as a post race treat. We shall see.

http://www.chicagotriathlon.com

travis t

RE: Zero Carb / Meat and Water - daveo - 08-15-2008 01:36 PM

MAC Wrote:

travis t Wrote:

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Dude... some of us are trying to Keto-adapt here 😄

RE: Zero Carb / Meat and Water - lowcarbscott - 08-15-2008 02:02 PM

"Well if you ever want a deep dish Chicago pizza recipe I have one. Giordano's is good but I came to prefer Eduardo's deep dish when I lived in Chicago. Theirs is the one I have the recipe for. Of course you would need a real deep dish pizza pan to make it. I used to make deep dish pizza when I was eating carbs but only once a year. Nancy's is good, Uno & Duo's pizza is good. Gino's East is good if you like your crust with a bit of corn meal in it."

Unfortunately I am within a short driving distance from of all of these places, I give partial credit to my 100 pound weight gain in 13 years to them 😅.

Scott

RE: Zero Carb / Meat and Water - feckless - 08-15-2008 02:10 PM

yeah! 😁

lynn, i was going to say don't worry about 'special occasion' eating right now. thinking about it now is just a way of suffering from deprivation before it even gets here and talking yourself out of trying zero carb. i understand where you are coming from because i like to cook and love cooking shows and think of food as an artform and sometimes on occasions when great dishes are made, you can't imagine not tasting these creations.

but things will change for you, your mindset will change. so don't worry about it now. say you go zero carb and you are feeling healthy and happy. and thanksgiving rolls around, well, you might decide on that day you must taste mom's special recipe and all that. so maybe you go for it, or maybe you feel so good by that time that it's not even tempting. either way, you will see how you feel. maybe it won't be a big deal, or maybe you will feel awful or gain weight and it won't have been worth it. then the next time you may make a different decision.

even charles had to 'experience' consequences several times before he got to his place of not ever being tempted. my point is, don't torture yourself over some thought about deprivation in the future. it will work itself out.

RE: Zero Carb / Meat and Water - FatGirlOnAtkins - 08-15-2008 02:54 PM

nyteez Wrote: Hi Everybody! I think the magic key is FAT! So many people are fat phobic and just don't get this. I was doing zero carb for 4 months and didn't lose anything until I started eating way more fat than I would ever allow myself, and cut out eggs. I don't know what it is with the fat, you just have to try it and see for yourself. It is like jet fuel! I haven't had this much energy since my 20's.
Isn't it great Charles? Have you noticed a difference in your running since adding fat? I felt like I could run for days this morning.

Measuring makes me crazy. With my ground beef & sausage breakfast I add about 1 T of butter and 1 T of tallow or lard. So, there is about 1/3 cup of juices & fat that I eat in a bowl with the meat. Meat is about 1 cup or so. I don't eat anything until about 7 pm now. My dinner isn't as fatty because I am afraid I won't sleep LOL!

Even if Carbs mixed with fat would produce the same results as meat & fat, I wouldn't do it. Carbs are just bad and there is scientific proof of that. The body does not need to ingest carbs and the little carbs we do need for certain cells our bodies can manufacture from protein.

I ask a butcher for pig fat and beef fat. You guys must have places around that cut their own meat. They throw most of the fat away, so they just give it to me. I cut it up into stew size chunks and put it in the crock pot for about 2 days. Then pour it into mason jars. It's really easy. If you don't have a crock pot you can do it in the oven. Put the fat chunks in an oven proof pot and set the oven to 250. It takes all day.

Cute dog Charles! I also feed my dogs raw meat, eggs & bones every day. Everybody comments on how white their teeth are.

I'm on my way to finding my abs!

You are so right about the fat!!! Congrats on your success. I hope to find my abs soon, too!

RE: Zero Carb / Meat and Water - waywardsister - 08-15-2008 03:48 PM

So far so good, I think. Sleeping well, and feeling refreshed on less sleep. Energy and mood is good. Skin is good. A bit up in weight today, but TOM is arriving in a day or so.

I notice that I don't miss veggies at all. What I do keep eating are condiments! I will mix stuff like ketchup, hamburger relish etc with mayo, but I wonder if that will keep me from adapting? I'm not tracking my intake so no clue where my carbs are from this stuff, but I suspect they may be higher than I think. I've never checked my blood sugar, etc, so no clue if I have any insulin issues.

Today for some reason (could be TOM), I feel like something is missing. I think it's fat. I want something creamy and fatty. Not sweet, necessarily, but creamy and fatty! Not a big craving or anything, just the sense that something is...well, missing. Man, I really want to make pemmican.

But...I have NO desire to eat chips. They're my weakness around TOM, and I couldn't care less about them.

RE: Zero Carb / Meat and Water - poo123 - 08-15-2008 05:22 PM

lynhopes, I also have PCOS. I was on metformin 8 years ago before I did IVF for my twins. When I got off the drug I gained 55 lbs in 4 months. I tried several times with IF, then finally had my twins. Then I did Atkins lost weight, put it on and the pattern went on and on. I was having really bad hot flashes and mood swings, then I finally decided to do zero carbs, I started on June 28th. I no longer have hot flashes, some moods (don't all women) and all other pcos symptoms are GONE... I will never eat another carb to
feel as bad as I did before. This way of life is what I plan to stick with, Thanksgiving, Christmas, Birthdays- Its does not matter, I feel wonderful and don't want it to change. Maybe you should give it a shot for a month and see if you feel better... alison

RE: Zero Carb / Meat and Water - Living_healthy - 08-15-2008 06:36 PM

I hit perimenopause in January. For a few months there, I was throwing the covers off and on all night....miserable. Never had any night sweats....a blessing. I started taking Black Cohosh, but dropped it like a hot potato, when I found out about the bad effects of soy. It didn't help much anyway. Ever since I went vlcd and now complete zc, I never experience hot flashes. I feel great!

RE: Zero Carb / Meat and Water - Trita - 08-16-2008 05:06 AM

Charles,
Love your quote "We're BMWs that need premium fuel. Regular unleaded is going to make us knock."

It says it all! Thanks, Trita

RE: Zero Carb / Meat and Water - cbnebraska - 08-16-2008 05:51 AM

I want to go back a bit to this piece, which I have been pondering a bit.

Charles Wrote:
It is not the case that carbohydrates are required in a healthy human diet. Without them, our brain and central nervous system will run on ketone bodies, converted from dietary fat and from the fatty acids released by fatty acids released by adipose tissue; on glycerol, released from triglycerides, and on glucose converted from the protein in the diet. Since a carbohyrate-free diet will have considerable fat and protein, there will be no shortage of fuel for the brain. Indeed, this is likely to be the fuel mixture that our brains seem to run more effeciently on.

The 2002 Institute of Medicine Report acknowleges that the brain will be fine without carbohydrates because it runs perfectly well on ketone bodies, glycerol and protein-derived glucose.

Is there any information concerning the longer term effects of this conversion to ketone bodies on the body? It seems like the body must work harder to use ketones for fuel rather than carbs. I would think it takes more energy to do so, burning more calories in the process, but are we putting excessive "wear and tear" on anything by relying only on lipolysis and "protein derived glucose"? (Please tell me this is the right term for converting fat to energy? I get all the terms used confused. I need to create a glossary page for myself until it's flowing more readily!!)

And, please clarify one thing for me. When/how does the body switch between burning dietary fat and stored fat? I've read that fasting and working past hunger for 48 hours will jump start the burning of stored fat versus dietary fat. I know this can't be true, but if someone could please clarify for me, I'd appreciate it. I'm sure it's some seamless process, but I'd like reminded on it.

Thanks again to all you experts for answering the same questions repeatedly. Someday maybe I'll get it all lined up straight in my head and the questions will cease. The nature of a forum like this, where there are various topics going on and jumping around, creates a little discontinuity in and of itself. As I read things, questions and reflections pop into my head and before I can really ponder or read back through to
find my answers, that topic is done and a new one is going strong!! It's actually overwhelming. I'm sure it's an age thing or a linear thinking thing as well, but my mind is constantly running with all the information and reflection. I tend to be that way about anything I'm interested in, at least when it's a new interest, so please have patience!

Have a wonderful day!

RE: Zero Carb / Meat and Water - Living healthy - 08-16-2008 06:14 AM

Quote cbnebraska:
When/how does the body switch between burning dietary fat and stored fat?

Cynthia, I believe Charles said we use the fat that we ingest during our waking hours and from the body while we sleep, (during our fasting time).

RE: Zero Carb / Meat and Water - MirMir - 08-16-2008 07:15 AM

I started reading this thread two days ago and am only on page 77.

What great info here. I'm excited about working on lowering my carbs way down from approximately 50-65 a day to maybe nothing.

Last night I ate 1/2 of a ribeye (just that because I couldn't eat the rest of it, too full) and am having the rest right now for breakfast. No other carbs, and no eggs this morning. I do love them but sometimes after I have them I just want to take a nap.

Of course I did have red wine with dinner so I'm thinking I'll have to stop that as well.

Charles thanks for all the great info you and the other seasoned posters give. It's great.

RE: Zero Carb / Meat and Water - daveo - 08-16-2008 08:12 AM

MirMir Wrote:
I started reading this thread two days ago and am only on page 77.

What great info here. I'm excited about working on lowering my carbs way down from approximately 50-65 a day to maybe nothing.

Last night I ate 1/2 of a ribeye (just that because I couldn't eat the rest of it, too full) and am having the rest right now for breakfast. No other carbs, and no eggs this morning. I do love them but sometimes after I have them I just want to take a nap.

Of course I did have red wine with dinner so I'm thinking I'll have to stop that as well.

Charles thanks for all the great info you and the other seasoned posters give. It's great.

I'm not sure that the occasional red wine needs to be given up. If I remember correctly, The Bear has been zero carbing for 49 years, and he said he only gave up red wine in 1990 when he started lifting weights. So I assume from what he said, that you can have a healthy 0 carb lifestyle and still enjoy some
occasional wine.

Me, I've given it up for now, only because when I've been drinking, I tend to make poor food choices 😞

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RE: Zero Carb / Meat and Water - deedum - 08-16-2008 08:26 AM

Living healthy Wrote:
Quote cbnebraska:
When/how does the body switch between burning dietary fat and stored fat?

Cynthia, I believe Charles said we use the fat that we ingest during our waking hours and from the body while we sleep, (during our fasting time).

We never burn dietary fat. All dietary fat is put into storage then used later. You eat fat, it gets digested, put into storage, then used as needed. If you are insulin resistant, the "used as needed part" is broken because the insulin resistant storage cells won't give up their fuel to be used by the muscles. That's my simplistic understanding of it.

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RE: Zero Carb / Meat and Water - Dwayne - 08-16-2008 08:33 AM

I have a question about insulin responses from smell. I have to endure some heavy carb meal smells from my wife and son. I notice I get hungry for no reason whenever I smell their meals. Is that normal? Is it from smelling the foods and my body getting ready to ingest them. Does anyone else have this problem? Would a nose clip help? Once I become keto adapted will this go away?

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RE: Zero Carb / Meat and Water - Kristi31 - 08-16-2008 08:44 AM

Here is what the Bear said in regards to alcohol:
"Alcohol is a social drug. It is a simple, easy to make and cheap, it is a body and brain damaging toxin-the metabolic waste of the fermenting organism. It is actually a carbohydrate, assigned a value of 7 cal.gm, nearly twice that of glucose, and is fattening. Furthermore, detoxifying it seriously interferes with the liver's normal processes. I gave it away after noting its effect on my weight training, which lasted for three days after drinking a single glass. I never drank much, maybe a single 4-6 oz glass with dinner, twice or three times a week. On testing- by reducing the amount taken to <2 oz, I still found the effect, so I no longer drink any alcohol."

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RE: Zero Carb / Meat and Water - Kristi31 - 08-16-2008 08:47 AM

I think the desire to eat carbs upon smelling will always remain to a certain extent. Unless you just ate. Simply accept it, be strong and keep eating meat and fat. 😞

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RE: Zero Carb / Meat and Water - Kristi31 - 08-16-2008 09:01 AM

The brain actually runs better on ketones and once keto-adapted, energy is through the roof; radical damage is reduced, hunger normalizes, excess body fat melts away and all sort of other wonderful health benefits are achieved. Carbs and insulin increase "wear and tear", not ketones or the fact that protein and fat are converted to glucose (called gluconeogenesis). I am personally convinced our bodies have
evolved to depend on ketones, fatty acids and very little glucose.

The body does not differentiate between fat that comes from the diet or from inside the body. When the body burns its own fat for energy and needs no more energy than that, you will not want to eat fat. If overweight, you will use up the excess fat at first for energy, eventually depending fully on dietary fat because the body will no longer want to sacrifice anymore fat.

Dietary fat will not get stored, only carbs will lead to fat storage. On a zero-carb diet, you cannot be overweight or gain weight, no matter how many calories you eat. The excess eaten will simply be excreted, burnt off. That's all. If you eat when hungry, then there will be no excess.

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**RE: Zero Carb / Meat and Water - lynnhope - 08-16-2008 09:13 AM**

poo123 Wrote:
lynnhope, I also have PCOS. I was on metformin 8 years ago before I did IVF for my twins. When I got off the drug I gained 55 lbs in 4 months. I tried several times with IVF, then finally had my twins. Then I did Atkins lost weight, put it on and the pattern went on and on. I was having really bad hot flashes and mood swings, then I finally decided to do zero carbs, I started on June 28th. I no longer have hot flashes, some moods (don't all women) and all other pcos symptoms are GONE... I will never eat another carb to feel as bad as I did before. This way of life is what I plan to stick with, Thanksgiving, Christmas, Birthdays- Its does not matter, I feel wonderful and don't want it to change. Maybe you should give it a shot for a month and see if you feel better... alison

When you came off the drug and gained the 55lbs were you low carbing? Did you stay on Atkins when you were putting on and losing the weight? What level of carbs were you doing when you were on Atkins?

Did your PCOS symptoms not go away when you were low carbing?

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**RE: Zero Carb / Meat and Water - lynnhope - 08-16-2008 09:28 AM**

Charles Wrote:
The better question is where is the evidence that we DO need veggies, studies, etc. Nurses and Nurses II showed absolutely no benefit to increased fruits and vegetables so I persist, where is the evidence we do need them?

People who do not eat veggies do not get brain tumors and cancer. What other study do you need? The need for phytochemicals is overstated. They are necessary when you eat carbohydrates which require these nutrients to process them. When you cut them out, you no longer require these so-called nutrients.

It is true that the refined and easily digestible carbohydrate foods are more to blame for metabolic syndrome than 5% vegetables. We do have whole populations that eat a high-fat diet and they are completely healthy. For others, it may not be harmful to eat some 5% vegetables, but there is no reason to consume "monkey food" especially if you don't enjoy it.

Which people? Which tribes do not eat veggies? I do enjoy veggies but if it neccessary to give them up for my health then I might just have to.

Charles Wrote:
I don't believe so. I think that once insulin resistance rears its ugly head, it's over. At that point, hyperinsulinemia can only be controlled, not healed in the sense that it can now efficiently remove glucose. I'm not so sure it's "broken" as it is that the adaptation for glucose was weak to begin with so the incorrect diet just overtaxed the adaptation.

Over a short period of time, the body cranks up that process and it gets better. However, we certainly can not go back to the pies and cakes of our youth.

I wouldn't be looking to go back to that. However I am wondering about going back to low carb after a time of zero carb. Is this possible?

RE: Zero Carb / Meat and Water - Kristi31 - 08-16-2008 09:35 AM

Personally, I think it's best to stick with zero-carb. Going back to low-carb will most probably make you feel yucky and want to go back to ZC anyways.

We don't have a digestive system suited to veggies and they have to be cooked to be better digested so that should tell you something. We definitly don't have a cecum or four stomachs, nor the teeth of ruminants and when we chew our foods, we don't go from right to left and left to right...we go up and down. Plants contain toxins to defend themselves from predators as well as antinutrients. Our bodies have not evolved to deal with those and besides the plants today aren't what they were in the wild...far from! Plants in the wild, eaten raw or even cooked taste bitter...there is a reason for that. Kids hate veggies...there is a reason for that. We usually like plants with "dressing". In the wild, there is no such thing. Think about it and make your own conclusions.

RE: Zero Carb / Meat and Water - lynnhopas - 08-16-2008 09:38 AM

Why are we omnivores instead of carnivores if we are not meant to eat vegetables?

I am also wondering what do you mean when you say we should either be fat adapted or just outside ketosis? What level of carbs is just outside ketosis?

Have you been a zero carber long?

RE: Zero Carb / Meat and Water - Charles - 08-16-2008 10:03 AM

cbnebraska Wrote:
Is there any information concerning the longer term effects of this conversion to ketone bodies on the body? It seems like the body must work harder to use ketones for fuel rather than carbs. I would think it takes more energy to do so, burning more calories in the process, but are we putting excessive "wear and tear" on anything by relying only on lipolysis and "protein derived glucose"?

Cynthia, someone has probably already tackled this since I'm catching up, but I still like to comment because as you said, some people just don't want to dig through this enormous thread to find the information they are looking for.

You're assuming that carbohydrates are easy on the body and that weight is lost by "excessive burning of calories." This simply not the case. Our bodys always burn fatty acids. They do not burn ketones for fuel
Cynthia Wrote:
And, please clarify one thing for me. When/how does the body switch between burning dietary fat and stored fat? I've read that fasting and working past hunger for 48 hours will jump start the burning of stored fat versus dietary fat. I know this can't be true, but if someone could please clarify for me, I'd appreciate it.

There is no "switch" because the body does not know or care which one gets burned first. Actually, the way it works is that when food gets broken down in the stomach, it goes immediately to your fat tissue and there it stays until it is added to the long term fuel supply which is in your circulation. Scientists refer to it as the "stream of nutrients" that goes throughout the body. Once the fatty acids from the fat tissue are added to the circulation, the body has no way to know the origin. The fat tissue actually plays a very active role in our body fuel supply and it serves as our primary fuel depot. The gut is the short-term fuel supply.

The fatty acids just get mixed in with all other fatty acids. That's why this concept of the daily calorie need or the basal metabolic rate are such foolish notions. They were posited in the late 1800s before people actually discovered how our bodies actually work. Nobel Prize winner Hans Krebs and Sir Phillip Randle let us know what really happens.

Regards,
Charles

Living_healthy Wrote:
Cynthia, I believe Charles said we use the fat that we ingest during our waking hours and from the body while we sleep, (during our fasting time).

That's correct!

MirMir Wrote:
I started reading this thread two days ago and am only on page 77.

What great info here. I'm excited about working on lowering my carbs way down from approximately 50-65 a day to maybe nothing.

Welcome to our forum and thanks for the kind words!

Regards,
Charles
We never burn dietary fat. All dietary fat is put into storage then used later. You eat fat, it gets digested, put into storage, then used as needed. If you are insulin resistant, the "used as needed part" is broken because the insulin resistant storage cells won't give up their fuel to be used by the muscles. That's my simplistic understanding of it.

Very close, Deanna. The insulin resistance part only comes in with regard to carbohydrates. Carbs are broken down to glucose and insulin has to take that glucose and move it to your muscles to get burned.

It does this by clearing the bloodstream of all nutrients to give the muscles unrestricted access to the glucose. Once the muscles process the glucose, fatty acids return from fat storage and then they supply the energy we use. If you understand this then you understand that fatty acids predominate and they supply the majority of our fuel even on a high carb diet!

The problem comes when the muscle cells become insulin resistant and they will not accept glucose from insulin. Therefore, the pancreas increases production of insulin to get the glucose out of the circulation and balance blood sugar. The high insulin is what causes problems to many of our body's systems and causes it to break down.

Fatty acid mobilization is what usually happens, not the exception. Carbohydrates and alcohol are the exceptions. Too many people just don't seem to understand this. When you go to zero-carb, you are not just "going to fat burning" you are merely increasing the time that fat burning happens by taking away the "glucose sideshow" so to speak.

If you understand that, then you realize that insulin resistance does not have to be fixed (and I don't believe it does get fixed) on a zero-carb diet. Those cells don't have to worry about receiving glucose from insulin because we don't supply it.

Insulin resistance only applies to some cells, not all of them. Everyone has mostly functioning cells that accept glucose but there are enough of them that will not and that's why lowering your glucose intake makes you more healthy.

Carbohydrates are still evolutionary in the sense that our body still views them as foreign. We convert them to fat and attempt to handle them as fat. Because this is so inefficient for most of us, we experience many problems.

This is why we're sure that our bodies do not need carbohydrates in any form or fashion. There is far less work for our bodies to do without having to deal with this "phantom menace!"

Regards,

Charles

lynnhopes Wrote:
[quote=Charles]The better question is where is the evidence that Which people? Which tribes do not eat veggies? I do enjoy veggies but if it neccessary to give them up for my health then I might just have to.
The Native American of the Great Plain did not, the Inuit, the Samburu, the Masai, the Chewya of Kenya, Muhima of Uganda, Watsui of Ruwanda, and the Neurs of the Western Nile regions. There were many other groups who ate small amounts of vegetables but Dr. Price noted in his travels that:

Quote: 
all healthy African groups had good sources of animal fat, and that the healthiest groups consumed less, not more, of plant foods

Lynnhopes Wrote:
I wouldn't be looking to go back to that. However I am wondering about going back to low carb after a time of zero carb. Is this possible?

What do you mean by "possible"? Anything is possible it's just a matter of what you want to do and what you're body will put up with. These are questions that will only be answered by you once you embark on the journey. Stefansson ate low carb after zero-carb but constantly seemed to remark how much better he felt on meat-only. His wife even tried to force the issue a few times from what I understand.

If you're interested, read his book and make your own conclusions based on what you read. None of the sources I rely on (even Taubes) recommend a zero-carb diet. However, he agrees that all his research seems to point to the conclusion. If you honestly read the entire book, when you turn the last page on 449, you go away thinking, why not zero-carb? To me, it runs like a shiny thread throughout so many studies and accounts that you come away with that as a conclusion although it is not stated.

It's just like reading about Syndrome X. The originator of the term does not believe sugar causes Syndrome X but when you couple his work with that of diabetes research and cholesterol and heart disease work, you see that they are intimately related and the same thing causes the whole litany of disease, refined and easily digestible carbohydrates.

Regards,

Charles

RE: Zero Carb / Meat and Water - Charles - 08-16-2008 10:37 AM

lynnhopes Wrote:
Why are we omnivores instead of carnivores if we are not meant to eat vegetables?

Because once we started eating vegetables our health deteriorated. Many anthropologists believe that agriculture was the worse mistake mankind has ever made. Everyone who eats in this "omnivore style" has bad health as a result. Perhaps, if they continued solely on "monkey food" man might be okay, but vegetables seem to function as a gateway drug to more and more refined carbohydrates.

Lynnhopes Wrote:
I am also wondering what do you mean when you say we should either be fat adapted or just outside ketosis? What level of carbs is just outside ketosis?

That varies by the person. Some enter ketosis at 60 grams and some at 20 or lower. Many people seem
to spend time right at their threshold without enduring the transition process and getting ketoadapted where our tissues and cells that use ketones, use them exclusively instead of using glucose.

By the way, for those who were interested, I did check for ketone production this morning and it was negative. My strips are good because my wife's test was purple (she also has the breath). I weigh 154.2 (down .2), have great energy and I eat a diet very high in fat. I dunk each piece of meat in fat before eating it. After running tomorrow, I'll likely be 152 but it probably won't hold.

However, I will say that yesterday, I had unseasoned ribs for lunch and I did not have a dish of fat on the side. This caused me to eat more than I normally would and was sapped for energy in the afternoon until dinner. The last two meals have been with my beloved dish and I feel wonderful.

Regards,
Charles

RE: Zero Carb / Meat and Water - poo123 - 08-16-2008 10:45 AM
lynnhopes, when I stopped metformin I was just trying low calorie, low fat and that sure didn't work. I only started doing atkins after I had my twins. When I did do atkins I followed the book to the letter. My symptoms were at bay after I had my kids for about a year. Then after that the symptoms came back full force and then I had a partial hysto- so now I really had bad symptoms and the atkins didn't help so then when I went to zero carb the symptoms are gone. Like I said I will not go back... hope this helps....alison

RE: Zero Carb / Meat and Water - cbnebraska - 08-16-2008 12:28 PM
Charles Wrote:
Fatty acid mobilization is what usually happens, not the exception. Carbohydrates and alcohol are the exceptions. Too many people just don't seem to understand this. When you go to zero-carb, you are not just "going to fat burning" you are merely increasing the time that fat burning happens by taking away the "glucose sideshow" so to speak.

This is why we're sure that our bodies do not need carbohydrates in any form or fashion. There is far less work for our bodies to do without having to deal with this "phantom menace!"

"Glucose sideshow" Ha ha! I love it. That will stick with me for sure. Thank you all for your answers to my questions. It's much more clear now. I have actually decided to cut and paste into a word document some of the explanations and answers that are so well said by so many of you. I get so many questions from people when they realize that I eat differently that I want to have all of the explanations in one place for frequent review.

Cynthia

RE: Zero Carb / Meat and Water - Kristi31 - 08-16-2008 12:36 PM
Contrary to what is noted in Stefansson's book, I don't think humans would thrive on "monkey food" (veggies, fruits, roots) exclusively. We just don't have the equipment (teeth, digestive) to do well on such a diet and get all the protein and energy rich food that we need (especially our brains).
Interestingly, animal fat (vs vegetable) appears to be better for humans and a few of us are noticing this.

We are omnivores, in that we can, should the need arise, survive (not THRIVE) on "monkey food" but to live long-term that way will bring about complications and shorten our lifespan. Omnivory allowed us to survive in times of shortages. Nothing more. But we did better on meat, our "real" food.

RE: Zero Carb / Meat and Water - Kristi31 - 08-16-2008 12:37 PM

I don't think muscles ever burn glucose for energy BUT glucose does get converted to glycogen which then increases glycogen reserves in the muscle, making the muscle look bigger than it really does (glycogen=water retention).

I also think fat freely circulates in the body and does not get stored ever. Should bodyfat be too low, I think more glucose is produced by the body and then stored as fat.

RE: Zero Carb / Meat and Water - deedum - 08-16-2008 12:45 PM

So, its NOT our storage cells that become insulin resistant but some of our muscle cells. It would be good if our fat cells were insulin resistant then they wouldn't take the fatty acids that insulin was trying to give them, right? I need to study a flow chart that shows these processes. I know I've seen one somewhere...

RE: Zero Carb / Meat and Water - Nicola - 08-16-2008 01:45 PM

Charles Wrote:
However, I will say that yesterday, I had unseasoned ribs for lunch and I did not have a dish of fat on the side. This caused me to eat more than I normally would and was sapped for energy in the afternoon until dinner. The last two meals have been with my beloved dish and I feel wonderful.

Charles, you know Dr. B. Groves (you mentioned him in one message), well that about natural (raw) meat and fat is more important than you seam to believe (at this point of yours and others meat and fat diet):

http://www.second-opinions.co.uk/temperature-of-oils.html

Weston A. Price:
https://www.westonaprice.org/knowyourfats/skinny.html

The Focus is on Nutrition:
http://www.texasgrassfedbeef.com/focusing_on_nutrition.htm

I believe that health is not just any meat and fat - just like the oil you put in a motor; bad oil = the motor will run but how and how long? Heat will also create toxic waste and inhibit digestion.

Nicola

RE: Zero Carb / Meat and Water - jeepifer - 08-16-2008 01:46 PM
I wish my fat was insulin resistant. But noooo, which is how I got fat in the first place. That, and feeding my body too much junk to burn out those insulin receptors. *sigh*

Skinnier people's bodies simply are more efficient and don't store the fatty acids. But they still might be burning out -- as Charles said, only the lucky ones get fat. Then we know there's a problem!

**RE: Zero Carb / Meat and Water** - caroline - 08-16-2008 02:06 PM

Nicola,

Is your point that meat should be eaten raw? That the fats should be eaten raw? I read all the passages you mentioned, but I'm interested in understanding what you were talking about...

**RE: Zero Carb / Meat and Water** - caroline - 08-16-2008 02:18 PM

Nicola,

According to Weston Price's info, coconut oil is 92% saturated. So why would one (other than for taste) eat meat fat instead of coconut oil. Isn't the high saturation what we are looking for? If all of you who are eating meat fat, tallow, etc. can get something fattier, such as coconut oil, wouldn't that be even better for health, energy, longevity?

**RE: Zero Carb / Meat and Water** - FormerDonutJunkie - 08-16-2008 03:33 PM

caroline Wrote:

Nicola,

According to Weston Price's info, coconut oil is 92% saturated. So why would one (other than for taste) eat meat fat instead of coconut oil. Isn't the high saturation what we are looking for? If all of you who are eating meat fat, tallow, etc. can get something fattier, such as coconut oil, wouldn't that be even better for health, energy, longevity?

Now there's an interesting angle on saturated fat consumption! According to Dr. Bruce Fife, coconut oil has less calories per gram than other saturated fats, 6.8 vs 9. In addition, he says the MCT's of coconut oil are metabolized differently than other saturated fats, being transformed immediately by the liver into energy to be used and not stored. Just wondering and curious about the real differences.

**RE: Zero Carb / Meat and Water** - caroline - 08-16-2008 04:39 PM

Hey FormerDonutJunkie (love the name)--your information about the liver transforming it to energy makes me think even further that this is a superior fat. I was surprised at the difference in percent of saturation---if you want to see it, look on the site Nicola posted.

Also, I wonder if the heating of these fats (which she sort of mentioned but didn't clarify and I didn't see anything in the Weston Price info) makes them not so good for you. The advantage to the coconut oil (if you get yours cold pressed) is that it has not been heated. Seems that this would be superior to fat that could change in possibly non-optimal ways when heated.
Is this the same for meat? Is meat better raw? (I am not talking about preference here--I mean, that's why people are doing zero carb, right? Because they believe it is most healthy--so perhaps raw meat is more healthy b/c the enzymes remain intact. I eat it raw every day and haven't had any problem. I cook it as well, but for my quick meals, I just eat it raw.

I think all of these thoughts are interesting since we are looking for optimum health.

RE: Zero Carb / Meat and Water - twilight - 08-16-2008 05:23 PM

caroline Wrote:

Is this the same for meat? Is meat better raw? (I am not talking about preference here--I mean, that's why people are doing zero carb, right? Because they believe it is most healthy--so perhaps raw meat is more healthy b/c the enzymes remain intact. I eat it raw every day and haven't had any problem. I cook it as well, but for my quick meals, I just eat it raw.

I think all of these thoughts are interesting since we are looking for optimum health.
I do believe it is healthier because of the enzymes. I've been reading about raw paleo for some time.

I actually prefer my beef raw. I do sear the outside of the steak, but it is raw inside. I know it is supposed to be dangerous, but I even eat ground beef raw - sometimes I brown the outside of the pattie, but again the inside is still oozing blood. 😏 Mostly I just eat hunks of it raw. I get it freshly ground at a farm store (usually have to wait for it to be ground while I am there). I only just started back eating beef after 16 years of only eating seafood/eggs....but back when I did eat beef, I always liked to nibble on raw ground beef if I was making a recipe with it (and that was grocery store beef - I wouldn't do that today though!). Yep, like mine still mooing. 😃

RE: Zero Carb / Meat and Water - waywardsister - 08-16-2008 05:32 PM

jeepifer Wrote:

Skinnier people's bodies simply are more efficient and don't store the fatty acids. But they still might be burning out -- as Charles said, only the lucky ones get fat. Then we know there's a problem!

That's what I worry about with my hubby. 😞 If he gained a few pounds, ever, he'd immediately stop drinking his 2L of Coke every day, quit the cookies, etc. But he's one of those who never gains weight no matter what he eats. I really do think that we're luckier bc we got fat!

RE: Zero Carb / Meat and Water - caroline - 08-16-2008 05:37 PM

Twilight--When I say I eat it raw, I mean RAW. If I do cook it, it is only to brown outside, rest is totally raw. I have mine ground fresh also. If you are used to tasting it, you can taste in two seconds if the meat is funky. I eat my ground beef, just taking it out of the paper and put it in my mouth. Presto.

I guess my thought is that if people are looking for OPTIMUM health, why destroy enzymes by cooking. There are lots of scare tactics about raw, but I have found info that says the problem is not the little guys in the meat, but our overwrought systems. That the "bugs" can, in fact, be healthful. Hey, if people don't think eating all meat all the time is odd, what's so odd about raw.

What's your take on the coconut oil, Twilight?
Some interesting thoughts on coconut oil: http://raypeat.com/articles/articles/coconut-oil.shtml

On raw meat: I agree, it's almost certainly better for us, but I also know, me and raw, aren't going to happen 😐

RE: Zero Carb / Meat and Water - caroline - 08-16-2008 06:23 PM

Again, if coconut oil is more saturated than the fats in tallow, wouldn't that be the optimal fat?

RE: Zero Carb / Meat and Water - twilight - 08-16-2008 06:26 PM

caroline Wrote:
Twilight--When I say I eat it raw, I mean RAW. If I do cook it, it is only to brown outside, rest is totally raw. I have mine ground fresh also. If you are used to tasting it, you can taste in two seconds if the meat is funky. I eat my ground beef, just taking it out of the paper and put it in my mouth. Presto.

What's your take on the coconut oil, Twilight?

That's what I do also. 😊Mmmmm

I've got Nutiva coconut oil and I like it right out of the container (solid). My ground beef isn't very fatty, so I either have some coconut oil or get some beef fat out of the freezer and cut up some chunks.

RE: Zero Carb / Meat and Water - FormerDonutJunkie - 08-16-2008 07:03 PM

Daryl....Ray Peat also makes a good case about how vegetables came to be staples in the diet world. He states they, like other foods found in many cultures, were 'famine foods' and eventually gained widespread acceptance as healthy and necessary. He states a very interesting case entitled, "Vegetables -- Who Defines Food?" In the end he says "Animal proteins, and fruits, because they contain the lowest levels of toxins, should form the basis of the diet." He further states that many fruits are not even that safe. Interesting read!

RE: Zero Carb / Meat and Water - Daryl - 08-16-2008 08:13 PM

caroline Wrote:
Again, if coconut oil is more saturated than the fats in tallow, wouldn't that be the optimal fat?

Could be; remember the people Taubes wrote about, in New Zealand, I think? Coconuts and fish, and healthy as a horse.

RE: Zero Carb / Meat and Water - Daryl - 08-16-2008 08:22 PM

FormerDonutJunkie Wrote:
Daryl....Ray Peat also makes a good case about how vegetables came to be staples in the diet world. He states they, like other foods found in many cultures, were 'famine foods' and eventually gained widespread acceptance as healthy and necessary. He states a very interesting case entitled, 'Vegetables -- Who Defines Food?' In the end he says "Animal proteins, and fruits, because they contain the lowest levels of toxins, should form the basis of the diet." He further states that many fruits are not even that safe. Interesting read!

Yes, he's an interesting guy, and was kind enough to take the time to answer some questions I had. And I tend to agree with his thoughts on vegetables 😊

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RE: Zero Carb / Meat and Water - caroline - 08-17-2008 07:00 AM

Unsaturated Fats-Nutritionally Essential or Toxic--FormerDonutJunkie,--thanks for the link! If you liked that article, I found this one in the links. some of it is very interesting information.

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RE: Zero Carb / Meat and Water - Charles - 08-17-2008 07:37 AM

Kristi31 Wrote:
I also think fat freely circulates in the body and does not get stored ever. Should bodyfat be too low, I think more glucose is produced by the body and then stored as fat.

Yes, but it does not happen like this. We all have fat stores, or what are called "adipose tissue cites." We need them for storage. We are hyperphagic creatures in that we store a lot of the fat we use during the day and we live off of this at night. We don't live off the meal we just ate. The primary energy depot is our adipose tissue. Fat does, however, freely circulate but it gets slowed down by about .001 percent when it enters and exit adipose tissue cites due to triglycerides.

This was discovered in the 1960s when they used the "fat-tagging" system to follow fatty acids throughout the body. Moreover, the adipose tissue sites have blood vessels and nerves running throughout which means it is connected to the central nervous system. The fat tissue is an integral part of the long-term fuel supply. We can't exist without it.

Regards,

Charles

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RE: Zero Carb / Meat and Water - Charles - 08-17-2008 07:46 AM

deedum Wrote:
So, its NOT our storage cells that become insulin resistant but some of our muscle cells. It would be good if our fat cells were insulin resistant then they wouldn't take the fatty acids that insulin was trying to give them, right? I need to study a flow chart that shows these processes. I know I've seen one somewhere...

Yes and no. It would not be good if our fat tissue would not accept fatty acids because that's our long term fuel supply. The only reason fatty acids get trapped in fat tissue is because of the size of triglycerides, which are one glucose molecule attached to three fatty acid molecules. They have to be assembled, disassembled and re-assembled (esterified) as they pass through the fat tissue in the stream. This process slows down the flow of fatty acids and causes them to back up in fat tissue. This is how
you get fat.

The key is to slow triglyceride production by eliminating glucose from the diet. With no glucose, our bodies can't make excessive triglycerides.

On the other hand, our body does need to store some fat for its needs. Therefore, it can synthesize glucose in order to make the minimal amount of triglycerides necessary to store a little fat. This is normal and healthy. The bad part is too many triglycerides.

Our fat tissue becomes too sensitive to insulin in that it stores fatty acids at an abnormal rate. This means that even the slightest amount of insulin will stimulate storage whereas that amount of insulin might not have prompted fat storage in the past. This is the reason for the stall, uncontrolled insulin and too much sensitivity in fat tissue. It seems the longer one has been obese, the more sensitive the fat tissue is to insulin and therefore more prone to storage. Don't get sensitivity mixed up with resistance. These are two very different concepts. Muscle cells are resistant, fat cells are sensitive. Increasing sensitivity with drugs (such as metformin) improves symptoms but it does so by furthering the fattening process.

If you notice, on a low-carb diet, triglycerides are the first to fall and high triglycerides along with low HDL are the only reliable markers for heart disease. Everything else, ldl, stress, etc, is mere speculation.

Regards,

Charles

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RE: Zero Carb / Meat and Water - Charles - 08-17-2008 07:54 AM

Nicola Wrote:
Charles, you know Dr. B. Groves (you mentioned him in one message), well that about natural (raw) meat and fat is more important than you seem to believe (at this point of yours and others meat and fat diet):

They can make all the claims they want. No one argues that grass-fed beef is not more nutritious then grain-finished beef. However, you cannot show that grain-finished beef is not nutritious. Those sources do not stand for that proposition.

I am healthy today by every objective standard. I do not believe that my health will one day suffer because I don't eat grass-fed beef nor raw food.

You are more than entitled to your opinion as is anyone else who believes this way. Most cultures ate cooked food and were very healthy as a result. The Inuit rarely ate anything raw so this argument does not hold up. Some cultures didn't even eat beef at all yet still had optimum health. There are many ways to get it done but a food analysis doesn't tell the whole story.

The articles from the Price website are dealing with animals and animal studies. The cats didn't fare so well on cooked food. I am not an animal and I do well with cooked food. I do give my dog raw ground beef and he's doing well with that.

Having said all that, I do believe that you should not over cook your food. I tend to go from medium to medium-well and Stefansson and Anderson did they same thing. Stefansson liked his medium-well and Anderson liked his medium.
It should also be noted that fresh meat, both cooked and raw, cured scurvy which is a deficiency disease. Obviously, there must be something in meat that contains the nutrients needed and it does not seem to matter whether the meat is cooked or raw. Raw may have more, but cooked clearly has enough.

Regards,

Charles

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RE: Zero Carb / Meat and Water - Charles - 08-17-2008 08:03 AM

poo123 Wrote:
Well I am down 2 lbs this week. I really am happy. things are good....alison

Congratulations, Alison! I figured that change to the coconut drink caused problems for you since I've been following your progress. Keep it clean and you'll be fine. Don't be too quick to jump on these prescriptions that everyone has.

Every culture did not eat coconuts. Those that did, such as the Tocalauans, were very healthy with it. They ate coconuts and fish and did wonderfully. Others never ate fish at all and also had great health.

I agree there are some goups who do well with raw meat, but it's difficult to say that you would fare better than those who eat theirs cooked. It's not automatic that one nutrient is "better" than another. There is simply no evidence that so-called "more nutritious" food is better in the long run because as I've posted before, one cannot merely analyze the foods to determine what the body does with that food.

The Inuit did not consume enough calcium, yet they did not have bone deterioration or bad teeth -- nor any deficiencies for that matter!

Even though some did not eat fish and coconuts, they were healthy with good teeth. Others ate meat and bones and were also very healthy. Find a combination you like, that your body does well with, eat it, and live.

Regards,

Charles

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RE: Zero Carb / Meat and Water - daveo - 08-17-2008 08:30 AM

Couple observations...

1. I was feeling pretty keto-adapted yesterday. I wanted to see how I would handle and occasional glass of wine, so I had one before dinner last night. Not good. I slept about 9 hours last night and work up hungry this morning, which is rare for me.

2. I went hiking this morning for the 1st time in a few years. The trail has a fairly steep switchback at the beginning of it, and I am at the heaviest I have ever been when I have gone hiking, so I was dreading that 1st part. Turns out, I didn't get winded at all and it was pretty easy! I thought that was pretty interesting. Looking forward to doing some longer hikes soon!
RE: Zero Carb / Meat and Water - Dwayne - 08-17-2008 10:18 AM

Glad to report that eliminating the cheese and the diet drinks has started me back up losing. Back to my low after I first started. Feeling really good. I had to go through some nice induction flu again. I am between 5 and 10 carbs most day and if I stall it will go lower. So far it is working great. =) Adding fat has been challenging, but it is moving along.

RE: Zero Carb / Meat and Water - suzanneyea - 08-17-2008 11:05 AM

I eat my meat raw in the middle, but I have always preferred it that way, even as a child. Just a personal preference on taste.

RE: Zero Carb / Meat and Water - FatGirlOnAtkins - 08-17-2008 11:06 AM

waywardsister Wrote:
jeepifer Wrote:
Skinnier people's bodies simply are more efficient and don't store the fatty acids. But they still might be burning out -- as Charles said, only the lucky ones get fat. Then we know there's a problem!
That's what I worry about with my hubby. 😞 If he gained a few pounds, ever, he'd immediately stop drinking his 2L of Coke every day, quit the cookies, etc. But he's one of those who never gains weight no matter what he eats. I really do think that we're luckier bc we got fat!

I feel you on this one... my husband is not overweight in the slightest, and he eats sugar all the time. I try to serve only healthy foods when he is home, but he is gone all day and he brings some home with him. I worry about the long-term effects of the way he's eating.

And anyone know why my silly ticker won't let me edit? I've never had trouble with them before... it won't do ANYthing!! I've lost 3 more pounds since then!!!!

RE: Zero Carb / Meat and Water - suzanneyea - 08-17-2008 11:28 AM

I had years of my life that I was skinny and lived 100% on candy.

RE: Zero Carb / Meat and Water - cbnebraska - 08-17-2008 12:11 PM

suzanneyea Wrote:
I had years of my life that I was skinny and lived 100% on candy.

Suz, thank goodness for you that you figured out how to optimize your health without ever having to gain weight. Too many times my skinny friends seem to fall back on "if it ain't broke, don't fix it". The problem is, they don't have any idea that they are breaking some things down, they just can't see them. They don't connect their allergies, sleeping problems, low energy, early osteoporosis, frequent colds, etc... to carbs in the diet. Most people can't - and who's to blame them - not everyone can think outside the box. They just don't understand the science or see the connection. I fear what ailments they'll add to that list as we age because we are only 30-40ish right now - it's only downhill from here. The one thing I fear is that my husband and I, who eat very low carb and high fat, will be the ones to end up with some
disease or disorder that is traditionally credited to saturated fat. Then, all the people I explained to and defended to will be able to say "I told you so... see what you get." In my heart I know that people take leaps of faith everyday, in the areas they so choose. However, I think of my choice to eat outside the normally excepted parameters as an educated and enlightened leap, but still a leap. Come what may, I guess. My goal is to live a quality life in good health, doing what I so choose, until I die. What else is there? We all have a 100% death expectancy!

RE: Zero Carb / Meat and Water - suzanneyea - 08-17-2008 01:22 PM

Quote:
Suz, thank goodness for you that you figured out how to optimize your health without ever having to gain weight.

LOL
I weighed in at 168 when I started LC...

RE: Zero Carb / Meat and Water - Nicola - 08-17-2008 01:40 PM

caroline Wrote:
Nicola,

Is your point that meat should be eaten raw? That the fats should be eaten raw? I read all the passages you mentioned, but I'm interested in understanding what you were talking about...

I know Dr. Groves very well; he helped me over a year with answers. I have got to know Lex well too; he explained in great detail how and why he is eating raw paleo (private mails). Geoff on the rawpaleo forum has a lot of information about raw vs. cooked.

I started out with cooked meat and fat ("Schaubkost; Die kohlenhydrat- und säurearme Ernährung", Dr. Wolfgang Lutz - personal Kontakt, Optimal Diet...), but cooked meat did not digest well and cooked fat mad me feel off!!!

As you can read; natural meat and fat would be ideal and yes, raw would be naturaly healthy.

I don't say "should" - in the words of "good/bad or black/white"; humans like to think that way and that is not good.

Nicola

RE: Zero Carb / Meat and Water - Ell.eee - 08-17-2008 04:50 PM

Hi everyone. Two weeks of meat and water absolutely no cheats and I'm now up 7 lbs - 3 since zero carb. OK I was underweight but I can't keep gaining a pound every 3 days. I know I have early diabetes and hyperinsulism/insulin resistance and I'm menopausal, but surely I should see some results. My energy is usually good and other than after meals I'm not hungry, but I'm tired of shaking, sweating, and feeling faint after eating. Any ideas anyone? Maybe zero/vlc is just not going to be the answer for me or maybe I just haven't found the right foods for my body yet. I try for 75% fat and eat beef, pork, chicken with skin, and some lamb. Please give me your ideas. I'm feeling defeated and really want to avoid medications if at all possible.
RE: Zero Carb / Meat and Water - daveo - 08-17-2008 05:01 PM

Ell.eee Wrote:
Hi everyone. Two weeks of meat and water absolutely no cheats and I'm now up 7 lbs - 3 since zero carb. OK I was underweight but I can't keep gaining a pound every 3 days. I know I have early diabetes and hyperinsulism/insulin resistance and I'm menopausal, but surely I should see some results. My energy is usually good and other than after meals I'm not hungry, but I'm tired of shaking, sweating, and feeling faint after eating. Any ideas anyone? Maybe zero/vlc is just not going to be the answer for me or maybe I just haven't found the right foods for my body yet. I try for 75% fat and eat beef, pork, chicken with skin, and some lamb. Please give me your ideas. I'm feeling defeated and really want to avoid medications if at all possible.

Well if you were underweight, and your body is trying to return to its ideal weight, then gaining is just what you should be doing. Why not wait to see if you keep gaining after you reach your ideal weight?

As far as the shaking, sweating, and feeling faint, it may just be 2 weeks isn't enough.

RE: Zero Carb / Meat and Water - cbnebraska - 08-17-2008 06:06 PM

Ell.eee Wrote:
I know I have early diabetes

Please tell me, what is early diabetes?

RE: Zero Carb / Meat and Water - nyteez - 08-17-2008 06:18 PM

Quote:
You are so right about the fat!!! Congrats on your success. I hope to find my abs soon, too!

Thanks FGOA!

Quote:
I'm not sure that the occasional red wine needs to be given up. If I remember correctly, The Bear has been zero carbing for 49 years, and he said he only gave up red wine in 1990 when he started lifting weights. So I assume from what he said, that you can have a healthy 0 carb lifestyle and still enjoy some occasional wine.

I also like my red wine. I have cut it out, then added it back in. There was no difference for me, so I do still enjoy my red wine. But, if I stall again, the wine has to go.

Quote:
I wouldn't be looking to go back to that. However I am wondering about going back to low carb after a time of zero carb. Is this possible?

Lynn, when you get down to zero carb and work out all the foods that don't work for you, you kinda reach a stage of "nirvana". It is hard to describe, you just have to experience it yourself. I feel so good, it is like a natural high. I don't even think about food, I have a ton of energy and I have no desire to eat anything except fat & meat. I LOVE pizza! But I know if I had a slice (or 4) I would feel like crap for a
few days. It is so not worth it. When you get to this stage it is easy to say no to all those foods because they are no longer "tempting".

It is like Charles said...we are BMW's and only the best fuel will do! 😁

Quote:
However, I will say that yesterday, I had unseasoned ribs for lunch and I did not have a dish of fat on the side. This caused me to eat more than I normally would and was sapped for energy in the afternoon until dinner. The last two meals have been with my beloved dish and I feel wonderful.

Funny you should mention this Charles. I am going out of town Labor Day weekend. I am OK with what to order for dinner (a steak), but I am having trouble w/ breakfast since I usually have my bowl of meat swimming in fat. I am wondering what would happen if I ordered 2 hamburger patties w/ a side of bacon grease! LOL! I can just imagine the look of total disgust on the waitpersons face. I might have to settle for scraping the unwanted butter off of everybodys toast. LOL!

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RE: Zero Carb / Meat and Water - Daryl - 08-17-2008 06:30 PM

cbnebraska Wrote:
Ell.eee Wrote:
I know I have early diabetes

Please tell me, what is early diabetes?

She may mean "pre-diabetes", meaning one has a fasting blood sugar reading between 100 and 125, I believe.

---

RE: Zero Carb / Meat and Water - Kristi31 - 08-17-2008 07:12 PM

Ell.eee,

I kind of had that reaction after a meal if I ate too much fat...try eating lean protein at one meal and see what happens or just fat...compare...food for thought.

On a personal note...
Been eating barely any fat these last couple of days...I just don't crave it. And not much protein either. Feel great, lots of energy and barely hungry. I think the excess fat in my body is being used up and that's probably why. I so overdid it with fat these last few weeks and probably months, my body has much to use for fuel! I ate about 50 grams of protein today, barely any fat, like a little piece of bone marrow. Right now, I'm just going with hunger and I'm really really not hungry for either protein or fat.

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RE: Zero Carb / Meat and Water - nyteez - 08-18-2008 06:55 AM

Kristi - I haven't been hungry either. I am wondering if it is because my body is burning stored fat. I have 40lbs of stored fat! That can go a long way! LOL I am still eating lots of fat, but my evening meal is getting smaller & smaller and is not as fatty as my morning meal.

I am down another pound! I still have tons of energy and feel great!
RE: Zero Carb / Meat and Water - jeepifer - 08-18-2008 06:59 AM

Down 4 of the 12 lbs I put back on. I'll take it! LOL

I made my pork steak this morning and had a couple of bites but didn't feel like eating. Go figure. I'm starting to get a little hungry now, though, so maybe time to reheat the meatballs.

RE: Zero Carb / Meat and Water - Charles - 08-18-2008 08:47 AM

cbnebraska Wrote:
Please tell me, what is early diabetes?

That's a term for most of us who have insulin resistance. This shows up long before the disease! As I wrote to you elsewhere, the diseases of civilization are all progressive. The damage starts at the cellular level and then spreads out over decades until it manifests itself in some way. The lucky ones get fat, 1 in 5, the unlucky ones get cancer 1 in 2 (men, at least) and so on.

RE: Zero Carb / Meat and Water - Charles - 08-18-2008 08:54 AM

Ell.eee Wrote:
Hi everyone. Two weeks of meat and water absolutely no cheats and I'm now up 7 lbs - 3 since zero carb. OK I was underweight but I can't keep gaining a pound every 3 days. I know I have early diabetes and hyperinsulism/insulin resistance and I'm menopausal, but surely I should see some results. My energy is usually good and other than after meals I'm not hungry, but I'm tired of shaking, sweating, and feeling faint after eating. Any ideas anyone?

I hate to break it to you but I think what is happening with you is exactly what is supposed to happen. It's not healthy to be underweight and even if it was, it's simply not up to you. Weight is regulated by your body. All you can do is eat healthy and let your body do what is best. If you eat carbohydrates, you'll only make the symptoms worse.

There are not medications that will help you treat the cause of what ails you. Those medications are only geared to the symptoms much like your mind. I encourage you to really think beyond the symptoms you can see and look inward and gauge how your body is responding. That can make all the difference.

All of the things you named -- diabetes, hyperinsulinemia, and insulin resistance are all symptoms of metabolic syndrome. As you know, they are not the only symptoms. You can't let weight determine what works or doesn't work. You can live a long and happy life with extra weight but you cannot live a long life with any of the diseases you named.

Best regards,

Charles

RE: Zero Carb / Meat and Water - HaloStatue - 08-18-2008 09:01 AM

Charles (and everyone else)...
You guys are a fount of info on this. I've loved reading this thread.

I got started on the carniverous WOE back in December, before Christmas. I've had no bread, veggies, pasta, nuttin' of any vegetable or bread type at all. I've only had heavy cream or unsalted butter in the dairy group. The only carbs I know I've taken in come in the eggs I eat. I can proudly say I haven't cheated a day. The only vegetable anything I eat would be in ground spices I use in cooking. I have drunk coffee and diet sodas. Even so, there were very few times when I checked the KetoStix and found "Trace" or less indicated. Usually, there was a higher reading. I still haven't figured this out.

I'm a 5'10" 52 year old, and when I started I weighed 235. Today I weigh 215. In February I weighed 215. In March I weighed 215. In April I weighed 215. And I've stayed like that until now. A very stubborn, frustrating stall. Periodically, my weight would jump 5 to 10 pounds in a matter of days, which I could only attribute to water gain due to something I was doing in my diet.

My goal is to get to 195. That was my goal in December and that's my goal now. I'd intended to be done by May. I've changed that.

So I got tired of all of this and around mid-June I decided to break the stall and begin to ramp up my exercise intensity and cut portion sizes in order to break the stall. I lift weights (very heavy, very intense) every other day and do sprints/intervals on the other days. I jump rope for 30 minutes nearly every day and hit the heavy bag for 25 minutes every other day.

This nutrition/effort began to yield small losses, but I was really feeling run-down. I was listless and achy, with annoying, base-of-the-skull headaches. I began to figure that maybe I wasn't eating enough. I started looking around the web and came onto this thread last week.

After reading about half of the thread, I decided my problem still might be the diet I was eating. Soooo....starting last Thursday I dropped all cheese, eggs, coffee and diet sodas, Crystal Light-type drinks...anything except meat, unsalted butter and water. And I've started eating more; to satiety.

Owwww....

I have had a caffeine withdrawal headache every day since I started. It's been smaller each day, so I guess I'm getting through it. That makes me feel like I'm doing something right. Friday, the KetoStix went deep purple instantly and amazed me. I've been zero carb (I thought) since December and dropping some "okay", no-carb foods makes a huge change on my stix! That makes me feel like I'm doing something right, too.

But the weight still isn't moving. It just sits there. So my questions...

1. What ideas do you have about the stall? I'm going to stick with this, but I'd like to make any adjustments necessary to get the weight sliding.
2. Why would the KetoStix show a dramatic increase in ketones by simply dropping the cheese, eggs, coffee and diet sodas?
3. Can one be so resistant that portion size/calorie deficits might be the only way to get the fat off?
4. Am I the only one out there that this is happening to?! I mean I know I'm special, but I'm not that special! : )

I don't mind doing whatever it takes, nutrition or exercise, to get to my goal. 20 pounds isn't that much for me. I've lost that much since I started. But this stall is getting a bit old.
Thanks for any advice, help or comments.

Charlie

RE: Zero Carb / Meat and Water - Charles - 08-18-2008 09:03 AM

nyteez Wrote:
Kristi - I haven't been hungry either. I am wondering if it is because my body is burning stored fat. I have 40lbs of stored fat! That can go a long way! LOL I am still eating lots of fat, but my evening meal is getting smaller & smaller and is not as fatty as my morning meal.

I am down another pound! I still have tons of energy and feel great!

I'm like you ladies! I am hungry, but my meals are much smaller than they used to be. I can't believe I can't eat a full rack of ribs anymore. That's kind of depressing. I am more than satisfied with a half-rack. My breakfast is down to a patty which is probably about 1/4 pound or slightly more and 3 or 4 strips of bacon. I even dip the bacon in the fat!

Suffice it to say, I'm down to 153.2 (which is 11.8 below goal) this morning. I don't really have much desire to lose weight, but it's intriguing nonetheless. I was 146 when I joined the Navy Reserve in 1986 and I was 154 when I got married 17 years ago. I'm just wondering where this is all going to lead, or as Morpheus said in the Matrix, "how deep does the wormhole go?"

Regards,
Charles

RE: Zero Carb / Meat and Water - MAC - 08-18-2008 09:23 AM

HaloStatue Wrote:
I'm a 5'10" 52 year old, and when I started I weighed 235. Today I weigh 215. In February I weighed 215. In March I weighed 215. In April I weighed 215. And I've stayed like that until now. A very stubborn, frustrating stall. Periodically, my weight would jump 5 to 10 pounds in a matter of days, which I could only attribute to water gain due to something I was doing in my diet.

My goal is to get to 195. That was my goal in December and that's my goal now. I'd intended to be done by May. I've changed that.

HaloStatue,
Welcome to LLVLC forum. I am about your age and about the same height and have been stalled at my current weight for going on close to 9 months now. I lost 70 pounds from my high and have been plateaued at my current weight (more or less) ever since. Since you started exercising, have you been losing any inches but not weight? Someone on this forum recently gave up butter and salt and started losing. Ghee (clarified butter) may be a good substitute for the butter as dairy can stall some people. You might consider coconut oil or fat back instead of butter. I can attest to water weight gain if I consume too much cream in coffee. I don't have any real answers for you but you might want to up your fat intake. Others have reported that increasing the fat percentage in their diet has broken their stalls. You didn't report it, but be suspicious of sausage and processed meats as they can contain hidden carbs and
are usually high in salt. Charles reports he eats less and is more satisfied if he doesn't add salt to his meat.

RE: Zero Carb / Meat and Water - Charles - 08-18-2008 09:25 AM

HaloStatue Wrote:
But the weight still isn't moving. It just sits there. So my questions...

Hello Charlie and welcome to our forum.

Charlie Wrote:
1. What ideas do you have about the stall? I'm going to stick with this, but I'd like to make any adjustments necessary to get the weight sliding.

It's hard to say since you just started zero-carb. If you don't lose even on zero-carb, this informs the rest of us that you won't lose more by adding more carbs either. Any of us are only going to lose what our hormones allow. I'm not sure you're there yet, but we'll see.

Charlie Wrote:
2. Why would the KetoStix show a dramatic increase in ketones by simply dropping the cheese, eggs, coffee and diet sodas?

Because those foods all have carbs in them. Their "0" carb status is only due to the serving size. If you eat more than a serving, then there are carbohydrates present. Moreover, dairy has that effect on many of us here. I eat no dairy because it makes me gain weight and have cravings.

Diet sodas and artificial sweeteners cause us to secrete insulin in anticipation of the sweetness. It makes no difference that there are no carbohydrates present in these substances. Insulin is the problem, not the number of carbohydrates.

Charlie Wrote:
3. Can one be so resistant that portion size/calorie deficits might be the only way to get the fat off?

No because semi-starvation will not reduce your fat stores. It will reduce you in equal measure until you look like Ghandi, but this isn't what you want to accomplish. You want to be strong, lean and muscular as your body changes, not weak, chunky and non-defined.

Charlie Wrote:
4. Am I the only one out there that this is happening to?! I mean I know I'm special, but I'm not that special! : )

No, our forum is littered with this issue. Just as there are many who are going through this, there are many opinions as to how to change things. You just got mine.

Charlie Wrote:
I don't mind doing whatever it takes, nutrition or exercise, to get to my goal. 20 pounds isn't that much for me. I've lost that much since I started. But this stall is getting a bit old.

Exercise really doesn't help in terms of weight loss as you've discovered. You should exercise only
because you enjoy it, not because you think it will make you lose weight faster. Weight is like body
temperature, blood pressure, pulse rate, cholesterol levels, etc. It is regulated by your body and your
body fights to keep you at equilibrium as it should. If you want to reduce your fat stores, you have to
provide better metabolic fuel which you have just begun to do. Let's see what happens!

Regards and again, welcome to our forum!

Charles

RE: Zero Carb / Meat and Water - MirMir - 08-18-2008 09:46 AM

Good morning all!!

Oh, had to bark at my brother, he threw out my bacon fat again!!!

We have had this discussion before: bacon fat does not spoil, when you do the refrigerator run (throwing
out the old) do not throw out the bacon fat.

Now I have to start over again which I will but this time I'm using a big marker and putting the words:
DO NOT THROW OUT UNDER PENALTY OF .... on the container.

I'll let him fill out the rest.

RE: Zero Carb / Meat and Water - Linda - 08-18-2008 09:54 AM

Happy Monday, everyone!

I just thought I'd post here and let you all know I've joined the ZC movement. 😃I've been ZC'ing since
Thursday and doing well so far. I've given up coffee and heavy cream, but do occasionally have butter.
I'm currently rendering some beef fat to also up my fat content. I like to add this to chuck roast when I
reheat it. Yum! I try to use minimal processed meats such as uncured bacon, nitrate/MSG free hot dogs
or sausage, etc. I drink water.

I do have a question. Prior to going ZC, I had been doing VLC....less than 10 carb per day. I'm using
ketostix to see when my body finally starts getting into heavy ketosis. I would then expect to have the
ketones quit showing once my body adapts. However, I'm only showing trace or small amounts of
ketones. How long would it take to show that I'm in ketosis?

Thanks,

RE: Zero Carb / Meat and Water - MAC - 08-18-2008 10:00 AM

Linda Wrote:
Happy Monday, everyone!

I just thought I'd post here and let you all know I've joined the ZC movement. 😃I've been ZC'ing since
Thursday and doing well so far. I've given up coffee and heavy cream, but do occasionally have butter.
I'm currently rendering some beef fat to also up my fat content. I like to add this to chuck roast when I
reheat it. Yum! I try to use minimal processed meats such as uncured bacon, nitrate/MSG free hot dogs
I do have a question. Prior to going ZC, I had been doing VLC...less than 10 carb per day. I'm using ketostix to see when my body finally starts getting into heavy ketosis. I would then expect to have the ketones quit showing once my body adapts. However, I'm only showing trace or small amounts of ketones. How long would it take to show that I'm in ketosis?

Thanks,

Appears from what you have written that you are already keto adapted and out of ketosis when you were VLC. You don't have to be zero carb to be keto adapted. You want to be keto adapted. Ketosis means you are throwing off unused ketones. Keto adapted means your body is using ketones instead of glucose.

I'm wondering, once again, about coffee. Is it the caffeine in the coffee that causes insulin to rise? If so why, if not, would decaf coffee be acceptable?

Also, I am finding that liquid bacon fat, at least that which comes off of low sodium bacon, doesn't really taste all that great to me. I love the fat that's deposited around the outside edges of my steaks though. Especially when it's crunchy on the outside! So, what is this stuff called and how can I go about getting some extra? My favorite steaks are chuck eye and rib eye. I suppose prime rib has some fat, but that is just too expensive to buy for home. Is there something fattier out there? We do get the 80/20 hamburger, but I would say much of it burns off on the grill and can't be recovered from the drip tray - ick. Oh, and we buy expensive brisket once in a while too. We are looking to buy a smoker so we can smoke some ribs, but once again there's the dripping issue. We grill because we cook a large, large mound of meat every 2 weeks, divide it into 2 groups, freeze one and put one in the fridge. Works great since we both work and our 2 kids have busy schedules as well. However, I think I'd like to prepare some extra beef fat to have along with my other meat. Any ideas on how to best do this?

I have one other little situation. I am a teacher and I have to eat at 11:20 every day, or I don't get to eat at all. I have only been eating zc a few days, so this is the first time this happened to me. I had hamburger with bacon for breakfast at 7am and had to throw some of it away because I got full very quickly. I didn't think about food even once all morning and next thing I know it's 11:20 and time to eat --- and I'm not even remotely hungry. Ugh. I forced myself to eat my steak, but now I feel icky. Should I eat a little less than sated at breakfast knowing I'll have to eat at 11:20 or should I eat breakfast to satiety and force myself to eat a smaller lunch? I have to make it through the afternoon and to at least 5:00, so I can't just skip lunch. I fear that if I eat a small lunch I'll be too hungry in the mid afternoon and carbs will start to look like food to me. I'm finally to the point where I look at it all and simply don't see it as food. I kind of think of it as art. Hmmm, that looks interesting, and I move on. I just can't believe that I filled up so quickly at breakfast and was so full still 4 hours later. Amazing.

Thanks for your ideas

Lynn, when you get down to zero carb and work out all the foods that don't work for you, you kinda reach a stage of "nirvana". It is hard to describe, you just have to experience it yourself. I feel so good, it is like a natural high. I don't even think about food, I have a ton of energy and I have no desire to eat.
anything except fat & meat. I LOVE pizza! But I know if I had a slice (or 4) I would feel like crap for a few days. It is so not worth it. When you get to this stage it is easy to say no to all those foods because they are no longer "tempting".

It is like Charles said...we are BMW's and only the best fuel will do!

Again, I am not talking about eating pizza. I haven't eaten high carb in years. I am talking about adding back some veggies after a while, similar to Atkins.

At the moment I am a work in progress. I am trying different types of meat so that I will have a repertoire of meat to choose from if I do go zero carb as right now I only eat chicken, turkey and beef. The old tastebuds are still not well adapted to meat yet 😊

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**RE: Zero Carb / Meat and Water - suzanneveya - 08-18-2008 10:22 AM**

Why not the fatback that Charles and I have been cooking with? It cost less than a dollar for a good sized piece of fat and you only need a bit to cook with, it makes everything taste yummy and juicier. It is in the pork section, btw. Can't hurt to try...

I often find that I have to eat when not hungry. Like this weekend, I wasn't hungry but I was going into the wedding reception and wasn't going to be able to eat for the next 5 or 6 hours, so I ate. Maybe just try eating, but not as much. I do the same thing before a movie, if the movie starts at 12:30 I am never hungry before, but I always eat something so I do not exit the movie starving.

Also, have you thought of cooking everything in the broiler? Not in a broiler pan, but a regular pan so it can cook in its own juice and fat? I never grill anymore.

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**RE: Zero Carb / Meat and Water - jeepifer - 08-18-2008 10:22 AM**

cbnebraska Wrote:
Should I eat a little less than sated at breakfast knowing I'll have to eat at 11:20 or should I eat breakfast to satiety and force myself to eat a smaller lunch? I have to make it through the afternoon and to at least 5:00, so I can't just skip lunch. I fear that if I eat a small lunch I'll be too hungry in the mid afternoon and carbs will start to look like food to me. I'm finally to the point where I look at it all and simply don't see it as food. I kind of think of it as art. Hmmm, that looks interesting, and I move on. I just can't believe that I filled up so quickly at breakfast and was so full still 4 hours later. Amazing.

I tend to eat a smaller breakfast, have a large lunch, and that holds me through to dinner. I don't have a strict lunchtime, but there are usually a lot of meetings in the early afternoon, so I try to plan to eat earlier if possible.

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**RE: Zero Carb / Meat and Water - daveo - 08-18-2008 10:24 AM**

cbnebraska Wrote:
I'm wondering, once again, about coffee. Is it the caffeine in the coffee that causes insulin to rise? If so why, if not, would decaf coffee be acceptable?

Also, I am finding that liquid bacon fat, at least that which comes off of low sodium bacon, doesn't really taste all that great to me. I love the fat that's deposited around the outside edges of my steaks though. Especially when it's crunchy on the outside! So, what is this stuff called and how can I go about getting some extra? My favorite steaks are chuck eye and rib eye. I suppose prime rib has some fat, but
that is just too expensive to buy for home. Is there something fattier out there? We do get the 80/20 hamburger, but I would say much of it burns off on the grill and can't be recovered from the drip tray - ick. Oh, and we buy expensive brisket once in a while too. We are looking to buy a smoker so we can smoke some ribs, but once again there's the dripping issue. We grill because we cook a large, large mound of meat every 2 weeks, divide it into 2 groups, freeze one and put one in the fridge. Works great since we both work and our 2 kids have busy schedules as well. However, I think I'd like to prepare some extra beef fat to have along with my other meat. Any ideas on how to best do this?

You should be able to go to the butcher and ask them to give you some beef fat trimmings or suet. Then you can render it. I do it by putting in a heavy pan over fairly low heat until it is all melted, skimming off the remaining chunks, and then pouring through a cheese cloth to get the smaller particles.

If you can't find it locally, I know you can order it online from places like Slanker's Meats and US Wellness Meats. Added bonus is that those are grass-fed, which many people believe may have a slight health advantage. They are a little more expensive, but they will last a long time 😊

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RE: Zero Carb / Meat and Water - suzannevea - 08-18-2008 10:30 AM

I find that the pork fat melts better...

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RE: Zero Carb / Meat and Water - HaloStatue - 08-18-2008 10:35 AM

Charles Wrote:
It's hard to say since you just started zero-carb. If you don't lose even on zero-carb, this informs the rest of us that you won't lose more by adding more carbs either. Any of us are only going to lose what our hormones allow. I'm not sure you're there yet, but we'll see.

Exercise really doesn't help in terms of weight loss as you've discovered. You should exercise only because you enjoy it, not because you think it will make you lose weight faster. Weight is like body temperature, blood pressure, pulse rate, cholesterol levels, etc. It is regulated by your body and your body fights to keep you at equilibrium as it should. If you want to reduce your fat stores, you have to provide better metabolic fuel which you have just begun to do. Let's see what happens!

You know, I guess you're right. I have just started the zero carb. I thought I was doing it, but wasn't. When I started the path (Bear's path) last December, I guess what I did was find every exception rather than the strictest of all interpretations. Now that I'm straight meat and water, we'll see what happens.

As to the exercise thing...it's not as much for the fat loss as for the fun, leanness and conditioning. But from what I understand, even though it doesn't do as much for the fat loss, it helps keep it under control once it's lost.

Thanks for the reply, Charles!

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RE: Zero Carb / Meat and Water - HaloStatue - 08-18-2008 10:42 AM

Thanks for the thoughts and the reply, Mac...

I've already cut all sausage/processed meats (which sucks! I love Brats and the like on the grill!) and cut the coffee, so there's no creamer there.
I try to increase my fat intake all the time, thus the unsalted butter. I've heard the coconut oil mentioned, but never looked into it 'cause I didn't think this would give me this much trouble. Now I guess I'd better!

I'm going to order some coconut oil from Puritan's Pride. Where do I get the fatback and how do I use it? And would the bacon drippings (from bacon for the rest of my family) I've been saving contain too much salt, nitrates, etc. to use in increasing my fat?

Thanks again!

Charlie

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**RE: Zero Carb / Meat and Water - Nicola - 08-18-2008 10:51 AM**

Charles Wrote:
Nicola Wrote:
Charles, you know Dr. B. Groves (you mentioned him in one message), well that about natural (raw) meat and fat is more important than you seem to believe (at this point of yours and others meat and fat diet):

They can make all the claims they want. No one argues that grass-fed beef is not more nutritious then grain-finished beef. However, you cannot show that grain-finished beef is not nutritious. Those sources do not stand for that proposition.

I am healthy today by every objective standard. I do not believe that my health will one day suffer because I don't eat grass-fed beef nor raw food.

You are more than entitled to your opinion as is anyone else who believes this way. Most cultures ate cooked food and were very healthy as a result. The Inuit rarely ate anything raw so this argument does not hold up. Some cultures didn't even eat beef at all yet still had optimum health. There are many ways to get it done but a food analysis doesn't tell the whole story.

The articles from the Price website are dealing with animals and animal studies. The cats didn't fare so well on cooked food. I am not an animal and I do well with cooked food. I do give my dog raw ground beef and he's doing well with that.

Having said all that, I do believe that you should not over cook your food. I tend to go from medium to medium-well and Stefansson and Anderson did they same thing. Stefansson liked his medium-well and Anderson liked his medium.

It should also be noted that fresh meat, both cooked and raw, cured scurvy which is a deficiency disease. Obviously, there must be something in meat that contains the nutrients needed and it does not seem to matter whether the meat is cooked or raw. Raw may have more, but cooked clearly has enough.

Regards,

Charles

Just a few thoughts, one from the yahoo AV-Skeptics group and a nother from the rawpaleo yahoo
i'm not limiting to 15k. i specifically said that i would trust what man ate *prior* to agriculture (which i peg at approximately 15K years ago). i think we're in complete agreement here! i definitely agree with the large ruminants being the food of choice and likelihood for the bulk of man's evolution.

*->grass-fed vs. grain-fed debate*

i guess i approach this one from that standpoint that for most of man's evolution he did not have access to grain fed ruminants. since the pastured ruminant is more close to what we evolved on i tend to assume it to be more in line with our needs. having said that, i am a firm believer in nose-to-tail eating. i also put a lot of stock in irregularity of activity and food. there was feasting when the game was fat and lean times when it wasn't. there was an ebb and flow that the body is probably well adapted to dealing with (and perhaps thrives on?). certainly if we look at the bulk of the other bazillion species on this planet they have it reasonably well figured out. perhaps not always having optimal chow actually promotes better overall health long term?

also, i guess i tend to disagree with the concept of the grain based feedlot and propping up the animals with meds 'n such so that they survive long enough to be slaughtered. when we eat from the feedlot we are basically eating very ill animals which may or may not bode well for us.

The argument that the Eskimos rarely ate their meat raw is so absurd, it's ridiculous. I mean, one of their most favourite foods was frozen, uncooked fish - that is basic knowledge. And I already pointed out, in a previous post, how Stefansson ate raw marrow during that (1-year!) Bellevue study. Then one has to take into account that the Eskimos were eating wild-meats with much higher nutrient-levels than supermarket meats.

Charles: "I am not an animal and I do well with cooked
What exactly do you think you are, if not an animal?"

Nicola

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RE: Zero Carb / Meat and Water - Ell.eee - 08-18-2008 10:56 AM

Thanks for the support everybody. Sorry I can't quote well yet to reply.
cbnebraska - early diabetes, AKA prediabetes is my Doc's term to indicate that I am a candidate for metformin which I'm avoiding so far. My fasting bg is up to 110-120 and I'm having symptoms that he thinks are reactive hypoglycemia, but I think are hyperinsulinism. Luckily he has a bit more flexibility than some Docs and is letting me try my way first and respecting my choices - he just thinks I'm wrong and putting myself in jeopardy.

I think you all are right about the weight gain being my body finding its level, but it's tough to read how everybody is losing, finding their abs, and celebrating weight lose even when they are already thin,
while I am growing out of my pants! I think my ideal weight is 115 so I'll give this a few more weeks and see if the weight gain slows.

I think I may be overdoing the fat as someone posted. Sometimes I feel a little nauseous after meals (as well as shaky, sweaty, and light headed!). Maybe I should consider going to 1 meal a day and see if that cuts the symptoms.

Anyway I'm committed to sticking with meat and water for now - as Charles said there really is no better alternative - I know any carbs make everything worse - and maybe my body will begin to regulate itself. I'm prepared to do this for life if necessary.

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**RE: Zero Carb / Meat and Water - madonnawhore** - 08-18-2008 11:30 AM

Charles,

I've read through quite a bit on here. How do you feel about "processed" meats? For example: beef jerky, bratwurst, lunch meat, etc.

I can eat steaks, hamburger meat, and chicken breasts just as much as anyone else, but sometimes I want things that do not take as much time to cook or handle. What is your opinion on that for someone who is attempting no carb?

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**RE: Zero Carb / Meat and Water - MAC** - 08-18-2008 11:34 AM

HaloStatue Wrote:
Thanks for the thoughts and the reply, Mac...

I've already cut all sausage/processed meats (which sucks! I love Brats and the like on the grill!) and cut the coffee, so there's no creamer there.

I try to increase my fat intake all the time, thus the unsalted butter. I've heard the coconut oil mentioned, but never looked into it 'cause I didn't think this would give me this much trouble. Now I guess I'd better!

I'm going to order some coconut oil from Puritan's Pride. Where do I get the fatback and how do I use it? And would the bacon drippings (from bacon for the rest of my family) I've been saving contain too much salt, nitrates, etc. to use in increasing my fat?

Thanks again!

Charlie

Maybe from a butcher you can get the fat back. Charles said he can find it at Walmart. I had no luck finding it at my supermarket this weekend. Nearest thing was Salt Pork or basically what is cuts of pork belly or uncut bacon chunks.

You would render the fat back and dip your meat in it. You can use bacon drippings. Lots of folks here are using bacon drippings. Nitrates are a non issue according to Dr. Eades. I personally don't worry about salt in food as zero carb is so diuretic. It is the carbs that cause the water retention and not the salt.
cbnebraska Wrote:
I'm wondering, once again, about coffee. Is it the caffeine in the coffee that causes insulin to rise? If so why, if not, would decaf coffee be acceptable?

I'm not sure what the mechanism for coffee is. I suspect there is more than one in coffee. The thing is, if it is good for you, then you should be able to take or leave it. If you "must have it" then that sounds more like an addiction and that's what we're trying to overcome. There should be no food or drink that is a "must have."

Cynthia Wrote:
Also, I am finding that liquid bacon fat, at least that which comes off of low sodium bacon, doesn't really taste all that great to me.

Then you shouldn't eat it. Although, taste is all a matter of conditioning. There are some things that are repulsive today that one can grow to prefer if they give it sufficient time. There is no reason to feel miserable though unless you have low energy levels in which case you'll need to increase the fat.

Cynthia Wrote:
So, what is this stuff called and how can I go about getting some extra?

I use fat back which is salt-cured pork and I get it at Wal-Mart although I would think most stores would possibly carry it. Lard would be very similar to it as well, I would think. The thing is, I don't know that it "tastes" any better than bacon fat. It doesn't have much of a taste but it makes the meat "greasier" and increases the fat quite a bit. Many find it difficult to eat straight fat on the edge of a steak but they can take it in liquid form. I go for both because I dip my fatty protein in fat.

Cynthia Wrote:
However, I think I'd like to prepare some extra beef fat to have along with my other meat. Any ideas on how to best do this?

I don't care for grilled meat much just because of that issue. I prefer putting meat in the broiler, convection roasting over, or the skillet on the stovetop so that I can get the fat and drippings. At the very worse, you can melt the fat in a saucepan and just dip your leaner meats in it to increase their fat or compensate for that which was lost in the cooking process. Try not to overcook the meat as well.

Cynthia Wrote:
I have one other little situation. [...]Should I eat a little less than sated at breakfast knowing I'll have to eat at 11:20 or should I eat breakfast to satiety and force myself to eat a smaller lunch?

Eating is a matter of conditioning as well so I would either eat a small breakfast or eat a big one and just try to make it until 5:00. There's no reason you couldn't, honestly. It might be hard the first time or two, but after that I'm pretty sure your body will adjust to it if that's the way it is. Take some food with you the first couple of times and if you're dying at 3:00, take out a piece of meat and just take a bite.

When you are on zero-carb, you'll find that when you get hungry, you can eat a piece of meat or you can ignore the hunger and after a few minutes, you'll find that you're fine. You'll get hungry at your normal times but nothing says you absolutely have to eat at those times. People with more severe hyperinsulinemia will find this more difficult to do and I don't necessarily recommend it in those cases,
but on the other hand, we all must do what we must do.

Regards,

Charles

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RE: Zero Carb / Meat and Water - Charles - 08-18-2008 12:56 PM

Nicola Wrote:
The argument that the Eskimos rarely ate their meat raw is so absurd, it's ridiculous. I mean, one of their most favourite foods was frozen, uncooked fish - that is basic knowledge. And I already pointed out, in a previous post, how Stefansson ate raw marrow during that (1-year!) Bellevue study. Then one has to take into account that the Eskimoes were eating wild-meats with much higher nutrient-levels than supermarket meats.

Your source needs to read Stefansson's book. You can download it here and provide him a copy of it. I have posted it many times and don't feel the need to do so again. He clearly writes that they rarely ate their food raw and again, every eskimo did not eat fish. Some ate caribou, some ate seal and walrus and none of them tended to eat the same thing year after year.

Please don't trouble me with this. I do not wish to argue with the raw paleo forum. I'm glad they've found what works for them and I respect that. Now, please respect my choices as well.

Regards,

Charles

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RE: Zero Carb / Meat and Water - nyteez - 08-18-2008 12:57 PM

ebnebraska Wrote:
I'm wondering, once again, about coffee. Is it the caffeine in the coffee that causes insulin to rise? If so why, if not, would decaf coffee be acceptable?

I think it is the oils in the coffee. Not the caffeine. So decaf would have the same problem.

lynnhopes Wrote:
Again, I am not talking about eating pizza. I haven't eaten high carb in years. I am talking about adding back some veggies after a while, similar to Atkins.

Pizza or spinach, a carb is a carb the body doesn't know the difference. You CAN add some back, but you might gain weight and you will definitely get gassy & bloated. I used to think I would add back veggies too, but now I have no interest in adding back any carbs.

daveo Wrote:
If you can't find it locally, I know you can order it online from places like Slanker's Meats and US Wellness Meats. Added bonus is that those are grass-fed, which many people believe may have a slight health advantage. They are a little more expensive, but they will last a long time
Before you buy grass fed fat be sure to try some first. It does not taste the same as what you are used to. It tastes really bad to me.

Some people can handle processed meats some can't. I can eat them in moderation with no problems. I usually look for the higher quality ones and check the carb content. I try to find ones with 1 or 2 carbs at the most. Caspers Hot dogs are really good, I like to snack on those if I am hungry and want something quick.

RE: Zero Carb / Meat and Water - Charles - 08-18-2008 01:00 PM

Ell.eee Wrote:
I think I may be overdoing the fat as someone posted. Sometimes I feel a little nauseous after meals (as well as shaky, sweaty, and light headed!). Maybe I should consider going to 1 meal a day and see if that cuts the symptoms.

I don't think you are eating enough because you are afraid of gaining weight. Your body has likely gone into starvation mode and is storing fat to keep you from yourself. You have to eat. Please don't go down to one meal a day.

You should not force yourself to eat more fat. If you are getting nauseous, eat more lean. It's okay, really. The only time you should increase fat is in response to low energy levels, not just to do it. Fatty protein is generally enough unless you have low energy.

How tall are you again?

Regards,

Charles

RE: Zero Carb / Meat and Water - Charles - 08-18-2008 01:03 PM

madonnawhore Wrote:
I can eat steaks, hamburger meat, and chicken breasts just as much as anyone else, but sometimes I want things that do not take as much time to cook or handle. What is your opinion on that for someone who is attempting no carb?

Generally, I would say to avoid them, especially those containing nitrites and nitrates, but I know many people who ate mostly processed meats and they lost tremendous amounts of weight so it's hard to say that they affect everyone the same way. Nitrites give me headaches but they don't bother my wife. If that's the case and your only sticking point, then why not? If you are not losing or you run into trouble, then you know what to eliminate.

Regards,

Charles
Dana, if I would have read your responses before posting my own, I would not have posted! Great responses!

Regards,

Charles

nyteez Wrote:
Before you buy grass fed fat be sure to try some first. It does not taste the same as what you are used too. It tastes really bad to me.

I don't like it as much as grain fed either.. to me it's more the smell than the taste..

Charles Wrote:
It's hard to say since you just started zero-carb. If you don't lose even on zero-carb, this informs the rest of us that you won't lose more by adding more carbs either. Any of us are only going to lose what our hormones allow. I'm not sure you're there yet, but we'll see.

So, Charles...it's obvious that in the major things we're all pretty much the same. But we need to "tinker with the knobs" a bit to get this WOE dialed in for our individual metabolisms and goals.

Do you (or does anyone) have any ideas or theories about how long to stick to a particular course without any measurable changes before deciding that more tinkering might be required?

I hope that question's clear...

Thanks again,

Charlie

Hey Charles, Thanks again for your advice. You really are a wonderful moderator and I especially like that you are willing to continue to tweak your own diet (ie no more salt, increasing fats). You are open minded and learning like the rest of us!

I think your right one meal a day would probably not satisfy me. I just thought it might pull back the insulin release to once a day. I'm not worried that I'm not eating enough. I'm always over 2000 cals when I put my menus in fitday and I'm gaining weight. I do know about starvation mode and even experienced it a little when I tried a low fat low carb diet for a few months, thank goodness I've learned fats are good. I usually feel energetic enough. I run 4 miles 3 days a week and I sleep well. I'm 5'4". My only real problem is feeling lousy for an hour or so after I eat and blood sugar levels that my Doc says are too high. (I have high cholesterol as well - hence the attempt at a low fat diet, but I've taken myself
off statins and from what I've read I'm not concerned.)

I guess I'm just impatient to see my metabolism improve. Thanks again to all and I promise I'm done whining. From here on in if I don't have something positive to say I'll lurk.

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RE: Zero Carb / Meat and Water - nyteez - 08-18-2008 03:17 PM

Charles Wrote:
Dana, if I would have read your responses before posting my own, I would not have posted! Great responses!

Regards,

Charles

Thanks Charles! You are a great teacher😊

Quote:
I don't like it as much as grain fed either.. to me it's more the smell than the taste..

I have a funny story about grass fed beef. A few years ago a rancher traded my husband a cow to fix his old ranch truck. My DH does body work. We split the cow with DH's partner. I noticed the beef was a little different, darker and the fat was more yellow. And it tasted different, slightly gamey. I could mask this taste with marinades & sauces with the steaks & roasts, but not with the ground beef. The ground beef with the higher fat content was just bad, and that smell! I tried everything...mixing it with pork, store bought beef, making sausage, even making salami, NOTHING would cut through that taste (and smell). We fed 50lbs of that ground beef to our dogs! My DH's partner thought the meat was bad and threw it all out! 300+lbs! We all live in cowboy country and eat lots of things off peoples farms & ranches, but nothing ever tasted so "off" as this beef. We later found out this was Grass Fed beef! I thought; you have got to be kidding me! People are paying 15.00 a pound for this crap? I went out and bought a Grass fed top sirloin just to make sure, cost me 14.00 for a small top sirloin! Yep, same taste and smell!

The ranchers are laughing their butts off about this Grass-Fed craze. It is easier and cheaper to let their cattle just graze until market. It is more work and money to finish off w/ grain to "sweeten" the meat & fat. Save your money and buy Prime Rib or ribeyes, it is cheaper and tastes a whole lot better!

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RE: Zero Carb / Meat and Water - MAC - 08-18-2008 03:25 PM

I'm of two minds on grass fed beef. Twenty some years ago I worked in Argentina for some time and ate a lot of beef. Their beef is supposed to be grass fed. Tasted fine to me back then. Couple of months ago I bought some frozen rib eye that was grass fed from Australia. It didn't taste bad but it didn't wow me either and I decided that I wouldn't be buying any more grass fed beef. Didn't seem worth the cost given it didn't taste that great.

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RE: Zero Carb / Meat and Water - caroline - 08-18-2008 03:48 PM

Great story, Dana! I have also noticed when we got grass fed that it was beaucoup bucks for one thing, and tasted innocuous--not bad, but not anything. No flavor.
I get hormone free meat dirt cheap from butcher, and they grind it totally fresh with lots of extra fat. I wouldn't bother with organic--it doesn't taste as good and would be insane with the volume of meat we eat.

RE: Zero Carb / Meat and Water - cbnebraska - 08-18-2008 03:51 PM

Ell.eee Wrote:
I guess I'm just impatient to see my metabolism improve. Thanks again to all and I promise I'm done whining. From here on in if I don't have something positive to say I'll lurk.

If there is anything you will learn about Charles, it is that he is very patient and will repeat himself ad nauseam for any of us who are still learning. He is absolutely awesome! He truly wants to help us take back our health and reach our personal goals, whatever they are. It is very evident in his responses and willingness to share - over and over again. Honestly, everyone here is that way. All very knowledgeable, all finding our way. It seems like it should be so easy - eat meat and drink water. BUT, it isn't as easy as it sounds. You're not whining, you're emoting to a group of people who share a common interest and actually do enjoy the analyzations, evaluations and explanations. That is why I have become so comfortable here. I still feel like an oddball in "real life" and certainly can't explore the nuances of this WOE with anyone else. Eyes glass over, heads start to shake and confusion sets in, but somehow very few of them ever REALLY want to know anything. We all do, so bring it on!

I'm still a newbie, so I do more asking than answering, but someday, maybe I can give advice or contribute something that helps someone. For now, I just keep asking and trying to read outside materials. If you really want to learn more, you should check out Charles' reading list on page 20 of his zero carb running forum. It's a great place to start. I'm working my way through it.

RE: Zero Carb / Meat and Water - Charles - 08-18-2008 04:23 PM

HaloStatue Wrote:
So, Charles...it's obvious that in the major things we're all pretty much the same. But we need to "tinker with the knobs" a bit to get this WOE dialed in for our individual metabolisms and goals.

That's right. We all ate differently over the years and we've damaged our insulin receptors and made our fat tissue sensitive at different rates and levels. Some of us have been obese our entire lives so our fat tissue is exquisitely sensitive whereas others just gains weight in adulthood and they are able to dial it back more quickly.

Charlie Wrote:
Do you (or does anyone) have any ideas or theories about how long to stick to a particular course without any measurable changes before deciding that more tinkering might be required?

Stefannson gave a time of 6 months to see whether a person could adapt to an all-meat regimen. If you last that long without cheating then you will likely never go back to carbohydrates for any significant period of time. It may sound tough right now, but when you see how much better you'll feel at that point, you'll see how astute he was!

Regards,
Ell.eee Wrote:
Hey Charles, Thanks again for your advice. You really are a wonderful moderator and I especially like that you are willing to continue to tweak your own diet (ie no more salt, increasing fats). You are open minded and learning like the rest of us!

I just hope people know that I am a real person with real feelings and struggles like everyone else. Sure, I don't have weight to lose or an axe to grind, but I really want people to get it and change their lives. I realize everyone won't but if I can be instrumental for a few, that would more than allow me to pay back the debt I owe to these great scientists and researchers who have long figured this thing out!

Ell.eee Wrote:
I think your right one meal a day would probably not satisfy me. I just thought it might pull back the insulin release to once a day.

The reason is that when you go hungry, insulin actually can stay in circulation longer that's why I advise people to eat when hungry and I mean as soon as hunger hits so you can get the digestive process out of the way and get back to mobilizing those fatty acids. At 5'4", that's only a BMI of about 20. I think you could go all the way to 140 to 145 before you would even be considered overweight.

When your body gets to the weight it wants you to be at, I would think that some good weight training would sculpt a really fine body that anyone would be proud of, even if you weighed 130. I don't want to scare you but you've got to let your body take charge.

Ell.eee Wrote:
I guess I'm just impatient to see my metabolism improve. Thanks again to all and I promise I'm done whining. From here on in if I don't have something positive to say I'll lurk.

Please, don't just lurk. You can whine to many any time. I promise not to complain! I can certainly understand the impatience but I think it's best to keep that menu short and keep things moving even though things stay the same. One day your body will change without you doing anything once it's finished doing what it's doing on the inside. It takes some mass to make the muscle you want so if you're gaining muscle, that's a very good thing. Many people claim to be gaining muscle when they're really getting fatter. I really don't belive that's the case for you.

Best regards,

Charles

RE: Zero Carb / Meat and Water - Charles - 08-18-2008 04:41 PM

I just wanted to share with you all that I took your advice at Harris Teeter grocery. I was buying some 80/20 patties for my children and saw the butchers cutting meat. I asked them what they did with the fat. He said they put it in bags and someone comes and picks it up. He showed me a ribeye and they must cut two inches off the edge of each one. 😊
Well, tomorrow afternoon, I'll be picking up my big bag of beef fat! I'm so excited!

I'm off to the gym, I'll check back tomorrow!

Best regards to all,

Charles

**RE: Zero Carb / Meat and Water - suzanneyea - 08-18-2008 04:52 PM**

My butcher will leave the fat on the steaks, actually I always buy the steaks wrapped in fat. I still like how the pork fat melts with the heat.

**RE: Zero Carb / Meat and Water - cbnebraska - 08-18-2008 04:54 PM**

Wow, that's awesome. I'll have to check with our local Baker's and see if I can arrange something like that for myself. I am one of those weirdos who does like to bite into warm fat on the edge of my meat, not just dip in the liquid. I will broil it up so it has a crunchy top and dig in. I hope the grocery store will help me out!

Oh, another question I came up with. Eating chicken skin. Fat, right? Okay to do? I love it when it's crunchy. My favorites are chicken thighs fried in their own grease to the point of crunchy. Delicious! What is the highest temp we should use? I remember something about high heat being bad. Why? Fire is pretty dang hot and I'm guessing they cooked it up over some hot fires years and years ago!!

Lastly, I bought the salt pork since Wal-Mart didn't have any fat back. Someone, please remind me how to "render" this. I am not the cook in my family and my husband has certainly never done this. Lay it out on the broiler pan and set the oven to broil? Wait until it all liquifies and then pour it off? Someone said something about cheesecloth, but is it really necessary to strain the fat? If so, why?

Thanks!

**RE: Zero Carb / Meat and Water - Charles - 08-18-2008 05:08 PM**

cbnebraska Wrote:
Oh, another question I came up with. Eating chicken skin. Fat, right? Okay to do? I love it when it's crunchy.

That's fine! At least, that's what I do.

Cynthia Wrote:
|Delicious! What is the highest temp we should use? I remember something about high heat being bad. Why? Fire is pretty dang hot and I'm guessing they cooked it up over some hot fires years and years ago!!

Animal fats are very stable even at high temperatures. Vegetable oils can become rancid quickly with too much heat so they advise you not to heat them too much. That's not the case with beef tallow, pork fat, chicken fat, etc.
Cynthia Wrote:
Lastly, I bought the salt pork since Wal-Mart didn't have any fat back. Someone, please remind me how to "render" this. I am not

I just put it in a saucepan and let it liquify then I pour it in a dish. I dip each bit in it and go to town! With chicken fat, I bake it in the oven and collect some of the fat underneat the meat and I use that to dip with.

I do the same with beef fat. If the steak could have two or three inches of fat on it, I wouldn't need to use the liquid fat but they always trim it off so that's what I'm forced to do!

Okay, now I'm really going!

Charles

RE: Zero Carb / Meat and Water - twilight - 08-18-2008 05:26 PM

ebnebraska Wrote:
I am one of those weirdos who does like to bite into warm fat on the edge of my meat, not just dip in the liquid.

I guess I am a wierdo too. 😊I think the fat is the best part. When I was a kid I always thought the best part of the porkchop was the fat on the edge (and the little bit of marrow in the edge of the bone).

mmmmmm 😋

I have beef fat that the butcher gave me last week. I have it in the freezer and slice off some to add to the pan when I lightly brown my ground beef patties. Nothing like having the best part of the steak with your hamburger! I also eat some of the fat raw while I am cutting it up. Now, that probably really sounds wierd. 😋

I did render some of the fat for cooking leaner meat, but prefer to eat the fat just slightly fried.

RE: Zero Carb / Meat and Water - twilight - 08-18-2008 05:32 PM

Charles Wrote:
I just wanted to share with you all that I took your advice at Harris Teeter grocery. I was buying some 80/20 patties for my children and saw the butchers cutting meat. I asked them what they did with the fat. He said they put it in bags and someone comes and picks it up. Well, tomorrow afternoon, I'll be picking up my big bag of beef fat! I'm so excited!

That's great! I was very happy when the butcher gave me the bags of fat last week. I think they thought it was wierd when I told them I didn't want it for bird food. I told them I wanted it to cook with - they would really have thought I was bonkers if I told them that I love the taste of fat and fry it up with my burgers. 😋

RE: Zero Carb / Meat and Water - feckless - 08-18-2008 05:37 PM

Charles Wrote:
Diet sodas and artificial sweeteners cause us to secrete insulin in anticipation of the sweetness. It makes no difference that there are no carbohydrates present in these substances. Insulin is the problem, not the number of carbohydrates.

Is there some way to can tell if a food is triggering insulin. Is there a feeling or symptom associated with it. For instance, if I have a cup of black tea with a tiny speck of stevia, even though there is virtually no carb there, I will have a strong craving to eat afterwards that will last quite a long time. But I test blood sugar readings and they do not drop, so I'm not sure if the cravings = insulin release.

I'm just trying to figure out the best way to learn how foods affect me.

RE: Zero Carb / Meat and Water - Daryl - 08-18-2008 05:40 PM

cbnebraska Wrote:
a group of people who share a common interest and actually do enjoy the analyzations, evaluations and explanations. That is why I have become so comfortable here. I still feel like an oddball in "real life" and certainly can't explore the nuances of this WOE with anyone else. Eyes glass over, heads start to shake and confusion sets in, but somehow very few of them ever REALLY want to know anything.

Well said 😇I torment my co-workers with talk of insulin, Stefannson, and the evils of carbohydrates. 😇
It's nice to congregate a bit with those of a like mind.

RE: Zero Carb / Meat and Water - nyteez - 08-18-2008 05:59 PM

Quote:
Charlie Wrote:
Do you (or does anyone) have any ideas or theories about how long to stick to a particular course without any measurable changes before deciding that more tinkering might be required?

If you mean how long to wait to see if minor adjustments (like omitting eggs) will have any affect, I would say at the most 2 weeks. I personally wait 1 week, if there is no change, then I figure I am ok with that food. I recently omitted eggs and lost 6 lbs in one week. I noticed a difference in 3 days. BUT, I have been doing zero carb for 5 months. I think if you go from 20+ carbs down to zero, you may have to give your body more time to adjust, like a month or so.

RE: Zero Carb / Meat and Water - waywardsister - 08-18-2008 06:24 PM

Question - so does gaining weight automatically mean you have insulin resistance? Does the degree of weight gained have any correlation with the degree of insulin resistance you have? Is there such thing as being a little insulin resistant?

RE: Zero Carb / Meat and Water - jeepifer - 08-18-2008 06:35 PM

Next time I see the butcher for chuck eyes, I'll ask about the leftover fat!

I am SO exhausted. Could barely crawl into the house after my workout. And I stopped before I overdid it! Someday when I'm at goal and running and strength training, I want you to remind me of this day and how far I've come, ok?
nyteez Wrote:

Quote:
Charlie Wrote:
Do you (or does anyone) have any ideas or theories about how long to stick to a particular course without any measurable changes before deciding that more tinkering might be required?

If you mean how long to wait to see if minor adjustments (like omitting eggs) will have any affect, I would say at the most 2 weeks. I personally wait 1 week, if there is no change, then I figure I am ok with that food. I recently omitted eggs and lost 6 lbs in one week. I noticed a difference in 3 days. BUT, I have been doing zero carb for 5 months. I think if you go from 20+ carbs down to zero, you may have to give your body more time to adjust, like a month or so.

Dana...that's exactly what I meant. I've been doing "zero" (even though now it seems that it's not really zero!) since December and am only now omitting eggs, coffee and anything with artificial sweeteners. If something doesn't "give" in my current permutation, I was wondering when to start fine tuning again. What I don't want to be doing is changing so quickly or so often that my body doesn't have time to demonstrate the results and then getting myself totally confused.

Thanks gobs.

Charlie

jeepifer Wrote:

Next time I see the butcher for chuck eyes, I'll ask about the leftover fat!

I think they were a little bewildered when I asked. 😐 So I asked if anyone else asks for it, and they said no...only for making bird suet. 😁 But they didn't mind giving a couple bags to the wacky old lady and said I could get more when I wanted it. 😊

Don't forget guys, weight loss or gain is not the only measure of success and failure when trying a new food or eliminating one. I dropped eggs a few weeks ago and had no change to my weight (I am maintaining, BTW), but I like the change. I now eat a big ground beef breakfast and I am fuller longer. So, try to look for other positive changes when you drop a food, not only weight loss.

It's just hard to imagine having ground beef for breakfast! How come you guys don't eat a hefty portion of sausage and bacon? Mmmm!!!!
nyteez Wrote:
The ranchers are laughing their butts off about this Grass-Fed craze. It is easier and cheaper to let their cattle just graze until market. It is more work and money to finish off w/ grain to "sweeten" the meat & fat. Save your money and buy Prime Rib or ribeyes, it is cheaper and tastes a whole lot better!

I live in Switzerland and am trying to understand what others learn about life in different parts of the world.

I don't understand; do normal ranchers let their cattle just graze - don't they finish off w/ grain (do the ranchers not feed them to get fat before they get to be a few years old?). So what if they are not grain fed, then why is the meat and fat different to "pastered"?

Nicola

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RE: Zero Carb / Meat and Water - suzanneyea - 08-19-2008 04:47 AM

Quote:
It's just hard to imagine having ground beef for breakfast! How come you guys don't eat a hefty portion of sausage and bacon? Mmmm!!!!

I really try to avoid sausage and bacon. They have nitrates, salt, and the sausage usually has fillers, including sugar. It makes me bloated and the salt cause leg cramps at night. I ate at a restaurant last Thursday and Saturday and Sunday night I had leg and foot cramps from the salt. My body is just starting to recover from the meal.

We are going out to breakfast this morning, but I am not taking the risk and eating before we go. Even though I just order a steak, I cannot handle the salt in restaurant food. This is ironic cause about 3 weeks ago I used enormous amounts of salt on my food and even dipped my steak in a salt pile on my plate.

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RE: Zero Carb / Meat and Water - lynnhopes - 08-19-2008 05:15 AM

Nicola

I was wondering that too. Here in Ireland cows sit around in the fields all day and obviously eat grass. What happens in America??? Do they not lie around in fields?

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RE: Zero Carb / Meat and Water - jeepifer - 08-19-2008 07:28 AM

The cows that are raised for meat are usually in crowded pens that are too muddy from their excretions to ever hold grass. They're fed grain that is loaded with antibiotics because living in such close conditions breeds sickness. Some of the conditions are truly terrible, some are okay. It depends on the area of the country, the availability of land and pasture, and a lot of other factors.

Where I lived, the cows did have plenty of pasture space, and were brought in and fed grain right before being shipped out to fatten them up and "soften" the muscles because they weren't walking around.

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RE: Zero Carb / Meat and Water - lynnhopes - 08-19-2008 07:41 AM

Wow. If I lived in America I would always buy grass fed then.
I eat meat because my body needs it. However if I could thrive on vegetarianism like some of my friends then I would DEFINITELY be vegetarian. No wonder there is a huge animal activist movement in the states if that's how animals are treated. I believe it's okay to eat meat but I want to have the animal live a good life before he dies.

**RE: Zero Carb / Meat and Water - jeepifer - 08-19-2008 07:45 AM**

It's tough. The commercialization of beef production (well, any animal meats really) means the companies try to keep costs down and profits up at the expense of the animals.

But, saying that, I don't have the budget to buy the grass fed meats most of the time. They're easily twice as expensive and with a family of four, it's just not feasible. I do the best I can.

**RE: Zero Carb / Meat and Water - lynn hopes - 08-19-2008 07:51 AM**

Yes we all do the best we can. It's not easy. We make the best choices we can with what we have. It's the companies fault; not the consumers.

Regina Wilshire wrote a great article related to this [http://www.weightoftheevidence.com/](http://www.weightoftheevidence.com/)

**RE: Zero Carb / Meat and Water - LindaSue - 08-19-2008 08:27 AM**

I had some luck today finding pork fat at the small grocery store where I go to buy most of my meat. What I bought is called "pork trimming". It's comes in a regular flat meat package with slabs of fat, scraps of meat and a few odd bones thrown in. It was only .69 pound so I bought a small package to try. It's simmering on the stove right now. I see that it takes quite some time for the fat to render out. At first it didn't seem like much would come out but now the pieces have shrunk down to little slivers. My husband and I have been nibbling on the meaty bits as they got browned. Very tasty. This fat isn't cured or smoked and that store never "enhances" their meat so this stuff has no additives which is great.

**RE: Zero Carb / Meat and Water - nyteez - 08-19-2008 08:46 AM**

I live in Northern California, we have "Happy Cows" LOL! I don't know the specific details, but basically they are pastured most of their life. It is very expensive to raise cows on grain. I don't know anybody who raise cattle on grain. You have to have a facility big enough, you have all the labor and cost of feeding the cattle daily and the expense of antibiotics. When the pastured (grass fed) cattle are ready for market, they are sold. The people who buy them, grain feed for a certain amount of time. This is where you see lots of cows crowded in a small area, w/ no grass, but with big tubs of grain around. These cows are being grain fed to fatten them up and make them taste better. Cows are grain fed for one reason and one reason only, it is for TASTE. They don't get any more money for fatter cattle, they are paid by the head, not by weight. And these days all the fat is cut off!

What the cattle are fed will change the taste of their meat. Some ranchers have a secret recipe for finishing off their beef that results in an exceptional tasting beef. For example; I live by Sierra Nevada Brewery. The Brewery has a nice restaurant. They get their beef from the CSUCHico farm, their beef is finished off with a mixture that contain the same Hops, they use to make their beer.

The ranchers are laughing all the way to the bank because they are getting more money if they sell
directly to the slaughter house their "grass fed beef", than if they sell to a commercial company who
grain finishes the beef. This whole "grass-fed" craze is a joke!

Grain is bad for cattle, just like it is bad for us and causes the animals to be more susceptible to sickness,
so antibiotics are used to keep the cattle healthy. The US has very strict rules about antibiotics and
hormones used in our beef. All antibiotics and hormones are pulled well before slaughter so that no
residue is present at slaughter. Cattle are tested all the time. Sick cattle are money down the drain,
nobody wants their stock to get sick. Sick cattle cannot be sold or slaughtered for human consumption. So
the idea, that sick cattle are being slaughtered and sold in our stores is ridiculous.

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RE: Zero Carb / Meat and Water - Charles - 08-19-2008 08:54 AM

feckless Wrote:
Is there some way to can tell if a food is triggering insulin. Is there a feeling or symptom associated with
it.

As one of our favorite sayings go, "It's not, you are what you eat; rather, it's what your body does with
what you eat."

In your case, the craving that comes as a result of the tea should let you know something is not right
with it. Also, unless I've already gone 7 hours between meals, I can't look at prime rib and get hungry. It
looks rather repulsive until I get hungry. If you have just eaten and you see a food and you get a craving
to eat it, this is a good marker.

Insulin is not that mysterious. It's a part of our physiology. All of these things are connected via our
central nervous sytem. When you have an insulin secretion, your entire bloodstream empties of all
nutrients which directly induces hunger. The fact that you feel hunger is a sign that you have secreted
insulin.

Your five senses are all connected via your central nervous system so when you experience food with
one of these senses, your nervous system conveys the signal to the pancreas to secrete insulin because a
meal might be coming. Your body will never be unprepared.

Our problem is that our bodies are overprepared, if you will. They know our history so they have to
make sure they don't get caught unawares.

Regards,
Charles

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RE: Zero Carb / Meat and Water - deedum - 08-19-2008 08:54 AM

feckless Wrote:
Charles Wrote:
Diet sodas and artificial sweeteners cause us to secrete insulin in anticipation of the sweetness. It makes
no difference that there are no carbohydrates present in these substances. Insulin is the problem, not the
number of carbohydrates.

Is there some way to can tell if a food is triggering insulin. Is there a feeling or symptom associated with
it. For instance, if I have a cup of black tea with a tiny speck of stevia, even though there is virtually no carb there, I will have a strong craving to eat afterwards that will last quite a long time. But I test blood sugar readings and they do not drop, so I'm not sure if the cravings = insulin release.

I'm just trying to figure out the best way to learn how foods affect me.

Sorry Feckless, I know its been awhile since you posted this.

I also feel hungry after tea or coffee and I interpret that as insulin release. But I don't test my blood sugar so I'm not sure that's what actually happens. I have been assuming I am hyperinsulenic because of this feeling. My hunger feels like hypoglycemia. It doesn't happen as often as it used to and I can go longer between meals now that I'm zero-carb. Another clue of hyperinsulenia is that I am holding on to some abdominal fat.

It bothers me to hear that you feel this hunger after tea but your blood sugar is ok because that probably means my blood sugar isn't low even though it FEELS like it is.

Here is what I think it means, and someone correct me if I'm wrong: Feckless and I are hyperinsulenic but our blood sugar doesn't lower because we are also insulin resistant so all that insulin we are releasing doesn't lower our blood sugar and we feel hungry because our insulin resistant muscle cells can't receive that blood sugar (after its been converted to usable fuel of course) for fuel so those cells scream "hunger".

This is how I work stuff out in my head. I not only have to read it but I also have to write it out to fully understand. If I could see a cute little diagram or flow chart that would be helpful too.

A better test if one doesn't have type II diabetes would be insulin levels not blood sugar levels, right?

Deanna

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**RE: Zero Carb / Meat and Water - Charles - 08-19-2008 09:07 AM**

waywardsister Wrote:

Question - so does gaining weight automatically mean you have insulin resistance? Does the degree of weight gained have any correlation with the degree of insulin resistance you have? Is there such thing as being a little insulin resistant?

LeMagnen wrote, "it's not a paradox to say that animals and humans that become obese gain weight because they are no longer able to lose weight."

Insulin resistance starts long before you gain weight or show any other symptom of metabolic syndrome. The chronically-high insulin levels over time promote more and more fat storage as the fat tissue gets increasingly sensitive to insulin so that the smallest amounts of insulin promote fat storage even though our cells need the energy contained within it.

When people stop working out and have trouble repeating their workouts or reclaiming their youthful shape, this is a good example of a "little insulin resistance." For instance, when I was young, if I got out of shape, I could just start running regularly and I was right back to where I was the year before. As you get older, it gets harder to do this and you have to work out more and more. This is all due to insulin resistance. It is progressive and it only gets worse.
The correct diet does not require one to exercise to be lean. I workout far less than I did the past two years but I am much leaner.

The longer one has been obese, the harder it is to overcome it.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - nyteez - 08-19-2008 09:16 AM**

I forgot about Veal (baby cows). I believe veal is grain & milk fed it's whole short life, that is why the meat is so light in color. I haven't seen veal on a menu or for sale anywhere in California. It was popular when I lived on the east coast 25 years ago.

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**RE: Zero Carb / Meat and Water - Charles - 08-19-2008 09:25 AM**

nyteez Wrote:

Grain is bad for cattle, just like it is bad for us and causes the animals to be more susceptible to sickness, so antibiotics are used to keep the cattle healthy. The US has very strict rules about antibiotics and hormones used in our beef. All antibiotics and hormones are pulled well before slaughter so that no residue is present at slaughter. Cattle are tested all the time. Sick cattle are money down the drain, nobody wants their stock to get sick. Sick cattle cannot be sold or slaughtered for human consumption. So the idea, that sick cattle are being slaughtered and sold in our stores is ridiculous.

I don't know about you all, but I just love Dana! Great information. The next time I get an e-mail from someone inquiring about why I don't eat grass-fed beef, can I please forward it to you to answer for me?

We have a local barbecue place here called the Q-Shack and they only use local grass-fed beef. There is simply no comparison between them and the cheaper grain-finished ribs I buy at Wal-Mart. The cheaper ones taste so much better. I understand this much better now due to your explanation.

Hey, if people have developed a way to provide beef more inexpensive to a greater number of people, they should be commended not scorned. I feel for the poor animals as well but they just don't compare to people. I would gladly trade healthy people for animals who have to endure a little unpleasant fattening prior to their slaughter. There's no debate.

Save the animal? I say, save the people!

Regards,

Charles

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**RE: Zero Carb / Meat and Water - Charles - 08-19-2008 09:33 AM**

deedum Wrote:

Here is what I think it means, and someone correct me if I'm wrong: Feckless and I are hyperinsulemic but our blood sugar doesn't lower because we are also insulin resistant so all that insulin we are releasing
doesn't lower our blood sugar and we feel hungry because our insulin resistant muscle cells can't receive that blood sugar (after its been converted to usable fuel of course) for fuel so those cells scream "hunger".

Very, very close to perfect, Deanna!

You feel hungry because the insulin secreted was excessive. All of your cells are not resistant, but a significant number of them in your muscles are resistant. The high insulin keeps your muscles primed to burn glucose but there is none coming in your diet. Your liver and your muscles have glycogen but they are not giving them up. Your cells scream "glucose" because insulin has primed them to be this way.

If you add glucose, you will feel better but you will re-enter the vicious cycle and set yourselves back to where you were and quite probably make your resistance a little worse.

In short, you control the "hypoglycemic feeling" by furthering the fattening process; i.e., feeding the addiction. You have to break the cycle by not providing more glucose until your pancreas gets the message loud and clear that none is coming and there is no reason to hypersecrete, which is the opposite of how you got there to begin with.

Regards,

Charles
tissue or other tissues? And they need to get broken down by LPL again to get into tissues, so if insulin is low, how does LPL get stimulated, if any? When fatty acids move out of fat tissue, do they go directly to other tissues as fatty acids or first reassembled into triglycerides and if that's the case, how do they get reassembled?

Basically, I'm trying to figure out, once and for all, how fat whether dietary or bodily, is stored, used up, deassembled, reassembled, distributed in the body in people who are not consuming any carbs?

Charles?? Anyone?!

Thanks.

RE: Zero Carb / Meat and Water - MAC - 08-19-2008 11:02 AM

Kristi31 Wrote:
I have a question:

On zero-carb, how is fat metabolized, used and stored?

From what I understand, triglycerides (dietary fat) are eaten and then broken down to fatty acids in the digestive tract thanks to bile and pancreatic enzymes. These fatty acids end up in the liver and then what? Do some just go directly in the blood and fuel certain tissues that need immediate energy? Do some get reassembled into triglycerides and how so? Then these triglycerides go where? Only adipose tissue or other tissues? And they need to get broken down by LPL again to get into tissues, so if insulin is low, how does LPL get stimulated, if any? When fatty acids move out of fat tissue, do they go directly to other tissues as fatty acids or first reassembled into triglycerides and if that's the case, how do they get reassembled?

Basically, I'm trying to figure out, once and for all, how fat whether dietary or bodily, is stored, used up, deassembled, reassembled, distributed in the body in people who are not consuming any carbs?

Charles?? Anyone?!

Thanks.

GCBC is a good source for some of your questions.

See this blog: http://high-fat-nutrition.blogspot.com/search/label/Fat%20storage%20and%20retrieval

and this blog: http://sparkofreason.blogspot.com/2008/06/energy-regulation-1-do-calories-count.html

RE: Zero Carb / Meat and Water - feckless - 08-19-2008 01:53 PM

deedum Wrote:
I also feel hungry after tea or coffee and I interprate that as insulin release. But I don't test my blood sugar so I'm not sure that's what actually happens. I have been assuming I am hyperinsulemic because of this feeling. My hunger feels like hypoglycemia. It doesn't happen as often as it use to and I can go longer between meals now that I'm zero-carb. Another clue of hyperinsulemia is that I am holding on to some abdominal fat.

It bothers me to hear that you feel this hunger after tea but your blood sugar is ok because that probably means my blood sugar isn't low even though it FEELS like it is.
Here is what I think it means, and someone correct me if I'm wrong: Feckless and I are hyperinsulemic but our blood sugar doesn't lower because we are also insulin resistant so all that insulin we are releasing doesn't lower our blood sugar and we feel hungry because our insulin resistant muscle cells can't receive that blood sugar (after its been converted to usable fuel of course) for fuel so those cells scream "hunger".

that makes a lot of sense deanna, and i never put it together like that --thanks. still not sure what it is about the caffeine that causes this phenomenon, but it looks like you and i have to give it up, eh? kind of a bummer because i do get so much satisfaction savoring that one little cup o' tea.

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**RE: Zero Carb / Meat and Water - Charles - 08-19-2008 01:56 PM**

Kristi31 Wrote:
On zero-carb, how is fat metabolized, used and stored?

This is a good question and I keep meaning to do a series of posts that I will pin somewhere that describes the different cycles in metabolism such as Krebs and Randle.

On a zero-carb diet, when we eat meat, the majority of this is fat so it is broken down in the gut and immediately transported to our adipose tissue. This stored fat will provide about 75 percent of all energy we expend over the course of a day. Oleic acid is the monounsaturated fat in meats and it is a triglyceride. Triglycerides are three fatty acids and one glucose molecule. On a zero-carb diet, the only ones come from the diet.

This triglyceride goes to the liver and undergoes de novo lipogenesis (the new creation of fat in Latin). This process can also happen on a limited basis in adipose tissue itself. Lipogenesis is always regulated by the state of nutrition. It happens only minimally on a zero-carb diet.

The triglyceride is broken down and added to the circulation. The glycerol molecule gets re-esterified when it enters and exits fat tissue into a triglyceride.

With that background, your questions:

Kristelle Wrote:
From what I understand, triglycerides (dietary fat) are eaten and then broken down to fatty acids in the digestive tract thanks to bile and pancreatic enzymes. These fatty acids end up in the liver and then what? Do some just go directly in the blood and fuel certain tissues that need immediate energy?

The majority of the dietary fats are broken down and go to fat tissue before being used as fuel. Only the few triglycerides found in the meat will go to the liver and this is a small amount. The liver sends them to the circulation where hopefully some tissue or muscle will take them up for fuel. If not, they return to the fat tissue and ultimately back to the liver where they are repackaged, sent out on lipoproteins and shipped back again to the fat tissue.

This storage happens in widely scattered adipose tissue sites with the stream of nutrients flowing in widely fluctuating amounts, first in one direction and then the other in a finely adjusted minute by minute response to the fuel requirements of energy metabolism of the whole organism..

On a zero-carb diet, fewer fatty acids are bound up into triglycerides and more of them remain free to
escape our fat tissue to escape into the circulation. As a result, we have a high concentration of free fatty acids in our circulation and very little in our fat tissue. We should keep it this way!

Kristelle Wrote:
Do some get reassembled into triglycerides and how so? Then these triglycerides go where? Only adipose tissue or other tissues?

Triglycerides are always being broken down and reassembled as they move through fat tissue. The same fatty acids don't get reused to reassemble the triglyceride. It's whatever three happen to float by. As long as there are glycerol molecules present in the circulation, triglycerides will be bound. However, this happens very little on a pure zero-carb diet. They generally are only found in the circulation, the fat tissue or the liver. This lasts until some tissue, organ or muscle takes them up for fuel.

Kristelle Wrote:
And they need to get broken down by LPL again to get into tissues, so if insulin is low, how does LPL get stimulated, if any?

By the muscles and their need for fuel in the form of glycogen. If the muscles request fuel, then LPL activity increases there and decreases in fat tissue. When the activity of the muscle is finished, then the LPL activity slows and the LPL activity in fat tissue increases to replace the lost fatty acids. The glycogen contained in the muscle is spared because low insulin primes the muscles to only burn fatty acids thus "sparing" the glucose found there.

Kristelle Wrote:
When fatty acids move out of fat tissue, do they go directly to other tissues as fatty acids or first reassembled into triglycerides and if that's the case, how do they get reassembled?

Yes, they go through the circulation as free fatty acids and basically all nutrients in the stream, fatty acids, amino acids, glycerol molecules, etc, are offered to every tissue, organ and muscle. Some of the free fatty acids get grabbed if there is glycerol molecules available because they have to be esterified in order to enter and exit adipose tissue due to their size. Once they are inside, they are broken down again. When they exit, they are broken down again. The triglyceride binding is only needed to get the glycerol through the adipose tissue. When glycerol is in the circulation, it can ride on lipoproteins.

Kristelle Wrote:
Basically, I'm trying to figure out, once and for all, how fat whether dietary or bodily, is stored, used up, deassembled, reassembled, distributed in the body in people who are not consuming any carbs?

This is basically the mechanism. If you add carbohydrates then you get the glycerol phosphate molecule which will link fatty acids together and is an essential component of fat metabolism regulation. Keep insulin down and there is no fat storage except for the minimal amount that comes about through diet. Of course, if a women were to get pregnant, then her sex hormones would act on the system to urge insulin to store fat. However, no other hormone can fascilitate fat storage except insulin. All other hormones work to mobilize fatty acids.

The ability to store fats is important because as I've noted before, we are hyperphagic so we tend to store a large percentage of fatty acids during the day and we live on these fatty acids at night. Therefore, in the morning, you should weigh the least and during the late evening, you should weigh the most. If you weigh yourself at 3:00 a.m., you will likely weigh a couple pounds less by 7:00 a.m.

That doesn't mean that we expend all our fatty acids during the course of a day. Even a person with very
little body fat always has enough fat to walk from Miami to Brooklyn. Hunger comes as a result of the stream showing signs of faltering. Therefore, the appetite is stimulated via the central nervous system to prompt us to search for food. The gut only plays a role in digestion. It's not the case that we are hungry due to our "empty stomach."

Regards,

Charles

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**RE: Zero Carb / Meat and Water - con - 08-19-2008 02:08 PM**

Charles Wrote:
feckless Wrote:
Is there some way to can tell if a food is triggering insulin. Is there a feeling or symptom associated with it.

As one of our favorite sayings go, "It's not, you are what you eat; rather, it's what your body does with what you eat."

In your case, the craving that comes as a result of the tea should let you know something is not right with it.
Insulin is not that mysterious. It's a part of our physiology. All of these things are connected via our central nervous system. When you have an insulin secretion, your entire bloodstream empties of all nutrients which directly induces hunger. The fact that you feel hunger is a sign that you have secreted insulin.

Your five senses are all connected via your central nervous system ....

This is so interesting because I have just given up everything-I mean there is nothing left to give up eating!!
No more salt and no butter or any spices. Five lbs came off within 3 days so there was a big change in my body. But there was also a distinct change in the appeal of food to me-that is there's not much appeal left! I don't look forward to eating and when I do eat there is no pleasure connected with it like there used to be. None of my senses shouts with joy when I think about eating or when I eat.
It felt very sad-- like the end of something great. Can I continue with this? Have I FINALLY given up the totality of my drug/my addictions?

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**RE: Zero Carb / Meat and Water - deedum - 08-19-2008 02:20 PM**

Charles Wrote:
Very, very close to perfect, Deanna!
Woo hoo! Its finally starting to come together for me.

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**RE: Zero Carb / Meat and Water - Charles - 08-19-2008 02:20 PM**

con Wrote:
None of my senses shouts with joy when I think about eating or when I eat. It felt very sad-- like the end of something great. Can I continue with this? Have I FINALLY given up the totality of my drug/my addictions?

You know Con, I was just thinking about this very thing today. I'm serious, I had these same thoughts. I personally believe (and this may depress some of you) that this is a sign that we have arrived to biological zero when we view food in this way.

I look at food merely as fuel and I think it's a good thing. I don't particularly view it as "yummy" or memorable unless I was seriously hungry at the time I ate it. When I dip my meat in fat, it's not so much that I enjoy the taste of the fat, but I like the effect on my body when I eat this way. I'm not saying it's nasty, but I'm saying that each meal is not really memorable where I would describe it in glowing terms. Food has just become fuel and no more pleasurable than brushing my teeth.

When I am hungry, I eat the food and it's very good. When I'm full, it's detestable. It literally turns my stomach to think of eating because I'm perfectly satisfied.

I've described us as BMW's and if you think like that, a car does not really care about the texture or the "taste" of fuel, it just needs high-quality fuel, (preferably detergent added) to run perfectly. That's the way I view my food.

So now, the question is, what do I do with all the mental and physical energy I used to put into food? You have to use your new imagination! You should have more energy, a clearer complexion, stronger hair, six-pack abs, more stamina, etc. This should make you more active, more interesting, more dynamic, etc.

Need I say more?

Regards,

Charles

RE: Zero Carb / Meat and Water - MAC - 08-19-2008 02:21 PM

Con Wrote:
This is so interesting because I have just given up everything-I mean there is nothing left to give up eating!!
No more salt and no butter or any spices. Five lbs came off within 3 days so there was a big change in my body. But there was also a distinct change in the appeal of food to me-that is there's not much appeal left! I don't look forward to eating and when I do eat there is no pleasure connected with it like there used to be. None of my senses shouts with joy when I think about eating or when I eat. It felt very sad-- like the end of something great. Can I continue with this? Have I FINALLY given up the totality of my drug/my addictions?

Yep. Happened to me as well. Food does not taste the same nor have the same appeal. But I don't think that is a bad thing necessarily. Food is just fuel these days. Nothing more. Nothing less.

RE: Zero Carb / Meat and Water - jeepifer - 08-19-2008 02:38 PM
I had to laugh at my Pavlovian response to some microwave popcorn this afternoon. You know how in an office environment the smell travels? My mouth literally started watering. And I don't even like the stuff! 😜

RE: Zero Carb / Meat and Water - suzanneyea - 08-19-2008 04:39 PM

I still enjoy eating and love food, but the big difference is I do not eat for emotional reasons anymore.

RE: Zero Carb / Meat and Water - Kristi31 - 08-19-2008 04:41 PM

I finally got some beef fat, about 3 kilos, from a butcher. I'm good for at least a week. I just don't "dig" bone marrow. Fat hunger has returned! I'm gonna try some lamb from New Zealand with that...fat first and then the lamb.

They had all kinds of other stuff too, like pork stomach, veal lungs, lamb from New Zealand, a variety of organ meats from all kinds of animals, pure duck fat. You name it, they had it. And if they happened to not have it, then just ask for it and you'll get it. They also had regular ground beef, 30% fat and other fatty meats like shortribs. While I was there, they were actually butchering a pork, from neck to feet...it was huge! I'm in love with the place! And one the guys working there...well, he was pretty cute too! 😊

RE: Zero Carb / Meat and Water - nyteez - 08-19-2008 04:44 PM

Quote:
Yep. Happened to me as well. Food does not taste the same nor have the same appeal. But I don't think that is a bad thing necessarily. Food is just fuel these days. Nothing more. Nothing less.

I like to put it this way....I used to live to eat, now I eat to live. To me it is so liberating!

RE: Zero Carb / Meat and Water - nyteez - 08-19-2008 05:51 PM

I found a great page on the biblelife site on beef. It pretty much backs up what I said about grass fed vs grain.

http://www.biblelife.org/beef.htm

RE: Zero Carb / Meat and Water - suzanneyea - 08-19-2008 06:16 PM

Am I the only one who has no clue what my dinner ate for dinner? I buy based on price, what my cow had for his last supper really never crossed my mind.

RE: Zero Carb / Meat and Water - cbnebraska - 08-20-2008 03:52 AM

No, you're not the only one. I don't either and honestly, I can only get on so many bandwagons. I can't be running around trying to find special stuff. I'm going to have to hope that taking out carbs is good enough. It's certainly better than leaving the carbs in and eating "organic". I have a friend who is obsessed with the label of "organic". I just haven't gone there. Now, it really only matters with what I
feed my kids anyways, and I'm trying to turn them into mostly meat eaters, so I've got enough on my proverbial plate right now!!! Maybe that's a task for me once I get this all under control...

RE: Zero Carb / Meat and Water - poo123 - 08-20-2008 05:39 AM

WooHoo, down 3 pounds this week!!!! And when I buy my meat, its on sale and its the ones with the most fat. I really don't care, grass, grain, organic, or what ever. It tastes great and does the job...alison

RE: Zero Carb / Meat and Water - FatGirlOnAtkins - 08-20-2008 06:06 AM

suzanneyea Wrote:
Am I the only one who has no clue what my dinner ate for dinner? I buy based on price, what my cow had for his last supper really never crossed my mind.

so funny... no, you're not alone there. I always get the cheapest. I don't think it matters much in the long run what the animals were fed before we eat them.

RE: Zero Carb / Meat and Water - MirMir - 08-20-2008 06:16 AM

Wow am I feeling better already!

I'm working on going zc, meat and water. So yesterday I did have two eggs because I had nothing else in fridge. But last night for dinner I have a wonderful pork steak, lots of fat. Since my brother threw out my bacon fat I had to cook it in olive oil but I added some water at the last minute and made a wonderful topping which I poured over my meat.

I've always loved meat but grew up with the eat your veggies mantra. I'm also not as hungry.

RE: Zero Carb / Meat and Water - daveo - 08-20-2008 07:34 AM

Just wanted to check in and say things are going great! Feeling keto-adapted, losing weight, life is good 😊

I told me dad what I was doing and he basically thought I was killing myself, and made me promise to go get checked out by a doctor in 90 days to make sure my liver and kidneys haven't exploded. So, I'll go do that and let you all know the results 😊

RE: Zero Carb / Meat and Water - KimPossible - 08-20-2008 08:01 AM

me checking in too...have lost back down to about 3 lbs above vacation weight...and that came off fairly quickly. I've been hovering around the 164 mark for abotu 4 days...I started orienation this week and the schedule I'm on is a drastic change. Anyone have ANY ideas for a quick bite without straying from ZC? I cooked up a whole bunch of beef patties to have on hand but left home this a.m. w/out grabbing a couple. I have one here in the fridge at work, but I'm already hungry...I just grabbed a SB protein bar. Surely there's something better out there?

Also...got home around 9:45 last night, got the kids in bed (yes, it's been late nights for all of us) and
was hungry, not having eaten since about noon...(not famished--that was the first I felt hungry or even thought about eating) so I had two hamburger patties (w/condiments...haven't given those up yet). Was skeptical as to whether I should or not....the whole "don't eat after 7" or right before bed thing. I went to bed about midnight finally and woke up a half pound lighter.

So does eat when you are hungry apply to night as well? I would love to catch up but it will be impossible now that school has started...I hope everyone is doing well!

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**RE: Zero Carb / Meat and Water** - waywardsister - 08-20-2008 08:59 AM

lynhopes Wrote:
I was wondering that too. Here in Ireland cows sit around in the fields all day and obviously eat grass. What happens in America?? Do they not lie around in fields?

I can't speak for the States, but in Canada (at least in Ontario) you see cows (and sheep, etc) out grazing if you're out of the major metropolitan areas. This has been a tough issue for me bc I care very much about animal welfare (hey, I'm an animal too IMO), and much of the info I end up hearing has a U.S. slant. I'm sure we have feedlots here as well, but we also have a lot of farmers and it's easy to buy directly from them. I don't mind grain-finishing, I do think it tastes much better (though I've had some nice grass-fed, it's way to spendy-trendy and not worth paying extra for). It does bug me though that grains aren't a good food for the cows...I know what grains do to me. But like someone else mentioned, we do what we can.

So my 'do what I can' is buying from farmers as much as possible, and supplementing with grocery-store meat. I am lucky in that I have a weekly farmers market a block from my apartment, stocked with plenty of meats. I get bison, beef (they even have hearts), sometimes chickens, eggs and sheep cheese/dairy (if I want it). There's another one 10 minutes away that has all sorts of meats, including game meats like elk and wild boar. The people selling the meat raise the meat, or work very closely with those that do (many farms form co-ops of sorts and get their wares to market through a single source, usually a larger farm)

There's a store I haven't been to yet, but have checked out and communicated with online, that sells Mennonite wares - meats, produce, preserves, etc. If you're not familiar with Mennonites, basically they're 'old fashioned' ppl, using horse-drawn wagons, traditional methods of cooking, rearing animals, farming etc. It's pretty funny, actually, bc you can place an order online and then pick it up on their delivery days - from people who generally don't use much modern technology. Love it. Anyway, your post just got me thinking about this stuff. I think buying locally is more important than organic, or grass-fed, or what-have-you. I like buying my nourishment from the people who cared for it, and who depend on it for their livelihood.

Charles Wrote:
Insulin resistance starts long before you gain weight or show any other symptom of metabolic syndrome. The chronically-high insulin levels over time promote more and more fat storage as the fat tissue gets increasingly sensitive to insulin so that the smallest amounts of insulin promote fat storage even though our cells need the energy contained within it.

So insulin resistance then is a prerequisite for weight gain? I'm just wondering about my own status, really, as I've never checked my blood sugar or anything. I assume that bc of my high carb intake, I was developing resistance. I gained about 30lbs over my 'ideal' weight, no clue if I'd have kept gaining or not. I suppose it doesn't matter, as one can have MS without gaining an ounce. Whether I'd gained more or not, I imagine I'd have eventually developed full-blown MS had I kept eating the same way (plus other problems resulting from gluten, etc).
I was listening to a recorded conversation between Mercola and Bruce Lipton (a cell biologist busy busting the whole genetic determinism thing, very cool guy), and Lipton brought up caloric restriction/longevity studies as a way of demonstrating that genes don't determine lifespan, etc. Mercola corrected him by pointing out that the mechanism behind the increased longevity was low levels of insulin (ie: proper, natural levels), not low levels of food. That's really the trick, isn't it? All this talk all over the place about superfoods, vitamins, exercise, etc etc ad infinitum, and really it comes down to keeping insulin in check. Do that, and you're pretty much there. Don't do that, and it doesn't matter what else you do bc it won't compensate.

Charles Wrote:

con Wrote:
None of my senses shouts with joy when I think about eating or when I eat. It felt very sad-- like the end of something great. Can I continue with this? Have I FINALLY given up the totality of my drug/my addictions?

You know Con, I was just thinking about this very thing today. I'm serious, I had these same thoughts. I personally believe (and this may depress some of you) that this is a sign that we have arrived to biological zero when we view food in this way.

Funny, I was thinking about this too! I felt really sad when I had to give up gluten grains. Seriously sad. Like, for several days. My sister had the same reaction. Really, it was like withdrawal. I got over it. But these past few days I've found myself getting a little grouchy about eating. Bleh, boring, ugh. No joy in it. This really clued me in - food is NOT entertainment. It's not something we use to occupy our time. It's nourishment. And I realized that still, I have a tendency to look to food to amuse me, or as a companion to another amusement (like a movie, reading a book, etc)

I spent this weekend alone - everyone had gone away and I couldn't go along. Fine by me - books to read, movies to catch up on, writing to do. But I found myself battling against a binge. I wanted to plop down in front of a movie or two and munch out. I even got online and started ordering a gluten-free pizza - but the page wouldn't load! I tried several times, and took it as a sign (gift?) that hey, I was living out an old, unhealthy pattern and to quit it. Still, this mental thing was there, so I ate a bunch of cow's cheese. And got stomach pains for three days 😞But I felt this "there...I had a little binge. Now I'm happy" feeling, and it really gave me pause. What's that about? Why after all I've learned and experienced do I still get this urge to use food to entertain me? It doesn't happen often, but since going VLC I think I'm having some sort of...withdrawal?

I like thinking of food as nourishment. But I also recognize the need to feel enjoyment - I just think for a lot of us, our enjoyment scale is off-balance due to years of misuse. We're re-learning, like Stefansson did, how to enjoy our food. I'm really looking forward to this, to creating new connections in my brain as to what constitutes a 'treat' food. I had a 9oz bison t-bone yesterday, smothered in butter with a bit of sea salt and HP - OMG, now that was a treat. I am diving into a few cookbooks (the meat sections!) and learning about different cuts and how best to prepare them, how to make rich butter sauces or egg/oil-based sauces, how to use spices and herbs in different ways (I am ok with herbs/spices). I am going to expand my meat selection to include more fish, just for interest (I have a great Jamie Oliver book that is very detailed about fish and how to cook whole ones). I think, if you want to reclaim some joy, getting creative and playing within the realm of VLC/zero carb can help. There is hedonistic, sensual joy in a pancetta-wrapped chicken breast, a smoked brisket, a beautiful cut of beef pan-grilled and doused in herb butter, tender fatty lamb scented with cumin or rosemary.

Wow, I'm long-winded today. Sorry.
I actually came here to mention something about the whole raw meat thing. I ground up a cow heart for my kitties yesterday, and had this strong urge to eat some. I had an ice cube-sized serving, raw and cold, and wow - it was really, really good. Next time I'll buy two, and use half of one in a tartare. Seriously, it was delicious, and the texture was gorgeous (the colour is fantastic too). Kristelle, ever get any heart? (actually, first time I ever had beef tartare was in Quebec City, and I've been meaning to give it a go at home ever since.)

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RE: Zero Carb / Meat and Water - abnormalslc - 08-20-2008 09:56 AM

Wayward....

Beef heart is very good.

We used to have fresh hearts and livers, back in the day....

Boil the heart and slice it....mmmmm too good for the kitties.

pan fry the liver with some onions.....yummy to the max! (I only like the hours fresh liver....not the store bought stuff.)

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RE: Zero Carb / Meat and Water - MirMir - 08-20-2008 10:16 AM

Wow am I feeling better already!

I'm working on going zc, meat and water. So yesterday I did have two eggs because I had nothing else in fridge. But last night for dinner I had a wonderful pork steak, lots of fat. Since my brother threw out my bacon fat I had to cook it in olive oil but I added some water at the last minute and made a wonderful topping which I poured over my meat.

I've always loved meat but grew up with the eat your veggies mantra. I'm also not as hungry.

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RE: Zero Carb / Meat and Water - Kristi31 - 08-20-2008 10:17 AM

Yes, I've eaten raw heart on many occasions and from many different animals like bison, lamb, goat, beef. Isn't particularly good but not bad either. The texture is good, yes! Oh...but I remember this one time, when I ate slightly cooked lamb heart and that was delicious!

My favorite organ meats are liver and kidneys. I like tongue too. Brain tasted bland to me and thymus is ok.

So, this morning, I started eating some of that beef fat I got and it didn't taste that good. So I slightly cooked a few bits and OMG! it was out of this world. I even seared the outside of my lamb and that was amazing too. So, I think I might cook my fat and meat just a little to give it added taste. And besides, I think our Paleolithic ancestors probably ate at least some of their meat and fat pretty warm because they would have probably eaten some meat from the animal immediately after it was killed.

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RE: Zero Carb / Meat and Water - cbnebraska - 08-20-2008 10:36 AM
waywardsister Wrote:

...This really clued me in - food is NOT entertainment. It's not something we use to occupy our time. It's
nourishment. And I realized that still, I have a tendency to look to food to amuse me, or as a companion
to another amusement (like a movie, reading a book, etc)

This exact issue is the problem my husband is having with my new attempt at near-zero-carbing. Although I am ready to move on from food being a diversion, he is not. He is the cook in the family and has always enjoyed preparing great food for me. I will say we have both been low carbing together since the start of 2007 (although I have eaten LC for close to 9 years with a few relapses along the way) so the food he fixes for us has never really been outside a LC realm. Now that I'm stepping away from dairy, vegetables, artificial sweeteners and LC substitute foods, he is not really too happy about it. His main issue is that I'm not "overweight" so why am I doing this? It's true, I'm not overweight, and neither is he, but I would like to be the thinnest I can be while still being healthy AND, more than anything, I want the obsession with food to be gone. I wasn't able to shake it when I was LC, and now I feel I'm finally getting somewhere. I want to put the energy into other things. Herein lies the problem -- what? Actually, it's not so much me personally because I have TONS of hobbies and pleasures, the issue is really what we can do together. He is more of a homebody who doesn't really have any hobbies other than cooking, his daily workouts and spending time with me and the kids - at home. He really enjoys the bottle of wine we used to share a couple times a week and really resents me not wanting to enjoy a few glasses with him. He does enjoy watching TV, which I absolutely do not, so we come up short on quality together time - at home. I would gladly grab the kids and get out and about more together, but he's a homebody. This has ALWAYS been a struggle for us, but it's just that me taking food & wine out of the picture is complicating things even further. Please know that we are happily married and he is wonderful in the way that he cooks exactly the way I ask him to and supports me almost fully, it's just those last few carbs he resents me giving up.

Okay, I was long winded too, but I'd love to know if any of you have spouses that come into the VLC/ZC picture and if you have any similar experiences to mine?

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RE: Zero Carb / Meat and Water - suzannevea - 08-20-2008 12:23 PM

Have you been reading my journal? I am struggling with my zero arb diet and my husband too.

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RE: Zero Carb / Meat and Water - Charles - 08-20-2008 01:42 PM

Kristi31 Wrote:

I finally got some beef fat, about 3 kilos, from a butcher. I'm good for at least a week.

I can't identify with all that, Kristelle, but I did get my beef fat from the Harris Teeter Grocery Store butcher. He gave me 5 pounds of beef fat for free:

The Wal-Mart stuff was $3. The Harris Teeter beef fat was free. I'll be visiting that store more often. However, they are expensive on many things and their meat is excessively lean. Now, I know why! It never occurred to me that even at the grocery store they trim these meats before putting them out.

I know, Dana is probably cracking up at my naivety with meats, but I'm telling you, I just never paid attention to how the meat got into the plastic with the price on it! I'm willing to bet that if I ask them at Wal-Mart, Costco or any other store with a "meat department" they must trim their steaks and stuff as well. They all must have fat that is just going to the garbage, or to "cosmetics" as the guy at Harris
Teeter told me.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - Charles - 08-20-2008 01:45 PM**

poo123 Wrote:
WooHoo, down 3 pounds this week!!!! And when I buy my meat, its on sale and its the ones with the most fat. I really don't care, grass, grain, organic, or what ever. It tastes great and does the job...alison

Yeah, Alison! 😊😊😊Isn't that 5 pounds in two weeks since you took out the coconut drink? The say that healthy weight loss is about 2 pounds per week so you are "cooking with gas!"

Best regards,

Charles

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**RE: Zero Carb / Meat and Water - Charles - 08-20-2008 01:47 PM**

daveo Wrote:
Just wanted to check in and say things are going great! Feeling keto-adapted, losing weight, life is good 😊

Congratulations, Dave and also MirMir. It's a great feeling indeed. Your bodies will remember the feeling as well so if you do eat carbs in the future, your bodies will remind you how great they used to feel.

Keep up the excellent work!

Regards,

Charles

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**RE: Zero Carb / Meat and Water - Charles - 08-20-2008 02:00 PM**

KimPossible Wrote:
So does eat when you are hungry apply to night as well? I would love to catch up but it will be impossible now that school has started...I hope everyone is doing well!

I don't think it applies as much at night because we live on the fat we've stored throughout the day. The evening hunger will vanish usually before you go to sleep. I try to eat the lightest meal at night. If I eat too much at dinner, I'm usually up a pound in the morning. However, if I do it right the next night, I'll be down 2 the next day. This kind of thing shouldn't worry anyone, it's just a normal fluctuation that happens. This is similar to what I mean by "overfeeding." Overfeeding is not really that harmful because any weight you gain by eating too much meat will generally vanish once you return to eating to appetite.
As far as "eat when you're hungry" goes, I am not of the opinion that one should eat just anything when they are hungry. I know, I told you to eat when you're hungry, but there is nothing wrong with going on a fast for a few hours until you get the correct food. Besides, this is what you do at night anyway. I will typically wait until I get the right food rather than just relying on something to "hold me over."

Don't get me wrong, I'm not urging you to make yourself ill, but I find personally that my hunger pang only lasts for a few minutes and I can ignore it if I choose to. This might sound like an intermittent fast and in some ways, I suppose it is. I'm just arguing that we should be able to go long periods of time without eating if we choose to and there is nothing unhealthy about it.

That doesn't mean you should make this a regular part of your regimen because of the need to condition your pancreas. On the other hand, you have to live in the real world and if proper food is not available, you might just consider going without until you find it. If you choose to do this every now and a long then, you have my blessing! 😊

Regards,

Charles

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RE: Zero Carb / Meat and Water - Kristi31 - 08-20-2008 02:08 PM

I got my beef fat at 3.99/kilo but good enough.

Interestingly, I was watching "The Human Animal-The Hunting Ape today ([http://tinyurl.com/557m4b](http://tinyurl.com/557m4b)) and Desmond Morris, the host, said that humans cooked their meat such that it was similar to fresh meat they would have eaten after a kill. That's why rare meat (as opposed to well-done or RAW) tastes the best or why slightly cooked fat tastes so absolutely fantastic! I came up with that same explanation earlier today to only have a zoologist later confirm it. Cool!

I came up with that idea because for one, I didn't really enjoy eating the fat raw and the meat raw was ok but definitely better cooked. I wondered about that...why is it that cooked fat and meat, up to a certain extent, taste better than raw? Then, I remembered watching on TV either surgical interventions on humans or animal kills where the fat looked most like it would if slightly cooked and the meat kind of tender and red or bloody, similar or almost to rare meat. Bingo! I reckoned we probably ate at least some of our meat back in the Paleolithic times when it was fresh right after a kill, like lions and other carnivores would. That meat is obviously warm due to the animal's body temperature. So there you go...Glad I got that figured out! 😊

Now, I don't feel guilty eating my meat a little cooked and the major bonus is that it tastes FINE! Especially the fat...I did have fat hunger all along just not for RAW fat. Dilemma solved.

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RE: Zero Carb / Meat and Water - Charles - 08-20-2008 02:12 PM

waywardsister Wrote:
So insulin resistance then is a prerequisite for weight gain?

Not necessarily. I was just writing about how we get fat during that particular quote you used. Insulin resistance just leads to higher levels of insulin initially. We don't usually know about it until we put on some pounds, if we're lucky. If we're not so lucky, the celluar damage gets bad enough to allow free radicals to accelerate the progression of other diseases of civilization and we don't get fat. If we exercise
like fiends for years and years, we can forestall the obesity while working on the other diseases of civilization which happens with world-class athletes like Alberto Salazar, one of America's greatest marathon runners, who has heart disease yet is skinny.

waywardsister Wrote:
Whether I'd gained more or not, I imagine I'd have eventually developed full-blown MS had I kept eating the same way (plus other problems resulting from gluten, etc).

Exactly!

Quote:
{Controlling insulin} is really the trick, isn't it? All this talk all over the place about superfoods, vitamins, exercise, etc etc ad infinitum, and really it comes down to keeping insulin in check. Do that, and you're pretty much there. Don't do that, and it doesn't matter what else you do bc it won't compensate.

Exactly! Well stated!!!! 😊

waywardsister Wrote:
I actually came here to mention something about the whole raw meat thing.

Lots of love (I never use this) but you and Kristelle can enjoy this one....😊 Bring on the fire!!!

Regards,

Charles

RE: Zero Carb / Meat and Water - Kristi31 - 08-20-2008 02:31 PM

Further to my earlier post, it just dawned on me that, during Paleolithic times, seafood would have been eaten at a colder temperature (coming from the ocean or even lakes and rivers) than meat and that's why raw fish tastes good as opposed to fatty meats. Everything is making so much sense now!

Charles, looking good...as always! 😊

RE: Zero Carb / Meat and Water - con - 08-20-2008 02:47 PM

HMMM...I'll take the guy in the mirror
I used to cook great dishes and would get offended if people wouldn't try them(could care less about their health issues) and looking back what I really wanted was emotional feedback --like compliments etc.
It's easy to forget how emotionally conditioned we are to the rituals surrounding food. We are seeing these great results in our bodies but the spouses are making it all mean whatever they want to believe e.g. you don't love me any more or we don't share the same values/interests any more.

I think if I were at a good weight and healthy, I'd probably compromise a little maybe give him 5 carbs a day or so. Or we could negotiate for a sip of wine?
hee hee😊
Con, I agree with you. I am a chef (not working right now because of the kids), and I loved to cook. Now I used to cook for the joy other people eating it would give me, I loved the smiles and oohhs and ahhhs, this is great...on and on. Now I hate cooking, I want to get rid of most of my stuff because its getting dusty and its in my way. My husband eats very little and the kids don't care about food one way or the other, so I will be figuring what to get rid of really soon. I can use all the extra counter space for crafting....alison

RE: Zero Carb / Meat and Water - jeepifer - 08-20-2008 03:17 PM

Kristi31 Wrote:
Now, I don't feel guilty eating my meat a little cooked and the major bonus is that it tastes FINE! Especially the fat...I did have fat hunger all along just not for RAW fat. Dilemna solved.

I've always eaten my meat RARE (thanks, mom and dad!) and I love it! People look at me oddly in restaurants, and I refuse to patronize a place that won't cook my burgers bloody, but it's really the best tasting, yummiest way to eat beef. IMO. 😊

Charles, you look awesome. That physique would look a little odd on me, though. LOL !!!

RE: Zero Carb / Meat and Water - waywardsister - 08-20-2008 04:09 PM

cbnebraska Wrote:
He really enjoys the bottle of wine we used to share a couple times a week and really resents me not wanting to enjoy a few glasses with him. He does enjoy watching TV, which I absolutely do not, so we come up short on quality together time - at home. I would gladly grab the kids and get out and about more together, but he's a homebody. This has ALWAYS been a struggle for us, but it's just that me taking food & wine out of the picture is complicating things even further.

It's funny, but I can come at this from your hubby's side. I used to be more of a homebody, while my fella was an out and about kinda guy. He hated food (really! no joy in it at all), I loved food. He hated wine, I loved wine. It drove me nuts! I think it was Con who said that these things can be interpreted as a "you don't share my values" thing, and I agree, bc that's what bothered me. It was my own issue. Took awhile for me to get to the point where I valued the time we spent together more so than the details of what we did during that time. But yeah, he probably feels threatened somewhat - she's changing! Why? That kind of thing.

Now I go out a lot more than he does, and have to drag him places...funny how things change 😊 But we're verrrrrrrry different, like you and your fella (and hey, that's what makes things fun sometimes), so we have to find ways to share stuff together. Maybe if you watched some TV with him (I know, I know...my guy watches the military channel, and I now know more than I ever wanted to about light machine guns) and poured him a glass of wine, while you sipped on a sparkling water and gave him a cuddle, he'd feel a bit better? Maybe I'll visit your journal rather than blathering on in this thread, since I am very long winded today!

Charles Wrote:
I don't have a good answer for this one, however, my thing is, do you want the kitchen or do you want this...

Count me in for "this" 😁Dayyy-um!

Congrats to everyone who's feeling good and keeping on! And Kristelle, that's pretty cool about the whole meat/fish thing. Never thought of it that way.

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RE: Zero Carb / Meat and Water - suzanneyea - 08-21-2008 02:23 AM

My friend is up here visiting, she is from NY state and I live in Quebec, Canada. We were talking about beef prices cause she commented I was serving very good cuts of meat at meals. Now, I buy my steaks at the local grocery store each morning and I buy the ones marked at half price, so I was kinda surprised. For a large rib eye I pay about $4, for two large rounds steaks, maybe $2 each...

Then I noticed the price on Charles' fatback, $3! I paid about 50 cents for that amount of fatback. What are you beef prices like in your area?

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RE: Zero Carb / Meat and Water - Nicola - 08-21-2008 02:31 AM

nyteez Wrote:
I live in Northern California, we have "Happy Cows" LOL! I don't know the specific details, but basically they are pastured most of their life. It is very expensive to raise cows on grain. I don't know anybody who raise cattle on grain. You have to have a facility big enough, you have all the labor and cost of feeding the cattle daily and the expense of antibiotics. When the pastured (grass fed) cattle are ready for market they are sold. The people who buy them, grain feed for a certain amount of time. This is where you see lots of cows crowded in a small area, w/ no grass, but with big tubs of grain around. These cows are being grain fed to fatten them up and make them taste better. Cows are grain fed for one reason and one reason only, it is for TASTE. They don't get any more money for fatter cattle, they are paid by the head, not by weight. And these days all the fat is cut off!

What the cattle are fed will change the taste of their meat. Some ranchers have a secret recipe for finishing off their beef that results in an exceptional tasting beef. For example; I live by Sierra Nevada Brewery. The Brewery has a nice restaurant. They get their beef from the CSUCHico farm, their beef is finished off with a mixture that contain the same Hops, they use to make their beer.

The ranchers are laughing all the way to the bank because they are getting more money if they sell directly to the slaughter house their "grass fed beef", than if they sell to a commercial company who grain finishes the beef. This whole "grass-fed" craze is a joke!

Grain is bad for cattle, just like it is bad for us and causes the animals to be more susceptible to sickness, so antibiotics are used to keep the cattle healthy. The US has very strick rules about antibiotics and hormones used in our beef. All antibiotics and hormones are pulled well before slaughter so that no residue is present at slaughter. Cattle are tested all the time. Sick cattle are money down the drain, nobody wants their stock to get sick. Sick cattle cannot be sold or slaughtered for human consumption. So the idea, that sick cattle are being slaughtered and sold in our stores is ridiculous.

Slanker's Grass-Fed Meat:

Nicola, here's my answer:

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If one subscribes to the idea that all foods are good for you and that chronic disease (bodies failing) is a natural thing, then you should continue doing what you are doing and what everyone else is doing. But, if you are interested in taking care of your body so that it won't fail, then maybe you should pay a little attention to modern peer-reviewed science. On our web site are links to real scientific reports by Artemis Simopoulos. She is world renown today like Einstein was in his time except her field of focus is nutrition. You can thank her for all the talk about Omega-3 fatty acids that started back in the 1980s. Yes, she's the one. The only reason Omega-3 fatty acids are something folks talk about these days is that Artemis discovered that certain fats are essential for all animal health and the American food system was deficient in one very important essential fat. The reason that occurs is because man invented grain farming and grain is deficient in the Omega 3 fatty acid. So, the more grain-based our food system has become, the more body failures there are in the general population. Every chronic disease you can name is a body failure and every one of them can be traced to eating grain. Even obesity and early maturity in children comes from eating grain.

Now lots of folks doubt that, but millions of animals every year are fattened on grain and are made to mature earlier by being fed grain. But nobody takes all the millions of experiments on animals of all types and relates it to people. (Like for instance, why are veterinarians so busy treating pets with the same diseases that people get?) Not being able to relate these facts together is pretty dumb, huh?

Grass-fed meats taste they way they do because they are loaded with Omega-3 fatty acids like all animal bodies are supposed to be. Also, they are loaded with vitamin E, vitamin A, Beta Carotene, CLA, and the list of nutrients go on and on. All these very important nutrients have flavors. Grain fed meats are low in these very important nutrients and therefore the meats are flavorless. You can say, correctly, that all grain-fed meats are anemic.

Now you can sneer at grass-fed meats all you want, but when I look at Joe Six-pack, I usually see a pretty sick, overweight fellow. But people take on their growing loads of chronic diseases as signs of maturity. In other words they are proud of their sicknesses! And in time if you eat grain, grain-based foods, and grain-fed livestock you will be just like the Joe Six-packs. But I have a different goal. I am focused on quality of life and my body is important since it's what carries me around.

Our web site is loaded with information. Go to the Omega-3 Essay section. [http://slankersgrassfedmeats.com/focusing_on_nutrition.htm](http://slankersgrassfedmeats.com/focusing_on_nutrition.htm) Go to Science Links. [http://slankersgrassfedmeats.com/science_underscores_grassfed_meats.htm](http://slankersgrassfedmeats.com/science_underscores_grassfed_meats.htm) Check out the reports by Artemis Simopoulos. And keep in mind that America's grain-based food system is feeding 300,000,000 people three meals a day. So it's not a machine that can be turned around in even a few decades. If the USDA told the truth about grain, there would be panic in the streets because there wouldn't be any food to eat in the stores. So the time for the whole truth is decades away yet. But individuals can make a difference. And until the masses are involved the grass-fed industry will be tiny and it won't have the advantages of mass production. So the real food it produces will cost more. Maybe to you, money is more important. So be it. But before you shoot your mouth off much more about grass-fed meats and expose your tremendous ignorance, why don't you look over the fence (read the scientific literature) and then maybe you'll understand why some of us are focused on changing our taste buds to accept our new foods.

There is too much more to tell you, but your reading assignments are already probably beyond what you're willing to do. Plus over the years I've found that trying to educate folks with their heads firmly planted in the sand is futile to say it mildly.

Ted Slanker [http://slankersgrassfedmeats.com](http://slankersgrassfedmeats.com)
The Real Diet of Man is Very Simple:

Nicola Harrison wrote:

Hi Ted,

I and many others (Lex Rocker...) know all about what you sell, but just as many will say that we/you have no proof; they say that grass-fed meat tastes bad and is just a way of making lots of money...

Please take the trouble to answer, as many people eat just meat and nobody knows for shore what to believe.

Nicola

RE: Zero Carb / Meat and Water - MAC - 08-21-2008 04:23 AM

Nicola Wrote:
Nicola Harrison wrote:

Hi Ted,

I and many others (Lex Rocker...) know all about what you sell, but just as many will say that we/you have no proof; they say that grass-fed meat tastes bad and is just a way of making lots of money...

Please take the trouble to answer, as many people eat just meat and nobody knows for shore what to believe.

Nicola

According to Dr. Eades, the amount of Omega-3s in grass fed meat is not that high versus grain fed. In addition, the ratio of Omega 6 to Omega 3 may not be as important as the blood level of Omega-3. See Dr. Davis' blog to confirm. It takes more than one scientist's work to confirm an hypothesis. The Japanese have high blood levels of Omega-3 because they eat fish. Not because they eat beef. Are there any randomized controlled studies to back up these facts? The other thing to consider is that even though someone is eating grain fed beef, which is worse, humans eating grain fed meat or eating the grains directly? As much as I would like to buy Slankers arguments, he is a purveyor of goods. He makes his living off of selling grass fed products. That makes any proof given by him suspect. I didn't say wrong, I said suspect.

Also on his science site, he has a reference to Cordain. From what I have found out recently, I don't believe much Cordain has to say anymore. At one time he claimed Paleolithic man was a vegetarian. Now he has changed his tune.

RE: Zero Carb / Meat and Water - abnormalslc - 08-21-2008 12:03 PM

I finally reached 80 pounds lost!
I have been attempting ZC/VLC for just over 4 weeks and FINALLY reached the elusive 80!
I have not been completely faithful every single day, but I am working on it. I sometimes have reverted back to simply living low carb, but always return to VLC. I also drink diet soda....even with aspartame...I am still a work in progress...

Charles....you do not realize what an inspiration you truly are. Sometimes when I look in the mirror it seems that I can actually see where my 6-pack is going to be! ....it must be my imagination....😊

***edited to add..when doing meat only....I also eat pork rinds....various flavors..I am not quite ready to give that up yet...

---

**RE: Zero Carb / Meat and Water - FatGirlOnAtkins - 08-21-2008 12:38 PM**

abnormalslc Wrote:
I finally reached 80 pounds lost!

I have been attempting ZC/VLC for just over 4 weeks and FINALLY reached the elusive 80!
I have not been completely faithful every single day, but I am working on it. I sometimes have reverted back to simply living low carb, but always return to VLC. I also drink diet soda....even with aspartame...I am still a work in progress...

Charles....you do not realize what an inspiration you truly are. Sometimes when I look in the mirror it seems that I can actually see where my 6-pack is going to be! ....it must be my imagination....😊

***edited to add..when doing meat only....I also eat pork rinds....various flavors..I am not quite ready to give that up yet...

Wow, that's so inspiring! Good for you!

---

**RE: Zero Carb / Meat and Water - Charles - 08-21-2008 01:48 PM**

Nicola Wrote:
Nicola, here's my answer:

Every chronic disease you can name is a body failure and every one of them can be traced to eating grain. Even obesity and early maturity in children comes from eating grain.

Yes, eating grain, not grain-finished meat.

Dana? Get 'em!

---

**RE: Zero Carb / Meat and Water - Charles - 08-21-2008 01:49 PM**

MAC Wrote:
Also on his science site, he has a reference to Cordain. From what I have found out recently, I don't believe much Cordain has to say anymore. At one time he claimed Paleolithic man was a vegetarian. Now he has changed his tune.
Cordain also said that Paleo man ate lean meat before he came back and corrected himself. I'm with you!

**RE: Zero Carb / Meat and Water - Charles - 08-21-2008 01:51 PM**

abnormalslc Wrote:
Charles....you do not realize what an inspiration you truly are. Sometimes when I look in the mirror it seems that I can actually see where my 6-pack is going to be! ....it must be my imagination.... 😃

Well, if it helps, that picture was taken when I was 158. I am 153 today and the abs are much better defined. You can see them without flexing.....

I can't wait to go to Virginia Beach next week. I'll be the guy out there throwing the football around with my 16 year-old with my shirt off!

Congratulations on the 80 pounds. I never lost that much so you're in new territory! Keep up the great work!!!! 😊

Regards,
Charles

**RE: Zero Carb / Meat and Water - nyteez - 08-21-2008 02:27 PM**

Charles Wrote:
I know, Dana is probably cracking up at my naivety with meats, but I'm telling you, I just never paid attention to how the meat got into the plastic with the price on it! I'm willing to bet that if I ask them at Wal-Mart, Costco or any other store with a "meat department" they must trim their steaks and stuff as well. They all must have fat that is just going to the garbage, or to "cosmetics" as the guy at Harris Teeter told me.

I am sure you are not the only one Charles! LOL!

poo123 Wrote:
Con, I agree with you. I am a chef (not working right now because of the kids), and I loved to cook. Now I used to cook for the joy other people eating it would give me, I loved the smiles and oohhs and ahhhs, this is great...on and on. Now I hate cooking, I want to get rid of most of my stuff because its getting dusty and its in my way. My husband eats very little and the kids don't care about food one way or the other, so I will be figuring what to get rid of really soon. I can use all the extra counter space for crafting....alison

Me too! I used to love cooking, I spent many hours searching, shopping and preparing meals. Now I can't stand it...I just want a steak, simple and easy! I have been clearing my fridge & pantry of all the hi carb foods and ingredients we don't eat anymore. My chickens are loving it! LOL

Mac Wrote:
As much as I would like to buy Slankers arguments, he is a purveyor of goods. He makes his living off of selling grass fed products. That makes any proof given by him suspect. I didn't say wrong, I said suspect.
EXACTLY! This salesman's speal says nothing. Just a bunch of Bull LOL!

RE: Zero Carb / Meat and Water - cbnebraska - 08-21-2008 02:51 PM

waywardsister Wrote:
I think it was Con who said that these things can be interpreted as a "you don't share my values" thing, and I agree, bc that's what bothered me. It was my own issue. Took awhile for me to get to the point where I valued the time we spent together more so than the details of what we did during that time. But yeah, he probably feels threatened somewhat - she's changing! Why? That kind of thing.

Maybe if you watched some TV with him (I know, I know...my guy watches the military channel, and I now know more than I ever wanted to about light machine guns) and poured him a glass of wine, while you sipped on a sparkling water and gave him a cuddle, he'd feel a bit better?

You are absolutely right here. I should definitely replace the attention he was given for the meal prep and the quality time we spent enjoying it all with something else. I am such a busy body that I don't really stop and give him my full attention, except when we eat. Now, I eat so little and care so little that the time is getting taken away as well. I still need to brainstorm a little more on what we can do together, but just giving him my full attention and compliments for all the other things he does is a great start.

Charles Wrote:
I don't have a good answer for this one, however, my thing is, do you want the kitchen or do you want this...

Ummm.... I'm guessing she chose the latter.

RE: Zero Carb / Meat and Water - waywardsister - 08-21-2008 03:21 PM

abnormalslc Wrote:
I finally reached 80 pounds lost!

Wow! Congrats!

Ted Slanker Wrote:
Maybe to you, money is more important. So be it. But before you shoot your mouth off much more about grass-fed meats and expose your tremendous ignorance, why don't you look over the fence (read the scientific literature) and then maybe you'll understand why some of us are focused on changing our taste buds to accept our new foods.

There is too much more to tell you, but your reading assignments are already probably beyond what you're willing to do. Plus over the years I've found that trying to educate folks with their heads firmly planted in the sand is futile to say it mildly.

Ummm...wow! A tad defensive and condescending, no? Personally, if I was selling something and someone asked for more information, I'd respond with a "Hey there, I'm happy to give you as much info as you like! Thanks for asking!" and other happy crap like that. This snarky reply makes me want to write him back for you, Nicola.

RE: Zero Carb / Meat and Water - feckless - 08-21-2008 05:44 PM

a couple times charles has mentioned that if you eat carbs you 'have to start all over.' i'm hoping that this
is an exxageration. cuz after over a month, i had some carbs...the circumstances don't really matter, blah
blah blah, i was weak....so do i really 'start all over' or is it more of a speed bump of a couple days or
something. seeing as how i was still really struggling with low energy after a month of ZC, i would hate
to think i am starting all over!

RE: Zero Carb / Meat and Water - Daryl - 08-21-2008 06:07 PM

No two people are the same, feckless, so no matter how big of a bump it may be, stick to your guns.

RE: Zero Carb / Meat and Water - LindaSue - 08-21-2008 06:14 PM

feckless Wrote:

a couple times charles has mentioned that if you eat carbs you 'have to start all over.' i'm hoping that this
is an exxageration. cuz after over a month, i had some carbs...the circumstances don't really matter, blah
blah blah, i was weak....so do i really 'start all over' or is it more of a speed bump of a couple days or
something. seeing as how i was still really struggling with low energy after a month of ZC, i would hate
to think i am starting all over!

What is the difference between "starting over" and just getting right back on plan? Wouldn't your food
choices be the same either way?

abnormalslc Wrote:
edited to add..when doing meat only....I also eat pork rinds....various flavors..I am not quite ready to
give that up yet...

What's wrong with pork rinds? They're a meat product. Just avoid the flavored ones with sugar added.

RE: Zero Carb / Meat and Water - aldiemincey - 08-22-2008 03:23 AM

I've been following along for over a month now and feel compelled to introduce myself and express my
gratitude to Charles et al for the selfless share of knowledge and relentless support.

For the past 4 years, I've intermittently suffered from chronic fatigue. I think that I have done much
damage to my digestive and "blood sugar management" systems through my idealist, albeit naive, forays
into raw vegan and macrobiotic diets.

I have been 0-carbin' (80-90% fat + 10-20% protein, sans dairy or eggs) for the past 4 weeks. I think that
I've developed hyperinsulinemia, as I still suffer with persistent global muscle fatigue, brain fog and
minor headaches. At the onset of 0-carb, I had hoped that a bit of low-intensity rebounder exercise
would help. Whoa, was I off the mark; 30-mins worth left me bed-ridden for the following 2 days with
extremities that felt like lead weights. I haven't repeated that mistake since.

Some days are better than others, and often, appreciable relief is experienced for up to an hour after
eating. I trust that my condition will steadily improve with continued commitment to 0-carb. Unlike with
my past and varied vegan attempts, I am rarely hungry. As the fatigue and mental haziness are constants, I assume that I need to eat when the fatigue and muscle soreness worsen and the haziness progresses to a slight headache. I never have cravings, and like many of you, have experienced satiety like never before. For the first 2 1/2 weeks, I ate about 3/4 lbs of 73/27 hamburger, in addition to some overt fat (e.g., beef tallow, pork fat back, bacon) 3-4x/day. Hoping to help tame the insulin, I have been eating smaller and more frequent meals, while maintaining same total volume/day. Interestingly, I feel best in the morning before breakfast and feel the worst about 60-90mins after each meal. I must report that I have been sleeping through the night for the past 4 days and no longer waking up in the middle of the night.

Not incidentally, I picked up ~10 lbs of beef fat trimmings from my butcher this morning. See, I've been reading, absorbing and practicing.

There's my frustrating but seemingly not uncommon story. Having introduced myself, I won't feel like a voyeur 😊I look forward to sharing this journey with you. Much warmth. -Aldie

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**RE: Zero Carb / Meat and Water - cbnebraska - 08-22-2008 03:55 AM**

aldiemincey Wrote:
I have been 0-carbin' (80-90% fat + 10-20% protein, sans dairy or eggs) for the past 4 weeks. I think that I've developed hyperinsulinemia, as I still suffer with persistent global muscle fatigue, brain fog and minor headaches.

...For the first 2 1/2 weeks, I ate about 3/4 lbs of 73/27 hamburger, in addition to some overt fat (e.g., beef tallow, pork fat back, bacon) 3-4x/day. Hoping to help tame the insulin, I have been eating smaller and more frequent meals, while maintaining same total volume/day.

... I must report that I have been sleeping through the night for the past 4 days and no longer waking up in the middle of the night.

Welcome, nice to meet you! My comments would be that 80-90% fat seems high to me. I shoot for more like 35-40%. If you're eating 73/27 beef, once it cooks, you're looking at 40% fat or less. I think the goal here is to replicate the ratio of meat to fat that would be found on an animal. Animals are not 80-90% fat, so I'm thinking that's too much. My understanding is that protein is muscle food - if you are feeling weak, I'd up the percentage of protein. It does sound like you're making progress, for sure, but I'm sure you're frustrated with the time it is taking. If you've been all over the map with your eating and are going "cold turkey" on all your previous foods, your body will take longer to adapt than those of us who are simply moving to zero carb from low or very low carb. Have you given up something else, like caffeine, that could contribute to the headaches? Congratulations on the sleeping well too. That is just so VERY important!

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**RE: Zero Carb / Meat and Water - Nicola - 08-22-2008 04:02 AM**

waywardsister Wrote:
abnormalslc Wrote:
I finally reached 80 pounds lost!

Wow! Congrats!

Ted Slanker Wrote:
Maybe to you, money is more important. So be it. But before you shoot your mouth off much more about grass-fed meats and expose your tremendous ignorance, why don't you look over the fence (read the scientific literature) and then maybe you'll understand why some of us are focused on changing our taste buds to accept our new foods.

There is too much more to tell you, but your reading assignments are already probably beyond what you're willing to do. Plus over the years I've found that trying to educate folks with their heads firmly planted in the sand is futile to say it mildly.

Ummm...wow! A tad defensive and condescending, no? Personally, if I was selling something and someone asked for more information, I'd respond with a "Hey there, I'm happy to give you as much info as you like! Thanks for asking!" and other happy crap like that. This snarky reply makes me want to write him back for you, Nicola.


I know you sent a mail to him; I am not out for a war with Dana, Ted or any person - I am just looking for "the light", understand what and why I do this. Food is big money and if the market can produce and we eat then that seams to be how "things work"...

http://tinyurl.com/6gm7nc

Nicola

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RE: Zero Carb / Meat and Water - MirMir - 08-22-2008 06:30 AM

Hi Charles,
Thank you so much for your insights about all the meat and water way of eating.

I have a question for you.
As you know I just started the mostly zero carb way of eating. I still have coffee in the morning.

But, today is Friday and I am a Catholic which means no meat today. I'll have fish for dinner tonight and probably tuna fish for lunch but, breakfast will be eggs. Do you know what others do in this situation?

I have had eggs a couple of times this week and it doesn't seem to affect my fat loss.
Actually in just the few days I have been eating just meat, I can feel the fat leaving. Yay!
It's the belly fat I am interested in losing and so am hoping that over time that will lessen significantly.
This WOE is just awesome. My shoulders are getting cut and right now I am doing no exercise. (I'm 62)
Thanks, Charles.

MirMir

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RE: Zero Carb / Meat and Water - suzanneyea - 08-22-2008 06:44 AM
Welcome Aldie,
It took my body a long time to adjust to low carb, then zero carb. The first month was really rough, I was ill, dizzy, tired, a total mess. I just kept at it and now I feel amazing. It just takes some of us and our bodies longer to adjust.

Hi Aldie!
Most of us here do eat 80% or more of fat so do not change that. Fat is the key for no cravings and keeps you full. It does take a while for you to body to adjust. Just stick with it.

I guess I stand corrected. I personally don't need to eat that much fat to feel full and not have cravings. Maybe I need a higher percentage of protein because I am quite muscular and athletic? I know that my muscles feel weaker and my brain gets foggy if I don't. Which systems of the body are fed mostly by protein? Muscles and organs? I have always thought of it as protein is muscle and organ food, fat and carb are energy. I'm sure that's too simplistic, so maybe one of you can clear me up on that.

Also, I believe I made a discovery last night. I had eaten my fatty meat dinner, felt full and needed to run to the store. I popped a piece of sugar free gum (Extra) into my mouth rather than running up to brush my teeth. Even though I had just eaten, about 20 minutes into my shopping trip (not to the grocery store) I start thinking about food. What the heck? When I got home there was no way I could go without eating, so I ate some breakfast sausage to hold me over til morning. Then, this morning, I was up about .5 lbs on my weight. So, my question is, does anyone see the same reaction and is there something I can freshen my breath with besides brushing that won't do this?

Thanks!

aldiemincey Wrote:
I've been following along for over a month now and feel compelled to introduce myself and express my gratitude to Charles et al for the selfless share of knowledge and relentless support.
Welcome Aldie!

Nicola Wrote:
I know you sent a mail to him; I am not out for a war with Dana, Ted or any person - I am just looking for "the light", understand what and why I do this. Food is big money and if the market can produce and we eat then that seams to be how "things work"...

No, same here, looking for "the light". I just thought he was nasty about it. I was actually hoping to start a dialogue with him about the issue, bc I blog about it as well, but I've since changed my mind about that! It's one thing to respond with a sound argument and research, etc to what you perceive as a misconception, but it's a whole other to respond with "You're an idiot who won't get it anyway."

cbnebraska Wrote:
So, my question is, does anyone see the same reaction and is there something I can freshen my breath with besides brushing that won't do this?

I've had some weird reactions to sf gum too, I think be of the maltitol (sp). I use a mouthwash from the HFS near me that has no sugar or weird stuff added. Peppermint tea works well too, or water with mint added.

You guys have got me hooked on burger patties! I made up a bunch and froze them. So handy. I'm going to do up pork patties as well, and am thinking of lamb patties or meatballs. Oh, I love lamb! So fatty.

My skin looks great, and my dry lips are healing up (as long as I don't pick at them). Weight is holding pretty steady at 114, with some TOM fluctuation. And my nails are growing too quickly to keep up. I'm going to look like Dracula soon.

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**RE: Zero Carb / Meat and Water** - nyteez - 08-22-2008 08:10 AM

Nicola,

I am not sure why you keep trying to convince us grass fed beef is better. I think we all agree Grass fed beef does have a few (not much) more nutrients than grain fed, but that does not mean grain fed beef is bad. There are no scientific studies finding grain fed beef is bad for us. If you want to eat it go ahead! I don’t. And I am not paying 18.00/lb for meat that tastes terrible! I can buy lobster for that. We eat about 4 lbs of beef a day, that would mean almost 100.00 per day! I wouldn’t buy it if it was 2.00/lb! I don’t like it. All I know is I eat grain fed beef and I feel better than I have in 20 years!

I know what I know about beef because for the past 20 years my friends and neighbors raise cattle. Even the ranchers I know who raise both grain & grass fed don’t eat the grass fed!

This grass fed argument you keep presenting is no different than the “we need vegetables & fiber argument”. It’s just laughable.

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**RE: Zero Carb / Meat and Water** - Charles - 08-22-2008 08:31 AM

cbnebraska Wrote:
Ummm.... I'm guessing she chose the latter.

You know, we're still flushing that out and I don't mind keeping you posted.

I wrote about this on the old forum before the hack and it turned into quite a firestorm. Being the fire starter that I am, I have no problem igniting the flame again.

Statistics show quite clearly that people who have experienced these extreme makeovers (specifically, the show) have not remained married to their spouses more than a year afterwards. When I read that, it really got me to thinking.

Now, I don't want to get into a religious debate about the sanctity of marriage and people's view on divorce, but it is certainly worth considering that when you really make a "lifestyle change" the effect on those around us is very profound.
You will have new interests and more free time than you had before. You will be more active and just want to do things because you have "energy to burn." I have also heard the "we don't have much in common anymore" talk and I have to decide in my mind how much work I want to invest there. After 17 years, do I have to say "I love you" and reassure you every minute?

Some make this journey together and that's commendable. Others are making it alone and they have people around them who will not change and they have trouble accepting your lifestyle change. They long for the days of yore when you sat around on the couch with no energy.

On the one hand, those around us have to change to accept the new person we've become. On the other hand we have to decide how much energy we want to expend to reassure others and help their insecurities. At the end of the day, there may be no alternative. We're healthy and active, or we're dying and dependent.

Thoughts?

Charles

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**RE: Zero Carb / Meat and Water - Charles** - 08-22-2008 08:39 AM

aldiemincey Wrote:
I've been following along for over a month now and feel compelled to introduce myself and express my gratitude to Charles et al for the selfless share of knowledge and relentless support.
[...]
There's my frustrating but seemingly not uncommon story. Having introduced myself, I won't feel like a voyeur 😇I look forward to sharing this journey with you. Much warmth. -Aldie

Thanks so much for sharing and welcome to our forum! I'm glad you're here and if I can help, don't hesitate.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - Charles** - 08-22-2008 08:47 AM

MirMir Wrote:
But, today is Friday and I am a Catholic which means no meat today. I'll have fish for dinner tonight and probably tuna fish for lunch but, breakfast will be eggs. Do you know what others do in this situation?

I'm very sorry, MirMir, but I can't help you with that one. I don't see what would be wrong with some fatty fish. Much of my religion revolves around carbohydrates and needless to say, I have serious problems with the way its practiced and I skip many a ritual because of that fact. (Yet, another thing my wife finds objectionable.)

I don't dislike fish, I just never sit around and say, boy, I sure would like some fish....However, if I were going to have fish, I would start with mackerel, salmon steak, smoked salmon, smoked fish, trout, catfish, bluefish, and halibut. These have more fat per 6 ounces than other cuts of fish. The other
varieties are fine but they are very lean and I would be forced to drown them in butter. Dairy is suspect to me so that wouldn't be appealing, but I suppose I could bear it for a day or two if necessary.

Regards,

Charles

RE: Zero Carb / Meat and Water - Charles - 08-22-2008 08:57 AM

ebnebraska Wrote:
I guess I stand corrected. I personally don't need to eat that much fat to feel full and not have cravings.

Don't sweat this. You are more than likely eating more fat than you think you are. It's really hard to get these ratios correct and I don't use them personally. The key is that if you average 1/2 pound of fat to 2 pounds of lean, that is actually 80% fat even though it doesn't appear to be.

That looks good in a journal, but in the real world, you should eat fat to the edge of nausea. Once you get there, eat more lean until you're full. If you're low on energy, eat more fat. If you are nauseous, eat more lean. Always eat to appetite and don't eat when you're not hungry. This is an optimal 80% fat diet.

Cynthia Wrote:
Also, I believe I made a discovery last night. I had eaten my fatty meat dinner, felt full and needed to run to the store. I popped a piece of sugar free gum (Extra) into my mouth rather than running up to brush my teeth. Even though I had just eaten, about 20 minutes into my shopping trip (not to the grocery store) I start thinking about food. What the heck?

You've just proved my point from the thread on artificial sweeteners. The sweetener is irrelevant. The issue is that you associate sweetness with gum and therefore you secrete insulin which prompted the hunger. If I were you, I might carry a small bottle of Scope!

Regards,

Charles

RE: Zero Carb / Meat and Water - montmorency - 08-22-2008 09:39 AM

Hi folks. Just saying hello as I've been out of the country (GB), and away from regular computer access for a while. Was actually in Germany on a language course (and a bit of holiday). Great country, but it's hard to get it totally low-carb, especially when the food is partially provided as part of a course! They really like their "Kartoffeln" (potatoes) and "nudeln" (pasta) there don't they! Occasionally, I managed to get the spuds (potatoes) swapped out for some green salad, and occasionally managed to get my wurst without broetchen (roll), but you have to fight it a bit.

Did manage to keep off beer (and never wanted any...I tasted some that a pal had bought me and couldn't finish it). This is partly because I've been learning to love red wine (which I always hated). I probably drank a little too much of the latter for my own good, but it appears at least I didn't put on any weight, and I may have lost a little (only a pound or two).
Fortunately, the hotel where I was staying for the course provided an excellent buffet breakfast, where you could eat all the bacon and sausages you wanted (as well as eggs, boiled and scrambled, although I only had moderate quantities of boiled eggs), butter, and cold meats of all types, oh and roll-mop herrings. I was literally piling my plate, because I knew that at lunch & dinner-time, choice would be more limited, and there was no way I'd be able to get enough fat or protein.

Curiously, it seems the Germans, at least here (Thuringen), almost never seem to drink tap-water, although I am sure it is at least as safe as in the UK. We lunched and dined in a university mensa (cafeteria), and I was surprised that there was no plain water freely available. The "meal ticket" allowed one drink from the various taps, which only included carbonated water (as well as sugary drinks of various sorts). Of course, you could pay extra and buy expensive mineral water, but why do that?

(I carried bottles that I'd refilled from the tap in the hotel room...).

I come back home, and the papers are all over the Olympics, with stories suggesting we should all be inspired by them to get off the couch, stop being so lazy and so greedy, and start losing weight...

.....er, in trying to counter this, where exactly does one begin ...? :-)

With kind regards,
Mike

RE: Zero Carb / Meat and Water - LindaSue  08-22-2008 09:54 AM

Mike, a German friend of mine says that Germans don't believe that it's healthful to drink anything with a meal, especially anything cold. They believe that it prevents proper digestion, or so I was told.

RE: Zero Carb / Meat and Water - cbnebraska  08-22-2008 10:50 AM

Charles Wrote:
On the one hand, those around us have to change to accept the new person we've become. On the other hand we have to decide how much energy we want to expend to reassure others and help their insecurities. At the end of the day, there may be no alternative. We're healthy and active, or we're dying and dependent.

Thoughts?

Those are all scary thoughts. I know from experience that it is very difficult to manage some else's happiness. People who are dependent on others for theirs will always be disappointed. I have said this over and over to my spouse, I want you to be happy, but I want you to take control of that happiness and not lay it in my lap. I love you more than anything, but at the end of the day, it's up to you to decide what brings you joy. I want you to have something other than me that does so... hobbies, friends, challenges, etc... He gets it, it just isn't as easy for him to do as it is for me. Fortunately ours are just little episodes and we have way more good times than bad, so our marriage isn't in jeopardy. If it were the reverse, I'm not sure how long I'd last in the battle for independence....
I do have a great book recommendation though if anyone is interested. It actually is a little converse to what I just said, but it is an excellent read that I felt revolutionized my marriage quite a few years back. It gave me patience with my husband's needs and helped me to look at my own on equal ground. It's called "the Five Languages of Love" by Chapman.

RE: Zero Carb / Meat and Water - Charles - 08-22-2008 11:10 AM

cbnebraska Wrote:
Those are all scary thoughts. I know from experience that it is very difficult to manage some else's happiness. People who are dependent on others for theirs will always be disappointed.

That is a very powerful sentence that you wrote, Wow! I can imagine many situations where the person transforms into something totally different than the man or woman that someone married. In some cases, someone may be used to you being dependant upon them. What happens when you withdraw that dependence and start to show self-confidence and greater self-esteem?

I was young and healthy when I got married and gained 65 pounds over 15 years. During that time, I became more of a home body and quite inactive. From my perspective, I merely regained what I lost.

Because she is unable to experience the same change for herself, do I have to forever manage her happiness?

Some people were overweight and fairly inactive when they got married. For them, to lose weight and improve their health must be an entirely new reality to deal with. They now have confidence and a new outlook on life. Any efforts to channel that would be seen as "holding them back" or stifling their growth. Many people get married in a dependant state but what happens when they finally become independent? Can the relationship survive such a thing?

Many have never run a 5k or felt confident enough to go to a beach or other social setting where people weren't constantly scrutinizing them and examining and what they ate. Now, they get to be "normal" and no longer want any scrutiny, thus it is hard to manage something like a zero-carb lifestyle in public. Who wants more attention, right?

So, there needs to be a new "normal." A world where we set the tone instead of following the status quo.

Regards,

Charles

RE: Zero Carb / Meat and Water - cbnebraska - 08-22-2008 02:19 PM

Charles Wrote:
Because she is unable to experience the same change for herself, do I have to forever manage her happiness?

Some people really struggle with change. I know many who will fight it to the bitter end. Those of us here are very homogeneous in the fact that we are all looking for change, looking for something better, stepping outside the box, embracing "different". Not everyone strives for that, it just simply doesn't occur to them to seek out information or new experiences. They generally wait to change until forced to
do so by something they simply cannot fight. Something like a near death experience or a health situation. Others of us cannot wait to find the next thing to embrace or learn or challenge. Nature? Nurture? A little of both? Who knows, but I do see so often that opposites attract in marriages and homogeneity attracts with friends. Doesn't that seem odd? People coupled up for life that are very similar really lack balance. What would two quiet people say to each other? Two spenders would go broke. When it comes to friends, we want someone that is as much like us as possible. I'm not saying this is ALWAYS true, but more times than not....

Charles Wrote:
Many have never run a 5k or felt confident enough to go to a beach or other social setting where people weren't constantly scrutinizing them and examining and what they ate. Now, they get to be "normal" and no longer want any scrutiny, thus it is hard to manage something like a zero-carb lifestyle in public. Who wants more attention, right?

Charles

(Unfortunately, I love attention. In fact, that's something I always have to work on - not making myself the chatty one that rambles on.) Some people simply never will want attention, no matter how thin or healthy, they won't want to run a 5K or do anything athletic, so to assume that every overweight person is an athlete or star waiting to bust out is misguided, but the problem is that being overweight sucks up so much energy that the person can't even know why they'd want to be thinner. To do what? Why? I'm fine just the way I am, doing just what I do. It's a catch 22, I can't know why I'd want to be thin because I don't know what it feels like.

I don't see these things in my spouse, because he's not overweight and he's athletic, but I do see them in my parents, especially my mother, who is my main motivation to stay as thin as possible myself. I'm built more like my Dad, but you never know...............

Okay, it's quitting time and I've stayed late to write this. I've got to stop and pick up some meat to cook tonight. The butcher was setting aside 5 lbs. of beef fat for me. Yum!!

RE: Zero Carb / Meat and Water - Nicola - 08-22-2008 02:27 PM

nyteez Wrote:
Nicola,

I am not sure why you keep trying to convince us grass fed beef is better. I think we all agree Grass fed beef does have a few (not much) more nutrients than grain fed, but that does not mean grain feed beef is bad. There are no scientific studies finding grain fed beef is bad for us. If you want to eat it go ahead! I don't. And I am not paying 18.00/lb for meat that tastes terrible! I can buy lobster for that. We eat about 4 lbs of beef a day, that would mean almost 100.00 per day! I wouldn’t buy it if it was 2.00/lb! I don’t like it. All I know is I eat grain fed beef and I feel better than I have in 20 years!

I know what I know about beef because for the past 20 years my friends and neighbors raise cattle. Even the ranchers I know who raise both grain & grass fed don’t eat the grass fed!

This grass fed argument you keep presenting is no different than the “we need vegetables & fiber argument”. It’s just laughable.
Just one last message from Mr. Slanker (just if any body does care...) and then I will shut up. Let me just say - I am not doing this to satisfy my self, I am just trying to share what worrys me and have the feeling, that I am not alone:

Most professional medical people know nothing about nutrition. So say the MDs I've talked with over the years. That's because they're taught nothing about nutrition except what the USDA puts out in its Food Pyramid.

There are more meat studies than you can shake a stick at that show how animal bodies adapt the fat profiles of the foods they eat. Eat grain and you gain that fat profile. That's an absolute indisputable fact. An improper fat profile whether gained directly from eating grain or from eating grain-fed livestock leads the way to body failure. I don't know who Dr. Eades is, but he definitely hasn't read any published meat studies. ALL meat scientists report the nutrient differences in their studies that compare grain-fed with grass-fed meats and they've been doing so for many years. They just don't knock the grain-fed meats as nutritional disasters because the universities are supported by the grain-fed meat business. But they report the basic facts correctly.

People like Mac are casting about with two many meaningless inputs in their minds. It's all real simple and if a fellow reads reports and understands the differences between studies based on the limb of a tree versus a forest, then they can see the truth. But if a fellow has a million tree limb studies in mind, he can't see the forest.

Grain as a food is a concoction of man. Fields of grain are not only seasonal, but don't occur unless man intervenes in the natural way. So it is impossible for grain to be a food staple for any animal life. All animal life is supposed to follow the green leaf. That's the way it has been since the first one celled green plant came into being. And that's the way it will be for all the rest of time.

Unless a fellow can recognize that basic point, they are lost.

Everyone in the ranching business knows for a fact that unless he takes harvested grain to his livestock, no matter how he tries, other than hauling it to them, the livestock won't have any grain to eat in a natural setting. And that is true even if the rancher plants winter rye or winter wheat pastures. That's a fact. So, until the folks in the cities pull their heads out of the sand, they can't possible understand why the science behind grass-fed is so fundamental and sound. Even Lorain Cordain at one time didn't understand it just like all of us. But he has a much better handle on it today and so do I. It was learning about livestock nutrition that put me in this business and then later I learned that it applied to people as well. Then I changed the way I eat and my health improved dramatically. Prior to that I followed the USDA suggestions and was going down hill year after year.

Ted Slanker
Again, thanks for sharing Mr. Slanker's opinion.

Regards,

Charles

RE: Zero Carb / Meat and Water - nyteez - 08-22-2008 03:48 PM

I think we all completely agree with Ted here. He is stating nothing that we don't already know. Most of the people in this thread including myself only eat meat. We have spent countless hours reading hundreds of studies regarding meat because everybody tells us we are going to get sick eating this way. We don't eat grain or vegetables and have found great health, boundless energy & weight loss. The Bear, who only eats meat, has been eating grain finished beef for almost 50 years! He is in great health.

We all agree 100% grass fed beef is more nutritious than grain finished. But the difference is not all that much. We all know grass is the cows natural food. We all know grain is not good for cows, just like grain is not good for us.

But, the bottom line is there are no studies stating grain fed beef is unhealthy to eat. Grain fed beef is still more nutritious than vegetables and grain. It is not grain fed beef that is making the world sick, it is the high carb diet recommended by USDA.

RE: Zero Carb / Meat and Water - daveo - 08-22-2008 03:50 PM

I agree with Mr. Slanker that grass fed is probably better. However, everything I have read leads me to believe that controlling insulin is the most important issue, and a 0 carb diet allows that. Switching to much more expensive and worse tasting grass fed beef may indeed be healthier, but it is probably only a LITTLE healthier, and it is MUCH more effort in cost, difficulty to attain, and difficulty to enjoy.

This weekend I'm smoking a big old Brisket for a BBQ. It was 12 lbs and cost me $21 at Wal-Mart. Gonna get a ton of leftovers, and it is fatty and going to taste great. If I could even GET a nice, fatty, grass-fed brisket.. which I doubt... It would have cost me about $70 and arrived frozen. It's just not worth it to me. The 80/20 principal (google Pareto's Law) applies here. Most of the benefit comes from eliminating carbs. Doing grass fed, organic, raw, etc all seem to be a huge pain while adding little extra benefit.

RE: Zero Carb / Meat and Water - daveo - 08-22-2008 04:02 PM

Hey Charles!

I ate lunch at Golden Corral yesterday 😊

They had some pork steaks there that were AWESOME.. I was a little afraid of them because they had a sticky sauce on them, so I assumed it was loaded with sugar, but according to the web site the pork steaks have no carbs.

Great meal, and the cool thing is my wife, who wouldn't go near a buffet before, came along and
actually enjoyed it. She is avoiding grains and doing a low-carb (for her) diet, so she was a big fan of the salad bar and the Bourbon Chicken 😊

RE: Zero Carb / Meat and Water - nyteez - 08-22-2008 04:12 PM

daveo Wrote:
I agree with Mr. Slanker that grass fed is probably better. However, everything I have read leads me to believe that controlling insulin is the most important issue, and a 0 carb diet allows that. Switching to much more expensive and worse tasting grass fed beef may indeed be healthier, but it is probably only a LITTLE healthier, and it is MUCH more effort in cost, difficulty to attain, and difficulty to enjoy.

My thoughts exactly!

RE: Zero Carb / Meat and Water - montmorency - 08-22-2008 04:59 PM

Some random thoughts here, as I've been out of the loop for a couple of weeks or so:-

Just before I went away, some of us (including me 😊) were worried that we might not live to be 100 if we went all-meat. Well, I see that people are less worried about this now, so I think I'll stop worrying. Anyway, as they used to say in the old action movies, just before the big attack "Hell, do you wanna live forever?!". (No, I just want to live healthily; thank you).

Looking back at an early post in this thread, someone had suggested that with muscular insulin resistance, there was actually insulin in the muscle cells. Is that really so? - just a small technical point I think - doesn't really change anything. I find the whole concept of IR pretty tricky though, and I think that is one small fault of GCBC, that it doesn't quite explain it clearly to the lay person (I was certainly confused, even after many readings on that topic). I think I get it better now, having read some great postings here on this thread - thanks folks.

Clothes sizes...don't worry, I'm not going to talk about my underwear, but clearly it's been an issue for some of us. Let's be honest, it's not all this health stuff that really bothers us - it's being able to wear the clothes we _want_ to wear, rather than the clothes that we can get to fit us - that counts! I think that when you are the right weight for your body size, your clothes - whatever they are - just fit and hang better than when you are overweight. I haven't been able to get clothes to fit me since back when I was about a 32 inch waist (and it was even better when I was 30 inches), and that was a long time ago. OK, I can get clothes to _fit_ me, but they look, and feel horrible. However, since going - almost- ZC, I have really begun to feel thin again! This is obviously something of an illusion, since I know I have at least 20 lbs to lose, and probably more like 28, but it's beginning to feel right! And I know (in all seriousness) that it's about much more than weight loss, but this is (we hope) an external sign that something is going right inside.

Time to stop rambling... :-)

Kind Regards,
Mike

RE: Zero Carb / Meat and Water - montmorency - 08-22-2008 06:26 PM
LindaSue Wrote:
Mike, a German friend of mine says that Germans don't believe that it's healthful to drink anything with a meal, especially anything cold. They believe that it prevents proper digestion, or so I was told.

LindaSue,

I'm sure that's probably a part of it, but to the extent that they do drink water, they seem to have bought into the whole bottled water marketing ploy, hook line and sinker (just as people here in the UK are finally beginning to question it a bit, probably because we're all going broke and can't afford it any more :-)).

Regards,
Mike

RE: Zero Carb / Meat and Water - Kristi31 - 08-22-2008 07:45 PM

So, I'm doing amazing since switching to slightly cooked meat and fat. Plus, enjoying it so much more. I had some lamb in the morning with a little beef fat and tonight ate out, had some delicious "blue" rib steak. I have soooooo much energy. Spent most of the day outside in the sun and did not get sunburned...whereas 1 yr ago, I definitly would. Zero-carb is just amazing...WHEN you cook your meat a little, at least for me!

RE: Zero Carb / Meat and Water - poo123 - 08-22-2008 08:04 PM

Well tonight was a test for me. For the first time since I started this way of life we bought pizza for the kids. This was a test because I always said if I was on a desert island the only food I would want would be pizza. Well I smelled it, and it didn't do anything to or for me. I had no desire to eat it, or anything. I was so happy and proud of myself for coming such a long way. Right now just thinking about other food does not even excite me and it really did before. I am a changed woman.....I am losing about 1/2 to 1 lb a day, so I am very glad I am on this journey.....glad there are so many along for the ride, we can all appreciate the scenery and not worry about the snack stops.......alison

RE: Zero Carb / Meat and Water - C-Dunc - 08-22-2008 08:20 PM

After 2 weeks on this meat and water way of eating, I am down about 8 pounds from 145. So, 137. I don't care about that though. What I do care about is that I am feeling much better and energy is getting progressively better. But this has not been consistent. For some parts of some days it was a grind--kind of like screeching breaks, in order to go in a completely different metabolic direction.

A question about meat: There are no Super Walmarts in Vermont and so there is no ground beef (although there are frozen pre-paddied hamburgers) or fresh cut steaks. So I have to shop elsewhere for steak. What is the fattiest cut of steak? I have tried T-bone, Porterhouse, Sirloin, and Ribeye. I'm not sure if any of these meats are the fattiest cuts available.

Thanks,

C-Dunc
RE: Zero Carb / Meat and Water - MAC - 08-22-2008 08:26 PM

C-Dunc Wrote:
After 2 weeks on this meat and water way of eating, I am down about 8 pounds from 145. So, 137. I don't care about that though. What I do care about is that I am feeling much better and energy is getting progressively better. But this has not been consistent. For some parts of some days it was a grind--kind of like screeching breaks, in order to go in a completely different metabolic direction.

A question about meat: There are no Super Walmarts in Vermont and so there is no ground beef (although there are frozen pre-paddied hamburgers) or fresh cut steaks. So I have to shop elsewhere for steak. What is the fattiest cut of steak? I have tried T-bone, Porterhouse, Sirloin, and Ribeye. I'm not sure if any of these meats are the fattiest cuts available.

Thanks,

C-Dunc

If all are trimmed the same way then ribeye is the fattiest. Unless you get prime rib which is fattier still.

RE: Zero Carb / Meat and Water - waywardsister - 08-22-2008 08:35 PM

nyteez Wrote:
I think we all completely agree with Ted here. He is stating nothing that we don't already know. Hence my email to him - I told him that he basically told off the choir. As I mentioned, I was really hoping to open a dialogue with him about this issue bc I'm very curious about it, but his email reply to me was in the same vein as his comments to Nicola about Dana and Mac, unfortunately. Snarky and rude, and assuming we must be stupid. Not someone I would purchase anything from, were I in a position to do so.

I'm no fan of feedlot beef, but it's more from an animal welfare POV really, and that I prefer buying from small farm operations who do all this themselves bc hey, I love farmers and love giving them my direct business whenever possible. As far as taste goes, I've had good and bad with grass-fed - depends on the grasses they were eating. I've had some that was fabulous, and some that tasted like fish. Really.

Hey Mike, good to see you back!

RE: Zero Carb / Meat and Water - waywardsister - 08-22-2008 08:43 PM

waywardsister Wrote:
Snarky and rude, and assuming we must be stupid. Not someone I would purchase anything from, were I in a position to do so.

Slanker. The definition of a true MEATHEAD!!

RE: Zero Carb / Meat and Water - MAC - 08-22-2008 08:45 PM

waywardsister Wrote:
Snarky and rude, and assuming we must be stupid. Not someone I would purchase anything from, were I in a position to do so.
Slanker. The definition of a true MEATHEAD!! This guy has to be the stupidest businessman that exists. Insult potential customers. Wow. That makes a lot of sense.

RE: Zero Carb / Meat and Water - **caroline** - 08-22-2008 10:17 PM

I guess all of Slanker's omega fatty acids that he's supposedly getting in greater quantity from his grass-fed meat aren't doing his thought process too much good after all--otherwise he would know to live by the old saying that "you catch more flies with honey,"--not INSULTS.

All that venom directed toward innocent bystanders makes me think he's not getting enough fat--hence the nerve endings aren't coated (which is what fat does) hence: ANGRY meathead.

---

**RE: Zero Carb / Meat and Water** - **LindaSue** - 08-23-2008 06:47 AM

montmorency Wrote:
I'm sure that's probably a part of it, but to the extent that they do drink water, they seem to have bought into the whole bottled water marketing ploy, hook line and sinker (just as people here in the UK are finally beginning to question it a bit, probably because we're all going broke and can't afford it any more.

I do remember that my German friends only drank bottled water and I've noticed how common it is in England too. If you want still water in a restaurant it will most likely come in a bottle and you have to pay for it. Do people over there think that there is something harmful about tap water? I never drink water from the tap here in Houston, Texas but that's because it tastes really bad. I use a Brita filter pitcher to get nice-tasting drinking water. When I visit my friend in London, I always drink the tap water at her house because it actually tastes good.

C-Dunc Wrote:
A question about meat: There are no Super Walmarts in Vermont and so there is no ground beef (although there are frozen pre-padded hamburgers) or fresh cut steaks. So I have to shop elsewhere for steak. What is the fattiest cut of steak? I have tried T-bone, Porterhouse, Sirloin, and Ribeye. I'm not sure if any of these meats are the fattiest cuts available.

Super Wal-Mart isn't the only place that sells fresh meat. I assume that you have grocery stores where you live. They would sell ground beef and steaks too. I find it hard to believe that the stores don't sell ground beef. I've never seen a store that didn't sell it. If you buy the cheapest hamburger they sell, it will have more fat in it. The more expensive the ground beef, the less fat in it. Most stores sell at least four grades of ground beef. Around here they call them ground beef (or sometimes just hamburger), ground chuck, ground sirloin and ground round. At Kroger I've even seen something called ground beef trimmings which they told me is made up of all the scraps of meat that have been trimmed off the roasts and steaks. It's usually very high in fat and is the cheapest of all.

I agree that ribeye steaks are probably the fattiest because they have fat marbled throughout the meat and not just around the edges like a T-bone. I think that sirloin steaks are pretty lean. If you don't want to spend a lot of money, chuck steaks can be pretty fatty but they can also be kind of tough unless you cook them very rare.

---

**RE: Zero Carb / Meat and Water** - **feckless** - 08-23-2008 07:17 AM

daveo Wrote:
Most of the benefit comes from eliminating carbs. Doing grass fed, organic, raw, etc all seem to be a huge pain while adding little extra benefit. for me, if i had to find, pay for and eat grass fed meat, the stress of that would probably discount any extra benefit the meat might have.

RE: Zero Carb / Meat and Water - MirMir - 08-23-2008 07:37 AM

Woohoo!

I fit into some pants yesterday that I haven't been able to wear for months.

And I feel great too!

Was going to have bacon and eggs for breakfast but ended up just eating 3 pieces of bacon and a bite of eggs. I cooked them in the bacon fat but ended up giving them to the dog.

RE: Zero Carb / Meat and Water - montmorency - 08-23-2008 08:06 AM

Lindasue,

Right on cue, an interesting and thought-provoking piece on bottled vs. tap water has appeared in the weekend Guardian:

http://www.guardian.co.uk/lifeandstyle/2008/aug/23/bottled.water.tap


I think at first, she was inclined to be somewhat anti the bottled water producers, but looking deeper, it doesn't seem quite so clear cut.

Speaking personally, I find the tap-water in our area (Oxfordshire) ok, but I know some people who won't drink their own local water, at least without filtering it, or letting it stand to let some of the Chlorine "pass out" of it (can't think of the technical term!).

In the last few months, I've seen several articles appear questioning both the need for us to drink as much water as "experts" had hitherto suggested, and also questioning whether bottled mineral water was in any way superior to what came out of the tap.

Moving away from bottled water, but still with water, there was an article recently, again in the Guardian, suggesting that meat required more than twice the amount of water to produce the same food value as the equivalent of vegetarian produce (can't remember how this was measured). Anyway, the basic message was that eating meat was "bad" from a water consumption point of view. However, this was somewhat contradicted by a further point that much of the UK's veg now comes from Spain, which is a very water-threatened country, so eating veg in the UK undermines water supplies in Spain...
Regards,
Mike

RE: Zero Carb / Meat and Water - nyteez - 08-23-2008 09:08 AM

Quote:
There are more meat studies than you can shake a stick at that show how animal bodies adapt the fat profiles of the foods they eat. Eat grain and you gain that fat profile. That's an absolute indisputable fact. An improper fat profile whether gained directly from eating grain or from eating grain-fed livestock leads the way to body failure.

I don't mean to keep beating up on poor Ted, but this FAT PROFILE stuff really shows his ignorance.

RE: Zero Carb / Meat and Water - FormerDonutJunkie - 08-23-2008 09:39 AM

nyteez Wrote:
Quote:
There are more meat studies than you can shake a stick at that show how animal bodies adapt the fat profiles of the foods they eat. Eat grain and you gain that fat profile. That's an absolute indisputable fact. An improper fat profile whether gained directly from eating grain or from eating grain-fed livestock leads the way to body failure.

I don't mean to keep beating up on poor Ted, but this FAT PROFILE stuff really shows his ignorance.

Well, I'm just an old East Tennessee Redneck but the best I can tell from looking, grain is basically the seed of grass. So how is eating the seed or the blade a whole world of difference? And yeah, I may be over simplifying it just a wee bit, but that's how us old country boys tend to look at things. Maybe somebody else has a different take on it but it seems to me like this is a 'hair splitting' debate over which part of the grass our cows have for dinner.

Even growing up here in the foothills of the Smoky Mountains we had cows out to pasture but we always put them in the barn and fed them corn or grain of some kind for several weeks before turning them into steak and hamburger. I personally prefer the grain fed beef.

Now I'm not a nutritionist or a scientist....but I did stay at a Holiday Inn Express last night! 😊😊😊

RE: Zero Carb / Meat and Water - nyteez - 08-23-2008 11:02 AM

formerdonutjunkie Wrote:
Well, I'm just an old East Tennessee Redneck but the best I can tell from looking, grain is basically the seed of grass. So how is eating the seed or the blade a whole world of difference? And yeah, I may be over simplifying it just a wee bit, but that's how us old country boys tend to look at things. Maybe somebody else has a different take on it but it seems to me like this is a 'hair splitting' debate over which part of the grass our cows have for dinner.

It is funny you brought that up, I was afraid too. LOL! Oat grass, wheat grass, rye grass, all grass produce grain as seed. So cows do naturally eat some grain and always have.
I also wonder about labeling. Are there rules about grass fed labeling? All cows are grass fed for most of their life. So technically they are grass fed beef. It is how they are finished that counts. I wonder about this because anybody who claims they really like the taste of grass fed beef either eats a lot of wild game meats (and has acquired a taste for gamey meat) or didn't eat 100% grass fed beef. Is feeding the high grain grasses cheating? (as opposed to low grain alfalfa, clover or hay) I don't think there are any regulations on any of this yet.

Talk about splitting hairs! LOL

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**RE: Zero Carb / Meat and Water - lynnhopes - 08-23-2008 11:23 AM**

nyteez Wrote:
Are there rules about grass fed labeling? All cows are grass fed for most of their life. So technically they are grass fed beef.

I'm confused now. Maybe it's my silly brain but I thought the American cows were kept indoors in feedlots? Or is that only some and the majority lay out to pasture? How would one know whether they lay around in the fields or were kept in feedlots?

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**RE: Zero Carb / Meat and Water - cbnebraska - 08-23-2008 11:37 AM**

I live in Nebraska and I can say that here, they all graze in the fields. The grass is free and the amount of land you own determines how many head of cattle you can raise. It's too expensive to feed them grain their whole lives. It's just the finishing that's done with grain. I don't know any of the nitty gritty details as I am not actually from this state and live in Omaha, but I do know this much. I am also wondering - where exactly do they feed them grain their whole lives? Somewhere that doesn't have much land? And also, since the grass is free and the grain isn't, why does grass fed cost so much more? Seems like a paradox to me.... I guess that's why Dana says the ranchers that sell "grass fed beef" are making a killing selling meat most of us don't even like? Kind of a racket, eh?

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**RE: Zero Carb / Meat and Water - nyteez - 08-23-2008 11:39 AM**

I don't believe any cows are raised in feedlots. Commercial feedlots are definately not indoors, they are outside. They are only at the feedlot for 30 days to 4 months.

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**RE: Zero Carb / Meat and Water - lynnhopes - 08-23-2008 12:00 PM**

So before that they eat grass then and spend the majority of their lives in fields?

---

**RE: Zero Carb / Meat and Water - LindaSue - 08-23-2008 12:04 PM**

I don't see the big difference between cows eating grass or grains either. They're both foods with carbs.

Did anyone else notice the "cow" ad that was here? The ads seem to somehow pick up on the topic of the discussion.
RE: Zero Carb / Meat and Water - nyteez - 08-23-2008 12:19 PM

Quote:
So before that they eat grass then and spend the majority of their lives in fields?

Yes, exactaly.

RE: Zero Carb / Meat and Water - Charles - 08-23-2008 02:41 PM
daveo Wrote:
They had some pork steaks there that were AWESOME.. I was a little afraid of them because they had a sticky sauce on them, so I assumed it was loaded with sugar, but according to the web site the pork steaks have no carbs.

Yep, they have a little, but it's probably just fine.

daveo Wrote:
the salad bar and the Bourbon Chicken 😊

I would stay away from the Bourbon chicken because it's pretty sweet. That sauce is very sugary.

Regards,
Charles

RE: Zero Carb / Meat and Water - daveo - 08-23-2008 02:55 PM

Charles Wrote:
I would stay away from the Bourbon chicken because it's pretty sweet. That sauce is very sugary.

Well, I wouldn't eat it, but my wife isn't doing zero carb, she is just avoiding grains, so Bourbon Chicken is on her menu.

I just had the pork steaks, a hamburger, and some chicken.

RE: Zero Carb / Meat and Water - Charles - 08-23-2008 03:18 PM

montmorency Wrote:
Looking back at an early post in this thread, someone had suggested that with muscular insulin resistance, there was actually insulin in the muscle cells. Is that really so? - just a small technical point I think - doesn't really change anything.

Yes. You have to understand that insulin circulates in the bloodstream and that the stream carries all fatty acids, nutrients, hormones, etc within it and the stream offers them to every tissue and organ in the body. Each tissue or organ takes what it needs as the stream circulates by. If you were to watch fatty
acids in a radioimmunoassay, you would see that the stream constantly changes directions responding to energy requests throughout the body.

Ethan Sims was able to measure the insulin sensitivity in the muscle as well as in the fat tissue. He took biopsies of the muscle to make the calculations. These tests were highly complicated and have not been duplicated since. He found that sensitivity in fat tissue does not affect sensitivity in muscle tissue. Carbs may help lower the insulin response in the bloodstream by furthering the fattening process but they have no effect on the muscle tissue. That is why diabetics do not improve on the ADA diet.

Mike Wrote:
Clothes sizes...

I'm with you, Mike. I keep having the same issues. Since I "upped" my fat about a month ago, I have just continued to lose weight. Today, I tipped the scale at 152. That's my lowest since 1995 and I haven't gone running since Wednesday and I last lifted on Thursday.

I finally got my pants situation together but now my shirts are getting too big. I was just happy in a 15 1/2 x 34 which is a medium but now I'm fitting the small, which is 14 1/2 x 34. I'm kind of in-between and it sucks because I have a lot of these medium shirts which I work in. This stuff gets expensive because I refuse to walk around in "too big" clothes. As I get leaner and more muscular, I still get smaller even though I look bigger with more definition.

See, women aren't the only ones with these issues!!!

Regards,

Charles

RE: Zero Carb / Meat and Water - Charles - 08-23-2008 03:22 PM

Chris Wrote:
What is the fattiest cut of steak? I have tried T-bone, Porterhouse, Sirloin, and Ribeye. I'm not sure if any of these meats are the fattiest cuts available.

I agree with MAC about a well-marbled ribeye and prime rib is the king, although nowadays, I just make it a practice to add beef fat to any steak and dip that meat right into the rendered fat so it's all fatty protein.

Regards,

Charles

RE: Zero Carb / Meat and Water - con - 08-23-2008 03:23 PM

ONE MAN'S OPINION ATER EATING AND STUDYING ZC FOR 50 YEARS:

"Grain fed and grass fed beef are nutritionally EQUIVALENT. They differ only in aesthetics like texture, fat colour, toughness and flavour. . What the animal eats is not going to matter so far as nutritive value is concerned, so long as the animal
was healthy. A plant may indeed be dependent on its nutrition, but the animals we use for food have the
ability to manufacture in their bodies or with the aid of commensal organisms living in their intestines,
many if not all of the nutritive substances they require which may fall missing in their diet. Food
animals are herbivores, they live on feed which has the lowest level and format of organic-nutrient value
on the planet- they are highly evolved, complex organisms which are specialised in converting low value
feed into high value meat. Any proposal that the nutrient quality of meat is different due to what the
animal is fed is only propaganda serving a special interest, like the organic farming mob. There is no
nutritional difference between 'organic' meat and any other kind- except of course, the cost per unit to
the buyer.

Sheep bison and cattle are grass eaters. Deer and goats however are browsers, and will eat almost any
plant except grass. The problem with grain as food for the grass-feeding ruminants, is that the natural
bacteria in each of the various 'stomachs' are not very good at digesting it. Feedlot cattle are fed a
bacterial mix which replaces the normal flora with ones which can digest grain. I do not think this is a
particularly good idea, but it in no way damages or lessens the nutritional value of the resulting meat. "
THE BEAR
~

RE: Zero Carb / Meat and Water - Charles - 08-23-2008 03:30 PM

Leave it to the Bear to clean it all up for us...😊

RE: Zero Carb / Meat and Water - montmorency - 08-23-2008 03:56 PM

Thanks for the replies Charlies.

Insulin: thanks for clearing that up. It was quite a while before it "clicked" with me that there were two
quite distinct sorts of insulin resistance that come into play in metabolic disorder (i.e. muscle and fat
cells).

Shirts, etc: yes, a problem, but a muscular man in a slightly too loose shirt is far more dignified (IMHO)
than a still slightly portly gent "poured" into slightly too-tight-fitting clothes! :-)

I won't enter the grass / grain debate, but what does interest me is what was the nature of the animals
that eventually became our domestic beef and dairy cattle. I wonder how far back in the evolutionary
process man was able to get pretty regular supplies of this sort of animal for food.

Regards,
Mike

RE: Zero Carb / Meat and Water - rozi - 08-23-2008 04:31 PM

I don't think that wheat rye etc are the problem with feeding beef. The real problem seems (from what
I've read) to come with soybeans and corn, which are not natural to beef, and that they do not have the
proper enzymes to digest, it seems as though soy is no better for cows than for us!
i'm wondering about the rise in body temp that accompanies ZC. mine has gone up from usually under 98 to hovering around 99. is it because metabolism is increased or does fat burn hotter? sometimes i really 'feel' like i'm throwing off a ton of heat. it's new for me being a former 'always cold' type. is this why they say carnivores don't live as long?

also, should thyroid meds be adjusted downward -i'm confused because i had read that thyroid might actually be supressed without carbs but body temp is one indicator of thyroid levels.

I wonder about that too, feckless. You see people talk about how caloric reduction extends life, and one of the things they bring up is that it's because of a slowing of the metabolism. Things don't burn out as rapidly....

I really cranked up the fat in my diet last weekend, and not only had a noticeable rise in energy, but couldn't seem to cool off that night.

Mike Wrote:
Shirts, etc: yes, a problem, but a muscular man in a slightly too loose shirt is far more dignified (IMHO) than a still slightly portly gent "poured" into slightly too-tight-fitting clothes! :-)

Perhaps, but a muscular man does not look very muscular in a too-loose shirt. People feel free to say, "you've lost too much weight" and other things. When you get the slimmer fitting shirt, it highlights your physique and complements your hard work in the gym.

Regards,
Charles

I find the opposite. I tend to run cold more often since ZC. I could never get warm enough. However, I have noticed this a lot less since I increased my fat consumption. The stuff I've read on the increased life span with calorie-restriction is more in rats and studies haven't been able to definitively show the same in humans.

also, should thyroid meds be adjusted downward -i'm confused because i had read that thyroid might actually be supressed without carbs but body temp is one indicator of thyroid levels.
Search thyroid on this site. WendyOh is the resident expert and has posted some wonderful information on this subject.

Regards,

Charles

RE: Zero Carb / Meat and Water - feckless - 08-23-2008 10:31 PM

Charles Wrote:
I could never get warm enough. However, I have noticed this a lot less since I increased my fat consumption.

it is definitely a function of fat consumption for me. while i was eating steak and eggs, i didn't notice it at all. when i switched to 22% fat burger dipped in beef fat drippings and w/bacon...i would get HOT after a meal and throw off a lot of heat for a number of hours. that's why i started actually taking my temp just to see if there was really something physiological going on and sure enough, i was up 1 - 2 degrees from where i normally fell.

also, and this is kind of delicate...but um...i become really interested in procreating during this time.... (that's as demure as i could phrase it!)

RE: Zero Carb / Meat and Water - suzanneyea - 08-24-2008 02:24 AM

I am usually pretty hot, especially in the evening, but I love it. I spent 30 years freezing! I was diagnosed with hypothyroid and went on synthroid, a very low dose. I stopped taking the medication a while ago, on my own, no doctor would ever tell me to stop. I felt the hypos symptoms for a a week or two then they disappeared. My last blood work showed perfect thyroid level. I never told my doctor I stopped the medication. Now, I have since for a doctor more in line with my way of life, but I do not trust or listen to most doctors. I do not believe medication is usually the right answer.

RE: Zero Carb / Meat and Water - cbnebraska - 08-24-2008 03:04 AM

Charles Wrote:
I find the opposite. I tend to run cold more often since ZC. I could never get warm enough. However, I have noticed this a lot less since I increased my fat consumption.

I would have to say I am having the same experience as Charles. I've only been zc (Can I still call myself that with my daily coffee and couple of glasses of red wine per week?) for not even 2 weeks now. I moved to ZC from VLC, so not a huge jump, mind you. I was always the "hot one" meaning my skinny no muscle friends would be shivering and I'd be in a tank shirt. I always assumed it was the higher metabolism (energy need) that comes along with being more muscular. I read that heat is a by-product of the body creating energy, thus I guessed I was literally heated by my burning fuel? However, with zc I am down only 7ish lbs but yet I am shivering in air conditioning that used to be comfortable.

I have to comment just once again on how absolutely thrilled I am by this WOE! Although my main goal was to stop being driven by insatiable hunger (even on less than 25-30 gr. carbs with moderate fat!!), the added bonus of losing weight just has me on a high. I am not at all drawn to the kitchen, my
thoughts are on things other than food and I am starting to see the beginnings of muscle definition in my legs, which has always eluded me, even though I lift and am generally a muscular build. One of these days I want to be able to post before and after pictures that aren't inappropriate, but I want to wait until there's a more visible difference!

So, I guess what I'm saying is, thanks all for being here and sharing so much of your knowledge and making it such a comfortable transition. I feel educated and assured that I'm not doing something unhealthy as many would have me believe. My DH is adjusting and he is starting to throw himself into making various types of meat for us and tried really hard not to be too appalled when I brought home the 5 lbs. of beef fat the butcher gave me. He's actually assessing his choices and his LC eating is moving towards VLC. Which, brings me to my next question.....

I know that a high fat intake is safe and necessary for ZC eaters. However, what about for LC eaters like DH and moderate carb eaters like my children? I remember somewhere in this forum a while back someone said something to the effect that eating carbs and high fat could be a deadly combination. Should I be careful and feed the kids lower fat meats and not encourage my LC DH to indulge in the same level of fat intake as myself? Of course, my ongoing goal is to get the kids to LC, but I'm still struggling with that. Life gets in the way for this one - school lunches, friends' houses, cereal, sports team treats, grandparents, parties, etc....

RE: Zero Carb / Meat and Water - suzanneyea - 08-24-2008 03:21 AM

I still do high fat meats for dh and Andrew, even though they both eat carbs. You still need a high fat diet. I have been really reducing portion sizes of the carbs and no one has complained. I have removed vegetables completely since no one was eating them anyway. I found that if I made too many changes, Andrew seemed to want more carbs. So, I bought whole wheat tortillas again. But, for dinner last night I made meat loaf and mashed potatoes. I served huge portions of of the meat loaf and just a scoop of potato, no leftovers either for a second helping. The meat loaf was high fat beef cooked with a ton of bacon. Just keep slowly moving the meals towards high fat, low carb.

RE: Zero Carb / Meat and Water - montmorency - 08-24-2008 03:58 AM

I agree with Susanne about medications. Almost by definition they will have side-effects, and I feel that all too often, even the intended main effects are not fully understood. How could they be? We are such complicated organisms. Tinker with one part, and some other part or parts runs slightly differently, and has knock-on effects. It's like an amateur fiddling with a car-engine. Back when they were simpler, any handy person could probably get a car going again, but now they are more complicated with computer-controlled ignitions, etc. You fiddle with them at your peril!

So much more so with the human body. This is one reason why I've always worried about supplements (let alone actual medicines/drugs). Unless you have an up-to-date biochemical analysis of the body to hand, how on earth can you really know what is in short supply and what isn't? And who is to say what the ideal composition is in the first place?

Far better to eat what we hope are the most natural foods that we seem to have evolved with, and let nature/God/evolution/whatever do the micro-managing for us.

On another topic: ketosis: I have a proposition for discussion (so feel free to shoot it down - I won't be offended): that the term "ketosis" is not particularly helpful in the context of people knowingly,
willingly, and thoughtfully eating low-carbohydrate, very-low-carbohydrate, or zero-carbohydrate diets.

Why? - well, as far as I know, the suffix -osis is always used in medicine to indicate some form of sickness or illness - it is not a normal condition. We also know that opponents of LC always cite the ketosis as a reason not to LC, because they regard it as an unnatural state to be in, probably because they are confusing it with the much higher levels of ketosis or keto-acidosis associated with full-blown untreated diabetes.

We here know that the production of ketone bodies is a very normal by-product of the combustion of free fatty acids, and that once we become fully adapted, we should also be able to use those ketone bodies for fuel, and little, if any ketone bodies would be detectable in our urine. The body does not like to waste potential fuel, and so to that extent, the loss of ketones in the urine is not really a desirable thing, but on the other hand, it is not an illness either.

I think what I'm saying here is that although we know what _we_ mean by ketosis, by using the term, we are perhaps giving some ammunition to unthinking opponents of LC/VLC/ZC.

Thoughts?

Regards,
Mike

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**RE: Zero Carb / Meat and Water - Daryl - 08-24-2008 04:28 AM**

cbnebraska Wrote:
I know that a high fat intake is safe and necessary for ZC eaters. However, what about for LC eaters like DH and moderate carb eaters like my children? I remember somewhere in this forum a while back someone said something to the effect that eating carbs and high fat could be a deadly combination. Should I be careful and feed the kids lower fat meats and not encourage my LC DH to indulge in the same level of fat intake as myself? Of course, my ongoing goal is to get the kids to LC, but I'm still struggling with that. Life gets in the way for this one - school lunches, friends' houses, cereal, sports team treats, grandparents, parties, etc....

From what I understand, it can be a problem if a person takes in carbs over a certain amount (but what is that level?), AND eats a high amount of fat. The body prefers to use carbs for fuel, so if enough of them are in the diet for that purpose, not all of the fat taken in will be wisely used.

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**RE: Zero Carb / Meat and Water - FormerDonutJunkie - 08-24-2008 04:42 AM**

Daryl Wrote:
From what I understand, it can be a problem if a person takes in carbs over a certain amount (but what is that level?), AND eats a high amount of fat. The body prefers to use carbs for fuel, so if enough of them are in the diet for that purpose, not all of the fat taken in will be wisely used.

I think high fat coupled with high carb intake is exactly the thing that caused me to rise to my all time high weight of 288. Eating donuts, cakes, pies, pastries, cornbread, biscuits, etc along with the high fat content of many other foods. My body had no way of burning that fat intake because it was doing
everything possible to try to rid itself of the carbs. So it had no choice but to store it.

When I went LC and kept my carb intake at 20g/day or below I got my body into ketosis and in turn, burning the fat I was eating. For me 20g/day seems to be the sweet spot for effective weight loss. Others may be able to go higher. I've read of a few who can do as much as 50g/day and still lose some weight. To each his own.

In conclusion, I believe the carb level must be kept relatively close to Atkins Induction levels in order to burn fat. For some that could be even lower, VLC or ZC. And of course, it means processed carbs are totally out!

**RE: Zero Carb / Meat and Water - Daryl - 08-24-2008 05:13 AM**

And, keep in mind that excess carbs (alone, not to mention combined with high fat intake) can do damage, even in the absence of being obese.

We do the best we can, sometimes, and that's all we can do. I think Charles is doing terrific with his kids, finding a balance between "laying down the law", and realizing that ultimately, all we can totally control are ourselves.

Not sure if any of that made much sense, by the way..... 😞

Quote:
Mike wrote:

I think what I'm saying here is that although we know what _we_ mean by ketosis, by using the term, we are perhaps giving some ammunition to unthinking opponents of LC/VLC/ZC.

Some folks certainly grab on to the term ketosis, and misunderstand and misuse it. Heck, I've seen some proponents of LC misuse it..... but I don't see this as near the impediment as fear of fat is. If we can get over that hump, then the going will be much easier.

**RE: Zero Carb / Meat and Water - cbnebraska - 08-24-2008 06:37 AM**

Thanks Daryl. I appreciate your reassurance.

FDJ, I fully understand the benefits of eliminating carbs, but unfortunately my choices are my choices and I cannot force them on the unwilling. I am trying to do what I can to keep my loved ones in the best of health despite their non ZC status. My hubby is definitely LC if not VLC, so maybe what's being said is that a higher intake for him is just fine and can be regulated by hunger. BUT, my main concern is for my 7 & 10 year old children. I feed them low carb vegetables like cucumbers and peppers and green beans and small tomatoes, and berries when they aren't ridiculously expensive. I also use low carb tortillas with them as well as cheese and nuts, but the high carb items still get into their diets by means I simply cannot control. I would LOVE to keep them in a bubble and force feed them meat only, but it ain't happening. I remember that growing up, much of what my parents forced on me was exactly that against which I rebelled. I try to set a good example, teach them why we do what we do, explain the short comings of the traditional food pyramid and stock the house with acceptable choices, but I can't force it down them.

So, hence my question is still - since I can't remove the carbs to a truly low carb level, should I feed
them only low fat protein? I'm leaning towards yes, but then I also feel like I'm facilitating hunger, which leads to yet more battles over what I allow them to eat when they are, yet again, "hungry". I send them away to find something to do, only to have them back in an hour with "I'm hungry". I am coming to believe that they truly are hungry and I am not feeding them on a cellular level - but yet they won't let me. I give them low carb choices and say "or nothing" and they choose the "nothing". One thinks that they'd eventually get so hungry they'd give in, but generally they don't.

This is the last I will visit the issue. I'm grateful for the advice you all contribute and understand that the children issue is not a concern for most of you here.

RE: Zero Carb / Meat and Water - Daryl - 08-24-2008 06:57 AM

It sounds like you're doing a good job with them, and I mean that. Think how much better off they are than folks eating twinkies 24/7! Keep up the good work 😊

RE: Zero Carb / Meat and Water - Vesna - 08-24-2008 07:20 AM

cbnebraska Wrote:
So, hence my question is still - since I can't remove the carbs to a truly low carb level, should I feed them only low fat protein? I'm leaning towards yes, but then I also feel like I'm facilitating hunger, which leads to yet more battles over what I allow them to eat when they are, yet again, "hungry".

I would lean towards no, for exactly the reasons you describe. I would check out SuzanneYea's approach.

RE: Zero Carb / Meat and Water - cbnebraska - 08-24-2008 07:34 AM

I missed Suzanne's post when reading through somehow. I think I was typing at the time and didn't scroll up far enough. Good advice, I think I will definitely start heaping on the meat even more and not worry about the fat content for now. We'll see what that does for the hunger. What happens in other places will have to be out of my control.

Thanks for changing my mind.

Do many of you use a toaster oven? Can you make small portions of meat in it without making a mess?

RE: Zero Carb / Meat and Water - suzanneyea - 08-24-2008 07:49 AM

I use my toaster oven all the time, on broil.

RE: Zero Carb / Meat and Water - nyteez - 08-24-2008 08:09 AM

Quote:
Do many of you use a toaster oven? Can you make small portions of meat in it without making a mess?

I use my toaster oven to cook everything! LOL I have a 8x8 square cake pan that fits perfectly in my
toaster oven. Great for meatloaf, chicken thighs or breasts. I always cook fish in a tinfoil pouch in the toaster oven. I have also broiled steaks, but fatty steaks can smoke unless you broil on low.

Quote:
So, hence my question is still - since I can't remove the carbs to a truly low carb level, should I feed them only low fat protein? I'm leaning towards yes, but then I also feel like I'm facilitating hunger, which leads to yet more battles over what I allow them to eat when they are, yet again, "hungry". I send them away to find something to do, only to have them back in an hour with "I'm hungry". I am coming to believe that they truly are hungry and I am not feeding them on a cellular level - but yet they won't let me. I give them low carb choices and say "or nothing" and they choose the "nothing". One thinks that they'd eventually get so hungry they'd give in, but generally they don't.

I wouldn't worry about the fat content for them. I think what ever you are eating is ok for them, but I wouldn't let them dip their meat into butter & fat like I do LOL! Plus, if they fill up on fat they won't be hungry for carbs.

Quote:
Quote:
Mike wrote:
I think what I'm saying here is that although we know what _we_ mean by ketosis, by using the term, we are perhaps giving some ammunition to unthinking opponents of LC/VLC/ZC.

I am with you Mike, everytime my mother (a vegetarian) brings up ketosis I just want to scream. She dosen't really understand ketosis and uses it against this way of eating. Now, her new thing is acidosis! She just loves to argue about anything. (isn't that a side effect of too many carbs?! LOL)

RE: Zero Carb / Meat and Water - Mel - 08-24-2008 09:03 AM

I have got my 9 and 11 year old girls dipping their meat in fat and saying "yum". They still eat fruit and some carbs in the form of salads and rice based pasta. They are so much more satisfied and there is a lot less "I'm hungry" peeping going on. "Having children is like being pecked to death by ducks", don't know where I heard that but I always thought it was funny.
I agree that the biggest challenge is the food that they get outside the home by other mothers and in group settings. I just try to plan ahead and have them as full as reasonable with the best foods: I think their growing brains and bodies really need saturated fat and fatty meat.
Melinda

RE: Zero Carb / Meat and Water - Charles - 08-24-2008 09:51 AM

I've been doing the cooking for the past week as my wife is in California. Needless to say, it's been a zero-carb week for all of us. It wasn't really hard to do because I tend to prepare the meats different than my wife. She loves to grill and cook meat a little too much for my taste so I end up fending more for myself. But this week, I made the meats in the convection oven, the skillet, etc. I was able to serve them more of the fats so the same meals that my wife makes were much more filling because I prepared them.

For instance, if we make 80/20 hamburgers, my daughter can usually eat 4 of 5 grilled burgers. However, she was only able to eat 2 of mine and she was full. I bought a $6 beef roast at Wal-Mart and just looking at it, you wouldn't think it would be enough. I cooked it in the convection oven using the
probe and I served it medium well and poured fat all over it. This easily fed all four of us and everyone was stuffed.

The children don't dip in fat like I do, but the meat is so fatty when you take care to preserve the drippings and fat that it is automatically more filling.

It's funny, the anti-meat people always argue that if everyone ate meat, there would not be enough for everyone. Well, the way they eat lean meat, that might be true. However, if you leave the fats, it doesn't take much to satiate us.

I think I'm going to have to do more of the dinner cooking!

Regards,

Charles

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RE: Zero Carb / Meat and Water - feckless - 08-24-2008 10:03 AM

suzanneyea Wrote:
I am usually pretty hot, especialy in the evening, but I love it. I spent 30 years freezing! My last blood work showed perfect thyroid level. I never told my doctor I stopped the medication.

i would love to get off my thyroid meds. having been on them 20 years, i might be dependent, but you never know.

maybe the folks who are running cold are not eating enough, or enough fat....and those of us running hot are eating too much. it just seems like if the body has optimum fuel, it would run neither hot nor cold.

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RE: Zero Carb / Meat and Water - MAC - 08-24-2008 01:46 PM

bbcakesii Wrote:
So there should be NO cheese...even no carb cheese?

Welcome to the forum and this thread. If you are a strict zero carber then yes NO cheese. Most cheese has at least 1 carb per oz. Never heard of no carb cheese. Could be one just not aware of any. Cheese causes stalls for some people.

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RE: Zero Carb / Meat and Water - nyteez - 08-24-2008 05:05 PM

You can try cheese, but as most of us have found out, it stalls us.

---

RE: Zero Carb / Meat and Water - montmorency - 08-24-2008 06:38 PM

nyteez Wrote:
You can try cheese, but as most of us have found out, it stalls us.

It's a pity though. I used to assume that cheese was a perfect food: high fat, relatively low in carb (very low, really), lots of calcium; tastes great! Used to eat it by the
bucket-load, practically. I'm sure it's what was slowing my weight loss though. One of the things, anyway. I've cut it out now, and I think that's helped a lot. I now believe it's wrong for us because it's not really a natural food, although we tend to think it is (or I always used to). Just a very traditional processed one. Same could apply to butter though, which would be a blow, but I haven't given that up yet...

Regards,
Mike

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RE: Zero Carb / Meat and Water - con - 08-24-2008 07:32 PM

Unfortunately I have had to give up butter and salt. It was very sad to give up, but I think maybe it doesn't have to be forever. (?) Most people wouldn't deprive themselves of everything but unspiced meat but if it works, hey...I say give it a try if you're plateauing.

---

RE: Zero Carb / Meat and Water - caroline - 08-24-2008 09:56 PM

I'm not understanding why lots of people are giving up butter. I haven't noticed any problems whatsoever with butter. Now cheese, eggs, are a different story. But butter--works great. As much as coconut oil.

---

RE: Zero Carb / Meat and Water - Mel - 08-24-2008 10:22 PM

I agree that butter should be OK. But some people stall with it and maybe it's the milk solids in it. You can get the milk solids out of it by turning it into ghee. Just melt it and pour off the clear stuff to keep and cook with or cook it a little longer to get a deeper color and flavor and then pour it off. Some people can eat the tiny extra carbs in the milk solids, some can't. I think there must be something else to it than just carbs though, just too few.

There are two reasons to eat zero carbs and sometimes they don't overlap. One is to eat for optimum health and the other is to try to reach an ideal weight. I think butter is good for the body so we go ahead and eat plenty of it but it might stop weight loss and that is the rub. I don't get it.

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RE: Zero Carb / Meat and Water - suzanneyea - 08-25-2008 02:14 AM

I have nothing against butter, but I like the taste of cooking with animal fat better, like the fatback or bacon.

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RE: Zero Carb / Meat and Water - Daryl - 08-25-2008 02:51 AM

caroline Wrote:
I'm not understanding why lots of people are giving up butter. I haven't noticed any problems whatsoever with butter. Now cheese, eggs, are a different story. But butter--works great. As much as coconut oil.

I had to give it up, turns out I'm allergic to dairy. Nose runs like a train, then I get congested, my throat constricts. 😢
caroline Wrote:
I'm not understanding why lots of people are giving up butter. I haven't noticed any problems whatsoever with butter. Now cheese, eggs, are a different story. But butter--works great. As much as coconut oil.

I haven't really tested it since I haven't stalled, but I just decided not to use it because I try not to use salt due to cramps and overeating. If you use the unsalted butter, it doesn't taste much different than the animal fat the butcher gave me - for free. If you stall or aren't happy with your rate of loss, you could try taking it out of your diet and using purely animal fat.

RE: Zero Carb / Meat and Water - Charles - 08-25-2008 08:39 AM

I agree on the butter situation. I have my suspicious about dairy but nothing scientific. I just didn't have anything to put butter on so it wasn't so much that I took it out, I just couldn't see the use for it. I would much rather soak the meats in their natural fats thus my use of chicken fat, pork fat, and beef fat. I don't really "cook in" anything but the natural fats of the meats so coconut oil doesn't make much sense to me. However, if ate vegetables, I suppose I would cook them in coconut oil, but...

Cynthia, I use a toaster oven at work and it's wonderful because I pre-cook my meats at home to medium rare, and then I finish them right before lunch. It renders the fat perfectly in about the time it takes to finish the meat. The carboholics all come by and enjoy the smell emanating from my office!

Regards,
Charles

RE: Zero Carb / Meat and Water - Living healthy - 08-25-2008 08:50 AM

Charles Wrote:
The carboholics all come by and enjoy the smell emanating from my office!

Regards,
Charles

That's what happens at work. They see my ribeye and drool. LOL

RE: Zero Carb / Meat and Water - cbnebraska - 08-25-2008 09:28 AM

I just get weird looks, but, we'll see how weird the looks are once this weight keeps falling. I still can't believe I'm actually losing.

I am going to buy a toaster oven. I plan to use it to broil small strips of fat in and when winter comes and grilling season is over, I will cook my meat in there as needed. I know that grilling is a fat drainer, but my husband does the cooking and that's just the way it is. I've asked a lot of him, I can't also take away his grill!! I just decided getting the free fat and adding that in will be the way it goes for me. He actually
said he wants to taste it once I broil it up. Planning to do that tonight. With burgers, he has moved to the high fat beef and cooks the meat less to retain more of the fat. We are ALL loving the taste of that yummy meat.

So, this is what I'm doing. Tell me what you think. I brown up low sodium bacon on the stove and then add in high fat hamburger. Once cooked, I scoop out all the meat and store it in a tupperware container in the fridge. I pour all the fat into a jar and store it in the fridge separately. Any time I re-heat meat, I first add about 2 Tbsp. of the cold fat on top of the meat. I sop up all the fat with the meat as I'm eating it. I tried not separating the fat out and just pouring it all into the container, but the fat went to the bottom and solidified there so the top portion had no extra fat. I found that by adding it as I eat, I can better control how much is in each portion. I just mix all the fat in the same jar and keep scooping out of it. It's delicious!!

Now, I'm sure someone will want to warn me about microwaves, but that's just one of those things I'm taking my chances on - just like cell phones. I like my life the way it is and I don't have the time - or desire - to cook our meat fresh everyday. (Plus, I'm not the cook and DH gets home later than the kids need to eat - so re-heating is what works.) I will say, adding the fat is just a delicious way to keep the meat from becoming too dry when reheated. The kids are loving it too.

With the beef fat, I plan to broil it on the broiler pan, eat the crispy fat and keep the liquid fat the drains through the slots to put in a second jar in the fridge. We will just be swimming in fat around here! The fat won't go bad if it's refrigerated, will it?

---

**RE: Zero Carb / Meat and Water**

*Charles* - 08-25-2008 09:42 AM

cbnebraska Wrote:

So, this is what I'm doing. Tell me what you think. I brown up low sodium bacon on the stove and then add in high fat hamburger.

I think you're doing outstanding. Good for you and your family. Don't ever feel you have to justify the choices you make. We're with you! As far as the wierd looks, oh, you may still get them but they won't be able to argue with your success. I had a discussion with someone recently who suggested that in the long term, I would not be healthy for my efforts since I cut out whole food groups.

I responded, "so, let me see. You are unhealthy today yet you do not eliminate any of the food groups. I am healthier than you today and I eliminate all but one food group. Despite all this, you will somehow be healthier than me in the long run. Is that right?" Head turns sideways, and conversation ends.

I will say that last week, I didn't have bacon for breakfast which was not really intentional. I just had some extra pork steaks and not so much time since it was just me and the children. Well, today, I've hit 151.0. I checked my notes and on this date last year, I was 161. It's not so much the scale number, as I got slimmer over the week. I have this size 14 1/2 shirt on today that I could wear last year, but I couldn't button the collar. Today, I could.

The bacon was the saltiest thing I had remaining in my repertoire and I didn't seem to miss it. So for now, it's gone again. (NOTE: Don't feel like any of you have to remove bacon because I did, I'm just telling you just in case you're plaetaued and you're looking for solutions.) And to think, I don't have any weight-loss aspirations!

There is just something about salt that adversely affects the appetite, I guess.
Cynthia Wrote:
The fat won't go bad if it's refrigerated, will it?

No, that fat will last a long time.

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RE: Zero Carb / Meat and Water - abnormalslc - 08-25-2008 09:46 AM

Over the weekend I achieved another pound to reach 208....82 pounds lost!

For "fun" I tried on a pair of size 34 jeans that I have had lying around for "motivation"...and THEY FIT! My wife said they did not look too tight...of course they are tighter than my current size 36....but I could move around in them, and kneel down and such without bursting any seams!
My wife does not like the specific cut of these cheap Costco jeans, so they will probably be labeled as "work around the house" jeans...and I am not quite ready to "commit" to size 34...not that I fear gaining, but I am pretty comfortable in size 36....after another 10 pounds or so gone, maybe size 36 will seem too big, and I will be ready to move down...

This ZC/VLC seems to work for me.

I currently work 4 10-hour shifts and do find myself hungry some days....but my work schedule limits some of the things I can do. I am not "dying" to eat...and it is nice to actually be hungry once in a while. Some days all I eat is eggs, meat, and diet soda....occasionally I will have cheese...but not regularly, and I eat the 0 carb cheddar or swiss when I do. My snack of choice is pork rinds...to help stave off hunger during the long 10-hour shift...

...some have said that sweeteners, even if artificial, trigger a desire for more sweets for them, but I do not have that reaction...at least not any more.

The longer I follow ZC\VLC way of eating, I find it is easier. I can sure tell when I have eaten leaner meats....but sometimes that is all we happen to have come eating time.

What has worked best for me and this 10-hour shift is the following:
This is my ideal menu, and I do not eat this menu every day, but as I progress, I think it will become my basic menu.

**Breakfast:**
2-3 fatty hamburger patties with little or no spices/flavorings (frozen, or fresh...no preference for me.)
I prepare these fresh in the morning, or the previous night and reheat them to simplify the morning routine. I eat these around 6-6:15AM and am not hungry until 11:30 or Noon.
Or...sometimes just a bunch of bacon...I love the stuff.

**Lunch:**
2-3 fatty hamburger patties...same as breakfast...prepared with the breakfast patties and reheated at work. I sometimes add some butter to add some more fat, and I enjoy the flavor.
I am not usually hungry again until dinnertime, 6-6:30PM.

**Dinner:**
What ever meat my wife has prepared or some leftover meats from previous meals. Most days it is a simple meal, as my wife works outside the home, and I just "punt" with whatever I find in the fridge. Food is just not a big deal to me any more.
For drinks, I drink water, or diet soda...depending on what strikes my fancy at the time. I drink some diet soda with Splenda, and some with aspartame. I still try and limit aspartame, but have not given it up completely yet.

I have 28 more pounds to go to reach this new goal. I have weighed 180 in my early 20s, but do not remember much about it...it was short-lived...so...we shall see.

I tend to only lurk when the discussion turns to grass-fed/grain fed...I really don't care one way or the other. I tend to shop by price and ease of availability.

God Bless

Ab

RE: Zero Carb / Meat and Water - poo123 - 08-25-2008 10:02 AM

Well I was all excited on Sat. I went shopping and found some sausages made with pork, spices thats it, no fillers, no sugar it was great. I cooked them and had them for dinner and breakfast the next day. Well maybe they thought sugar was a "spice" because that is the only thing I have eaten that was different from the steaks I eat and I am up 3 lbs. I threw out the trash so I can't go to the website because I don't remember the name. I will be making my own from now. I feel fine, I am not sick, or anything just up 3 lbs. I know its got to be the food because I don't have a TOM anymore, so I was really mad but I am over it, just have to make my own from now on. Oh well my husband really like them, he can have them again...alison

RE: Zero Carb / Meat and Water - bbcakesii - 08-25-2008 10:10 AM

I've been reading the latest posts in here and can someone please give me a short version of why you are eating so much fat. I'm pro low carb and my using that WOL, I'm just wondering why there is a lot of talk about saving the fat, etc. Thanks.

RE: Zero Carb / Meat and Water - suzanneyea - 08-25-2008 10:14 AM

LOL
Charles may have a technical answer for this, I can tell you my personal answer. I find that I have more energy and feel better on high fat. I can also go long periods of time without eating and that is very convenient. For those trying to lose weight it seems to facilitate this process as well.

RE: Zero Carb / Meat and Water - cbnebraska - 08-25-2008 10:20 AM

Charles Wrote:
I will say that last week, I didn't have bacon for breakfast which was not really intentional. I just had some extra pork steaks and not so much time since it was just me and the children. Well, today, I've hit 151.0. I checked my notes and on this date last year, I was 161. It's not so much the scale number, as I got slimmer over the week. I have this size 14 1/2 shirt on today that I could wear last year, but I couldn't button the collar. Today, I could.
Quote:
For "fun" I tried on a pair of size 34 jeans that I have had lying around for "motivation"...and THEY FIT! My wife said they did not look too tight...of course they are tighter than my current size 36....but I could move around in them, and kneel down and such without bursting any seams!

Congrats to you both! That's just wonderful. It's so empowering, isn't it? If you can do this, what's next?
Woo-hoo!

RE: Zero Carb / Meat and Water - FatGirlOnAtkins - 08-25-2008 10:27 AM

Ok, please don't attack me... I'm just musing out loud. I have been faithfully following a vlc-zero carb lifestyle for more than a month. Before that it was 20-30 carbs a day for months. I was losing weight, had good energy levels, wonderful mental clarity and even moods. But this week, I was hit harder with illness than I have been in YEARS. It started with just a tiny cut on my hand that turned into a huge infected sore... then a couple of days later it was strep throat, then my eyes, nose and about everything else was infected, too, along with body aches, fever and horrible headache. I felt like someone hit me with a train! Every year when school starts I get a cold, but it's usually a couple of days and I'm better... this was a whole week. I have never had so many things wrong with me at the same time that took so long to get over.

So I'm left wondering if I am not getting enough vitamins or something. I mean, I feel like my immune system should have been stronger than ever, and apparently it just shut down on me. What's going on? I really have never been so sick... there's no way to make it sound as awful as it was. I am wavering on the no-carbs thing now.. I just need reassurance, I guess. And it didn't help that my husband kept on in his know-it-all way "It's the way you're eating, you know." Is he right? I really thought I was doing everything right. I know that I'm still going to get sick sometimes, but this was beyond sick.

RE: Zero Carb / Meat and Water - bbcakesii - 08-25-2008 10:36 AM

Suzanne...you are right about the more energy and longer periods of not eating, as I experience that from eating high fat; however, the eating fat and "dipping" meat in fat conversation made me think about clogged arteries.

RE: Zero Carb / Meat and Water - Charles - 08-25-2008 10:39 AM

poo123 Wrote:
Well I was all excited on Sat. I went shopping and found some sausages made with pork, spices thats it, no fillers, no sugar it was great.

Sorry, Alison. Sausages are some pretty scary things. I don't think I've seen any that I like due all the stuff they put in them. Even the "fresh" ones in the store usually have horrible ingredients so I would strike those.

You'll be fine in a couple of days!

Regards,
bbcakesii Wrote:
I've been reading the latest posts in here and can someone please give me a short version of why you are eating so much fat. I'm pro low carb and my using that WOL, I'm just wondering why there is a lot of talk about saving the fat, etc. Thanks.

Because history tell us that populations that did not consume carbohydrates ate high-fat diets. A high-protein or high-carbohydrate diet can kill you. However, a high-fat diet is healthy for a lifetime.

A suggested reading is the PDF I've attached to this post. It's been posted before but it's hard to find.

Regards,

Charles

RE: Zero Carb / Meat and Water - Charles - 08-25-2008 10:49 AM

bbcakesii Wrote:
Suzanne...you are right about the more energy and longer periods of not eating, as I experience that from eating high fat; however, the eating fat and "dipping" meat in fat conversation made me think about clogged arteries.

Clogged arteries, oh dear! That would be a problem. The diet police make it sound that dietary fat goes straight from your stomach to your arteries and just clogs them up. Have we no concept of human physiology and what happens to the food we eat in our bodies?

Suffice it to say that carbohydrates clog arteries, not fat. Populations that don't eat carbohydrates don't have heart disease or atherosclerosis so clearly fat must not be the villain we think it is. However, populations such as ours that eat 70% carbohydrates, boast a rate of 50% chance of heart disease and cancer.

Something else must be going on....

Regards,

Charles

RE: Zero Carb / Meat and Water - nyteez - 08-25-2008 10:54 AM

Quote:
Over the weekend I achieved another pound to reach 208....82 pounds lost!

Whoo hoo! That's great!

Quote:
Suzanne... you are right about the more energy and longer periods of not eating, as I experience that from eating high fat; however, the eating fat and "dipping" meat in fat conversation made me think about clogged arteries.

I know this is a long thread, but if you start reading from the beginning, you will totally understand the fat thing. Dietary fat does not clog your arteries.

Quote:
Well maybe they thought sugar was a "spice" because that is the only thing I have eaten that was different from the steaks I eat and I am up 3 lbs.

That makes me so mad too! I just don't trust the ingredients, especially the ones I can't pronounce!

I am finding I don't like bacon anymore either, it almost tastes chemically to me now.

Quote:
Ok, please don't attack me... I'm just musing out loud. I have been faithfully following a vlc-zero carb lifestyle for more than a month. Before that it was 20-30 carbs a day for months. I was losing weight, had good energy levels, wonderful mental clarity and even moods. But this week, I was hit harder with illness than I have been in YEARS. It started with just a tiny cut on my hand that turned into a huge infected sore... then a couple of days later it was strep throat, then my eyes, nose and about everything else was infected, too, along with body aches, fever and horrible headache. I felt like someone hit me with a train! Every year when school starts I get a cold, but it's usually a couple of days and I'm better... this was a whole week. I have never had so many things wrong with me at the same time that took so long to get over.

I can't remember where I read it, but when you go zero carb your body begins to detox as it gets rid of candida, bacteria used to break down carbs and whatever else. Sometimes this detox can make you get sick as these toxins are being flushed out. Maybe somebody else knows more about this. Kind of like Induction Flu.

RE: Zero Carb / Meat and Water - MAC - 08-25-2008 11:03 AM

nyteez Wrote:
I can't remember where I read it, but when you go zero carb your body begins to detox as it gets rid of candida, bacteria used to break down carbs and whatever else. Sometimes this detox can make you get sick as these toxins are being flushed out. Maybe somebody else knows more about this. Kind of like Induction Flu.

This is a benefit of taking coconut oil but have not heard of the candida elimination from zero carb.

I would like to know how she cut her finger. She could need a tetanus shot. You are supposed to get those every 10 years or so.

RE: Zero Carb / Meat and Water - Charles - 08-25-2008 11:14 AM

FatGirlOnAtkins Wrote:
Ok, please don't attack me... I'm just musing out loud.
Is it that bad here?

Quote:
Every year when school starts I get a cold, but it's usually a couple of days and I'm better... this was a whole week. I have never had so many things wrong with me at the same time that took so long to get over.

Well, you said it yourself, you get sick every year around this time and this year is no different except you seem to have gotten a little worse.

The thing is, the center of your immune system is located in your digestive tract so that would need to heal completely before you experience the improved immune system. You said that you eat VLC so even the small amount of carbs that you do eat have the potential to affect your immune system, especially since it was already compromised before.

If you took supplements in the past, it's hard to tell whether you over supplemented in certain nutrients and it's possible your body lowered your levels of other minerals and nutrients to compensate for what you were doing.

I can't say what it is that has you so sick but I can say from personal experience that I very rarely get sick. It's not natural to get sick every year from whatever bug goes around yet people do despite eating tons of fruits and vegetables.

Either way, I don't think you have been doing zero-carb long enough to attribute these things to it. Cutting carbs at any level usually improves people's response to illness, but it's hard to say how soon that happens. I suspect that your immune system is just going to take longer to get going than others.

It's always worse when there is someone close by telling you "I told you so." so I can certainly understand your wavering. All I can say, is hang in there and do what you think is best.

Regards,

Charles

RE: Zero Carb / Meat and Water - nyteez - 08-25-2008 11:14 AM

Candida feeds off sugars & carbs, w/ zero carb there is no food for Candida, so it dies off. Some people get pretty sick just from the Candida die off.

RE: Zero Carb / Meat and Water - Charles - 08-25-2008 11:15 AM

MAC Wrote:
I would like to know how she cut her finger. She could need a tetanus shot. Your supposed to get those every 10 years or so.

That's the question of the day. How did you cut your finger? I didn't even think of that...
Hi there--

I got worried about the cholesterol issue about a year ago when my husband went for his first ever complete physical with blood work and lipids profile at age 39. His total cholesterol was 239. His breakdown numbers were actually decent, as in his HDL was high and triglycerides were low, but I still wanted to find out more about the numbers and what they mean. Since I was eating low carb at the time and he was what I'd call "moderate carb", I searched amazon for "low carb diets and cholesterol". I ended up with 2 books. The Great Cholesterol Con by Kendrick and Good Calories, Bad Calories by Taubes. Fabulous reads that were absolutely life altering. Needless to say, my husband is off carbs, on fat and working on managing stress. I don't care so much about the cholesterol number, but I do care about him living to grow old with me😊

GCC more or less points the heart/arterial disease finger at stress hormones that are ever present in the bodies of many people in today's society. It didn't use to be this way. The stress hormones were needed in fight or flight situations only, which is what they were meant for. Having them ever present in your system shuts down other systems, which causes disease. He also talks about carbs in the diet a few times.

GCBC is a heavy duty dose of science that is a must read for anyone who really wants to understand why so many of the truths we think we know about fat and carbs and diet in general are actually myths and why carbs are killers. Charles did a great chapter by chapter breakdown of this book here on this website. Check the home page for discussions.

I hope you'll look into these books to get the whole picture.

Congrats, Dave!
con Wrote:
I have a question about water for everyone. I'm drinking to thirst only, but rarely am I thirsty-so I finally force myself to drink 2-- 8 oz. cups of water because otherwise, if I drink less my eyes get dry and hurt in the middle of the night.

So the question is how much water are you all drinking on an average day?

I'd estimate something like a half gallon a day on a normal day, more when I go hiking.

RE: Zero Carb / Meat and Water - feckless - 08-25-2008 12:48 PM

Charles, do you ever worry about the higher PUFA content of chicken? A lot of science suggests PUFA has unhealthy effects on the body.

con, i am drinking MUCH less water. sometimes the whole day goes by and i realize i never drank any water. if i try to force water, my stomach hurts. i wasn't worried about it, but last night i did wake up with dry eyes/mouth, so i'm wondering if there is a minimum amount.

RE: Zero Carb / Meat and Water - cbnebraska - 08-25-2008 12:54 PM

I'm not much of a water drinker either. I don't get thirsty often at all. I'm guessing maybe 10 oz. each day. I do, however, drink about 3 cups of coffee a day. I've never had the dry anything issue.

RE: Zero Carb / Meat and Water - Living_healthy - 08-25-2008 01:04 PM

I sip on water throughout the day and brush often because of the thick mouth phlegm due to ketosis. I'm hoping that problem will be a thing of the past once I'm ketoadaptive.

RE: Zero Carb / Meat and Water - suzanneyea - 08-25-2008 01:17 PM

The more I have been watching this tv show about the hunting tribe in Africa, the more comfortable I become with the high fat, all meat diet. I do not believe heart disease is a big problem among this tribe and they eat all the fat on the animal.

RE: Zero Carb / Meat and Water - Mel - 08-25-2008 01:19 PM

I have learned to only sip water when I'm thirsty, not gulp it. By reducing the amount of water I drink, I think my skipped heart beat problem has greatly decreased. Maybe by over drinking water I was diluting my electrolytes. The eight glasses a day thing is bogus:
http://junkfoodscience.blogspot.com/2008/07/wellness-water-8x8-myth.html

I'm eating when hungry and I'm learning to stop when satisfied. I've been getting a strong thirst signal as I get to the end of any fat/meat meal. I take that as a signal that I'm food full. I stop eating and just sip a little water. Does anyone else experience that thirst signal during eating or have an idea what might
cause it? I'm saying my thirst is well satisfied before the meal starts and I no longer add salt to my meats.
Melinda

RE: Zero Carb / Meat and Water - Charles - 08-25-2008 01:42 PM

feckless Wrote:
Charles, do you ever worry about the higher PUFA content of chicken? A lot of science suggests PUFA has unhealthy effects on the body.

Nope. I don't even know what PUFA is, but if it was going to affect me, it should have done so by now because I eat a good deal of chicken! 😊

Regards,
Charles

RE: Zero Carb / Meat and Water - Charles - 08-25-2008 01:44 PM

I just drink to thirst. I do indeed know when I've had too much though because I tend to have a cramp or two and get a little nausea. Even when I drink a glass of water, it has to be a small glass. Just like my dog, I'm in the bathroom within 30 minutes afterwards most of the time.

RE: Zero Carb / Meat and Water - montmorency - 08-25-2008 03:01 PM

Ab, your comment about jeans size made me want to check the size of the trousers I'm wearing (which keep almost falling off me!), so I took em off (sorry if this is TMI :-) ) and discovered they were 38 inches around the waist. Definitely too big for me now, at around 182 lbs; they have probably stretched bit though. I have a pair of 34" which were too tight for comfort last time I tried them, but I've lost a bit since then, so may be...

cnebraska: I hope you won't mind if, for the sake of accuracy, I correct the title of Gary Taubes masterpiece to be "Good Calories, Bad Calories" (if only because that's a mistake I've made myself on more than one occasion). Actually, here in England it came out as "The Diet Delusion". Glad you cited Malcolm Kendrick's book as well; such a great read!

Today, I found a printed copy of the article cited below, by Nigel Slater from 2003, and fortunately, it's still available online:

http://www.guardian.co.uk/lifeandstyle/2003/feb/09/foodanddrink1

Now, when I read this, I'd never heard of low-carb (or never taken it seriously) and was trying to come to terms with my increasing weight problem, and trying various things. At the time I was into my "healthy diet" period - lots and lots of fruit and veg, bread, rice, pasta, salads. Minimal meat and animal fats. For some reason, I never questioned why this "healthy diet" wasn't helping me to lose weight. I now know why, of course, but it took me at least 4 more years to find out.
Reading Slater's article now, I just think what a complacent twerp he actually comes over as. So good for him, he was always skinny, and he was actually the correct weight, but his problem was he had tummy fat.

His bottom line was basically just that he ate less and walked more.

Hm...don't know how old he was/is, but I'd love to know how he has got on over the last 4-5 years, and if that "recipe" has worked for him still.

Although people here probably cook less than ever before, we watch more and more TV chefs all the time, and do you know what? All they seem to show us is carbs, carbs carbs, and do you know another thing? They are mostly overweight! OK, there are exceptions, but they are mostly young. I'd love to see them in middle-age.

Regards,
Mike

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RE: Zero Carb / Meat and Water - cbnebraska - 08-25-2008 03:33 PM

montmorency Wrote:

cbnebraska: I hope you won't mind if, for the sake of accuracy, I correct the title of Gary Taubes masterpiece to be "Good Calories, Bad Calories" (if only because that's a mistake I've made myself on more than one occasion). Actually, here in England it came out as "The Diet Delusion". Glad you cited Malcolm Kendrick's book as well; such a great read!

Thanks! I edited the post.

---

RE: Zero Carb / Meat and Water - daveo - 08-25-2008 03:59 PM

Charles Wrote:

feckless Wrote:
Charles, do you ever worry about the higher PUFA content of chicken? A lot of science suggests PUFA has unhealthy effects on the body.

Nope. I don't even know what PUFA is, but if it was going to affect me, it should have done so by now because I eat a good deal of chicken! 😝

Regards,

Charles

I'm guessing that is Poly Unsaturated Fatty Acids.

---

RE: Zero Carb / Meat and Water - con - 08-25-2008 04:29 PM

con Wrote:
So the question is how much water are you all drinking on an average day?
Thanks Daveo, feckless, bnebraska, living_healthy, mel and Charles,

Sounds like everyone is drinking small amounts.

Thanks again

con

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**RE: Zero Carb / Meat and Water - FormerDonutJunkie - 08-25-2008 04:45 PM**

My water intake is no where near the eight 8 oz glasses that some 'diets' recommend. I'm sloshing if I drink anywhere near that much. I'm not a ZC yet, so I do drink two 8-10 oz cups of coffee every morning. Then I'll drink a couple bottle of water during the day as needed.

When I started LC a little over a year ago, I tried the water 'force feeding' thing and it was annoying to say the least. I think the best policy is to drink to satiety and that's it. Let your body be your guide just like with the protein/fat.

The whole 'drink water so you'll feel full' and not eat as much just ain't good science. There's a difference between feeling bloated with water and feeling full from a good 73/27 burger! And guess which one lasts longer?

---

**RE: Zero Carb / Meat and Water - feckless - 08-25-2008 05:20 PM**

daveo Wrote:
Charles Wrote:
feckless Wrote:
Charles, do you ever worry about the higher PUFA content of chicken? .

Nope. I don't even know what PUFA is

I'm guessing that is Poly Unsaturated Fatty Acids.

yes, daveo, sorry Charles. does anybody else give any thought to fatty acid composition of the meat they choose? Ray Peat and others seem to think PUFA cause many diseases...


---

**RE: Zero Carb / Meat and Water - montmorency - 08-25-2008 05:48 PM**

feckless Wrote:
daveo Wrote:
Charles Wrote:
feckless Wrote:
Charles, do you ever worry about the higher PUFA content of chicken? .

Nope. I don't even know what PUFA is
I'm guessing that is Poly Unsaturated Fatty Acids.

yes, daveo, sorry Charles. does anybody else give any thought to fatty acid composition of the meat they choose? Ray Peat and others seem to think PUFA cause many diseases...

http://raypeat.com/articles/nutrition/oils-in-context.shtml

Barry Groves (http://www.second-opinions.co.uk) is also very scathing about polyunsaturated fats.

Water: I too seem to have cut back a bit on water, although I increase it a bit if I think constipation may be becoming an issue; otherwise I just drink according to my taste. I used to believe that thing about drinking water first, if you thought you were hungry, and I notice that Nigel Slater comes out with this one in that article I posted a link to. Some low-carbers seem to believe that unless you drink gallons of water, that whole "ketosis" thing isn't going to work properly. I'm not sure of the science behind that one, but I suspect it isn't the case. They say that you can get dehydrated ages before you feel thirsty. Well, possibly so, but I am sure that we were built to withstand a little water shortage. It will kill us eventually, but not (usually!) before we'd have time to do something about it.

Regards,
Mike

RE: Zero Carb / Meat and Water - cbnebraska - 08-25-2008 06:06 PM

So, now someone will have to tell me, why is the fat of a chicken different than the fat of any other animal? I also wanted to ask about something that may or may not be related. I've heard about the "bad" fatty acids, something with a 6 versus the "good" ones with a 3? Anyone care to elaborate for me? I have read things in various sources over the years and my sense of "good" and "bad" has become very scrambled with my new take on ZC!!

Thanks!

RE: Zero Carb / Meat and Water - Daryl - 08-25-2008 06:17 PM

The "6 and 3" refers to omega fatty acids. It makes up at least part of the "grass fed vs grain fed" argument.

You tend to see omega 3 called "good fats", while the omega 6 get more of the evil eye 😞, as we supposedly get too much of them, causing the ratio between the two fats to get out of whack.

Quote:
Lack of omega-6 fatty acids, however, is extremely rare in diets of those living in certain Western countries, particularly the United States, as well as Israel. In fact, North American and Israeli diets tend to have too much omega-6, particularly in relation to omega-3 fatty acids. This imbalance contributes to long-term diseases such as heart disease, cancer, asthma, arthritis, and depression. A healthy diet should consist of roughly one omega-3 fatty acids to four omega-6 fatty acids. A typical American diet, however, tends to contain 11 to 30 times more omega-6 than omega-3 fatty acids.
Salmon is a good source of omega 3s, as is fish oil.

RE: Zero Carb / Meat and Water - MAC - 08-25-2008 06:23 PM

cbnebraska Wrote:
So, now someone will have to tell me, why is the fat of a chicken different than the fat of any other animal? I also wanted to ask about something that may or may not be related. I've heard about the "bad" fatty acids, something with a 6 versus the "good" ones with a 3? Anyone care to elaborate for me? I have read things in various sources over the years and my sense of "good" and "bad" has become very scrambled with my new take on ZC!!

Thanks!

See this link about lard which explains the different fatty acid types. There are three types SFAs (saturated fatty acids), MUFAs (monounsaturated fatty acids), and PUFAs (polyunsaturated fatty acids). The types vary in the number of double bonds. http://www.proteinpower.com/drmd_blog/ They can then be further broken down into omega-3s and omega-6s.

RE: Zero Carb / Meat and Water - cbnebraska - 08-25-2008 06:50 PM

MAC Wrote:
See this link about lard which explains the different fatty acid types. There are three types SFAs (saturated fatty acids), MUFAs (monounsaturated fatty acids), and PUFAs (polyunsaturated fatty acids). The types vary in the number of double bonds. http://www.proteinpower.com/drmd_blog/ They can then be further broken down into omega-3s and omega-6s.

Wow, MAC, now that is some breakdown! Okay, so now I'm gonna ask it. Should I be taking Omega 3 capsules if I only eat salmon about once a week - especially now that I'm eating only meat and mostly beef and chicken? I used to take them and just recently quit with all the fat I'm eating...

Thanks again!

RE: Zero Carb / Meat and Water - MAC - 08-25-2008 07:01 PM

cbnebraska Wrote:
MAC Wrote:
See this link about lard which explains the different fatty acid types. There are three types SFAs (saturated fatty acids), MUFAs (monounsaturated fatty acids), and PUFAs (polyunsaturated fatty acids). The types vary in the number of double bonds. http://www.proteinpower.com/drmd_blog/ They can then be further broken down into omega-3s and omega-6s.

Wow, MAC, now that is some breakdown! Okay, so now I'm gonna ask it. Should I be taking Omega 3
capsules if I only eat salmon about once a week - especially now that I'm eating only meat and mostly beef and chicken? I used to take them and just recently quit with all the fat I'm eating...

Thanks again!

See this link: http://heartscanblog.blogspot.com/2008/08/you-probably-dont-take-enough-fish-oil.html

RE: Zero Carb / Meat and Water - cbnebraska - 08-25-2008 07:11 PM

MAC Wrote:
See this link: http://heartscanblog.blogspot.com/2008/08/you-probably-dont-take-enough-fish-oil.html

Well, my HDL is 115 and my triglycerides are 39, so IF those are actually any sign of a healthy heart (which I'm not so sure about anymore), I think I'm good. However, I had been taking the Omega 3 when the test was run, so maybe I'll just stick with it. I've got a ton of them anyways, may as well use them up!

Thanks for the links.

RE: Zero Carb / Meat and Water - nyteez - 08-25-2008 07:14 PM

All these tests were done assuming the typical high carb american diet. Since we don't eat carbs I don't believe these balance of fats have anything to do with us. I also don't believe for one second that an imbalance of omega 3's and 6's cause diseases. It is not the fats! It's the carbs & insulin.

RE: Zero Carb / Meat and Water - FormerDonutJunkie - 08-26-2008 01:49 AM

nyteez Wrote:
All these tests were done assuming the typical high carb american diet. Since we don't eat carbs I don't believe these balance of fats have anything to do with us. I also don't believe for one second that an imbalance of omega 3's and 6's cause diseases. It is not the fats! It's the carbs & insulin.

I believe Dana is right again! I'm beginning to question this whole supplement theory. I've spent lots of money in the past on some really expensive Multi-Vit-Mins, Omegas, etc and don't really know what they did for sure except turn my urine bright yellow. Sorry if that's TMI.

If Steffanson and crew, and the Eskimos lived a healthy life without them on a pure meat diet then I think we can pretty much relegate their usefulness to improving the bottom line of the supplement companies.

When I told my wife I wasn't taking the vitamins anymore, she said she was very concerned that I needed them more than ever now that I'm eating a 90-95% meat diet. We shall see. I'm not buying any more until I see if there is any difference. Actually, I think that money just might be better spent on prime rib!

Like you Dana, I think the whole supplement thing might have been to help correct the ills of over consuming sugar and other carb-laden foods. Just my two cent worth, for what it's worth!
RE: Zero Carb / Meat and Water - suzanneyea - 08-26-2008 02:43 AM

I used a lot of vitamins when I first started Atkins, but gradually weened off of them with no ill effects. I still take vitamin C, no idea why.

RE: Zero Carb / Meat and Water - cbnebraska - 08-26-2008 02:43 AM

I guess my thoughts on the fish oil was just that since I don't eat much fish, and it has been recommended that we eat a varied diet of meat sources, maybe just the fatty acid from fish might be a good thing to ingest. I think of Omega 3 as eating fish. I completely agree that a full meat diet facilitates the body in making whatever it needs to be healthy - except vitamin D - so I suppose any type of supplement is superfluous. However...... I bought the dang things, so I may just finish them off.

Thanks for your thoughts.

RE: Zero Carb / Meat and Water - twilight - 08-26-2008 03:38 AM

cbnebraska Wrote:
I guess my thoughts on the fish oil was just that since I don't eat much fish, and it has been recommended that we eat a varied diet of meat sources, maybe just the fatty acid from fish might be a good thing to ingest. I think of Omega 3 as eating fish. I completely agree that a full meat diet facilitates the body in making whatever it needs to be healthy - except vitamin D - so I suppose any type of supplement is superfluous. However...... I bought the dang things, so I may just finish them off.

Thanks for your thoughts.

Good morning!

Here's an interesting article stating that "Cutting down on omega-6 is better than increasing omega-3"
http://www.second-opinions.co.uk/omega-6-lungs.html

RE: Zero Carb / Meat and Water - MAC - 08-26-2008 03:48 AM

Here is a Q&A from Dr. Eades blog on the levels of Omega 6 versus Omega 3 in grass fed versus grain fed beef:

"Dr. Eades,
I’m salivating over that picture of the ribeye steak you’ve included in this post, and it’s reminded me of a question I’ve been longing to ask you for a while now, despite the fact that it may be slightly off-topic here.
Between your well-written and thoroughly researched articles regarding saturated fat, I’m convinced they’re not the monsters the media have made them out to be; I’ve read many of Mary Enig’s articles as well, and her words have also put me at ease that I’m not slowly killing myself whilst ingesting these delicious, fatty steaks (which allow me to control my weight beautifully–I’ve been low-carbing since you and the wife published ‘Protein Power’)

Finally, my question (speaking of the ribeye picture above)–do you subscribe to the notion that grass-fed
beef is much healthier to consume? Every internet store selling it claims their steaks are much higher in the omega 3’s (some claim their beef has just as much if not more than fish!) thus are less inflammatory and less ‘contaminated’ with hormones, antibiotics, etc.

I know organic or ‘natural’ may tend to be better, but does the food the animal eats actually make the beef on my plate much less dangerous than say, a store-bought steak, which, according to many of these purveyors of grass-fed, contains too many omega 6’s?

I’m not a lover of fish, and I easily get ‘chickened-out’, so I’d love to hear your opinion about the so-called ‘health benefits’ of grass-fed beef. Yes, it’s alot more expensive, but if you think it’s healthier to consume on a more regular basis, I’m willing to spend the money.

Thanks for your help, Dr. Eades!

The ratios of omega-3 to omega-6 are different in grass-fed and grain-fed beef, with there being higher levels of the omega-3s in the grass-fed. But the amounts of both are pretty small, so I wouldn’t get all that worked up over it. I like the idea of grass fed because of the lesser amounts of pesticides, hormones, antibiotics, etc., but I like the tastes of grain-fed better. I eat about equal amounts of each.

If you’re looking strictly at the best steak to get for health reasons, I would go for grass-fed. If you’re looking for both taste and health, go for organic, natural beef, which, as I understand it, are grass-fed up until the final few months, then grain-fed until slaughter.

RE: Zero Carb / Meat and Water - MAC - 08-26-2008 03:54 AM

See this post from Dr. Davis' blog that it may be the level of Omega 3 that is important and NOT the ratio of Omega 6 to Omega 3.


"The fact that neither omega-6 nor arachidonic acid content differed counters the argument that Simopoulos has made that the omega-6 to omega-3 ratio (intake, not blood levels) is what counts. It also argues against the EPA to AA ratio (and similar manipulations) that some have argued is important. In this study, only the omega-3 level itself made a difference; no ratio was necessary to distinguish sudden death victims vs controls."

RE: Zero Carb / Meat and Water - Richard - 08-26-2008 05:32 AM

I'm the new guy on the block and I have a few question.

First a little history....I have done Atkins, P. Power or Carb Addicts off and on for the past 10 years (more off than on I am afraid) Due to some recent health issue I have come to the conclusion that this time the low carb choice is it for LIFE!

The Zero Carb interest me because cravings were always a problem on the other programs. From the 25 of 234 pages I have read in the long run cravings seem to be lower on the ZC path.

Now for the questions:
1. Are the carb cravings really lower?
2. What about artificial sweeteners, aspartame, stevia etc... (in diet drinks mostly)?
3. I did love to do some flavored whip cream (whip cream, DaVanci flavor and sweetner) but carb counts on packages vary...should I 'give this up' or just as a special treat (I REALLY LOVE THIS!!!)
4. How long should I expect the 'issues' with transitions(I have been on ZC for 4 days and seem to be having some 'internal' issues)?

Thanks to everyone for the information

---

**RE: Zero Carb / Meat and Water** - LindaSue - 08-26-2008 05:47 AM

I tend to not be concerned about what percentages of this or that are in my food. We humans have survived for quite a few years without having a clue what nutrients were in our foods and in what percentages. If I have enough time on my hands to analyze every bite of food that I put into my mouth, I need to find more useful ways to spend my time.

Welcome to the forum, Richard.

---

**RE: Zero Carb / Meat and Water** - suzanneyea - 08-26-2008 06:28 AM

Quote:
1. Are the carb cravings really lower?
2. What about artificial sweeteners, aspartame, stevia etc... (in diet drinks mostly)?
3. I did love to do some flavored whip cream (whip cream, DaVanci flavor and sweetner) but carb counts on packages vary...should I 'give this up' or just as a special treat (I REALLY LOVE THIS!!!)
4. How long should I expect the 'issues' with transitions(I have been on ZC for 4 days and seem to be having some 'internal' issues)?

I rarely have any carb cravings, every so often when I am cutting a cheese pizza for my son, it looks yummy. But, I used to be a big binge eater and that is no longer an issue.
2. I have one coffee in the morning with one equal, no other aritificial sweeteners and definately no diet soda. I used to drink a ton of soda.
3. Sweet flavors give me carb cravings, so I avoid them. Cream cheese too.
4. It took my system several months to adjust, I had lots of issues in that area too.

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**RE: Zero Carb / Meat and Water** - caroline - 08-26-2008 06:39 AM

Suzanne,

Do you find the coffee works okay for you? I just love coffee but gave it up b/c I figured I was better off (due to it making you produce adrenalin, tweaking with hormones, etc.).

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**RE: Zero Carb / Meat and Water** - caroline - 08-26-2008 06:52 AM

Richard,

I also was a binger and never binge anymore. I was a sugar addict and don't care for sweet anymore. This diet (way of life, rather) works!
RE: Zero Carb / Meat and Water - MAC - 08-26-2008 07:01 AM

Richard wrote:

Now for the questions:

1. Are the carb cravings really lower?

*Carb cravings are caused by too high a level of insulin. A low carb diet should lower your insulin levels over time and prevent cravings.*

2. What about artificial sweeteners, aspartame, stevita etc... (in diet drinks mostly)?

*Same issue as 1. Your body responds to artificial sweeteners as it does with any food by secreting insulin.*

3. I did love to do some flavored whip cream (whip cream, DaVanci flavor and sweetner) but carb counts on packages vary...should I 'give this up' or just as a special treat (I REALLY LOVE THIS!!!)

*See response to #2. I say special treat.*

4. How long should I expect the 'issues' with transitions(I have been on ZC for 4 days and seem to be having some 'internal' issues)?

*Varies by individual.*

---

RE: Zero Carb / Meat and Water - cbnebraska - 08-26-2008 07:07 AM

Richard Wrote:
The Zero Carb interest me because cravings were always a problem on the other programs. From the 25 of 234 pages I have read in the long run cravings seem to be lower on the ZC path.

Now for the questions:

1. Are the carb cravings really lower?
2. What about artificial sweeteners, aspartame, stevita etc... (in diet drinks mostly)?
3. I did love to do some flavored whip cream (whip cream, DaVanci flavor and sweetner) but carb counts on packages vary...should I 'give this up' or just as a special treat (I REALLY LOVE THIS!!!)
4. How long should I expect the 'issues' with transitions(I have been on ZC for 4 days and seem to be having some 'internal' issues)?

Thanks to everyone for the information

Welcome, Richard! I too suffered cravings and hunger, even on low carb (20-30 per day) and even when not overweight. The cravings for sweet then salt then sweet then salt were debilitating, and frustrated me to no end. I was always thinking about my next meal, even though I was eating low carb and not overweight! I cannot tell you how liberating this zero carb diet has been for me. The most important part is the FAT. You MUST eat high fat meat. Lean meat will not conquer hunger and cravings on a cellular level - plus the fatty meat is DELICIOUS. I too loved sweets and couldn't imagine giving them up and felt the low carb ones were my "treats" for choosing low carb foods. I truly wanted to be free of the control food had over my life though and began reading this forum about a month ago (maybe? I'm a bit memory challenged when it comes to the passing of time!) I went ZC 2 weeks ago after first paring out
cheeses, artificial sweeteners, "low carb" food derivatives (Atkins bars type stuff) and nuts almost the
day I found this discussion area. Each time I cut something out, I felt better and better. I can't believe
how just 2 weeks has set me free from food cravings and constant thoughts of food. The added bonus is
- I've lost weight that I wasn't really trying to lose. It's amazing how I settled for good enough when I
could have felt this great and looked even more lean with a simple diet tweek.

Stomach issue - yep. It will settle down, but it's so great to know things are moving so well and that the
fiber issue truly is a myth, isn't it? We don't need it and most of our bodies don't like it. If you want
something to be free flowing, grease 'er up, don't throw a bunch of little expanding sponges in it. Ha ha.

It can be so hard to do this because our society revolves around food and we have ourselves accustomed
to this being a normal leisure time activity. Believe me, I enjoy my meat when I eat it, but I look at
sweets and everything else more like art at this point - "oh, now isn't that pretty?". I'm truly don't see it
as food and I'm truly not hungry, so it doesn't make my mouth water and thus, no craving or desire to
"indulge" or treat myself. Artificial sweeteners are DEFINITELY insulin inducing, even without carbs.
It's Pavlovian. You see something sweet, you know what it will taste like, your insulin goes up (in
defense if you ask me!) so it can tackle the sugar when it comes in. Doesn't really matter that the sugar
never shows up, just your insulin being up prohibits fat burning, which means your body has no fuel,
which means it sends hunger signals. This may be simplistic, but it made it easy for me to give up the
sweeteners and "lose my sweet tooth". This amazingly all happened for me in just a few weeks! Guess
I've finally found a biological fit for me!!

Once again though -- FAT is very important or you won't squash hunger.

Long and windy because I'm still on a high myself about it all! Go for it!

RE: Zero Carb / Meat and Water - nyteez - 08-26-2008 07:40 AM

Hi Richard & welcome! Zero carb is not easy to just jump into, but once you get there you will love it. It
took most of us a few months or years to decide to go zero carb. Don't be afraid to give in to "safe
cheats" like whipped cream and artificial sweetners. Eventually you won't want those anymore either. I
am not a big coffee drinker but occationally I will drink it and I put heavy whipping cream in it. It is like
dessert!

As soon as I got over my fear of fat, and started eating lots of it I no longer had digestive problems. The
fat is what really curbs the hunger & cravings too.

RE: Zero Carb / Meat and Water - Charles - 08-26-2008 08:20 AM

nyteez Wrote:
All these tests were done assuming the typical high carb american diet. Since we don't eat carbs I don't
believe these balance of fats have anything to do with us. I also don't believe for one second that an
imbalance of omega 3's and 6's cause dicesases. It is not the fats! It's the carbs & insulin.

That's absolutely correct. Americans have high Omega 6 due to the oils in so much of the refined and
easily digestible carbohydates they consume. When you eliminate the carbs, your Omega 6 and 3 will
balance just fine without the need for disgusting fish capsules.

As I've posted many times, many cultures never ate fish so to say that everyone needs to have fish or
fish capsules is quite naive and once again putting an association forth without cause. The cause is clear.
Remove the carbs and you'll find that there is nothing more to concern yourselves with.

Regards,

Charles

RE: Zero Carb / Meat and Water - MAC - 08-26-2008 08:30 AM

Charles Wrote:
As I've posted many times, many cultures never ate fish so to say that everyone needs to have fish or fish capsules is quite naive and once again putting an association forth without cause.

Good point. Association is NOT cause. Which is the downfall of epidemiological studies. Care to enumerate which natives those were?

Trying to refute the following association from Dr. Davis' blog:

"This conversation is still evolving. But we can learn some important lessons from three populations of the world that are vigorous consumers of fish:

--The Inuits (aka Eskimos) of Greenland and northern Canada
--The Japanese
--The Bantus of Tanzania who live along Nyasa Lake

All three indigenous populations have several-fold greater intakes of fish and omega-3 fatty acids, have higher blood levels of omega-3 fatty acids, and have enjoyed reduced cardiovascular events, reduced atherosclerotic plaque, or improvement in various surrogates of cardiovascular risk (e.g., Lp(a))."

http://heartscanblog.blogspot.com/2008/08/you-probably-dont-take-enough-fish-oil.html

RE: Zero Carb / Meat and Water - Richard - 08-26-2008 08:36 AM

Thanks again for all the reply's and information...now to sit back and let the knowledge here soak in.

RE: Zero Carb / Meat and Water - suzanneeya - 08-26-2008 09:07 AM

I do have on ecup of coffee in the morning with an equal and heavy cream, but Caroline, if you already gave it up, why go back? I have given it up before, but cannot seem to do it for any long period of time. I used to drink 5 or 6 cups a day, plus tea! So, one cup is major for me.

RE: Zero Carb / Meat and Water - waywardsister - 08-26-2008 09:16 AM

Back after a weekend away - I chose to eat some carbs over the weekend (gluten free hot dog buns, some potato chips) and am taking the resulting water weight in stride. Back to my regularly scheduled WOE today. One thing I noticed was that my pollen allergies, which are non-existent when I am not carby, reared their head last night. Just slightly, but zero to slightly is enough of a difference for me.

suzanneeya Wrote:
The more I have been watching this TV show about the hunting tribe in Africa, the more comfortable I become with the high fat, all meat diet. I do not believe heart disease is a big problem among this tribe and they eat all the fat on the animal.

ooooh, what show?

Re: omega 6 vs 3 thing, I really think the problem is too much omega 6 in the SAD rather than not enough omega 3. I take fish oil only bc I still use some PUFA stuff, like commercial mayo (with canola oil). If I was only using animal fats, I wouldn't bother.

RE: Zero Carb / Meat and Water - FormerDonutJunkie - 08-26-2008 09:21 AM

LindaSue Wrote:
I tend to not be concerned about what percentages of this or that are in my food. We humans have survived for quite a few years without having a clue what nutrients were in our foods and in what percentages. If I have enough time on my hands to analyze every bite of food that I put into my mouth, I need to find more useful ways to spend my time.

I just added that to my Low-Carb Quotes!

RE: Zero Carb / Meat and Water - travis t - 08-26-2008 09:26 AM

This talk about O'6 and O'3 makes me think back a couple of months ago when i first did a drastic cut in carbs. The skin on my feet has always been smooth and soft even in the heel area but when i dropped most of my carbohydrates my heels got dry and developed cracks in them.
My theory is that when i dropped my carb levels it caused a drop in insulin which caused a rise in hormone sensitive lipase which allowed fats of all kinds to release into general circulation from adipose tissue.
This dump (transient rise) of fats into the blood included omega-6 fats that have now been metabolised. Kinda a herxheimer like reaction for omega-6's.
Now no cracks and smooth again.
travis t

RE: Zero Carb / Meat and Water - cbnebraska - 08-26-2008 09:27 AM

MAC Wrote:
Trying to refute the following association from Dr. Davis' blog:

"This conversation is still evolving. But we can learn some important lessons from three populations of the world that are vigorous consumers of fish:

--The Inuits (aka Eskimos) of Greenland and northern Canada
--The Japanese
--The Bantus of Tanzania who live along Nyasa Lake

All three indigenous populations have several-fold greater intakes of fish and omega-3 fatty acids, have higher blood levels of omega-3 fatty acids, and have enjoyed reduced cardiovascular events, reduced atherosclerotic plaque, or improvement in various surrogates of cardiovascular risk (e.g., Lp(a))."
Well, I believe Kendrick would point out in "The Great Cholesterol Con" that these populations don't suffer from the same level of stress as many others. Cortisol and adrenaline come into play here. I wish I could be more specific, but I read the book quite a while ago.

Cholesterol levels and blood lipids are simply indicators of what is going on in the body. I look at them like a fever -- it's there because the body is working to fix something, but just by reducing the fever (with outside interference) you don't fix the real problem - whatever it is. And, some people's temperature runs higher than others, even when they're healthy, and it's nothing to be concerned with.

RE: Zero Carb / Meat and Water - Charles - 08-26-2008 09:47 AM

MAC Wrote:
epidemiological studies. Care to enumerate which natives those were?

I've posted Dr. Price's list of meat-eaters many times. You can also add in the Native American of the Great Plain who ate Buffalo and very little vegetation. He was extremely healthy before the white man came with refined carbs.

Dr. Davis Wrote:
--The Inuits (aka Eskimos) of Greenland and northern Canada
--The Japanese
--The Bantus of Tanzania who live along Nyasa Lake

He's using the same flawed methodology as Keys did. Calling the Inuit prodigious eaters of fish shows that he didn't read Stefansson very closely. There were some who ate prodigious amounts of fish but there were other groups of Inuit who did not eat any fish. Those who did, may not have had it all the time. They might have had it one year and then went a few years without. The McKenzie Inuit ate mostly caribou and during off-years, they may have some seal and walrus but some of them never ate fish.

The point was that they all had the same extraordinary health.

The Japenese can't come into play in any argument because the typical Japenese of the 1950s and prior barely ate a subsistance level of food. Their diet was automatically low carb, low-calories, etc. The also did not eat any refineded and easily digestible carbohydrates.

One cannot attribute these associations to cause because there are other factors. The biggest of which, all three did not eat carbs (or at least not that many) and I believe this is the biggest factor.

I rarely eat fish and do not take supplements yet I am positive that my Omege 6 and 3 is in balance.

These folks keep trying their best to say that there is a certain amount of nutrients that we all need to ingest over our lifetime for optimum health. But the problem with this argument is that some cultures do not eat the minimum daily allowance yet show no deficiencies. Obviously, there is something else going on and it doesn't involve fish capsules.

Regards,
RE: Zero Carb / Meat and Water - suzanneyea - 08-26-2008 09:58 AM

Again, I am going to footnote my favorite tv show about the tribe in Africa, lol. They eat no fish either!

RE: Zero Carb / Meat and Water - montmorency - 08-26-2008 10:03 AM

MAC Wrote:
Good point. Association is NOT cause. Which is the downfall of epidemiological studies. Care to enumerate which natives those were?

Trying to refute the following association from Dr. Davis' blog:

"This conversation is still evolving. But we can learn some important lessons from three populations of the world that are vigorous consumers of fish:

--The Inuits (aka Eskimos) of Greenland and northern Canada
--The Japanese
--The Bantus of Tanzania who live along Nyasa Lake

All three indigenous populations have several-fold greater intakes of fish and omega-3 fatty acids, have higher blood levels of omega-3 fatty acids, and have enjoyed reduced cardiovascular events, reduced atherosclerotic plaque, or improvement in various surrogates of cardiovascular risk (e.g., Lp(a))."

http://heartscanblog.blogspot.com/2008/08/you-probably-dont-take-enough-fish-oil.html

According to Malcolm Kendrick ("The Great Cholesterol Con"), while the Japanese didn't use to get heart attacks, they did use to get strokes. However, there is a complication here, in that, apparently, due to cultural issues, heart attack deaths were sometimes reported as strokes, which were at some level, socially more acceptable.

Perhaps the lesson to learn here is that we can't learn all that big a lesson from epidemiological evidence. The numbers can be misleading, incomplete, etc, etc. It was Ancel Keys who got us into this mess in the first place, by reliance on the wrong sets of figures. So we have to be wary of population studies, yes, even ones which appear to support our own pet theories.

Regards,
Mike

RE: Zero Carb / Meat and Water - HaloStatue - 08-26-2008 10:32 AM

Charles Wrote:
Congratulations, Alison! I figured that change to the coconut drink caused problems for you since I've been following your progress. Keep it clean and you'll be fine. Don't be too quick to jump on these prescriptions that everyone has.
Well, this has been a fun week and a half! I've been totally ZC (beef, chicken, pork and water...nuttin' else). I am totally gung-ho and have been absolutely strict. I'm down about 6 pounds since a week ago. I'm excited and I'm learning a lot.

But, WOW! I've been feeling really sluggish and lethargic...no energy. Some headaches (probably caffeine withdrawal). So after reading some of the posts on here, I bought some coconut oil and started eating it right out of the jar to up my fats.

Now, I've read this whole thread this far, but no one has mentioned one of the risks of eating the coconut oil straight out of the jar. I thought if I told my story, maybe it would prevent it in someone else's life:

This morning early, I took a tablespoon of coconut oil out of the jar and ate it off the spoon before I started in on my ribeye. Did I say I ate a tablespoon of coconut oil? I meant to eat a tablespoon of coconut oil. What I actually ate was a tablespoon of salve I'd made of petroleum jelly, tea tree oil and oregano oil to help with dry, scaly feet. I mean, they were right there next to each other. And yep, I swallowed it.

Gack.

Took me a moment or two, and then I realized that although the consistency was similar, the pleasant, slightly coconut-y taste I'd come to expect had been replaced with something different...something stronger. Something MUCH stronger!

I wish I had a video of my face as the realization set in. I am very proud of myself, though! Everything I used to get that taste out of my mouth was zero carb! I never went off plan!

No one's actually prescribed this yet, but I'll let everyone know if it helps.

But someone coulda said something.

---

**RE: Zero Carb / Meat and Water - twilight - 08-26-2008 10:51 AM**

HaloStatue Wrote:
Now, I've read this whole thread this far, but no one has mentioned one of the risks of eating the coconut oil straight out of the jar.

Gack.

Took me a moment or two, and then I realized that although the consistency was similar, the pleasant, slightly coconut-y taste I'd come to expect had been replaced with something different...something stronger. Something MUCH stronger!

But someone coulda said something.

Yikes!

Hmmm...note to self: don't keep foot salve next to food. 😛
twilight Wrote:
HaloStatue Wrote:
Now, I've read this whole thread this far, but no one has mentioned one of the risks of eating the coconut oil straight out of the jar.

Gack.

Took me a moment or two, and then I realized that although the consistency was similar, the pleasant, slightly coconut-y taste I'd come to expect had been replaced with something different...something stronger. Something MUCH stronger!

But someone coulda said something.

Yikes!

Hmmm...note to self: don't keep foot salve next to food.

I haven't bought too much coconut oil, as the good stuff is quite expensive, but when I did have some in, I found I was using it quite a bit as a skin moisturiser. Would probably make quite a good foot salve :-)

re: Zero Carb / Meat and Water - feckless - 08-26-2008 11:15 AM

got the following stats from the gym:

i'm 5'6 1/2" and 42...
weight: 125
bodfy fat %: 23
Muscle %: 35
metabolic rate: 1300
water %: 56

i'm wondering how to 'use' these numbers. first of all, does this give any real indication of how fit i am? my body fat % is average, but what is best for optimum health? i feel i'm lacking muscle, but again, i don't know what is a good % to aim for?

and how many calories should i eat above my metabolic rate (if i am still trying to lose fat), should i aim for a bit under metabolic rate + exercise expenditure, or should i not worry about it. so far, i haven't been worried about it, but in over a month's time have not lost any weight. appreciate any input.

re: Zero Carb / Meat and Water - cbnebraska - 08-26-2008 11:40 AM

feckless Wrote:
i'm 5'6 1/2" and 42...
weight: 125
... have not lost any weight. appreciate any input.

I am 5'5 1/2" and 40 and I would love to be 125 lbs. - however, I am not overweight and neither are you. Why do you think you need to lose more weight? If you're only eating meat and you are eating to hunger, maybe you are where you should be?

I remember one time Charles said something about only being able to lose as much weight as our hormones allow. Not sure what that means, but I guess I'd love to know more. I know that we women in our early 40's are starting to deal with higher and lower levels of various hormones, so I wonder if there's a connection...

---

**RE: Zero Carb / Meat and Water - Charles - 08-26-2008 11:58 AM**

montmorency Wrote:
Perhaps the lesson to learn here is that we can't learn all that big a lesson from epidemiological evidence. The numbers can be misleading, incomplete, etc, etc. It was Ancel Keys who got us into this mess in the first place, by reliance on the wrong sets of figures. So we have to be wary of population studies, yes, even ones which appear to support our own pet theories.

I wouldn't go that far, Mike, because there is nothing wrong with the observations in most cases. The question is which hypotheses explain ALL the observations and Keys' didn't because he didn't include all the data. If you take sugar consumption and apply it to the 22 countries that were available at the time of the 7 countries' study, you'll find that it does indeed account for the diseases of civilization and reliably predicts them. That's why Peter Cleave's saccharhine disease hypothesis and George Campbell's research was so astute.

The Japanese ate low-carb because they could barely get enough to eat. It's not surprising that they had a prevalence of stroke and dental caries despite their low incidence of heart disease. Even heart disease is difficult to track because the technology did not exist to accurately diagnose it until fairly recently in history. However, we know that colonial physician's form Hrdlicka onward were very consistent in describing those populations that they lived among.

This is the part that our "experts" don't want to acknowledge. The colonial physicians did not just speculate from the background as Keys did, looking at numbers. These doctors actually lived among these populations and treated them and they reported that there was none of the diseases of civilization. When disease appeared, it was clear as to cause. Those who got disease ate the Trader's foods. Those who remained on their native diets did not get sick. Stefansson took advantage of the same opportunity. He did not just write books, he actually wintered over in the Arctic and he was only one of many who were able to return with an entire crew free from scurvy.

These types of things are far more important to me than some USDA facts and figures which were compiled pretty late and were very unreliable as everyone will agree with.

Regards,

Charles
RE: Zero Carb / Meat and Water - suzannevea - 08-26-2008 12:08 PM

Feckless,
Why do you want to lose more weight? It seems like 125 is a perfect weight for your height. I am 5'5 and loved how my body looked at 125.

RE: Zero Carb / Meat and Water - Charles - 08-26-2008 12:22 PM

feckless Wrote:
i'm wondering how to 'use' these numbers. first of all, does this give any real indication of how fit i am? my body fat % is average, but what is best for optimum health? i feel i'm lacking muscle, but again, i don't know what is a good % to aim for?

There is no way to aim at all. Your body regulates all these numbers. All you can do is eat fat and protein to appetite and let your body take care of the rest. You appear to be at a good weight for your height and if you're not losing, it's probably because your body likes you where you are. If you want to be more muscular then you can lift weights but there are no real "optimal" numbers. If you're eating properly, you can't influence too many of these numbers.

What I mean about hormones is that they determine whether you mobilize fat or not and insulin determines whether you mobilize or store fat. Insulin can override any other hormone and store fatty acids when the other hormones wants to mobilize. Cortisol and adrenaline do very similar things. The both aim to mobilize fatty acids. Only insulin can fascilitate fat storage. Apologies to Dr. Kendrick, but people with high insulin tend to have high cortisol because more cortisol is needed to perform its function because insulin is overriding it. That's why the high-carb crowd is so uptight and stressed out. High cortisol is only associated with excess weight, not the cause.

Studies on low-carb diets consistently show a greater sense of well-being as one of the markers. It should come as no surprise that Eskimos are considered the "happiest people on earth." Looking at their surroundings would provide no reason for all that optimism. However, when you consider what they eat (if they're not already Westernized) then it's not hard to see why. I'm probably next in line because I'm pretty happy!

feckless Wrote:
and how many calories should i eat above my metabolic rate (if i am still trying to lose fat), should i aim for a bit under metabolic rate + exercise expenditure, or should i not worry about it. so far, i haven't been worried about it, but in over a month's time have not lost any weight. appreciate any input.

You haven't been reading many of my writings if you're asking about metabolic rate because that is absolutely useless. You cannot exercise yourself thinner, Feckless, regardless of what they're telling you at the gym. When you stop exercising, LPL activity stops in your muscles and increases in your fat tissue to reclaim any lost fatty acids. That's physiology and the reason exercise doesn't work for weight loss.

Thin people do tend to be more active than obese people but it's not because exercise got or keeps them thin. Thin people exercise because they're thin, not to be thin. The converse is also true. Obese people do not exercise because they are fat. They did not become obese by not exercising or eating too much. It's important to get the causality correct before you determine the treatment.

Regards,
cbnebraska Wrote:
I remember one time Charles said something about only being able to lose as much weight as our hormones allow. Not sure what that means, but I guess I'd love to know more. I know that we women in our early 40's are starting to deal with higher and lower levels of various hormones, so I wonder if there's a connection...

Yep!

RE: Zero Carb / Meat and Water - caroline - 08-26-2008 12:41 PM

Thanks, Suzanne, for the encouragement. It's the old thought process still lingering there saying: hmm, I feel too good. What can I do to reduce my quality of health? So, I am not going to go there. Every once in a while, my "inner child" wants to try and drag me into negative habits. Not going there!!!!

feckless Wrote:
i swear i've read this entire thread charles! i know you can't exercise yourself thinner, but some think even ZCers may have to reduce calories to lose.

i realize i am considered slim at 125 pounds, however, i have very visible spongy fat on my belly/thighs/butt. not a cute pinchable inch, but big jiggly handfuls. my 'muffin tops' are more like banana nut loafs. if i could figure out how, i would post a pic, just in case you think i am exxagerating. i have lots of visible spare fat and i definitely want to tighten up and gain more muscle.

but it sounds like what you all are saying is that all i can do is keep doing the right things and hope eventually my body will cooperate. and if it doesn't.....wah!

nyteez Wrote:
Hey feckless, don't get discouraged! I am 5'8" and my most comfortable weight is 120-125! I carry my weight well, I just look big boned and muscular, but I really have a small frame.

For me I am finding I lose faster when I lift weights or run. I have been really lazy because I had to quit working out for 2 months this summer due to smoke from nearby fires. But even though I haven't worked out I am still losing following ZC. Are you eating eggs? My weight loss really picked up after I cut eggs out.

Charles Wrote:
feckless Wrote:
i swear i've read this entire thread charles! i know you can't exercise yourself thinner, but some think even ZCers may have to reduce calories to lose.
Yes and no. It's not that they have to "reduce their calories" to lose, it's just that they have to really pay attention to how hungry they are. This may have the same effect as cutting their calories, but it's really different because the calories vary each day. I definitely 100% eat less calories at 150 today than I did last year at 161. However, I did not just decide to start eating 2,000 calories per day. My hunger decreased as I got smaller so I just fill it. Some days I eat more than other days but it's all predicated on my hunger.

If you stick to a set number, then some days you will overeat and some days you will undereat and both frustrate your body's ability to regulate your weight.

feckless Wrote:
i realize i am considered slim at 125 pounds, however, i have very visible spongy fat on my belly/thighs/butt. not

I believe you. I think that a whole-body routine of weights will tighten you up. You may be fat from years of low-fat dieting. If that's the case, you need to add lean mass. That means plenty of protein to build muscle. Never be afraid of protein or you won't build muscle. Only your body knows how much protein you need so you can't be afraid of following your hunger.

feckless Wrote:
but it sounds like what you all are saying is that all i can do is keep doing the right things and hope eventually my body will cooperate. and if it doesn't.....wah!

That, and weight train. But remember, when you increase energy expenditure, you will get hungrier and you must eat. You don't get hungry very often now because you don't do anything. Once you get on a whole-body weight routine, perhaps three days a week at the most, then you'll get hungry and you will need to eat. Get the book, Slow Burn, read it, and get to the gym and get busy!

Regards,

Charles

**RE: Zero Carb / Meat and Water - montmorency - 08-26-2008 01:47 PM**

Charles Wrote:
Thin people do tend to be more active than obese people but it's not because exercise got or keeps them thin. Thin people exercise because they're thin, not to be thin. The converse is also true. Obese people do not exercise because they are fat. They did not become obese by not exercising or eating too much. It's important to get the causality correct before you determine the treatment.

I see this all the time now in the media (partly because of the Olympics...it's topical, and obesity is always topical). e.g. Jackie Ashley, in the UK newspaper the Guardian ...ok, just found the quote:

"Looking round at all the lean kids in coloured shirts, even I can see that Manchester United or Liverpool will do more to stop British boys being too fat than any government programme".

I emailed her to ask whether she seriously thought that those kids were lean because they played soccer, or did they play soccer because they were lean. No answer so far! - I wonder if she will even understand
the question though - I made sure to mention Gary's book to her. So far I've not managed to get a mention of it in any published letter to that newspaper. Not what they want to hear, I fear.

Regards,
Mike

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RE: Zero Carb / Meat and Water - Charles - 08-26-2008 01:49 PM

You're right, Mike. It's a shame we all have to be professional soccer players or run marathons to be lean!

Regards,

Charles

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RE: Zero Carb / Meat and Water - feckless - 08-26-2008 01:52 PM

nyteez Wrote:
Are you eating eggs?

hey thanks for the encouragement nyteez! i do eat an occasional egg, i feel i've given up so much (and i don't want to get into such feelings of deprivation all at once that i give up) so i'm kinda needing that egg right now, but if nothing changes soon, i guess the egg has to go. i have not been able to exercise pretty much at all since i started ZC over a month ago. i have no energy, zero, i go from bed to couch to bed everyday. (good thing i work at home!) i try to have faith and keep waiting for the day that people describe when i wake up and feel like a new me! but it's hard.

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RE: Zero Carb / Meat and Water - feckless - 08-26-2008 02:00 PM

Charles Wrote:
Get the book, Slow Burn, read it, and get to the gym and get busy!

i have slow burn! one more question, you said before NOT to exercise if i don't feel i have the energy. should i maybe push it a little at this point. cuz after a month now, i'm still totally sedentary from lack of energy. if i pushed through a little exercise, might that spur my body to work harder to mobilize some fat for fuel since it is obviously being resistant to doing that. or should i still wait for that day i just feel like exercising? -thanks

---

RE: Zero Carb / Meat and Water - MAC - 08-26-2008 02:04 PM

feckless Wrote:
Charles Wrote:
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As the former president of the University of Chicago Hutchins said: "When I think about exercising I lay down until the feeling passes".

Had to get that in. I don't have an answer for you but I would say just do it and see how it goes.

RE: Zero Carb / Meat and Water - Charles - 08-26-2008 02:04 PM

feckless Wrote:
i have slow burn! one more question, you said before NOT to exercise if i don't feel i have the energy. should i maybe push it a little at this point. cuz after a month now, i'm still totally sedentary from lack of energy. if i pushed through a little exercise, might that spur my body to work harder to mobilize some fat for fuel since it is obviously being resistant to doing that. or should i still wait for that day i just feel like exercising? -thanks

For YOU, yes, you could probably push it a little. When someone has many pounds to lose (like over 30), then I don't recommend exercise because they could do more harm than good due to the impact on the joints and the reduced muscle.

If all you can do is go around your house, then force yourself to do some walking first. Don't go off into some gym workout if you haven't been doing anything at all. You have to work up to it. Try taking a 5 minute brisk walk every day for 5 days and then next week, we'll see where we are!

Regards,

Charles

RE: Zero Carb / Meat and Water - FormerDonutJunkie - 08-26-2008 02:06 PM

nyteez Wrote:
Are you eating eggs? My weight loss really picked up after I cut eggs out.

This egg subject just keeps popping up. I have two eggs every morning but after seeing this message dozens of times I may just have to cut them out for a week or two and see how things shake out. It's not as bad as giving up coffee! Is it? 😊😊😊

RE: Zero Carb / Meat and Water - nyteez - 08-26-2008 02:09 PM

Feckless, I was really tired too! I was eating 6 eggs a day. I kept cutting them back until I just had one egg a day on my ground beef for breakfast. I was so tired! I finally got rid of the one egg and my energy soared and I started losing again. I don't know what it is w/ eggs but that one egg made me tired all day. I noticed the difference in 3 days.

RE: Zero Carb / Meat and Water - daveo - 08-26-2008 02:16 PM

Charles Wrote:
feckless Wrote:
i have slow burn! one more question, you said before NOT to exercise if i don't feel i have the energy. should i maybe push it a little at this point. cuz after a month now, i'm still totally sedentary from lack of energy. if i pushed through a little exercise, might that spur my body to work harder to mobilize some fat for fuel since it is obviously being resistant to doing that. or should i still wait for that day i just feel like exercising? -thanks

For YOU, yes, you could probably push it a little. When someone has many pounds to lose (like over 30), then I don't recommend exercise because they could do more harm than good due to the impact on the joints and the reduced muscle.

Charles,

I have to chime in here to say that I have WAY more than 30 lbs to lose, but ever since I keto-adapted I've been going hiking every morning. I need something to do with the energy, and it really feels good to get out there and do it. I'm not doing super steep terrain yet, but I'm doing some fairly difficult stuff. I assume I am also getting some cardiovascular benefits, as my resting heart rate has dropped quite a bit since I started hiking.

On the other hand, you mention reduced muscle as a reason not to exercise. I would have to guess that due to being pretty overweight, my legs are probably pretty strong from having to carry me around all day 😁

RE: Zero Carb / Meat and Water - FormerDonutJunkie - 08-26-2008 02:20 PM

nyteez Wrote:
Feckless, I was really tired too! I was eating 6 eggs a day. I kept cutting them back until I just had one egg a day on my ground beef for breakfast. I was so tired! I finally got rid of the one egg and my energy soared and I started losing again. I don't know what it is w/ eggs but that one egg made me tired all day. I noticed the difference in 3 days.

Now that's interesting! Who'd a thunk it? 😁

RE: Zero Carb / Meat and Water - daveo - 08-26-2008 02:27 PM

feckless Wrote:
nyteez Wrote:
Are you eating eggs?

hey thanks for the encouragement nyteez! i do eat an occasional egg, i feel i've given up so much (and i don't want to get into such feelings of deprivation all at once that i give up) so I'm kinda needing that egg right now, but if nothing changes soon, i guess the egg has to go. i have not been able to exercise pretty much at all since i started ZC over a month ago. i have no energy, zero, i go from bed to couch to bed everyday. (good thing i work at home!) i try to have faith and keep waiting for the day that people describe when i wake up and feel like a new me! but it's hard.

Interesting that you mention deprivation. True story: In times past, I have done Atkins type diets. I've lost weight, but I invariably craved the stuff I couldn't have. One day I would have "just a taste", and the next thing I knew I was on a carb bender and regaining all my weight. Before I found this thread, I had read The Bear's thread, and tried 0 carb, but like The Bear, I ate Cheese, Cream, Butter, and Eggs. In
fact, I ate way too much of them. They seemed so much more desirable than beef and pork. I ate my meat and way too much dairy, my cravings didn't go away completely, and I came off the tracks again.

When I found this thread and read about eating just meat and water, my first thought was that I would be deprived. I mean, even the all animal food diet I had tried felt limited, and there I was eating cheese, cream, butter and eggs. However, I took the leap of faith and went for it.. and I find myself totally amazed at the results. I see now that the dairy caused cravings, and I feel much less deprived (in fact, not deprived at all) than I did with all that dairy in my diet. I have no desire to eat anything else. If you told me a few weeks ago that I would feel this way, I would have laughed at you.

Try it for yourself, if you feel deprived, you can always add the eggs back in, but I think you will find what I did.

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**RE: Zero Carb / Meat and Water - LindaSue - 08-26-2008 02:28 PM**

FormerDonutJunkie Wrote:
This egg subject just keeps popping up. I have two eggs every morning but after seeing this message dozens of times I may just have to cut them out for a week or two and see how things shake out. It's not as bad as giving up coffee! Is it?

Ron, I hope you'll keep us updated on your results if you do try this.

I haven't given up eggs entirely because I sometimes need them to fill in between my meat meals to save money. I probably eat them about twice a week at the most but I haven't noticed any change in my weight when I don't eat them. I've also lost weight sometimes when I have eaten them. I don't like eggs all that much so it wouldn't be a hardship for me to quit eating them if I could afford to not ever eat them.

It's the same for me with cheese, which can also be a troublesome food for some people, but I usually eat some every day as filler between my meat meals. I just have to have something cheap on hand to eat when I'm hungry and can't afford to eat even more meat. I don't ever crave cheese but I'm not sure if I could do without it for reasons of convenience and economy.

---

**RE: Zero Carb / Meat and Water - nyteez - 08-26-2008 02:41 PM**

daveo Wrote:
When I found this thread and read about eating just meat and water, my first thought was that I would be deprived. I mean, even the all animal food diet I had tried felt limited, and there I was eating cheese, cream, butter and eggs. However, I took the leap of faith and went for it.. and I find myself totally amazed at the results. I see now that the dairy caused cravings, and I feel much less deprived (in fact, not deprived at all) than I did with all that dairy in my diet. I have no desire to eat anything else. If you told me a few weeks ago that I would feel this way, I would have laughed at you.

This is my same exact scenario! I don't miss the eggs or dairy.

I raise chickens who lay 10-14 eggs a day! I hated giving up eggs, free food LOL! Good thing the dogs like eggs.

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**RE: Zero Carb / Meat and Water - suzanneyea - 08-26-2008 03:59 PM**
I was dead tired when I started Atkins, like could barely move. I also got hit with a wave of fatigue when I dropped my eggs, but I just worked out through it. I still have days when I get tired. Then again, if I didn't bound out of bed at 4:30 am, that might help too.

**RE: Zero Carb / Meat and Water - con - 08-26-2008 04:05 PM**

LindaSue Wrote:
I haven't given up eggs entirely because I sometimes need them to fill in between my meat meals to save money. I probably eat them about twice a week at the most but I haven't noticed any change in my weight when I don't eat them. I've also lost weight sometimes when I have eaten them. I don't like eggs all that much so it wouldn't be a hardship for me to quit eating them if I could afford to not ever eat them.

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LindaSue,
I'm just wondering what the price comparison between meat, cheese and eggs is where you live. Where I live in N Calif. I buy meat under $2.00/lb.-often it's $1.49/lb. whereas cheese is $3-4/lb. and eggs are $2.00/dozen(don't know the weight). Just wondering if it's possible to figure out the price advantage per lb. of each food?

**RE: Zero Carb / Meat and Water - suzannevea - 08-26-2008 04:36 PM**

My friend from NY could not believe how cheap the meat is in Quebec compared to the US.

**RE: Zero Carb / Meat and Water - cbnebraska - 08-26-2008 04:42 PM**

It sounds like a lot of you had the fatigue issue. I haven't felt it yet, but maybe my time is coming.... I am, however, dealing with a grumbly, rumbly, gassy stomach right now. It's been roughly 9-10 days since I've eaten meat only and this just started yesterday. I read in the book that Charles recommended, called Fat of the Land, that the men who joined Stefansson on his Arctic, meat only voyages, had the same issue and that it cleared up in decent time. My only problem is it makes me want to drink tons of water for some reason. This, in turn, disturbed my sleep last night - which is not normal for me. I don't sleep long, but I sleep hard, so I am not happy with that...

I'm counting on the fact that everyone says this will clear up....

**RE: Zero Carb / Meat and Water - feckless - 08-26-2008 06:25 PM**

i want to thank all you guys so much -your willingness to share your experiences is so important to me. i'm relieved to hear some of you relate to my feelings of deprivation. i figured, because i have an addictive brain, that it would be impossible for me to get to a point where food is just nutrition, but to hear that you all suffered feelings of deprivation at one point or another, and worked through them is really inspiring. i realize i have done a lot of damage in my youth, and sometimes i get down about that
and think it's futile. that makes it hard to stay with doing the right thing. but everyday i come here and find there are people willing to answer my questions and give me support. THANKS!

RE: Zero Carb / Meat and Water - FormerDonutJunkie - 08-26-2008 07:05 PM

feckless Wrote:
i want to thank all you guys so much -your willingness to share your experiences is so important to me. i'm relieved to hear some of you relate to my feelings of deprivation. i figured, because i have an addictive brain, that it would be impossible for me to get to a point where food is just nutrition, but to hear that you all suffered feelings of deprivation at one point or another, and worked through them is really inspiring. i realize i have done a lot of damage in my youth, and sometimes i get down about that and think it's futile. that makes it hard to stay with doing the right thing. but everyday i come here and find there are people willing to answer my questions and give me support. THANKS!

feckless...Here's an excerpt from an extremely long winded post I wrote on my old blog concerning 'The Deprivation Mindset'. I plan to revise and update it and add it to my new WordPress blog eventually. Hope this helps.

I Am Sooooo Done With The Deprivation Mindset!

The first few days and weeks of a diet, even the first few months for some of us, are filled with excitement, motivation and optimism. But as we lose a few pounds and become happier and healthier, there is sometimes a tendency for our excitement, motivation and optimism to fade. It's at this point that we are in danger of sabotaging ourselves by losing our focus, blurring our boundaries and getting sloppy with our newly learned, healthy way of eating. This mindset, left unchecked, can lead us right back down the road to our old destructive eating habits.

One of the underlying causes of this derailing behavior is the old, "I deserve it...it's not fair...everybody else is eating it...I earned it...I feel so deprived" mentality. This childish way of thinking, called the Deprivation Mindset, could just as easily and accurately be called the Failure Mindset, according to Dr. Stephen Gullo, author of The Thin Commandments Diet. It is by our very own deceptive thoughts that we conceive such damaging notions, and by our very own self-deprecating words that we perpetuate and reinforce those thoughts until they give birth to compulsive, emotional, mindless over-eating! It is a childish way of thinking that says "any and all boundaries and guidelines are bad and unnecessary!" At times I've heard that child within me screaming and throwing a 'fit', demanding that I have anything and everything I want to eat...regardless of the consequences! If you've ever struggled with weight control, then you've probably experienced the same 'fits' from the 'child within you' as well.

Don't feel bad, because the fact is, dieting has always been associated with deprivation. It's kind of like a 'virus' that infects you the minute you start dieting [I actually hate the term 'diet', because it implies a temporary way of eating, instead of a healthy, nutritional lifestyle of weight control]. And that 'temporary way of losing a few pounds' is exactly what makes you feel deprived. While you are stuck with eating some tiny, despicable looking, detestable tasting 'food-like-substance', all your friends are eating as many of those luscious, delicious, tempting, sinful tasting treats they care to stuff their face with. And that my friend is the 'Deprivation Mindset' in a nutshell...or shall we say, 'The Failure Mindset'?

"We all have power over the feeling of deprivation -- the ability to control it, decrease it, even extinguish it -- because the source of it begins and ends within you." ~Dr. Stephen Gullo
Discovering this hidden way of destructive thinking, and knowing that I have the power to destroy it before it destroys me, has been one of the most empowering strategies I have learned about successful weight control. I can truthfully say, that "a light really came on", when I read about this concept in Dr. Stephen Gullo's excellent weight control book, entitled The Thin Commandments Diet. This is the Eighth Thin Commandment: **Stop Feeling Deprived!**

**RE: Zero Carb / Meat and Water - suzanneyea - 08-27-2008 02:21 AM**

You cannot have done more damage to your body and mind than I have. Around 8th grade I discovered I could vomit after meals, I perfected this binge and purge addiction over the years. There were periods when I would white knuckle it and be able to stop doing it, but it was always there. It was so horrible, I spend days planning my binges, what I would eat, and how and where I would get rid of it. I also would hit the gym for 3 hour workouts. My knees and ankles were in so much pain, but I just kept working out. When I did eat anything it would be zero fat or a lean cuisine. I remember many times being so upset with myself and not understanding why I couldn't stop this behavior, I was desperate. I just wanted to live my life. The amount of damage I have done to my body is extensive. Atkins wasn't an overnight cure for my addiction to food and binging, I still had urges in the beginings. It has been a long time now, so I almost forget that I still had urges in the begining. Also, I took my a while to realize that certain foods triggered my urges. Foods that many Atkins people can eat, like cream cheese. That triggers me. I still have days when I overeat or eat when I am not hungry. But, no urge to eat 5 boxes of cereal and a stack of pancakes anymore. Atkins was a very rough adjustment for my body and I went through a lot of weird physical things as I detoxed, but look at me now. A lot of people focus on my body and weight and don't get me wrong. I love love love my body (never thought I would say that!) but, the greatest gift from this way of life had been the freedom from addiction to food. The ability to both enjoy my food and also to see food as fuel for my body. The point to my long winded post, is that our minds and bodies have an amazing ability to recover, but it takes time. I have been on this way of life for over 5 years now, although the change to meat only has been recent. For all the people upset that there is no change, you need to give your body time, listen to your body. 10 days is not a long time, think in terms of a lifetime, not weeks.

**RE: Zero Carb / Meat and Water - montmorency - 08-27-2008 02:36 AM**

daveo Wrote:
I have to chime in here to say that I have WAY more than 30 lbs to lose, but ever since I keto-adapted I've been going hiking every morning. I need something to do with the energy, and it really feels good to get out there and do it. I'm not doing super steep terrain yet, but I'm doing some fairly difficult stuff. I assume I am also getting some cardiovascular benefits, as my resting heart rate has dropped quite a bit since I started hiking.

I think the psychological benefit of getting out in the fresh air and having a change of air & scenery, especially if you can find some really nice places to walk, is at least as important as the physical benefits.

Regards,
Mike
suzanneyea Wrote:
For all the people upset that there is no change, you need to give your body time, listen to your body. 10 days is not a long time, think in terms of a lifetime, not weeks.

Great post, Suzanne; I'm glad you've overcome so much.

suzanneyea Wrote:

the greatest gift from this way of life had been the freedom from addiction to food. The ability to both enjoy my food and also to see food as fuel for my body. The point to my long winded post, is that our minds and bodies have an amazing ability to recover, but it takes time. I have been on this way of life for over 5 years now, although the change to meat only has been recent. For all the people upset that there is no change, you need to give your body time, listen to your body. 10 days is not a long time, think in terms of a lifetime, not weeks.

Thank you for sharing your personal challenges in order to help others overcome theirs. So many of us know first hand about food addictions, not just cravings, addictions! And to hear stories like these about how they can be overcome is wonderful.

What a powerful statement about the greatest gift of this way of eating being the freedom from those addictions and the ability to see food as fuel instead of another 'fix', another 'food high'.

And thanks for encouraging us to give our bodies time to respond to the new way of eating. For many of us it took years and years to get into the sad shape we're in, so it may take years to turn things around and our bodies recover.

People like you and posts like these are what makes this forum so valuable to all of us who are to one degree or another recovering food addicts. It's here that we can find the support, encouragement and hope for a better day!

LindaSue Wrote:
I'm also trying not to eat cheese but for some reason it sounded like something that would make me feel better when I had that terrible reflux. I was going to eat a whole ounce of cheese but could only manage half an ounce. I have no trouble eating a lot of cheese when it's melted in a casserole or on a pizza but it's hard for me to choke it down "raw". I kind of nibble at a chunk just to make it easier to get down and a tiny piece fills me up very quickly.

Just wondering if you've ever tried fried cheese? It is quite tasty and is great for a "crispy" snack. I usually mix several types of cheese - cheddar, monterey Jack, Mozzarella. I think I got this idea from an "epileptic ketosis diet".
feckless Wrote:
... i'm relieved to hear some of you relate to my feelings of deprivation. i figured, because i have an addictive brain, that it would be impossible for me to get to a point where food is just nutrition, but to hear that you all suffered feelings of deprivation...

Here is a trick I learned some years ago....take a picture of something you are feeling deprived over. The picture should be in full color and looking so good you will start to salivate over it (I'm doing that just thinking about it now!). Go to a B&W copier and copy it. Now look at the picture whenever you can. Replace the shining color image of this item in your head with a B&W flat picture. Associate this image with the old one. You can even turn the picture upside down or move it far away but focus on it and change you association to the item. Then start trying to do this so you can look at the food and think of it as a flat, dull and unappetizing. At some point you can do this with anything. At this point you will not feel any deprivation, just 'blankness'. If you can change one of you senses associated with the item you desire your brain will modify the association and your desire. The same goes for smell, texture and sound (yep sound of food...POPCORN is now replaced in my head with microwave pork rines sizzling and popping when they come out)

You dull the internal image of the thing giving you a problem and shine the image of the thing or action you want.

Think of a thick plump handmade burger with a little spice (I love sage burgers) mixed in. Grilling outside with the cool fall air and with the heat of the grill and the popping of the grease as it drips down on the fire and the smell of the smoke of the burger as it is ready for you to pull off the grill. Cut into it and it will slightly resist the fork and fresh cooked meat slightly steaming ....Well you get the ideas as I wipe down my keyboard!

I have found that all those grilling magazines have great pictures which keep me motivated.

The reason we do things or desire things is the mental association of pleasure with them is so strong. To one person its cleaning house, to the other it's shining the house!

NOTE:This can also explain the negative actions people tend to do such as the binge and purge. Both actions have become a positive linked in the brain even though they know it is a negative action on a conscious level.

suzanne yea Wrote:
...I discovered I could vomit after meals, I perfected this binge and purge addiction over the years. There were periods when I would white knuckle it and be ale to stop doing it, but it was always there. It was so horrible, I spend days planning my binges, what I would eat, and how and where I would get rid of it. I also would hit the gym for 3 hour workouts. My knees and ankles were in so much pain, but I just kept working out...

Just a little mental gymnastics will help you through the tough points, hope it helps.

Richard-
con Wrote:
I'm just wondering what the price comparison between meat, cheese and eggs is where you live. Where I live in N Calif. I buy meat under $2.00/lb.-often it's $1.49/lb. whereas cheese is $3-4/lb. and eggs are $2.00/dozen(don't know the weight). Just wondering if it's possible to figure out the price advantage per lb. of each food?

I haven't tried to figure that out. I mostly eat ground beef and rarely pay more than .99 pound for it marked down. But, you have to consider that you lose 25% of the weight of meat with cooking. With cheese and eggs, you get 100% of what you start out with. Maybe I'll sit down one day and work out the cost for each cheeseburger, ounce of cheese and egg. The last time I looked at eggs, they were just under $2.00 for 18 and I've been buying cheese on sale for $1.67 for 8 ounces. I stock up when I can get good prices like that.

I had a very nice splurge yesterday. I found a package of three big ribeye steaks marked down to $2.59 pound because it was going to expire. The whole package only cost me $6.00 and change. I cooked them up yesterday afternoon and we'll get several meals out of them. My husband and I each had half of one for our lunch and I had small pieces off another one a couple times last night. There is still one whole steak and a small part of another one left for today.

tweety Wrote:
Just wondering if you've ever tried fried cheese? It is quite tasty and is great for a "crispy" snack. I usually mix several types of cheese - cheddar, monterey Jack, Mozzerella. I think I got this idea from an "epileptic ketosis diet".

I assume you're talking about cheese crisps. If so, I've had them many times and they're really good. However, I find that an ounce chunk of cheese is more satisfying when I'm feeling hungry. I'm not sure why that is. I enjoy the crisps when I want something snacky and crunchy but "raw" cheese works better when I need to satisfy hunger.

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RE: Zero Carb / Meat and Water - montmorency - 08-27-2008 06:41 AM

MAC Wrote:
As the former president of the University of Chicago Hutchins said: "When I think about exercising I lay down until the feeling passes".

:-) My father-in-law's version of that was: "I get all the exercise I need walking to the funerals of my friends who take exercise...". He lived to be 90 BTW. (Having said that, I feel his quality of life in the last 15 years might have been higher had he actually taken a little more exercise).

Regards,
Mike

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RE: Zero Carb / Meat and Water - FormerDonutJunkie - 08-27-2008 07:05 AM

Linda, I am constantly looking for Chuck Eye Steaks since they are marbled like a ribeye but at about half the cost normally. They are hard to find because there just aren't that many of them in a cow. However, the butcher at Ingle's where we like to buy meat told me watch for Chuck Roasts to be on sale, because then is when they have quite a few Chuck Eyes.
Chuck eye is our absolute favorite as well! I buy them all out when I find them.

FormerDonutJunkie Wrote:
Linda, I am constantly looking for Chuck Eye Steaks since they are marbled like a ribeye but at about half the cost normally. They are hard to find because there just aren't that many of them in a cow. However, the butcher at Ingle's where we like to buy meat told me watch for Chuck Roasts to be on sale, because then is when they have quite a few Chuck Eyes.
That explains why I don't see them very often. I look for them every week but I rarely find them on sale or marked down when they do have them. They're charging about $3.99-4.99 pound for them lately and that's more than I can afford.

PRICES:

1 pound hamburger regular price $2.50lb
1 pound hamburger marked down 99¢lb
1 slice American cheese 16¢ ($3.79 for 16oz pkg)
1 egg .13 ($2.36 for 18)
1 tablespoon butter 8¢ ($2.69lb)
1 ounce cheddar cheese 31¢
1 ounce cheddar cheese on sale 21¢

MEALS:

8 ounce burger with one slice American cheese (marked down meat) - 66¢
8 ounce burger with one slice American cheese (regular price meat) - $1.41
8 ounce plain burger (marked down meat) - 50¢
8 ounce plain burger (regular price meat) - $1.26
4 ounce plain burger (marked down meat) - 25¢
4 ounce plain burger (regular price meat) - 63¢
2 eggs cooked with 1 tablespoon butter - 34¢
3 eggs cooked with 1 tablespoon butter - 47¢
1 ounce cheddar cheese (regular price) - 31¢
1 ounce cheddar cheese (sale price) - 21¢

As long as I can get my ground beef marked down, the burgers seem to be the best value for the money
because they are more filling and satisfying than either eggs or cheese. The cheese may be a better value than the eggs because an ounce of cheese fills me up better than a couple of eggs do. Either one makes a light meal for me. Eating a 4 ounce hamburger patty would be slightly more filling than either the eggs or the cheese and the cost is very similar. I don't usually bother to put American cheese on a half of a patty so I haven't included the cost for cheese on those.

Quite often my daily menu will be two half pound cheeseburgers and an ounce of cheese. That menu comes in under $2.00 per day which seems very affordable to me. If I eat one cheeseburger, a couple of eggs and two ounces of cheese for my daily menu, that's still well under $2.00 per day.

**RE: Zero Carb / Meat and Water** - cbnebraska - 08-27-2008 07:29 AM

Wow, LindaSue, that's some bargain planning. $2 a day? Plus, I can't believe you aren't hungry on that menu. Amazing. I'd be thinking about food ALL the time on that. Are the rest of you eating that light? I know we're supposed to eat to appetite and eat to be full for 5-6 hours, so that's what I'm doing, but it sure takes more than a half pound of hamburger each day... Yikes..

**RE: Zero Carb / Meat and Water** - nyteez - 08-27-2008 07:47 AM

I am eating about 1/3 lb ground beef w/ about 2 oz of breakfast sausage for breakfast (and added fat) Then I don't eat for 10 hours! And I will have a pork chop, ribeye, chix thigh, meatloaf or whatever for dinner. And that's it! I am just not hungry anymore.

**RE: Zero Carb / Meat and Water** - deedum - 08-27-2008 07:54 AM

feckless Wrote:
nyeez Wrote:
Are you eating eggs?

hey thanks for the encouragement nyteez! i do eat an occasional egg, i feel i've given up so much (and i don't want to get into such feelings of deprivation all at once that i give up) so i'm kinda needing that egg right now, but if nothing changes soon, i guess the egg has to go. i have not been able to exercise pretty much at all since i started ZC over a month ago. i have no energy, zero, i go from bed to couch to bed everyday. (good thing i work at home!) i try to have faith and keep waiting for the day that people describe when i wake up and feel like a new me! but it's hard.

Poor Feckless! Don't worry, I was where you are now just a few weeks ago. Hang in there!

I was 6 months of very low carb and 5 weeks on ZC before I got my energy back and started loosing weight. I had below normal energy levels that whole time! I am your age too.

I also teach kickboxing and yoga 4 times a week and it was killing me. I gained weight last year eating a sloppy Zone Diet despite teaching so many classes. When I started VLC in January I had to drop the little bit of weight training I was doing because I was so fatigued.

I am only 5' and weight 130. My pants are a bit looser now but the scale has barely moved. But my energy is great now and I can teach all my classes and weight train a couple days a week AND walk my dogs everyday AND walk the dogs at my local animal shelter for 2 hours once a week!
Keep on doing what your doing, Feckless. Add fat to your meat (that helped me a lot with energy), pay attention to how you feel after things like coffee, eggs, sugar-free stuff, gum. When I have those things I feel a definite drop in blood sugar and get very hungry. So I've cut them out except for my morning coffee. I eat breakfast right after anyway.

Don't give up! Us 40-sumthin's gotta stick together and support each other!

Deanna

---

RE: Zero Carb / Meat and Water - FatGirlOnAtkins - 08-27-2008 07:55 AM

Charles Wrote:
MAC Wrote:
I would like to know how she cut her finger. She could need a tetanus shot. Your supposed to get those every 10 years or so.

That's the question of the day. How did you cut your finger? I didn't even think of that...

I didn't even realize I had cut my finger. I must have while I was washing dishes. It was a tiny cut... and in the morning it was swollen and painful. It just got worse after that.

RE: Zero Carb / Meat and Water - deedum - 08-27-2008 07:56 AM

deedum Wrote:
feckless Wrote:
nyteez Wrote:
Are you eating eggs?

hey thanks for the encouragement nyteez! I do eat an occasional egg, I feel I've given up so much (and I don't want to get into such feelings of deprivation all at once that I give up) so I'm kinda needing that egg right now, but if nothing changes soon, I guess the egg has to go. I have not been able to exercise pretty much at all since I started ZC over a month ago. I have no energy, zero, I go from bed to couch to bed everyday. (good thing I work at home!) I try to have faith and keep waiting for the day that people describe when I wake up and feel like a new me! But it's hard.

Poor Feckless! Don't worry, I was where you are now just a few weeks ago. Hang in there!

I was 6 months of very low carb and 5 weeks on ZC before I got my energy back and started losing weight. I had below normal energy levels that whole time! I am your age too.

I also teach kickboxing and yoga 4 times a week and it was killing me. I gained weight last year eating a sloppy Zone Diet despite teaching so many classes. When I started VLC in January I had to drop the little bit of weight training I was doing because I was so fatigued.

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feel a definite drop in blood sugar and get very hungry. So I've cut them out except for my morning
coffee. I eat breakfast right after anyway.

Don't give up! Us 40-sumthin's gotta stick together and support each other!

Deanna

I did read that you are 41, right? I hope that was you...🤔

---

**RE: Zero Carb / Meat and Water - poo123 - 08-27-2008 08:34 AM**

cell just checking in. Things are good, I am down 1 of the 3 lbs that damn sausage put on me. I am
eating like usual once in the morning (chuck steak) and once in the evening (chuck steak) so all in all I
know the weight will start to come off again just waiting for the old bod to get it together.....I am very
patient lately......alison

---

**RE: Zero Carb / Meat and Water - waywardsister - 08-27-2008 08:52 AM**

I'm on my way out so this is a bit of a drive-by post, but I've been wondering lately about why some
people feel better (or best) on VLC/zero carb while others feel crappy. The number of ppl here who've
had to drop eggs from their diet made me think that it could be food allergies/intolerances - those of us
who have them, for whatever reasons (leaky gut, etc) do better eating this way.

Eggs are one of the 'Sensitive Seven', the most commonly problematic foods, as are dairy (usually cow),
wheat, soy, corn, peanuts (though I would add most legumes to the list) and sugar. All have carbs, yes,
but others have proteins that many people are sensitive to...and I am really starting to wonder if for at
least some of us here, it's more than the carbs that are causing the trouble.

Then there are food chemical reactions, too numerous to list, that give ppl problems with vegetables and
fruits as well. So perhaps we're just a bunch of reactive people!

---

**RE: Zero Carb / Meat and Water - feckless - 08-27-2008 09:41 AM**

deedum Wrote:
I did read that you are 41, right? I hope that was you...🤔

i'm 42! soon to be 43. that's why i gotta figure this out NOW. i will NOT spend the second half of my
life running around the same loop with food/addiction. i call it my 'hamster wheel' and i wanna get off.
thanks for your encouragement.

---

**RE: Zero Carb / Meat and Water - montmorency - 08-27-2008 11:31 AM**

waywardsister Wrote:
I'm on my way out so this is a bit of a drive-by post, but I've been wondering lately about why some
people feel better (or best) on VLC/zero carb while others feel crappy. The number of ppl here who've
had to drop eggs from their diet made me think that it could be food allergies/intolerances - those of us
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I'm sure there is something in that. We all know people who seem to be able to eat anything and everything and suffer no ill effects.

It could be that a low/very low carb diet is something that approximates to an ideal diet for a substantial number of people ... not necessarily everyone, because it eliminates most of the problem foods.

In a similar way to the way that a low-calories diet can approximate to an at least "ok" diet, because it reduces carbs as well, for those who find carbs problematic - and it seems clear that not everyone does find them problematic.

Regards,
Mike

---

RE: Zero Carb / Meat and Water - Charles - 08-27-2008 11:47 AM

daveo Wrote:
I have to chime in here to say that I have WAY more than 30 lbs to lose, but ever since I keto-adapted I've been going hiking every morning.

Well, that's the thing. Generally, I say don't exercise until you feel like it. You obviously feel like doing what you do and I think that's a very good thing. I just hate the situation where they tell obese people to just get up and run a marathon and then all their troubles will vanish. I don't buy that garbage for a second.

When you begin to more efficiently burn fatty acids instead of storing them then I think that will motivate you to move more and exercise will take care of itself. I'm just against putting the cart before the horse, that's all. People move more and eat less because they efficiently mobilize their fat. Those who don't, move less and store more of what they eat (which is surprisingly not much more than the lean).

Regards,
Charles

---

RE: Zero Carb / Meat and Water - FormerDonutJunkie - 08-27-2008 11:50 AM

montmorency Wrote:
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Regards,
Mike

I'm one of those substantial number of people for whom LC works as the ideal diet! And yes, elimination of problematic foods, aka carbs, is what works best for me. Moderation may work for some folks but not for me, as it sets in motion a perpetual craving machine inside me. Carbs are a cruel taskmaster so why not break totally free from them?

RE: Zero Carb / Meat and Water - cbnebraska - 08-27-2008 12:06 PM

FormerDonutJunkie Wrote:
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Amen!! This describes me exactly!!

I actually think there are fewer people for whom carbs actually "work", but many people are determined that a "balanced diet" is what's right. Since they have such strong held beliefs, I just don't bother to try to explain myself anymore. They see what I eat, they look at me, they see my physique, but yet they just know I'm killing myself from the inside somehow. There are few people who really truly want to know, most just want to say "I could never...". I've finally learned, after 9 years of low carbing and trying to convince everyone it's the right way, to say "I'm sure you're right. You should do what works for you." Never mind they're complaining because what they're doing obviously doesn't work for them. You would have thought I told them I eat and then throw up. Many people would rather hear me say - I just have great willpower and I can stand to be hungry for hours on end. It would make them feel better.

RE: Zero Carb / Meat and Water - FormerDonutJunkie - 08-27-2008 12:23 PM

cbnebraska Wrote:
FormerDonutJunkie Wrote:
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I totally agree as I'm not on a crusade to change everyone's way of eating either. Some give me 'the look' when they see what I eat, others speak a questioning remark and some could care less. Then there's the 'naysayers' who read you the riot act for 'eating all that meat'. Funny they never were concerned when I was woofing down a dozen donuts. Did they not see that as damaging? Anyhow, it's not worth the argument cause you ain't gonna change those folks anyhow. Best thing to do is just to go on enjoying your steak and grin from ear to ear. Besides when you just grin real big...people think your up to something! 😊

---

**RE: Zero Carb / Meat and Water - LindaSue - 08-27-2008 12:24 PM**

cbnebraska, if I don't eat two half-pounders per day, I usually have some other kind of meat such as chicken or pork. I do eat more than just 1/2 pound of meat per day. I probably could eat more than I'm eating but I know that my little body doesn't need that much food. I eat as much as I need to keep from being hungry but not much more than that.

waywardsister, I don't know if I have an egg allergy or not but they often make me feel a little nauseated after eating them. I never liked them as a kid for that reason and just learned to eat them this past year. It seems like around the time I finally started to halfway enjoy eating eggs, I read on here that they can stall weightloss.

Did you all watch Jimmy's YouTube from yesterday's FitCamp? I was happy to hear what Isabeau said about "calories in = calories out" and how over training wasn't a good thing.

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**RE: Zero Carb / Meat and Water - MPT - 08-27-2008 01:02 PM**

Hello! I'd like to introduce myself as a new meat-and-water dieter. I'd never participated in any forum before and only wanted to lurk and learn from others' experiences (I read your entire thread over the span of several days!), but had to register to this one because I came across information in "Protein Power" that MIGHT shed light on why some of us, including me, are feeling so fatigued on this diet.

Previously I bought grass-fed meat, which was great when I was watching calories, but now I want fatty meat on my new diet! I recalled that the Eades wrote a recipe in "Protein Power" (which I read 5 years ago) for making lean cuts of meat juicy and succulent, and I wanted to try their method so I could make the grass-fed meat fattier while I use up my supply. In searching for that recipe, I came across the following passages that may interest my fellow fatiguers.

From Protein Power:

"Are You Sensitive to Arachidonic Acid?
The main symptoms associated with too much AA (or sensitivity to it) are:
- chronic fatigue
- poor or restless sleep
- difficulty awakening or grogginess upon awakening
- brittle hair
- thin, brittle nails
- constipation
- dry, flaking skin
- minor rashes

"Arachidonic Acid:
Nature Throws Us a Curve"

"Arachidonic acid is one of those curves nature loves to throw at us just to keep from being able to wrap everything up nicely and simply. Arachidonic acid (AA) is a fatty acid essential to life but also incredibly destructive in excessive amounts. Lab animals injected with large amounts of all other fatty acids go on about their business with no apparent ill effects -- those injected with arachidonic acid are dead within moments. AA is made in the eicosanoid synthesis pathway and is the immediate precursor of the bad eicosanoids. If you keep your insulin down and your glucagon up, you should make very little arachidonic acid, but -- and here's the curve -- arachidonic acid doesn't come from just the eicosanoid pathway; it also comes in directly via the diet. Unfortunately, the dietary variety can also transform into bad eicosanoids. So, you may be asking, I can do everything right, watch my carbohydrate intake, keep my insulin down, and still be sabotaged by dietary AA? Yes, but only if you're particularly sensitive to arachidonic acid and eat a large amount of it."

"AA is found in all meats, especially red meats and organ meats, and in egg yolks. It probably hasn't escaped your notice that these foods are the same ones that most people identify as being loaded with fat and cholesterol. Despite popular opinion, though, it's not the saturated fat and cholesterol that cause most of the problems associated with these foods: it's their arachidonic acid content -- for those are are sensitive to it."

"The AA in meat is located both in the muscle tissue and in the fat. The quantities are higher in red meat because red meat has more fat, which, at least in today's domestic feedlot animals, contain high levels of AA. Animals have the same eicosanoid synthesis cascade that we do, and when they are grain-fed and fattened, the high-carbohydrate grain stimulates their insulin just as it does ours. Fats are stored in fatty tissue in the same ratio that they occur in the blood, so cattle -- and people -- having large quantities of circulating AA will store large quantities as well. The good news is that range-fed cattle and wild game have much less fat to begin with, and what fat they have contains little AA. You can add wild game to your diet by following in the footsteps of your ancestors and bagging it in the field or by purchasing it from one of the purveyors listed in the appendix. But the easiest first step in avoiding dietary AA is to avoid as much visible fat as possible on your meat, especially red meat."

"Does this mean you should avoid beef entirely if you're sensitive to arachidonic acid? Not at all. Here are a couple of techniques that will decrease the amount of AA you get in the beef you eat. First, after you trim as much of the visible fat as you can, grill your steaks. This method of cooking reduces the amount of AA in beef by about 35 percent. You can also follow our favorite way to marinate a steak that is not only healthful but actually makes the beef taste better -- we've provided that method in the box on page 352. Most alterations you make in the foods for health reasons really take a toll on taste, but not this technique for steak. The only drawback is that it takes a little advance preparation, so it doesn't work for spur-of-the-moment meals."

"No advance work is necessary to decrease your arachidonic acid consumption from egg yolks. Make omelets using one or two whole eggs and the remaining egg whites. Or use one egg and add ricotta or tofu to scramble it. Try to remove yolks from egg recipes as much as you can because the yolks are very high in arachidonic acid. If you must eat a lot of eggs and you're AA sensitive, add some fish oil to your
"What about sauteing and frying? You now know how the trans fatty acids in margarine prevent the building blocks from getting into the eicosanoid production pipeline, so we want you to avoid margarine. Many polyunsaturated fats undergo a trans alteration during the high temperatures required for panfrying, so your health will also be best served by avoiding those. We need heatable fat that also imparts great taste, and the substance that fits the bill is butter."

The parts about ecoisanoid went over my head, so I ignored those for now. I disagree with the authors about using tofu or any other soy products -- bad stuff, in my experience. But what they said about AA is intriguing, because I've been feeling fatigued and unusually staying up nights tossing and turning, so I'm willing to consider that I might be sensitive to AA. In the next 3 days I'll eat mostly fish or grass-fed meat to see if my symptoms will have improved.

At least I hope the above information might be of use to some of you fellow sufferers.

Regards,
MPT
discard the marinade, rub the beef with some pepper or other spices to your taste, then grill it. You won't believe the taste. The wine acts as a solvent to leach out a fair amount of the saturated fat in the steak, which is replaced in part by the monounsaturated fat in the olive oil or other oil you use. These oils permeate the steak, giving it a juicy, succulent taste that you have to experience to believe -- and make it more healthful to boot. You can use this technique with roasts as well. You won't get quite the same arachidonic acid decrease you will with the steak because you will be roasting the meat instead of grilling. Roasts taste even better if you make cuts all over the meat and insert slivers of garlic."

I'll experiment with coconut oil and lard from pastured pork to see which works better. I'm betting that coconut oil would taste great with pork!

Regards,
MPT

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**RE: Zero Carb / Meat and Water - Charles - 08-27-2008 01:19 PM**

montmorency Wrote:
In a similar way to the way that a low-calories diet can approximate to an at least "ok" diet, because it reduces carbs as well, for those who find carbs problematic - and it seems clear that not everyone does find them problematic.

That would be great if all carbs provided was weight gain in some people. However, we know that carbs provide all the other diseases of civilization often without the weight gain symptom. It's difficult to tell what effect carbs have on an individual and weight is the most unreliable one. Remember, 1 in 5 get fat but 1 in 2 get cancer!

Regards,
Charles

---

**RE: Zero Carb / Meat and Water - Charles - 08-27-2008 01:27 PM**

MPT Wrote:
"Trim all the visible fat from the steak, then place it in a large resealable plastic bag along with a mixture of 1 cup of red wine and 1 cup of olive oil or light sesame oil (or any other oil you like as long as it contains no ALA). MPT

Welcome to the forum, MPT! If you've read this post over a few days then you must know that this is the very LAST thing that any of us would do. Trim the visible fat from a steak? Are you kidding, we go to elaborate lengths to add fat to steaks. In fact, many of us have raided our local butchers and they've been more than happy to give us whole bags of fat for free that they have criminally trimmed from their steaks.

As MAC said, we've already visited the AA train and it has left the station.

Despite that, we do want to welcome you to the forum and hopefully you'll continue to post your experiences with eating and enjoying a high-fat diet.

Regards,
RE: Zero Carb / Meat and Water - waywardsister - 08-27-2008 01:33 PM

LindaSue Wrote:
waywardsister, I don't know if I have an egg allergy or not but they often make me feel a little nauseated after eating them. I never liked them as a kid for that reason and just learned to eat them this past year. It seems like around the time I finally started to halfway enjoy eating eggs, I read on here that they can stall weightloss.

See, and I wonder if the weight stalling is an egg intolerance or an extreme sensitivity to carbs - personally, I'd suspect an egg intolerance first. Lots of ppl have trouble with the proteins in the white, some have problems with the yolk as well. And if a reaction is slight - say some bloating or minor nausea - it's often hard to even notice until other reactive foods have been removed from the diet. With eggs, intolerance makes sense (to me) from an evolutionary standpoint, as they'd not likely have been a huge part of our diets pre-agriculture...and even when they did become more common, hens were free range, running around eating bugs and stuff, and the eggs were eaten fresh from the coop - could make a difference?

Eating disorders (some of you mentioned struggling with them in the past) have also been linked to food intolerances.

Shed the water weight from my over-carb weekend...I swear all I did for the past two days was go to the bathroom!

RE: Zero Carb / Meat and Water - nyteez - 08-27-2008 04:31 PM

Quote:
With eggs, intolerance makes sense (to me) from an evolutionary standpoint, as they'd not likely have been a huge part of our diets pre-agriculture...and even when they did become more common, hens were free range, running around eating bugs and stuff, and the eggs were eaten fresh from the coop - could make a difference?

nope....I raise my own chickens. My fresh bug eating chicken eggs made me tired.

RE: Zero Carb / Meat and Water - nyteez - 08-27-2008 04:32 PM

Charles Wrote:
they have criminally trimmed from their steaks.

criminally trimmed! Ain't that the truth! LOL!

RE: Zero Carb / Meat and Water - lynnhopes - 08-27-2008 05:19 PM

Does that mean you all actually eat the fat that goes around the edge of the steaks?
All,

I've read through this thread twice now and if nothing else, Charles' disposition alone should be more than ample evidence you are all on the right path. He is the real deal.

I've also studied every word BEAR has written as he has done it for 50 years.

I made the transition months ago and as I won't bore with the details, but it has been a major success, between Charles and BEAR all you need to know is here, period.

I never planned on posting, but with all PUFA, Arichidonic Acid talk lately, I feel obliged to urge you guys to read Ray Peat, in particular his article entitled Fat and Degeneration. He is borderline genius, and although not a "zero carb" guy, he puts to bed all the nonsense especially the recent I can't do his works justice so please study it for yourself, but in short grain fed will have a slightly higher omega 6 ratio than grass fed, but omega 3 is just as bad if not more volatile once inside the body. The saturated fat of beef/buffalo is such that you don't have to worry about the trace amounts of PUFA's due to the high saturated/monounsatuated fat content.

I took some of his advice and stopped all the salmon, sardines, fish oil and chicken fats (high percentage of PUFA) stuck with all beef/fat and years of inflammation on face/skin disappeared.....

SO much for beef fat causing the AA. It did just as Ray Peat claims, removes the poisonous AA replacing with anti-inflammatory Mead Acid.

I think this is why the BEAR talks about beef/fat and water as all that is really needed. Some chicken, pork now and then won't hurt, but the more PUFA's the more inflammation. Once these combine with sugar its a firestorm inside the body. Saturated red meat has the opposite effect. Amazing

Sorry for the length, but all the answers you guys are searching for are on his site I guarantee it.

PS- Interesting how the study a few posts ago claims the cows store the AA based on a grain diet, yet humans get AA from meat??????? Could it maybe have come from humans eating the same diet as the cows, genius?????

---

sean Wrote:
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between Charles and BEAR all you need to know is here, period.

I think this is why the BEAR talks about beef/fat and water as all that is really needed.

Who is BEAR and where can I find out more about him - I've read a lot about and from Charles 😊

Thank you,
T
lynnhopes Wrote:
Does that mean you all actually eat the fat that goes around the edge of the steaks?

What else would you do with it? I did that even when I wasn't low carbing, it's the best part of the steak!

RE: Zero Carb / Meat and Water - daveo - 08-27-2008 05:39 PM

tweety Wrote:
sean Wrote:
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between Charles and BEAR all you need to know is here, period.

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Who is BEAR and where can I find out more about him - I've read alot about and from Charles 😊

Thank you,
T

When you have a few days to read, click here 😊

Edit: I'm not sure you are allowed to put links to other forums here. Google "the real human diet" though, and you'll find it.

RE: Zero Carb / Meat and Water - MAC - 08-27-2008 05:46 PM

daveo Wrote:
lynnhopes Wrote:
Does that mean you all actually eat the fat that goes around the edge of the steaks?

What else would you do with it? I did that even when I wasn't low carbing, it's the best part of the steak!

The problem these days is the idiotic low fat movement has the butchers trimming all the fat away on a lot of cuts. And the ranchers raise beef & pork to be leaner. Idiot low fat know nothings.

And here is the concise version of BEAR:
http://activenocarber.myfreeforum.org/Concise_Bear_about1646.html

RE: Zero Carb / Meat and Water - feckless - 08-27-2008 05:48 PM

Got lab results and i think it scores one for high fat...

Lipids:
LDL = 197
HDL = 79
TRG = 56

**LDL Particle Numbers nmol/L:**
LDL-P Number = 1129 *this was flagged as greater than optimal
small LLDDL-P = 0

**Metabolic Syndrome Markers:**
LDL Particle size 22.6 nm
Large HDL-P = 18.6 umol/L
Large VLDL-P = .3 nmol/L

while the lab report shows that most of the numbers fall in the 'low risk' range, i'm not really sure how to interpret the particle size and metabolic syndrome numbers, so if anybody has a clue, or knows a resource to help me interpret these, please chime in! i got my doc to agree to particle size tests to assess my risk as she was pushing statins based on cholesterol levels alone. i want to be able to tell her intelligently why i don't need statins when i go back in.

---

**RE: Zero Carb / Meat and Water - nyteez - 08-27-2008 06:07 PM**

Quote:
Does that mean you all actually eat the fat that goes around the edge of the steaks?

Oh Yes! and then some!

**RE: Zero Carb / Meat and Water - Living_healthy - 08-27-2008 06:28 PM**

nyteez Wrote:
Quote:
Does that mean you all actually eat the fat that goes around the edge of the steaks?

Oh Yes! and then some!

**DITTO!!!!**

---

**RE: Zero Carb / Meat and Water - FormerDonutJunkie - 08-27-2008 06:38 PM**

lynnhopes Wrote:
Does that mean you all actually eat the fat that goes around the edge of the steaks?

Absolutely! Mine and anyone else at the table that doesn't want theirs!

---

**RE: Zero Carb / Meat and Water - MAC - 08-27-2008 08:06 PM**

feckless Wrote:
Got lab results and i think it scores one for high fat...

**Lipids:**
LDL = 197
HDL = 79
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See this link: [http://heartscanblog.blogspot.com/](http://heartscanblog.blogspot.com/)

Your HDL and TG numbers are really good BTW. You also don't need statins period. They are only effective and minimally at that for men under 55 who have PROVEN heart disease. Let your doctor respond to that. They are all statin happy these days.

See this link as to why HDL and TG are better predictors for heart disease: [http://www.medscape.com/viewarticle/551425](http://www.medscape.com/viewarticle/551425)

Also see this link: [http://www.drsears.com/tabid/399/itemid/12514/LDLP-Tests.aspx](http://www.drsears.com/tabid/399/itemid/12514/LDLP-Tests.aspx)

"The TG/HDL is not only a good indication of the LDL particle size but also of the degree of insulin resistance."

Interesting. I have never heard of the TG/HDL ratio as a measure of the degree of insulin resistance.

---

RE: Zero Carb / Meat and Water - jeepifer - 08-27-2008 10:28 PM

Yes the tg/hdl ratio is a good IR marker, but once you start low carb it is erroneous b/c your tris drop but your IR isn't "instantly" better. 😐

---

RE: Zero Carb / Meat and Water - MAC - 08-28-2008 02:57 AM

jeepifer Wrote:
Yes the tg/hdl ratio is a good IR marker, but once you start low carb it is erroneous b/c your tris drop but your IR isn't "instantly" better. 😐

I wonder why he even says this then but then this is Mr. Zone, Dr. Sears, and he recommends a 40% carb diet. I fail to see the connection myself as to how this ratio is an IR marker.

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RE: Zero Carb / Meat and Water - jeepifer - 08-28-2008 04:58 AM
I don't understand all the science behind it personally, but I got to sit in a presentation a month or so back where a doctor was discussing different factors of coronary artery disease, and a relation to diabetes, like waist circumference vs. BMI, etc. The upshot was they didn't have much difference. But the degree of insulin resistance did, and one of the ways they "test" for this is to look at the TG/HDL ratio. I'll look at work and see if I still have the pdf of the presentation -- it was very interesting. Unfortunately I didn't get a chance to ask the Doc about low TG levels with low carb.

RE: Zero Carb / Meat and Water - suzanneyea - 08-28-2008 05:00 AM

I am another who totally does not get the science part of all this, nor do I seem to have any interest in learning. I do know that I go to the doctor every year and he says my blood work is just about perfect and I have no health issues. Good enough for me.

RE: Zero Carb / Meat and Water - lynnopes - 08-28-2008 05:17 AM

FormerDonutJunkie Wrote:
Absolutely! Mine and anyone else at the table that doesn't want theirs!

This must be a cultural thing. My carnivore brothers love their meat but never eat the fat. I have never seen anyone eat the fat on a steak ever. I love high fat and choose as high a fat steak as possible but I could never get myself to eat the grizzle. Ugh!!

Here FDJ take mine, you can have it 😊

RE: Zero Carb / Meat and Water - Wolfmama - 08-28-2008 06:32 AM

I am so Tired tonight, I know I work night shift but I feel like a tractor ran over me. I have been eating chicken breast meat didnt bring any extra fat to go with it, could that be why? I have been feeling great on my near zero carb and so I broke down and had a protein shake (net carbs 3) to give me some life. (I didnt think I could go to the lunch room and ask for a half cup of butter/ hold the toast......) any other ideas?

RE: Zero Carb / Meat and Water - waywardsister - 08-28-2008 06:46 AM

nyteez Wrote:
nope....I raise my own chickens. My fresh bug eating chicken eggs made me tired.

Thanks Dana - interesting.

lynnopes Wrote:
Does that mean you all actually eat the fat that goes around the edge of the steaks?

Yep! Always. Not the tough, gristly stuff, if that's what you're thinking of? The white, soft fat that crisps up nice in the pan and holds all the flavour 😊

sean Wrote:
I can't do his works justice so please study it for yourself, but in short grain fed will have a slightly higher omega 6 ratio than grass fed, but omega 3 is just as bad if not more volatile once inside the body. The saturated fat of beef/buffalo is such that you don't have to worry about the trace amounts of PUFA's due to the high saturated/monounsaturated fat content.

Hi Sean! I'll have to take a look at Ray Peat's stuff. Always looking for more info. I go back and forth on the whole omega 6/3 thing. Currently taking fish oil supps, but honestly wonder if I really need them, especially now that I've found a source of beef fat to render! The farmers I buy beef from will bring me bags of trim - they usually feed it to their cats. I'll have to be nice and give mine a little of it too, I suppose. Spoiled pusses that they are.

I keep hearing about Ray Peat here and there - who is he, exactly? I've read a couple of articles of his, but know nothing about him. Is he a reliable source?

The Bear thread is REALLY something else. A worthwhile, if lengthy, read.

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RE: Zero Carb / Meat and Water - Charles - 08-28-2008 06:59 AM

lynnhopes Wrote:
Does that mean you all actually eat the fat that goes around the edge of the steaks?

Not only do we eat that, but we may dip it in liquid fat (you get more fat via liquid than you do when it's solid), and even cook up some fat of our own to eat along with the steak!

Regards,

Charles

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RE: Zero Carb / Meat and Water - Charles - 08-28-2008 07:02 AM

sean Wrote:
I've read through this thread twice now and if nothing else, Charles' disposition alone should be more than ample evidence you are all on the right path. He is the real deal.

Thanks, Sean, for the kind words and welcome to our forum. Please don't just lurk because we all benefit from your experience regardless if we "heard it all before!" I can't speak for others, but I can hear zero-carb success stories over and over again!

Best regards,

Charles

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RE: Zero Carb / Meat and Water - Charles - 08-28-2008 07:07 AM

feckless Wrote:
**Lipids:**

- LDL = 197
- HDL = 79
- TRG = 56
LDL Particle Numbers nmol/L:
LDL-P Number = 1129 * this was flagged as greater than optimal
small LLDL-P = 0

Metabolic Syndrome Markers:
LDL Particle size 22.6 nm
Large HDL-P = 18.6 umol/L
Large VLDL-P = .3 nmol/L

Feckless, these are works of art! You should be very proud. That HDL is fantastic and the triglycerides are low. That means you're doing exactly what you're supposed to be doing. The LDL particles are big and fluffy, not the small and dense VLDL. This shows that high fat does not clog your arteries. When you eat carbohydrates, you have more VLDL (very low density lipoproteins) and these are the ones that put holes in your arterial walls. Fat comes to try to clean up the mess and gets blamed for "clogging" the arteries when it's just there to help. It's kind of like blaming the firemen for putting out the fire!

Rest assured, you don't need any cholesterol-lowering, statins, or anything of the kind. Your lipid profile is otherworldly and you have nothing to fear.

And no, I'm not a doctor, but you can read Taubes, Dr. Ravnskov, Dr. Kendrick and many others and they will tell you the same thing.

Regards,
Charles

RE: Zero Carb / Meat and Water - LindaSue - 08-28-2008 07:24 AM
Welcome, sean.
linnhopes Wrote:
Does that mean you all actually eat the fat that goes around the edge of the steaks?
Of course, assuming that they haven't trimmed it all off, which is very likely. When I was a kid, steaks always had a rim of fat around them and it was my favorite part. The fat is not the same thing at gristle, which I don't eat.

RE: Zero Carb / Meat and Water - Dwayne - 08-28-2008 07:27 AM
I love fat on ribeyes. My parents and now my wife have always wondered where all the fat goes on the steak when I am eating since they think it is inedible. However... Gristle is gross.

RE: Zero Carb / Meat and Water - cbnebraska - 08-28-2008 07:34 AM
Wolfmama Wrote:
I am so Tired tonight, I know I work night shift but I feel like a tractor ran over me. I have been eating chicken breast meat didn't bring any extra fat to go with it, could that be why?

Absolutely!! I find I get the same way if my protein is too lean. An idea could be to keep a jar of
coconut oil at work. It's not an animal product, but the group has determined it to be a good substitute when left with no other option. I need to take my own advice because I just did the same thing yesterday. Not enough fat and no access to any here at work.

I want to add to the questioning here - but only to the ladies. (Guys, I'm sorry, but you can stop reading now if you're the embarrassed type.) The last 2 days I too have felt pretty lifeless - all after I just said I hadn't felt the low energy issues. I evaluated my fat intake and do believe I had shorted myself, but I also noted on my little calendar that it is my dreaded week before my TOM. Normally, I get a little "poor me" ishness and have very little patience, but hadn't really noticed low energy before. My question is - do you find that you need more fat to maintain energy during your hormonal span? Fortunately, it generally only seems to last about 3 days, then once things actually get rolling I'm less emotional. (Plus, I have that great week afterwards to look forward to when I'm at my thinnest and very full of energy.) I'm guessing we're all very individual, but am mostly wondering about the upping of fat during those hormonal days?

Thanks!
Cynthia

RE: Zero Carb / Meat and Water - LindaSue - 08-28-2008 07:45 AM

cbnebraska Wrote:
My question is - do you find that you need more fat to maintain energy during your hormonal span? Fortunately, it generally only seems to last about 3 days, then once things actually get rolling I'm less emotional. (Plus, I have that great week afterwards to look forward to when I'm at my thinnest and very full of energy.) I'm guessing we're all very individual, but am mostly wondering about the upping of fat during those hormonal days?

I honestly have never noticed a change in energy at certain times of the month. On the other hand, at my time of life, I never know when TOM is going to show up so I have really wouldn't know when those days might be if I were to get them and I couldn't be sure that they were anything to do with my TOM.

RE: Zero Carb / Meat and Water - montmorency - 08-28-2008 07:51 AM

waywardsister Wrote:
LindaSue Wrote:
waywardsister, I don't know if I have an egg allergy or not but they often make me feel a little nauseated after eating them. I never liked them as a kid for that reason and just learned to eat them this past year. It seems like around the time I finally started to halfway enjoy eating eggs, I read on here that they can stall weightloss.

See, and I wonder if the weight stalling is an egg intolerance or an extreme sensitivity to carbs - personally, I'd suspect an egg intolerance first. Lots of ppl have trouble with the proteins in the white, some have problems with the yolk as well. And if a reaction is slight - say some bloating or minor nausea - it's often hard to even notice until other reactive foods have been removed from the diet. With eggs, intolerance makes sense (to me) from an evolutionary standpoint, as they'd not likely have been a huge part of our diets pre-agriculture...and even when they did become more common, hens were free range, running around eating bugs and stuff, and the eggs were eaten fresh from the coop - could make a difference?

Eating disorders (some of you mentioned struggling with them in the past) have also been linked to food
intolerances.

Shed the water weight from my over-carb weekend...I swear all I did for the past two days was go to the bathroom!

For what it's worth, Doctor Richard Mackarness, one of the early post-war British writers in favour of low-carbs (in 1958), later went on to write about allergies, intolerances, etc. This year I found an old copy of his 1958 book, with a forward by a fairly mainstream head-honcho type medic, which said something like carbs added no nutritional value to the diet and were not necessary. As Gary Taubes writes in GCBC, at this time, these views were not even controversial. It was only later when the dogma against animal fats became widespread, that it was decided that low-carb could not square with this, and therefore had to be condemned. When I have more time, I'll quote that foreword verbatim; it's worth reading, as is the book. (Referenced in GCBC's biblio).

Regards,
Mike

RE: Zero Carb / Meat and Water - deedum - 08-28-2008 07:58 AM

cbnebraska Wrote:
I want to add to the questioning here - but only to the ladies. (Guys, I'm sorry, but you can stop reading now if you're the embarrassed type.) The last 2 days I too have felt pretty lifeless - all after I just said I hadn't felt the low energy issues. I evaluated my fat intake and do believe I had shorted myself, but I also noted on my little calendar that it is my dreaded week before my TOM. Normally, I get a little "poor me" ishness and have very little patience, but hadn't really noticed low energy before. My question is - do you find that you need more fat to maintain energy during your hormonal span? Fortunately, it generally only seems to last about 3 days, then once things actually get rolling I'm less emotional. (Plus, I have that great week afterwards to look forward to when I'm at my thinnest and very full of energy.) I'm guessing we're all very individual, but am mostly wondering about the upping of fat during those hormonal days?

Thanks!
Cynthia

Oh yeah, TOM usually brings tiredness and irritability for me. But adding fat makes it much less.

Deanna

RE: Zero Carb / Meat and Water - montmorency - 08-28-2008 08:04 AM

lynnhopes Wrote:
FormerDonutJunkie Wrote:
Absolutely! Mine and anyone else at the table that doesn't want theirs!😊

This must be a cultural thing. My carnivore brothers love their meat but never eat the fat. I have never seen anyone eat the fat on a steak ever. I love high fat and choose as high a fat steak as possible but I could never get myself to eat the grizzle. Ugh!!
I do eat the gristle, as well (or at least try); I think that I figure if I don't eat it, I might be missing out :-)

BTW, you know you are a low-carber when, you're riding along on your bike, minding your own business, open your mouth and in comes a flying insect of some description, and your first thought is "is this protein or carbohydrate, and what percentage fat would that be, oh and is it saturated?"
hm, to spit or to swallow, that is the question!
I spat! - sorry flying insect; at that point, there was nothing I could do to save your life ...

:-)

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**RE: Zero Carb / Meat and Water - lynnopes - 08-28-2008 08:12 AM**

LindaSue Wrote:
Of course, assuming that they haven't trimmed it all off, which is very likely. When I was a kid, steaks always had a rim of fat around them and it was my favorite part. The fat is not the same thing at gristle, which I don't eat.

Wow, I eat neither. It never occured to me. Does this mean I am not getting much fat with my steak even if it is the fattiest kind like a rib eye?

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**RE: Zero Carb / Meat and Water - caroline - 08-28-2008 08:19 AM**

I do what CBNebraska does when I am not going to be able to access fat. In fact I was just thinking about it since I will be out and about today. I have a small jar of coconut butter under my seat, where it won't get hot. (make SURE it is in something that doesn't leak or it will be a MESS.) And I just eat that when I need more energy and fat.

It really does work. Every morning before I eat breakfast, first thing (unless I put it off) I take a few spoonfuls of coconut oil. And it makes a complete difference when it comes to keeping me regular. I don't do coffee, so my "regularity" needs help from getting the extra fat.

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**RE: Zero Carb / Meat and Water - cbnebraska - 08-28-2008 08:21 AM**

lynnopes Wrote:
Wow, I eat neither. It never occured to me. Does this mean I am not getting much fat with my steak even if it is the fattiest kind like a rib eye?

Yes, that's probably true. You have to actually eat it or cut it off, saute it until it's liquid fat and then dip your meat into it. How are you getting your fat if you're not eating the fat off your meat? Muscle tissue is the lean portion of a steak and the white stuff is the fat. There is no fat IN the muscle tissue, only around it. If you're cutting it off, you aren't getting much fat at all. Are you a zero carber? Fat is energy, lean feeds your muscles and organs. You have to do both or you will not survive on this diet.

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**RE: Zero Carb / Meat and Water - feckless - 08-28-2008 08:30 AM**
Charles Wrote:
The LDL particles are big and fluffy

Thanks all, did anyone watch NOVAscience last night. it was about longevity and calorie restriction, the main points that caught my eye were:

1. the age 100+ people they studied had one thing in common, plenty of large fluffy HDL/LDL.
2. there is a certain gene that when triggered extends life. it can be triggered by certain survival stresses. calorie restriction is one such stress, BUT the reason calorie restriction triggers this gene is because it causes low levels of insulin, so it is lowered insulin that really triggers this gene. so my conclusion is, we are doing it the easy way!

several researchers commented that insulin is the key to enhanced genetic expression. of course, they are figuring out how to manipulate this gene directly, which will be the end of the world as we know it.

RE: Zero Carb / Meat and Water - daveo - 08-28-2008 09:00 AM

ebnebraska Wrote:
lynnhopes Wrote:
Wow, I eat neither. It never occured to me. Does this mean I am not getting much fat with my steak even if it is the fattiest kind like a rib eye?

Yes, that's probably true. You have to actually eat it or cut it off, saute it until it's liquid fat and then dip your meat into it. How are you getting your fat if you're not eating the fat off your meat? Muscle tissue is the lean portion of a steak and the white stuff is the fat. There is no fat IN the muscle tissue, only around it. If you're cutting it off, you aren't getting much fat at all. Are you a zero carber? Fat is energy, lean feeds your muscles and organs. You have to do both or you will not survive on this diet.

Does melting the fat damage or destroy the fat soluble vitamins in the fat? I try to eat at least some of my meat or fat rare to make sure I am getting the vitamins, but maybe someone with more knowledge than me can shed some light on this.

RE: Zero Carb / Meat and Water - waywardsister - 08-28-2008 09:51 AM

LindaSue, I get steaks like that! Buy from farmers when you can, I'm telling you.

Lynn, leave the fat on your meat 😊 Nature puts fat and lean together for a reason. Or yeah, trim, render and dip. If you eat veg, use the rendered fat to wilt some greens or saute veg along with your meat.

Feckless, I didn't see NOVA but I recently heard the same thing -- CR works bc it lowers insulin levels. We are doing it the easy way, IMO!

Re TOM and tiredness, I find that some months I am a little more tired than usual. Not sure why. It's nothing that really drags me down, I'm just lazier than usual 😊

RE: Zero Carb / Meat and Water - Dwayne - 08-28-2008 11:06 AM
On the subject of gristle I found the following while reading the summarized bear forum posts on another board.

The Bear Wrote:
The gristle in meat is the most precious and nourishing protein of all. A hunter without tools, in a survival mode must make a very hard choice whether to use tendon or sinew from a kill as food- or to form the back of a bow and make a bowstring. I highly recommend that you always seek out and eat any and all of the 'chewy bits'.

I still hate it though!

**RE: Zero Carb / Meat and Water - suzanneyea - 08-28-2008 12:42 PM**

The steaks in Quebec still come wrapped in fat! Sorry Americans!

**RE: Zero Carb / Meat and Water - con - 08-28-2008 01:17 PM**

suzanneyea Wrote:
The steaks in Quebec still come wrapped in fat! Sorry Americans!

I was watching Kitchen Nightmares on TV yesterday and Gordon Ramsey was trying to save a vegetarian restaurant in Paris. He was laughing at the VERY IDEA of French people being vegetarian and supporting this restaurant and interviewed several Parisians who all said NO--THEY LOVED THEIR MEAT. They wouldn't dream of giving it up.

IS THAT TRUE WHERE YOU LIVE TOO?

Just wonderin'

con

**RE: Zero Carb / Meat and Water - FormerDonutJunkie - 08-28-2008 01:18 PM**

wayward sister Wrote:
lynnhopes Wrote:
Does that mean you all actually eat the fat that goes around the edge of the steaks?

Yep! Always. Not the tough, gristly stuff, if that's what you're thinking of? The white, soft fat that crisps up nice in the pan and holds all the flavour 😊

Sister! You makin' this country boy's knees buckle talkin' like that! That kinda' food ain't nuthin' to joke around about! This FormerDonutJunkie will fight you over that right there!

**RE: Zero Carb / Meat and Water - FormerDonutJunkie - 08-28-2008 01:19 PM**

MAC Wrote:
LindaSue Wrote:
Here is something that you'd never see these days:

LindaSue you have got to stop with the food porn. LOL. Else I'll have to report you to the moderators :-)
What MAC said!

RE: Zero Carb / Meat and Water - LindaSue - 08-28-2008 01:36 PM

FormerDonutJunkie Wrote:
MAC Wrote:
LindaSue you have got to stop with the food porn. LOL. Else I'll have to report you to the moderators :-)
What MAC said!

Sorry, guys.

cbnebraska Wrote:
Muscle tissue is the lean portion of a steak and the white stuff is the fat. There is no fat IN the muscle
tissue, only around it. If you're cutting it off, you aren't getting much fat at all.
That depends on the cut of meat. If you get your meat with a lot of marbling you'll get plenty of fat even
if there isn't any around the outside. If you look at that photo I posted, you'll see that there is plenty of
fat around the inside of the steak.

waywardsister Wrote:
LindaSue, I get steaks like that! Buy from farmers when you can, I'm telling you.
Sure, if I was rich. I've only got a $50 per week grocery budget and that includes everything, not just
food. I figure that I can't lose by buying the cheap marked down ground beef with tons of fat in it. I only
get to have steak when I find them marked down low enough.

I'm not sure how anyone could eat gristle without just swallowing it whole. I can't get my teeth through
it but I'll sometimes chew on a piece of gristly meat like chewing gum until I've gotten all the good
flavor out of it.

RE: Zero Carb / Meat and Water - suzannevea - 08-28-2008 01:55 PM

Quebec is all about meat, cheese, and red wine. Many restaurants do not have a vegetarian option. At
our wedding we invited two peopl e who were vegetarians and they were served a plate of rice, the chef
had no clue what to serve them, lol.

RE: Zero Carb / Meat and Water - nyteez - 08-28-2008 03:18 PM

I live in California. Tons of vegetarians here. Some of my family lives in Santa Monica. You can't walk
3 blocks without finding a vegetarian restaurant, they are everywhere down there! Practically every
restaurant here has a few vegetarian dishes.

RE: Zero Carb / Meat and Water - twilight - 08-28-2008 03:53 PM

montmorency Wrote:
For what it's worth, Doctor Richard Mackarness, one of the early post-war British writers in favour of
low-carbs (in 1958), later went on to write about allergies, intolerances, etc. This year I found an old
copy of his 1958 book, with a forward by a fairly mainstream head-honcho type medic, which said
something like carbs added no nutritional value to the diet and were not necessary. Regards, Mike

Hi Mike, I also have a copy of this. I enjoyed the introduction which was written by Stefansson's wife, Evelyn. This book is online at:
http://www.ourcivilisation.com/fat/index.htm

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RE: Zero Carb / Meat and Water - FatGirlOnAtkins - 08-28-2008 04:08 PM

nyteez Wrote:
I live in California. Tons of vegetarians here. Some of my family lives in Santa Monica. You can't walk 3 blocks without finding a vegetarian restaurant, they are everywhere down there! Practically every restaurant here has a few vegetarian dishes.

Well, at least people there know what vegetables are. Here in the south, they don't recognize it unless it's been covered in flour and fried in oil... I couldn't believe it when we moved here and someone invited us to dinner. The only thing they had resembling a vegetable was baked beans!!! And they all think I'm crazy for eating meat and not drinking their sweet tea. Gag.

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RE: Zero Carb / Meat and Water - FormerDonutJunkie - 08-28-2008 04:22 PM

FatGirlOnAtkins Wrote:
nyteez Wrote:
I live in California. Tons of vegetarians here. Some of my family lives in Santa Monica. You can't walk 3 blocks without finding a vegetarian restaurant, they are everywhere down there! Practically every restaurant here has a few vegetarian dishes.

Well, at least people there know what vegetables are. Here in the south, they don't recognize it unless it's been covered in flour and fried in oil... I couldn't believe it when we moved here and someone invited us to dinner. The only thing they had resembling a vegetable was baked beans!!! And they all think I'm crazy for eating meat and not drinking their sweet tea. Gag.

Yep that pretty much sums it up! I was raised on 'everything fried' and gallons of sweet tea for most of my fifty-five years here in the South. I love it here [in Tennessee] but the food has nearly killed me. So, now I'm the heretic of the family...eating 'all that meat'. I'll have to admit I loved my Chicken Fried Steak and such, but I've finally learned what REAL steak tastes like...what us Southern Rednecks would call...Nekkid Steak!

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RE: Zero Carb / Meat and Water - suzanneyea - 08-28-2008 04:28 PM

But, hushpuppies are soo frickin good! And biscuits and gravy!

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RE: Zero Carb / Meat and Water - FormerDonutJunkie - 08-28-2008 05:01 PM

suzanneyea Wrote:
But, hushpuppies are soo frickin good! And biscuits and gravy!
You got that right! But I've found the trick to resisting is to eat a Monster Manly-Man 73/27 Burger drippin' with fat before you get exposed to that stuff. It don't look nearly as appetizing when you're full-o-fat!

RE: Zero Carb / Meat and Water - cbnebraska - 08-28-2008 05:30 PM

Fried food isn't my thing, but keep those big rich, chocolaty desserts away from me. Ugh - I just love 'em so much.

RE: Zero Carb / Meat and Water - suzanneyea - 08-29-2008 02:13 AM

I hate chocolate, never liked it. Even as a kid. But, I agree. Whenever I am going to things like a fair, I alwys eat a high fat meal ahead of time, plus I bring food with me. Every so often I get suddenly hungry and I do not need to find myself starving standing in a county fair! Always best to be prepared.

RE: Zero Carb / Meat and Water - Nicola - 08-29-2008 03:17 AM

Did you know:

beef
and fish (which are very low on carbs) can significantly increase insulin production. In many cases meat eaten alone can induce more insulin than high carb high fiber foods.

Here's a link to the insulin index of some common foods: http://www.mendosa.com/insulin_index.htm

and a nother question:

don't you find, that high fat gives you runny stools?

I also tryed this "salt & water flush"; it was/is one of the subjects on the Low-Carb Discussion forum:

http://tinyurl.com/5dxvef

Nicola

RE: Zero Carb / Meat and Water - MAC - 08-29-2008 03:21 AM

Nicola Wrote:
Did you know:

beef
and fish (which are very low on carbs) can significantly increase insulin production. In many cases meat eaten alone can induce more insulin than high carb high fiber foods.
Here's a link to the insulin index of some common foods:
http://www.mendosa.com/insulin_index.htm

and another question:

don't you find, that high fat gives you runny stools?

I also tried this "salt & water flush"; it was/is one of the subjects on the Low-Carb Discussion forum:
http://tinyurl.com/5dxvef

Nicola

The insulin index tested **extremely** lean protein not fatty protein. In addition, protein *unlike carbohydrates also causes the release of its counter regulatory hormone glucagon*. There is another thread where all the counter arguments to the insulin index regarding protein were answered including a response from Gary Taubes. Protein does raise insulin but at a level much less than carbohydrates. Insulin not only controls blood sugar but has other roles with respect to fat and protein. Dr. Eades covered all of this in his book 'Protein Power'. The insulin index was a one time study and has never been updated and they did not test fatty protein nor a lot of other foods. Nor did they test foods in combination as far as I remember. I have tested my own blood glucose after an only fatty protein meal and see little to no rise in blood sugar. Blood sugar is not insulin but insulin is released in response to blood sugar and my BG post prandially does not see much of a rise at all. Consider the glycemic index of ice cream versus sugar. Ice cream has a lower glycemic index versus sugar alone. Why? The fat. So the fact that they only tested extremely lean protein does not tell us what the rise in insulin would be if they tested a fatty protein. Nor did they measure glucagon for the protein they did test.

Here is the former thread: http://www.livinlowcarbdiscussion.com/showthread.php?tid=706

P.S. Nicola, I had to fix your link. You had spaces that were preventing linking to Mendosa's site.

**RE: Zero Carb / Meat and Water - lynnhopes - 08-29-2008 05:22 AM**

Well NOW I know why I would often be hungry after steak. I wasn't eating the fatty part. Only the protein. Silly me. I think I'll have to avoid steak as I can't imagine ever eating the fat around the edge. I really wonder why nobody I know ever eats the fatty part here? I've started a mini poll among friends and family. Especially considering we never went as extreme on the fat thing as the U.S. seems to have done. We have some low fat products sure but hardly any non fat products. Odd...

**RE: Zero Carb / Meat and Water - Ell.eee - 08-29-2008 06:30 AM**

Some foods (such as meat, fish, and eggs) that contain no carbohydrate, just protein and fat (and essentially have a GI value of zero), still stimulate significant rises in blood insulin.

Quote from above cited study.

Maybe this is why I'm gaining weight and still having hyperinsulinism on zero carb? My pp blood
glucose is not too bad but I think insulin is still being overstimulated. Wish there was a simple insulin monitor. I have to work harder on getting the fats up!

RE: Zero Carb / Meat and Water - LindaSue - 08-29-2008 07:00 AM

lynhopes Wrote:
Well NOW I know why I would often be hungry after steak. I wasn't eating the fatty part. Only the protein.
Yesterday I finished the last of the steak that I cooked the other day. This particular piece didn't have much fat on it and afterward I noticed that I didn't feel very satisfied from it and I even felt a little nauseated. I think that we need a fair amount of fat with our protein in order to be able to process it properly. Even though I reheated this steak with some pork fat spread over it, it still didn't have the same effect as eating the solid fat that usually comes with the meat.

RE: Zero Carb / Meat and Water - Richard - 08-29-2008 08:56 AM

LindaSue Wrote:
lynhopes Wrote:
Well NOW I know why I would often be hungry after steak. I wasn't eating the fatty part. Only the protein.
Yesterday I finished the last of the steak that I cooked the other day. This particular piece didn't have much fat on it and afterward I noticed that I didn't feel very satisfied from it and I even felt a little nauseated. I think that we need a fair amount of fat with our protein in order to be able to process it properly. Even though I reheated this steak with some pork fat spread over it, it still didn't have the same effect as eating the solid fat that usually comes with the meat.

I like to add butter. I remember when I was a kid my grandfather would load his up with butter....maybe he knew something!

RE: Zero Carb / Meat and Water - nyteez - 08-29-2008 09:05 AM

I WISH I got fat on fried foods, fried veggies, country fried steak, hushpuppies and all that fried southern food! I don't like sweets, but fried food is so good. I never allowed myself to eat it because it was fattening! LOL! I got fat eating huge amounts of vegetables, tofu, alfalfa sprouts, brown rice & sprouted wheat bread!

RE: Zero Carb / Meat and Water - lynn hopes - 08-29-2008 09:46 AM

Yeah I always add butter to it. However that's probably not enough. If anyone had any tips on how to get the skin on chicken thighs crispy please please share.

BTW I hope nobody minds me posting here since I am on induction and not zero carb. Thanks!

RE: Zero Carb / Meat and Water - Richard - 08-29-2008 09:53 AM

Here is another newbie question...
I followed the 'grazing' eating pattern (every 3 hours-read that book too!). I am thinking of changing to a 6 hour or longer (physically hunger and not psychological hungry).

Also, sorry of this has been covered before but I am still lacking pages 30 - 235 on my reading.

**RE: Zero Carb / Meat and Water - MAC - 08-29-2008 09:59 AM**

Richard Wrote:
Here is another newbie question...

I followed the 'grazing' eating pattern (every 3 hours-read that book too!). I am thinking of changing to a 6 hour or longer (physically hunger and not psychological hungry).

Also, sorry of this has been covered before but I am still lacking pages 30 - 235 on my reading.

Yep a better approach in my book for the following reasons:
http://lowcarb4u.blogspot.com/2008/08/leptin-resistance-ii.html

**RE: Zero Carb / Meat and Water - Richard - 08-29-2008 10:31 AM**

MAC Wrote:
Richard Wrote:
Here is another newbie question...

I followed the 'grazing' eating pattern (every 3 hours-read that book too!). I am thinking of changing to a 6 hour or longer (physically hunger and not psychological hungry).

Also, sorry of this has been covered before but I am still lacking pages 30 - 235 on my reading.

Yep a better approach in my book for the following reasons:
http://lowcarb4u.blogspot.com/2008/08/leptin-resistance-ii.html

Thanks...that answers my question.

**RE: Zero Carb / Meat and Water - chris m. - 08-29-2008 11:18 AM**

Hi All:
Finally ! Ifinished every word on this thread and it took me WEEKS.
The most interesting reading I've come across after being on low carb for about 5 years. Suddenly many of the experiences I encountered thru that journey became crystal clear.
I hope to be able to add a little something as we go along but pls. all keep this thread going as it is: INFORMATIVE INSPIRING HELPFUL and above all it is RIGHT !!!!
It is one thing to read all the science behind it but it is far better to read each one's individual experiences. That's the "proof in the puddin"
I've been down from 220 to 160 twice and am now at 180. Each time succumbed to the low fat complex carb doggerel and no matter what could not control the weight gain. I now know why. By way of advise I would encourage all "newbies" to read the entire thread before jumping in much - many of your questions will be answered. Thx again to all you may have saved my life - litterally!!

Chris M.

---

RE: Zero Carb / Meat and Water - cbnebraska - 08-29-2008 11:32 AM

Welcome, Chris! Wow, that is some accomplishment - to read this entire thread. I did not do so myself and you're right, I should have, but I just couldn't... I guess that can be a new goal along with all the great books Charles has recommended.

Are you planning to make the ze jump?

---

RE: Zero Carb / Meat and Water - chris m. - 08-29-2008 12:03 PM

cbnebraska Wrote:
Welcome, Chris! Wow, that is some accomplishment - to read this entire thread. I did not do so myself and you're right, I should have, but I just couldn't... I guess that can be a new goal along with all the great books Charles has recommended.

Are you planning to make the ze jump?

Already have and took me from 186 to 180 in two weeks!!
I work out at the YMCA - not a big bodybuilder as I prefer a lean cut look to big muscles. SO excited what is going on inside my body though!!
Nicola - what was your experience with the "salt and water" flush.
I feel like I know everyone on this thread - so many different personalities but you all - especially Charles get gold stars for PATIENCE. Isn't that what its all about - reaching out and touching peoples lives - especially when they are so discouraged that they are about to give up.

Chris

---

RE: Zero Carb / Meat and Water - con - 08-29-2008 12:57 PM

chris m. Wrote:

cbnebraska Wrote:
Welcome, Chris! Wow, that is some accomplishment - to read this entire thread.
I feel like I know everyone on this thread - so many different personalities but you all - especially Charles get gold stars for PATIENCE. Isn't that what its all about - reaching out and touching peoples lives - especially when they are so discouraged that they are about to give up.

Welcome Chris,
Reading this forum and some other forums daily is like attending e.g. WW support groups, except that this forum is available to me 24 hrs. daily. It has made all the difference between me failing once more in the battle of the carbs and victory!!!
Thank you to all the moderators for the unselfish devotion to the "cause".

---
RE: Zero Carb / Meat and Water - LindaSue - 08-29-2008 03:37 PM

lynnhopes Wrote:
Yeah I always add BTW I hope nobody minds me posting here since I am on induction and not zero carb. Thanks!
Of course you're welcome to post here. We're all learning a lot from this thread and maybe one day you will decide to give zero carb a try.

Welcome, Chris M.

---

RE: Zero Carb / Meat and Water - tweety - 08-29-2008 04:43 PM

Nicola Wrote:
don't you find, that high fat gives you runny stools?

Nicola

I have this same question.

It also brought up another question for me - about the nutritional content of breast milk. You would "assume" that breast milk would be the perfect food so I looked up the nutritional content.

Calories, Fat & Carbohydrates in
Milk: Human Breast Milk, fluid
Average All Brands

Serving Size: x cup (8.7 oz) oz g

Nutrition Facts
Calories 172(Kilojoules 720)

% DV**
Total Fat 10.8 g 17%
Sat. Fat 4.9 g 25%
Cholesterol 34 mg 11%
Sodium 42 mg 2%
Total Carbs. 16.9 g 6%
Dietary Fiber 0 g 0%
Sugars 16.9 g
Protein 2.5 g
Calcium 78.7 mg
Potassium 125.5 mg
Note: A dash indicates no data is available.

It is actually not as high in fat and higher in carbs than I expected it to be.

this may not be the best place to post this, but it fit the other poster's questions about runny stools. T
tweety Wrote:
You would "assume" that breast milk would be the perfect food so I looked up the nutritional content.
The numbers are kind of interesting. The fat content is higher than for whole milk, but the protein is a lot lower.

1 cup whole milk: 150 Calories; 8g Fat (48.6% calories from fat); 8g Protein; 11g Carbohydrate
1 cup breast milk: 172 Calories; 11g Fat (55.4% calories from fat); 3g Protein; 17g Carbohydrate

RE: Zero Carb / Meat and Water - lynnhopey - 08-30-2008 05:16 AM

As Richard Feinman said in his podcast with Jimmy:
"Human breast milk is for growth, for fattening".

So it makes sense that it has more carbs.

RE: Zero Carb / Meat and Water - MAC - 08-30-2008 05:33 AM

I wonder what the composition would be if the women were all low carbers.

RE: Zero Carb / Meat and Water - suzanne - 08-30-2008 08:57 AM

Well, I nursed Andrew for a year and he was one fat baby! People kept asking what he was eating, but he had no solids for the first 6 months and was a fatty.

RE: Zero Carb / Meat and Water - FormerDonutJunkie - 08-30-2008 09:56 AM

I was such a fat baby that my mother put me on Slim-Fast instead of Similac! LOL! 😄

RE: Zero Carb / Meat and Water - tweety - 08-30-2008 01:18 PM

FormerDonutJunkie Wrote:
I was such a fat baby that they my mother put me on Slim-Fast instead of Similac! LOL! 😄

Oh, you guys are funny!! I guess the point about carbs adding fat and wanting babies to fatten is a good one. I also like the comment from MAC about how much the mother's diet effects her milk? I know it effects the taste to some extent, like eating spicy foods and the baby not liking the taste afterward, but what about the nutritional value? Thanks for exploring this idea with me.

T

RE: Zero Carb / Meat and Water - montmorency - 08-31-2008 12:36 AM
chris m. Wrote:
Hi All:
Finally! I finished every word on this thread and it took me WEEKS.
The most interesting reading I've come across after being on low carb for about 5 years. Suddenly
many of the experiences I encountered thru that journey became crystal clear.
I hope to be able to add a little something as we go along but pls. all keep this thread going as it is:
INFORMATIVE
INSPIRING
HELPFUL
and above all it is RIGHT!!!!

Hi Chris,

Welcome, although I am also a relative newcomer here, although not to low-carbing. Just a caution from
a "professional sceptic." I don't know whether "RIGHT" is the most appropriate word. I prefer to
approach it that I am learning more every day, as are many of us.
We don't learn by looking for revealed truths to be swallowed whole; rather, we learn by keeping on
questioning. This is how scientific research works, after all. We've seen what happens when people
believe they are "right".

Kind regards,
Mike

RE: Zero Carb / Meat and Water - montmorency - 08-31-2008 12:46 AM

LindaSue Wrote:
lynnhopes Wrote:
Well NOW I know why I would often be hungry after steak. I wasn't eating the fatty part. Only the
protein.

Yesterday I finished the last of the steak that I cooked the other day. This particular piece didn't have
much fat on it and afterward I noticed that I didn't feel very satisfied from it and I even felt a little
nauseated. I think that we need a fair amount of fat with our protein in order to be able to process it
properly. Even though I reheated this steak with some pork fat spread over it, it still didn't have the same
effect as eating the solid fat that usually comes with the meat.

Subjectively for me, beef seems more satisfying than pork, and in particular, ground beef seems the
most satisfying, I've speculated elsewhere, and repeat it here as a suggestion, that maybe the fat in
ground beef is more digestible/available than fat in "solid" meat, and maybe some of the latter just
passes through without absorption.

Maybe ground versions of other meats would be similar, but (IME) these are less commonly on sale than
ground beef.

Regards,
Mike

RE: Zero Carb / Meat and Water - FormerDonutJunkie - 08-31-2008 03:21 AM
Subjectively for me, beef seems more satisfying than pork, and in particular, ground beef seems the most satisfying. I've speculated elsewhere, and repeat it here as a suggestion, that maybe the fat in ground beef is more digestible/available than fat in "solid" meat, and maybe some of the latter just passes through without absorption.

Maybe ground versions of other meats would be similar, but (IME) these are less commonly on sale than ground beef.

Regards,
Mike

Mike, I agree 100% with the extreme satiating factor of 73/27 ground beef. I'm not sure either about the chemistry and nutritional/digestion science behind it, but this stuff turns me into a person I've never known in my entire life. After one of my Manly-Man Monster Burgers, nothin' else looks good to me...not even a donut! That is a miracle in itself! And that's science enough for me.

RE: Zero Carb / Meat and Water - LindaSue - 08-31-2008 06:11 AM

FormerDonutJunkie Wrote:
After one of my Manly-Man Monster Burgers, nothin' else looks good to me...not even a donut! That is a miracle in itself! And that's science enough for me.
I was just pushing the last bite of my breakfast half pounder into my mouth as I read this. Sometimes it's a struggle to get that last little bite in. I couldn't look at any other food right now.

RE: Zero Carb / Meat and Water - tweety - 08-31-2008 07:02 AM

FormerDonutJunkie Wrote:
Mike, I agree 100% with the extreme satiating factor of 73/27 ground beef.

I've not been able to find 73/27 around here. So far the "fattiest" I've found is 80/20 - that seems to be standard - at least for the major chains, Giant Eagle and Kroger. I even talked to the butcher about it and he said it is hard to maintain consistency lower than 80/20 so they don't do it.

We do have a store around here (more expensive) that is known for their meats - I may check to see if they do "special" orders for people.

T

RE: Zero Carb / Meat and Water - MAC - 08-31-2008 07:06 AM

tweety Wrote:
FormerDonutJunkie Wrote:
Mike, I agree 100% with the extreme satiating factor of 73/27 ground beef.

I've not been able to find 73/27 around here. So far the "fattiest" I've found is 80/20 - that seems to be standard - at least for the major chains, Giant Eagle and Kroger. I even talked to the butcher about it and
he said it is hard to maintain consistency lower than 80/20 so they don't do it.

We do have a store around here (more expensive) that is known for their meats - I may check to see if they do "special" orders for people.

T

Most 73/27 hamburger comes in 3 lb packaging and looks like a big old sausage. It is wrapped in an opaque plastic wrapper. It is not made by the butcher. The one I get is the 'Meadowland Farms' brand which is produced by Cargill and they are trying to make this a national brand. So check your meat section for this or something like this. You may also find 73/27 as frozen patties.

RE: Zero Carb / Meat and Water - MAC - 08-31-2008 08:53 AM

montmorency Wrote:
LindaSue Wrote:
lynnhopes Wrote:
Well NOW I know why I would often be hungry after steak. I wasn't eating the fatty part. Only the protein.

Yesterday I finished the last of the steak that I cooked the other day. This particular piece didn't have much fat on it and afterward I noticed that I didn't feel very satisfied from it and I even felt a little nauseated. I think that we need a fair amount of fat with our protein in order to be able to process it properly. Even though I reheated this steak with some pork fat spread over it, it still didn't have the same effect as eating the solid fat that usually comes with the meat.

Subjectively for me, beef seems more satisfying than pork, and in particular, ground beef seems the most satisfying, I've speculated elsewhere, and repeat it here as a suggestion, that maybe the fat in ground beef is more digestible/available than fat in "solid" meat, and maybe some of the latter just passes through without absorption.

Maybe ground versions of other meats would be similar, but (IME) these are less commonly on sale than ground beef.

Regards,
Mike

I find ribeye steaks and prime rib to be more satiating for me than 73/27 hamburger and better tasting IMHO. 73/27 may be more satiating for some as the fat calorie to protein calorie ratio is 3:1. Hard to get that ratio today in a lot of single cuts of meat.

RE: Zero Carb / Meat and Water - LindaSue - 08-31-2008 08:58 AM

MAC Wrote:
Most 73/27 hamburger comes in 3 lb packaging and looks like a big old sausage. It is wrapped in an opaque plastic wrapper. It is not made by the butcher. The one I get is the 'Meadowland Farms' brand
which is produced by Cargill and they are trying to make this a national brand. So check your meat section for this or something like this.

Kroger has their own brand in rolls. It's the one that's cheaper than ground chuck and I think they just call it "ground beef" or "hamburger" on the label. I'm not sure of the exact percentages in it but it has more fat than 80/20, which is ground chuck. Kroger also sells fresh packages of what they call "ground beef trimmings" which the meat manager says is made from leftover scraps from trimming roasts and steaks and it's loaded with fat. They don't give it a percentage but she told me it's got the most fat of anything they sell and it's quite cheap.

---

**RE: Zero Carb / Meat and Water - BeeDub - 08-31-2008 09:22 AM**

tweety Wrote:
I've not been able to find 73/27 around here.

Do you have a Smart & Final near you? They carry frozen 73/27 patties in ten pound boxes. (Look for the boxes with the blue labels.)

It's very convenient to drop a frozen patty right on a hot pan. By the time the inside is medium rare, the outside is nicely browned.

---

**RE: Zero Carb / Meat and Water - rozi - 08-31-2008 12:27 PM**

MAC Wrote:
I find ribeye steaks and prime rib to be more satiating for me than 73/27 hamburger and better tasting IMHO. 73/27 may be more satiating for some as the fat calorie to protein calorie ratio is 3:1. Hard to get that ratio today in a lot of single cuts of meat.

Wow, maybe not so much more satiating, but definitely tastier, if you can do that all the time you are definitely living a different lifestyle than I am!

---

**RE: Zero Carb / Meat and Water - FormerDonutJunkie - 08-31-2008 01:26 PM**

LindaSue Wrote:
FormerDonutJunkie Wrote:
After one of my Manly-Man Monster Burgers, nothin' else looks good to me...not even a donut! That is a miracle in itself! And that's science enough for me.

I was just pushing the last bite of my breakfast half pounder into my mouth as I read this. Sometimes it's a struggle to get that last little bite in. I couldn't look at any other food right now.

73/27 Ground Beef Burgers=Donut Repellent!

---

**RE: Zero Carb / Meat and Water - BeeDub - 08-31-2008 04:56 PM**

LindaSue Wrote:
Welcome, BeeDub.

Thanks! This is a fantastic thread with wonderful contributors...and Charles is absolutely amazing.
I am not yet managing to do Meat+water correctly (I have a horrible Diet Coke addiction -- and agree that it is no "diet" food, as it spikes insulin & hunger monstrously), but I'm only half-kidding when I say these are my goals:

Short-term: eat like Charles
Medium-term: drink like Charles
Long-term: look like Charles 😁

RE: Zero Carb / Meat and Water - cbnebraska - 08-31-2008 05:25 PM

Just wondering what part of the cow makes hamburger?

I find the 73/27 at Wal-Mart and use it, but I also love steaks. We use chuck eye, which has good fat content, but even it would not satiate me without the extra trimmed fat I got for free from the butcher. He gave me 5 lbs, so I split it up and froze it in about 1 lb. divisions. I lay it on strips on the broiling pan and broil it on each side for 8 minutes with the rack set just below midpoint in the oven, doing a fresh 1 lb. batch about every 2 weeks. (It looks a lot like thick bacon, without the meat portion.) Then, after it's cooled, I pour all the liquid fat that's at the bottom of the broiler pan into old margarin tubs with "BEEF" written all around it. (I also have one for "PORK".) I know many people would not be able to do it, but I love the crunchy broiled fat (not gristle!), so I heat up a few strips with each of my meals and indulge. I think of them as juicier pork rinds! I also scoop out some of one of the fats and spread it on top of patties or chicken or whatever I'm eating. This way, every kind of meat satiates me. Maybe those of you who can't find the fattier ground beef could supplement this way?

RE: Zero Carb / Meat and Water - LindaSue - 09-01-2008 06:25 AM

BeeDub, you got some 'splainin to do. I just looked at your profile and under diet plan, you wrote:

"Meat, Water, Diet Coke, Pizza"

RE: Zero Carb / Meat and Water - chris m. - 09-01-2008 07:57 AM

Deborah - Where can I find the PDF on FOTL that Charles scanned in for us? I did a search and it took me back to this thread.
I'm not technically ZC because of coffee but pretty darn close. I read on the meat and water thread that someone said that 10 gms [20?] of carbs was metabolically 0 but I'm not sure about this.
I do know you can't argue with results!!
Good luck to all and keep posting as I pick up so may hints on what and how to cook. Which reminds me - here's a tip for you busy one's that need to cut corners for time and simplicity. Take a large roasting pan with at least 1/2 inch sides to it - spread your hamburger all along the bottom of it and "bake" til done as you like at about 250 degrees - let cool and then cut into squares - put these in a Wal Mart sack and take to work - keep in the fridge and warm up as needed with butter or CO or other drippings. This is very easy and simple. BTW I still use a light sprinkling of Tony Chachere's "spice n herbs" seasoning on the hamburger. Hope this is helpful !!!
Chris

RE: Zero Carb / Meat and Water - montmorency - 09-01-2008 09:25 AM
Hi Mike, I also have a copy of this. I enjoyed the introduction which was written by Stefansson's wife, Evelyn. This book is online at:
http://www.ourcivilisation.com/fat/index.htm

Thanks for that link! My copy doesn't have an intro by Stefansson's wife, but has the foreward and intro as per your online link, so I don't need to transcribe those. I will transcribe the author's own Acknowledgements though:

"I wish to thank the many people without whose help and encouragement I could not have written this book.

In chronological order they are: Mr Hugh McLeave, Science Correspondent of the News Chronicle, who suggested I should write it; Professor Sir Alan Kekwick, who first told me about William Banting and kindly allowed me to quote his experimental work at the Middlesex Hospital; Dr G.L.S. Pawan, who supplied most of the scientific references and explained a lot of the biochemistry to me; Dr Alfred W Pennington of the Medical Division of E.I. Du Pont de Nemours, who sent me reprints of many of his papers on obesity which have appeared in many scientific journals; Dr Vilhjamur Stefansson, whose book, The Fat of the Land has given me more information than any other, besides being a pleasure to read (extracts from The Fat of the Land, 1956, are included by kind permission of The MacMillan company of New York); Dr Franklin Bicknell, who collaborated with me ten years ago in making some teaching filmstrips on nutrition and who read and criticised the manuscript of this book in its various stages and kindly wrote the introduction; Sir Heneage Ogilvie, who wrote the foreword and lent the weight of his authority to the ideas expressed here; The Controller H.M. Stationery Office for permission to include the "Quick Reference to Low-Carbohydrate Foods" in Appendix B; to Oxford University Press to include two excerpts from Obesity by Dr Leonard Williams; Mr and Mrs Keith Mackenzie who drew the chapter headpieces, and Mr Leslie Dahl, who patiently sank his own style in order to follow mine in the drawing of the diagrams; Mrs Holden, my secretary, who typed and re-typed the manuscript; and finally my wife, Margaret, and my son Patrick, who cheerfully put up with a great deal of disruption of our home life while I was working on it.
R.M."

This is from the 1958 edition, which notes that it was reprinted 4 times, during the course of the same year (May, June, June and November). "Eat Fat and Grow Slim", Richard Mackarness M.B., B.S. (London, The Harvill Press).

Gary Taubes only makes indirect reference to this book in the text of GCBC/TDD, although it is listed in the bibliography. However, as Taubes points out, and as seems clear enough from the introduction and forward, these were not even particularly controversial views at this time. I don't think Mackarness expected it to arouse any controversy; it was his later book "Not All in the Mind" that ruffled a few feathers, if I remember correctly.

Barry Groves credits Mackarness with having alerted him to the virtues of the low-carb path in the early 60s. I had not realised until recently re-reading the Acknowledgement with fresh eyes, that Mackarness
himself had been inspired by Stefansson, but it all fits nicely together, and is hence, I hope you will agree, somewhat relevant to this ongoing thread.

Some people seem to think that low-carb begins and ends with Atkins, but actually, for all his good points, he was comparatively late to the party :-) 

Regards,
Mike

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RE: Zero Carb / Meat and Water - twilight - 09-01-2008 03:41 PM

Hi Mike, looks like my copy is a little newer. It's a small hardback and says copyright 1958, 1959, but doesn't have any print dates in it. Doubleday & Company, Inc., Garden City, New York.

It has the same Acknowledgements page you transcribed, and below that there is another couple paragraphs starting out with "For the American edition I came to Canada and the United States in November 1958, returning home for Christmas. ...R.M. New York, 1958."

Then there is a Preface:

"One morning at breakfast, the autumn of 1955, my explorer-anthropologist husband, Vilhjalmur Stefansson, asked me if he might return to the Stone Age Eskimo sort of all-meat diet he had thrived on during the most active part of his arctic work. Two years before, he had suffered a mild cerebral thrombosis, from which he had practically recovered. But he had not yet succeeded in losing the ten pounds of overweight his doctor wanted him to be rid of. By will power and near starvation, he had now and then lost a few of them; but the pounds always came back when his will power broke down. Doubtless partly through these failures, Stef had grown a bit unhappy, at times grouchy."

"My first reaction to his Stone Age diet proposal was dismay. I have three jobs. ..." (She didn't want to prepare two menus.)

"But aloud I said: "Of course, dear." And we began to plan. To my astonished delight, contrary to all my previous thinking, the Stone Age diet not only proved effective in getting rid of Stef's overweight, but was also cheaper, and easier to prepare than our regular mixed diet had been. Far from requiring more time, it took less. Instead of adding housekeeping burdens, it relieved me of them. Almost imperceptibly Stef's diet became my diet. Time was saved in not shopping for, not preparing, not cooking, and not washing up after unrequired dishes, among them vegetables, salads, and desserts."

.....Evelyn Stefansson April 22, 1959"

There is another page and a half if you'd like me to continue transcribing it.

---

RE: Zero Carb / Meat and Water - con - 09-01-2008 03:55 PM

twilight Wrote:
There is another page and a half if you'd like me to continue transcribing it.

If you're willing, I for one, would be thrilled to read it.
Thanks
con

RE: Zero Carb / Meat and Water - BeeDub - 09-01-2008 04:13 PM

LindaSue Wrote:
BeeDub, you got some 'splainin to do. I just looked at your profile and under diet plan, you wrote:
"Meat, Water, Diet Coke, Pizza"

Jes' being honest...knew I'd be falling off the wagon last night.😊

Is anyone else eating hamburger from bowls for extra fat? - BeeDub - 09-01-2008 04:21 PM

This has been working for me: as the patty is cooking, I'll put my extra fat in the bottom of one of those semi-disposable Gladware bowls and nuke it for a few seconds so it's warm & smells good.

Then, once the patty's done, I drop it in the bowl and break it into tiny pieces with a fork. Then I eat it from the bottom of the bowl, stirring/tossing so the meat absorbs the most fat possible.

I've been adding a dash of soy sauce for taste, and will soon eliminate that completely.

BTW, the Gladware might be a good solution for those who are zero-carbing at work. (I would even bet that beef+fat mixes could be prepared in advance & frozen. By lunch they would be defrosted and ready for a quick nuking.)

RE: Zero Carb / Meat and Water - twilight - 09-01-2008 04:40 PM

con Wrote:
twilight Wrote:
There is another page and a half if you'd like me to continue transcribing it.

If you're willing, I for one, would be thrilled to read it.
Thanks
con

Okie, dokie.😊

"Some of our friends say: "We would go on a meat diet, but we couldn't possibly afford it." That started me investigating the actual cost of the diet. Unlike salads and desserts, which often do not keep, meat is as good several days later as the day it was cooked. There is no waste. I found our food bills were lower than they had been. But I attribute this to our fondness forutton. Fortunately for us it is an unfashionable mat, which means it is cheap. We both like itk, and thanks to our deep freeze, we buy fat old sheep at anything from twenty-two to thirty-three cents a pound and proceed to live on the fat of the land. We also buy beef, and wonderful beef marrow. European cooks appreciate marrow, but most people in our country have never even tasted it, poor things.

When you eat as a primitive Eskimo does, you live on lean and fat meats. A typical Stefansson dinner is a rare or medium sirloin steak and coffee. The coffee is freshly ground. If there is enough
fat on the steak we take our coffee black, otherwise heavy cream is added. Sometimes we have a bottle of wine. We have no bread, no starchy vegetables, no desserts. Rather often we eat half a grapefruit. We eat eggs for breakfast, two for Stef, one for me, with lots of butter.

Startling improvements in health came to Stef after several weeks on the new diet. He began to lose his overweight almost at once, and lost steadily, eating as much as he pleased and feeling satisfied the while. He lost seventeen pounds; then his weight remained stationary although the amount he ate was the same. From being slightly irritable and depressed, he became once more his old ebullient, optimistic self. By eating mutton he became a lamb.

An unlooked-for and remarkable change was the disappearance of his arthritis, which had troubled him for years and which he thought of as a natural result of aging. One of his knees was so stiff he walked up and down stairs a step at a time, and he always sat on the aisle in a theater so he could extend his stiff leg comfortably. Several times a night he would be awakened by pain in his hip and shoulder when he lay too long on one side; then he had to turn over and lie on the other side. Without noticing the change at first, Stef was one day startled to find himself walking up and down stairs using both legs equally. He stopped in the middle of our stairs; then walked down again and up again. He could not remember which knee had been stiff!

**Conclusion:** The Stone Ate all-meat diet is wholesome. It is an eat-all-you-want reducing diet that permits you to forget you are dieting - no hunger pains remind you. It saves time and money. Best of all, it improves the temperament. It somehow makes one feel optimistic, mildly euphoric.

**Epilogue:** Stef used to love his role of being a thorn in the flesh of nutritionists. But in 1957 an article appeared in the august journal of the American Medical Association confirming what Stef had known for years from his anthropology and his own experience. The author of this book has also popularized Stef's diet in England, with the blessing of staid British medical folk.

Was it with the faintest trace of disappointment in his voice that Stef turned to me, after a strenuous nutrition discussion, and said: "I have always been right. But now I am becoming orthodox! I shall have to find myself a new heresy."

Evelyn Stefansson April 22, 1959"
FormerDonutJunkie Wrote:
Twilight, thanks for that article. It is a wonderful piece. I only wish these things were available in their entirety in pdf or doc.

Yeah, that would be great if it was. Hmmm...I'm computer illiterate, but maybe someone will do that eventually! Oh well, at least I can type. 😊

MAC Wrote:
The meat, eggs, and coffee thread now has their foundation in Stefansson's diet.

rozi Wrote:
twilight Wrote:
There is another page and a half if you'd like me to continue transcribing it.

Was it with the faintest trace of disappointment in his voice that Stef turned to me, after a strenuous nutrition discussion, and said: "I have always been right. But now I am becoming orthodox! I shall have to find myself a new heresy."

Evelyn Stefansson April 22, 1959"

Thank you so much for transcribing it Twilight, I have read it before a long time ago and loved it. I found it online somewhere, but lost the address to get back to it. I appreciate the work you did.

rozi Wrote:
Thank you so much for transcribing it Twilight, I have read it before a long time ago and loved it. I found it online somewhere, but lost the address to get back to it. I appreciate the work you did.

Thanks Marla! 😊I was happy to be able to do it. 😊

Deborah

cbnebraska Wrote:
That was a great read! Thank you so much, Twilight, for sharing that!
I am slowly reading through the downloaded copy of FOTL that I printed off from Charles and I have been wondering the whole time how long this man lived and how his health was in old age. It appears he abandoned his all meat diet at some point, suffered some diseases of civilization, then ended up going back to meat only and was able to reverse them? Wow. That's so powerful for me because part of me has always wondered if I've come to this too late in life (I'm 40 - although I was roughly 31 when I went LC) and the damage cannot be undone. I have no healthy problems, but I know that we can't always see what's brewing inside! I also fear for my children as I'm doing the best I can in our society to steer them away from carbs, but just fear that pushing too hard will have the opposite effect! I will continue to do my best to limit their carbs, but will rest easy in the philosophy that being a good teacher and a good example will be a good foundation and eventually they may follow suit and live long, healthy lives.

Thanks again!!

RE: Zero Carb / Meat and Water - suzannyea - 09-02-2008 02:52 AM

I was really limiting Andrew's carbs and it did have the opposite effect. He started asking for things like toast! He has never eaten toast! I have chilled a bit and we seem to have found a better balance, plus he asks a lot of questions about food and health. He asked yesterday if bread was healthy. I told him no and explained a bit. Then he asked why I give him bread and pasta if they are not healthy. I explained that he will have to make these choices on his own, we all decide what food we eat or do not eat. I reminded him that mommy never eats those foods, just like I do not eat McDonalds or candy. Those are my choices. The best I can do seems to be talking about nutrition and leading by example. I also do not have a lot of junk-carb food in the house, no soda, cereal, candy, etc. But, I want him to feel in control of his own food ( of course if he wanted to only eat candy I would step in, lol). I have noticed that the lack of vegetables at meals has not been noticed by my son or dh, lol.

RE: Zero Carb / Meat and Water - montmorency - 09-02-2008 04:41 AM

con Wrote:
twilight Wrote:
There is another page and a half if you'd like me to continue transcribing it.

If you're willing, I for one, would be thrilled to read it.
Thanks
con

Same here! Many thanks Twilight. Fascinating to get an insight into the great man from a "domestic" perspective. Also, people have speculated about his health in later life; this seems to give a little more info about that, also.

[update] after reading the additional text. Thanks again! Fascinating. e.g. "By eating mutton he became a lamb." - love it! Also fascinating is that he'd begun to think he'd become the new orthodoxy, which chimes in well with what Taubes writes when describing this period. It was only later, thanks to the mistaken beliefs about cholesterol and fat, that these views started to take a beating.

On a more banal note, I've now found a source of ground lamb, a bit more expensive than the beef for the same fat content (~20%); I don't think it's as satisfying as the beef, and for now, I am mixing them.
I'm finding that while I can keep hunger at bay for 4-5-6 hours while eating mostly ground beef/lamb, when I do get hungry, I really DO get hungry, and I feel that only more fatty ground meat will satisfy me. (I hope it's not a craving...). Cheese for example, though I like it, would not do the same trick. (I'd consciously given up cheese anyway, though I am sometimes tempted). Last night at about 9pm, my late lunch had evidently worn off and I felt ravenous. However, I was too tired to cook, and it seemed too late anyway, so I didn't bother; had an early-ish night a bit later, and although I didn't sleep as well as I normally do, when I awoke I noticed I was not at all hungry. So presumably my insulin levels had returned to "normal" during the night, and I was living off my stored fat.

Regards,
Mike

RE: Zero Carb / Meat and Water - FormerDonutJunkie - 09-02-2008 05:34 AM

Mike, I also find the 73/27 keeps me satiated for 4 to 6 hours, but when it runs out...I'm on EMPTY! And just like you I often feel that another 73/27 is all that will really satisfy that hunger. I don't for one minute think it's a craving. I think it's my body truly experiencing hunger! I think with my previous carb addiction I never really experienced true hunger...it was head hunger, coupled with carb cravings.

This same scenario happened to me one night last week. It had apparently been longer than I thought since I ate and all of a sudden, about half way through our Wednesday night Bible Study I experienced that ravenous, gnawing hunger you just alluded to. Fortunately we have food afterward so I found some LC fare and all was well.

True Hunger. That's just my take on it, for what it's worth!

RE: Zero Carb / Meat and Water - twilight - 09-02-2008 05:37 AM

cbnebraska Wrote:
That was a great read! Thank you so much, Twilight, for sharing that!

I am slowly reading through the downloaded copy of FOTL that I printed off from Charles and I have been wondering the whole time how long this man lived and how his health was in old age. It appears he abandoned his all meat diet at some point, suffered some diseases of civilization, then ended up going back to meat only and was able to reverse them?

Good Morning!
According to his autobiography which was published shortly after his death, he lived from 1879-1962 (although the dust jacket states his year of birth as 1880). His last entry was written in March 1962 and his wife wrote the last chapter (prologue).

Chapter 47 of Discovery by Vilghalmur Stefansson:
"At the age of seventy-six, I entered the third Stone Age era of my life as far as diet was concerned. I am still in it as I approach my eighty-third year. Somewhere around my sixty-fifth birthday I began to notice a stiffening in my right knee. By the time I was seventy, the stiffness had begun to spread to other joints. Evidently the exclusively meat diet I had been on for twelve years between 1906 and 1918 and for a year around 1930 had not saved me from the deleterious effects of the carbohydrates I had eaten since 1931. I had been loudly proclaiming the bad effects of "sugar and spice and everything nice," but I had been somewhat lax in practice. I had been so
healthy from the time I recovered from typhoid in 1918 that I paid no attention to nutritional rules, including my own, until I had a warning paralytic stroke in 1952."

He went on:
"Ralph, more a neurologist than nutritionist, pooh-poohed my idea that I ought to cut out carbohydrates in order to lose weight, and directed me to count my calories, as well as my blessings, in that the stroke had not been more serious. I cut down on eating and felt headachy and out of sorts, but I did lose weight until I was below 180. Then my will power broke down, and I began a seesaw of gains and losses...."

"One day we were listening to radio bulletins from Denver about President Eisenhower's heart attack. We were especially interested in those which expressed the opinions of my friend Paul Dudley White, of the Harvard Medical School. Every now and then someone other than Dr. White would remark that the President was another victim of the deplorable modern habit of eating too much fat. Most to be avoided, the radio voices said, were animal fats, and especially the hard ones such as mutton. In spite of my sympathy for the President, I began to feel annoyed with this railing against fat mutton, my favorite of all domestic meats. Having lived my healthiest year on a diet that gave me 80 per cent of my calories from animal fats, I became the more restive the more the radio harped on this theme.

My annoyance finally spilled over, and as usual my wife suffered from the spilling. I reminded her that we had a freezer that was only half full, that she knew my favorite food was fat mutton, and that she had often said that in our market this was the cheapest meat. If she herself ate whatever she liked, would she mind if I lived for a few weeks as Charlie Andersen and I had in 1930, wholly on meat and chiefly on mutton? For one thing, I would then have no trouble, on this diet, losing the excess weight that continued to worry Dr. Hunter. I had not thus far succeeded in losing permanently more than five of my 182 pounds. With real or well-simulated cheer, Evelyn agreed.

I loved the fat mutton. As the English do, I like it boiled. We were alone on the farm just then and sometimes I did my own cooking. When I did, I cooked mutton the way I like it best. I boiled it the way the Eskimos boil caribou or moutain sheep, putting the cold fresh meat into cold water, bringing it to a slow boil, and then setting the pot aside to cool. Then as Charlie Andersen and I used to do during our Bellevue year, I would skim the fat off and drink the broth.

As I have mentioned several times I do not think it fattening to take in added calories if they consist of fat meat, provided that you do your best to avoid carbohydrates and too much lean meat. As far as I know, the slimming effect of eating fat meat was first explained by an accredited physician in print through a "Blue Book" the British Admiralty's account of the first wintering of Europeans on the north coast of Alaska. The author was naval surgeon John Simpson and the publication was an installment of the British government's account of the search for Sir John Franklin. That account I quote and paraphrase in my 1946 Not by Bread Alone. When I republished this slightly augmented, in 1956 as The Fat of the Land, I received a flattering letter from Dr. Richard Mackaress, a writer on nutrition for British publications who later wrote a book called Eat Fat and Grow Slim. When an American edition was published later, my wife wrote an introduction to it. The magazine Coronet liked this piece so well that they asked her for a slight rewriting, which would adapt it to their audience. ..."

RE: Zero Carb / Meat and Water - chris m. - 09-02-2008 05:43 AM

I never thought that i could get to where I was only concerned about eating 3 X day [6-12-6] but I certainly have. Those are about the times I get hungry from the last meal. This is so much simpler coming from a "grazing" background and I read some where on this thread that it is better for
mobilization of stored fat to only eat 2 to 3 times a day.
If any of you are familiar with Anthony Colpo - He once said he eats only twice a day [late a.m. and then p.m.] This allows him to fill up at both times and he is "shredded". With my schedule 3X a day works best for me.
Colpo has a website but is now more geared to bodybuilding even though he wrote an e-book which I bought [The Great Cholesterol Con] and another which I have not [The Fat Loss Bible].
Colpo is very confrontational [witness his ongoing battle with Dr. Eades] which I think has to so with the calories in calories out thing.
I know from my own experience that I can eat more meat and fat calories and lose weight than I ever could eating complex low fat carbs.
Chris m

RE: Zero Carb / Meat and Water - DavidBurchall - 09-02-2008 05:45 AM

Hi,

I just got started on low carb Saturday for the umpteeth time. I did really great on it about 7 years ago shrinking my waist from a 44 to a 36. This was all during the height of the lc craze. But I went back to my old ways and have struggled every since with my weight. Now I'm at a 42 waist and want to get back to 36 in the best way.

In my experience LC helps eliminate my acid reflux and reduces ADD symptoms. My blood pressure and cholestrol also was great. So all around, I know it's the best way for me to eat. The challenge has always been living out in the world doing LC.

At any rate, I'm on day 4 of LC and my ketone stripes are during colors. After reading this thread, I'm thinking that zero carbs may be the ticket for me. The funny thing is I just stayed up cooking half the night - cabbage and cauliflower paddies in addition to the meat that I cooked. I'm considering freezing the veggies and giving zero carb a try. I can always thaw the veggies and eat them later if I choose to.

Typically, I bottom out on low carb after a month. Seems I loose weight during the first week (most water I'm sure), then nothing even though the ketone stripes show I'm spilling!!! It could be a number of things: vegetable oils, the carbs, nuts, LC tortillas, artificial sweeteners, eggs, cream. Who knows?!? But all meat and water at least for a time will give me a chance to see if I can lose weight again.

Any advice for a fellow like me?

David

RE: Zero Carb / Meat and Water - Richard - 09-02-2008 05:48 AM

FormerDonutJunkie Wrote:
...I think it's my body truly experiencing hunger! I think with my previous carb addiction I never really experienced true hunger...it was head hunger, coupled with carb cravings.

... I experienced that ravenous, gnawing hunger you just alluded to. ...

True Hunger. That's just my take on it, for what it's worth!
I agree with the description. Same thing happened with me of all places the check out at Walmart. A basket full of meat and not a bit I could eat!

I have begun to experience this in the last 2 weeks that I have switched to ZC although never this bad. My wife thought I was going to be sick because of the sharp pain and the sudden onset. After getting home about 15 minutes later I set on the precooked 27% burgers in the refrigerator and in about 5 minutes the pain stopped. I told her that next time If I have to go for the meat section and open a package of precooked meat I will. I'm not going through that again if I can help it.

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RE: Zero Carb / Meat and Water - montmorency - 09-02-2008 06:44 AM

FormerDonutJunkie Wrote:
Mike, I also find the 73/27 keeps me satiated for 4 to 6 hours, but when it runs out...I'm on EMPTY!
And just like you I often feel that another 73/27 is all that will really satisfy that hunger. I don't for one minute think it's a craving. I think it's my body truly experiencing hunger! I think with my previous carb addiction I never really experienced true hunger...it was head hunger, coupled with carb cravings.

True Hunger. That's just my take on it, for what it's worth!

Yes FDJ, I think so; in my case, my stomach is screaming out "feed me you ...!" :-) It's not like on other occasions when, say, I'll see an apple in the pantry and think "I quite fancy one of those..."; that's not hunger, and furthermore, it wouldn't be at all satisfying (although I always loved apples).

Twilight: Thanks again! for the additional Stefansson text! Sadly, the English no longer eat boiled mutton. We are lucky if we can find it at all.

Regards,
Mike

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RE: Zero Carb / Meat and Water - MAC - 09-02-2008 06:52 AM

Montmorency Wrote:
Sadly, the English no longer eat boiled mutton.

Yeah what's up with that? Here in the states lamb is pricey compared to beef and not very common and never on sale. You can get it. We must be using all of it in gyros or something. I used to really like lamb chops but haven't had them in eons. Gyros are good but they are a beef and lamb combo.

---

RE: Zero Carb / Meat and Water - twilight - 09-02-2008 07:04 AM

montmorency Wrote:

Twilight: Thanks again! for the additional Stefansson text! Sadly, the English no longer eat boiled mutton. We are lucky if we can find it at all.
Regards,
Mike

If I recall correctly, Krystelle eats mutton and she lives in Canada. I've never seen it here on the east coast of the US.

Deborah

RE: Zero Carb / Meat and Water - Kristi31 - 09-02-2008 07:31 AM

We usually only get lamb here, either domestic or from Australia/NZ. Mutton is very hard to find. I once got some from a local farm. It was delicious!

RE: Zero Carb / Meat and Water - cbnebraska - 09-02-2008 07:42 AM

DavidBurchall Wrote:
Any advice for a fellow like me?

David

Welcome, David!! The best advice I know I can give is eat lots of fat. I mean, really eat a lot of fat. If you don't, you will be extremely tired, lethargic and even discouraged. I was taught by others here that 80% of calories should be from meat fat and I have to say that is 100% accurate. I was appalled at first because I was thinking it meant 80% of my plate should be fat, but it really is a percentage of calories. I have never actually calculated it out, but have learned to melt a bunch of extra fat with my meat and to dunk every bite into it. Not only is it delicious, but the ratio seems pretty accurate for me as I get full (actually often to the point of my stomach flipping and saying "no more"!) at about the same time I finish my meat. The key is to experiment with the ratio until you can go 5-6 hours without getting hungry - truly hungry. The sight of meat (for me it's actually ANY food) should almost make you physically ill during those 5-6 hours leading up to hunger. If your energy is low during that time, you didn't eat enough fat so up it at your next meal, if you're hungry before 5-6 hours, you didn't eat enough lean, so up that.

And, I put it to the test majorly this weekend. I went camping with friends and decided I would not make my eating pattern a topic of conversation. I just wasn't up to the discussion. I did take some other food, placed them on my plate, moved them around and threw them away discreetly. Everyone is used to me not eating bread, so that wasn't an issue. All went well except for my lack of fat!! I was so terribly tired the entire weekend that I almost didn't make it. The fat from the hamburger just dripped off into the fire, the hotdogs were too low fat and so salty to me (now that I've nearly cut all salt out), and the cold meat rollups I did were way too low in fat - even adding mayonnaise. I brought along coconut oil and there was butter, but I couldn't figure out how to add it to stuff without drawing attention to myself. The only meal I felt decent after was breakfast because we had eggs and sausage (again with the salt, but at least good and fatty!) to which I could discreetly add butter since it was out. I don't normally eat dairy or eggs, but conceded to it to get by. I was dragging so badly by the end of the day that I had to make efforts to move from one chair to another. Sad, but true.

Oh, and lastly, David. Be ready for things to get a bit "loose", shall we say? It passes (no pun intended), but it is disconcerting at the beginning.
Everyone else, please correct me if I'm wrong with anything, but this is what I would share as another relative new comer. I don't tend to be very technical or scientific, even though I understand how the process all works.

Have a great day!

RE: Zero Carb / Meat and Water - Charles - 09-02-2008 08:36 AM

daveo Wrote:
Does melting the fat damage or destroy the fat soluble vitamins in the fat? I try to eat at least some of my meat or fat rare to make sure I am getting the vitamins, but maybe someone with more knowledge than me can shed some light on this.

Dave, I'm catching up on my readinb but just in case no one answers this question, the answer is no. In fact, animal fats are very stable at high temperatures. The same cannot be said about vegetable oils, including the beloved olive oil. These become rancid at high temperatures but animal fats can take the heat!

Regards,

Charles

RE: Zero Carb / Meat and Water - Charles - 09-02-2008 09:01 AM

BeeDub Wrote:
Short-term: eat like Charles
Medium-term: drink like Charles
Long-term: look like Charles😊

Thanks for the kind words BeeDub and welcome to our forum!

Best regards,

Charles

RE: Zero Carb / Meat and Water - Charles - 09-02-2008 09:08 AM

montmorency Wrote:
Barry Groves credits Mackarness with having alerted him to the virtues of the low-carb path in the early 60s. I had not realised until recently re-reading the Acknowledgement with fresh eyes, that Mackarness himself had been inspired by Stefansson, but it all fits nicely together, and is hence, I hope you will agree, somewhat relevant to this ongoing thread.

Some people seem to think that low-carb begins and ends with Atkins, but actually, for all his good points, he was comparatively late to the party :-)

This is a HUGE point, Mike. Drs Alfred Pennington Blake Donaldson were also directly inspired by
Stefansson and they were the first ones to have their stuff written up in the *New England Journal of Medicine*. Ironically, the latest Israeli study that showed the pseudo Atkins as being superior to the low fat is also posted in that same journal yet doctors are wondering why we've never heard of such a study before. Those journals are so voluminous that no one is going to go back and read that stuff. Ergo they keep repeating similar studies every 50 years and each time they tout them as a "major breakthrough." Meanwhile, we all get sicker and sicker!

I want to lead a book discussion on *Fat of the Land*, the first low-carb book. However, I would need to know that many of your have or are reading that book. If you can let me know if you would be interested in such a discussion, I'll speak to Jimmy and we can make it happen. I think this would be as valuable as GCBC was.

Charles

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**RE: Zero Carb / Meat and Water** - **caroline** - **09-02-2008 09:12 AM**

Yes, I would be interested--did you say you can find the book on-line? Sorry if you already mentioned this...

Charles Wrote:
I want to lead a book discussion on *Fat of the Land*, the first low-carb book. However, I would need to know that many of your have or are reading that book. If you can let me know if you would be interested in such a discussion, I'll speak to Jimmy and we can make it happen. I think this would be as valuable as GCBC was.

---

**RE: Zero Carb / Meat and Water** - **DavidBurchall** - **09-02-2008 09:25 AM**

Quote:
Be ready for things to get a bit "loose", shall we say? It passes (no pun intended), but it is disconcerting at the beginning.

Oh no! That brings up the unpleasant memory of my bout with fat blocker meds. The day I broke wind and ended up with a huge rank smelling oily discharge all over my pants was the last time I took those pills. LOL. Please say you don't mean anything like that experience.

David

---

**RE: Zero Carb / Meat and Water** - **Charles** - **09-02-2008 09:27 AM**

Evelyn Stefansson Wrote:
Was it with the faintest trace of disappointment in his voice that Stef turned to me, after a strenuous nutrition discussion, and said: "I have always been right. But now I am becoming orthodox! I shall have to find myself a new heresy."

If only he trusted himself throughout his life...

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**RE: Zero Carb / Meat and Water** - **Charles** - **09-02-2008 09:29 AM**
MAC Wrote:
The meat, eggs, and coffee thread now has their foundation in Stefansson's diet.

They never needed a new thread to begin with. We don't discriminated on the basis of meat, eggs or coffee! We after results which is what all of us want!

RE: Zero Carb / Meat and Water - Charles - 09-02-2008 09:42 AM

DavidBurchall Wrote:
Typically, I bottom out on low carb after a month. Seems I loose weight during the first week (most water I'm sure), then nothing even though the ketone stripes show I'm spilling!!! It could be a number of things: vegetable oils, the carbs, nuts, LC tortillas, artificial sweeteners, eggs, cream. Who knows?? But all meat and water at least for a time will give me a chance to see if I can lose weight again.

Any advice for a fellow like me?

David

Hello, David and welcome to our forum!

When you say, "low carb" what do you mean? Did you follow the Atkins diet?

All meat and water is good as long as it's fatty meats and it all goes according to your energy levels.

Give it a shot and let us know how it goes!

Regards,

Charles

RE: Zero Carb / Meat and Water - BeeDub - 09-02-2008 09:46 AM

cbnebraska Wrote:
All went well except for my lack of fat!!
....
I couldn't figure out how to add it to stuff without drawing attention to myself.

You might consider decanting coconut oil (I prefer the flavorless kind) into pocket-sized bottles like this:
Of these, the 4 oz (or the 2 oz.) would easily fit in a pocket for easy swigging in a private moment (washed down with a gulp of water.)

I keep a couple of these in my glovebox for hunger pangs/extra energy whenever need strikes. (Coconut oil is very stable at high temperatures, as it's more saturated than almost any vegetable fat. It literally would be a couple of years before it went rancid.)

CO oil is almost 100% medium chain triglycerides, so it can be absorbed directly by the small intestine, giving you a blast of quick energy. (It's why some recommend that you don't take it right before bed, as it might keep you up.) It also shuts down hunger pangs immediately.
BeeDub Wrote:

cbnebraska Wrote:
All went well except for my lack of fat!!
....
I couldn't figure out how to add it to stuff without drawing attention to myself.

Funny that you mention that because I did take coconut oil with me, in a jar, and left it in the tent. Of course, it became liquid nearly instantaneously due to the heat. I knew it would happen, but hadn't planned ahead with the type of bottle you showed. Good idea. Funny thing is, I gave the same coconut oil advice to someone a while back for keeping at work, but personally I simply can't gag the stuff down. I know there was a thread about which are the best brands, the most tasty, etc... and someone even referred to it as "frosting". I see absolutely no similarities there. (Although I know the evils of artificial sweetener, I wonder if putting some equal in it and mixing it up would help?) I bought the Spectrum brand at our local No Frills - and I don't think that was one of the brands people recommended. I will have to mull that over a bit for my next "situation" and may have to throw out the one I have and try one of the tastier versions. I haven't needed it at home or work because I've got plenty of extra animal fat rendered, which I find delicious (but not drunk straight up!), but I will have to plan better next time. At one point, I took a spoon full of butter when no one was looking, but that didn't go well either. Ugh. (Now that I think about it, there was whole cream in the cooler that I brought for my coffee, I should probably have gotten that out. I definitely could have swallowed that with no problem.)

Oh well, live and learn. I will be better prepared next time.

DavidBurchall Wrote:
Quote:
Be ready for things to get a bit "loose", shall we say? It passes (no pun intended), but it is disconcerting at the beginning.

Oh no! That brings up the unpleasant memory of my bout with fat blocker meds. The day I broke wind and ended up with a huge rank smelling oily discharge all over my pants was the last time I took those pills. LOL. Please say you don't mean anything like that experience.

David

Oh goodness, no, not that severe!! Just a little looser, but all controllable. How horrifying! My gut just rumbled around quite a bit, like it was working hard to do its thing! Ha ha!

nyteez Wrote:
Hi everybody! On our way to Tahoe we saw this sign! LOL
And then we saw happy cows, this is how all cows are raised...eating GRASS!

there were cows for as far as we could see and on the other side of the road was even more cows.

And then we saw a couple of cowboys rounding up cows, possibly headed for the feedlot.
RE: Zero Carb / Meat and Water - nyteez - 09-02-2008 10:38 AM

Well, I did pretty well on our trip. I fit into the size 10 dress, as soon as I find a pic I will post it. Dinner was easy, I had prime rib both nights, it was delicious! There are no restaurants within 50 miles that serve prime around here, can you believe that! so I order it whenever I can. I found some hot dogs (capers) that have 1 carb, only a few ingredients and taste good cold. I brought 2 along w/ us in case I got hungry. I had one for breakfast one day and for lunch the same day. I should have brought more because yesterday morning I was hungry and the restaurant didn't have hamburger on the breakfast menu. I didn't trust the sausage, so I had a bacon & cheese omelet w/ 2 pats of butter on it. It sure was yummy! But, I was hungry and tired in 4 hours. It sure was nice to have my beef & fat bowl this morning! I missed it! 😊

RE: Zero Carb / Meat and Water - DavidBurchall - 09-02-2008 10:56 AM

Charles Wrote:
When you say, "low carb" what do you mean? Did you follow the Atkins diet?

Depends on what period of time we're talking. I started out with Atkins and ended up eat way more carbs that Atkins would allow (about 70-90 daily) and lost the weight the first time. Other times (false starts after going back to old habits) I did Atkins or tried doing what I did when I lost the most weight eating more carbs.

I have a question about water. How much is recommended on zero carb? I'm one who does not like water. So I've always found it a struggle to drink much. Today I'm swigging on a gallon of tea (a mix of green, black, and olong) I made instead of water.

RE: Zero Carb / Meat and Water - Charles - 09-02-2008 11:00 AM

DavidBurchall Wrote:
I have a question about water. How much is recommended on zero carb? I'm one who does not like water. So I've always found it a struggle to drink much. Today I'm swigging on a gallon of tea (a mix of green, black, and olong) I made instead of water.

There is no recommended daily allowance of water on zero-carb just as there is no recommended calorie amount. This all depends on your thirst. Most of us are finding that we can only take water in measured quantities over time.

You certainly don't want to be drinking a gallon of water per day because you can easily dilute your electrolytes and run into hyponatremia which could kill you.

Just drink when you're thirsty and don't drink when you're not.

Regards,

Charles

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RE: Zero Carb / Meat and Water - Loops - 09-02-2008 11:21 AM

Hi all -

I have a question about meats. Here in Chile I'm finding it a bit too expensive to buy beef - including ground. Does anyone here surviving on meat only NOT eat tons of beef. Pork and chicken are quite cheap - would they be ok as a principal source of calories (fatty obviously)? I'm still on and off zero carb. I actually dropped a pound when I added in vegetables so not sure which way I'm going to go now and why that should be. I always eat plenty of fat - no lean meat for me!

Cheers

Loops

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RE: Zero Carb / Meat and Water - montmorency - 09-02-2008 11:34 AM

[Fat of the Land, book discussion]

caroline Wrote:
Yes, I would be interested--did you say you can find the book on-line? Sorry if you already mentioned this...

I certainly would also, although I have not downloaded the book yet. I know a pointer is in this thread somewhere though, possibly several times 😊

Regards,
Mike

---

RE: Zero Carb / Meat and Water - Linda - 09-02-2008 11:41 AM

Charles Wrote:
I want to lead a book discussion on *Fat of the Land*, the first low-carb book. However, I would need to know that many of your have or are reading that book. If you can let me know if you would be interested in such a discussion, I'll speak to Jimmy and we can make it happen. I think this would be as valuable as GCBC was.

Charles

Charles - I would be interested in this, as well. I've got it printed off, so now I can start reading it. 😊

**RE: Zero Carb / Meat and Water** - cbnebraska - 09-02-2008 11:41 AM

Fat of the Land..........

Count me in! I think I'll slow down on it right now and wait for the discussion to begin! I've learned a lot, but would definitely benefit from some other perspectives.

**RE: Zero Carb / Meat and Water** - nyteez - 09-02-2008 12:10 PM

Hi Loops!

I eat a lot of pork & chicken. I find the cheaper cuts are the fattiest. Chix thi's, pork shoulder steaks, or shoulder roast. Pork chops & Chix brsts, are too lean.

**RE: Zero Carb / Meat and Water** - Loops - 09-02-2008 12:35 PM

Ok thanks. I gave all my cheese and cream away today to a friend so pork and chicken it is. Ever seen that film Requiem for a Dream? The fridge turns into a monster for the woman trying to ignore her hunger. THAT is what it is like trying to give up cheese and cream for me!

I had a new burst of motivation this morning as my clothes don't fit me - and not in a good way! Yeah I don't cheat or anything - low-carb all the way but something just isn't working for me lol. Maybe I'm just destined to gain now whatever I do? I hope not, so here we go - another shot at meat/fat only!

Loops

**RE: Zero Carb / Meat and Water** - Charles - 09-02-2008 01:10 PM

montmorency Wrote:

I certainly would also, although I have not downloaded the book yet. I know a pointer is in this thread somewhere though, possibly several times 😊

I don't know that it's online somewhere but if you or anyone else who wants a copy will send me an e-mail, I will reply with a PDF of the book.

**RE: Zero Carb / Meat and Water** - Charles - 09-02-2008 01:21 PM

Loops Wrote:
I had a new burst of motivation this morning as my clothes don't fit me - and not in a good way! Yeah I don't cheat or anything - low-carb all the way but something just isn't working for me lol. Maybe I'm just destined to gain now whatever I do? I hope not, so here we go - another shot at meat/fat only!

It's a shame it takes this for you to give zero-carb a try. If you truly believe that what you're eating is the proper diet for yourself, then why don't you just continue to do it consistently?

I can never promise that zero-carb will provide weight loss for you or anyone else. I can only say that I believe zero-carb will offer the healthiest of all diets that you can consume. This is good from a health perspective regardless of whether you lose weight or not. When you eliminate the carbohydrates, you will have less ability to break carbs down as your body will stop making the enzymes necessary for them. You may argue that, yes, but after a short time, my body will begin to make the enzymes again, which is true. However, if you're not managing them very well right now, can we really say that your body will do any better if you reintroduce them again?

That's really the question that you have to consider before undertaking our routine. The most successful people have been those who have decided to do it merely for health and weight control has to be a secondary thing because you must realize that if you're eating the proper diet, then you have no control over your weight.

When you eat zero-carb, what you're saying is that you are trusting your body to regulate your weight. You are merely following your hunger and your thirst and eating accordingly. There is no counting or measuring to be done. Sure, I step on the scale, but I'm basically powerless over what the results show.

This morning I was 147 which is only 1 pound from when I joined the Navy in August 1986. Hopefully, some of that is water or something since I raced on Sunday but my weight usually rebounds by Tuesday morning after a race. My goal weight was 164. That's quite laughable now!

Just a note of caution for all newbies that despite Stefansson's success late in life with reducing his weight, unfortunately it doesn't happen that way for everyone. There are many things that are reversed some of which we can see and some of which we can not.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - MAC - 09-02-2008 01:21 PM**

The Fat of the Land is not downloadable anywhere on the web best I can tell but I believe the shorter version is available on the web for download - Not by Bread Alone.

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**RE: Zero Carb / Meat and Water - montmorency - 09-02-2008 02:04 PM**

Charles Wrote:
This morning I was 147 which is only 1 pound from when I joined the Navy in August 1986.

That in itself is a very impressive statistic!
Quote:
Just a note of caution for all newbies that despite Stefansson's success late in life with reducing his
weight, unfortunately it doesn't happen that way for everyone. There are many things that are reversed
some of which we can see and some of which we can not.

Stefansson was not that much overweight, from the little I've read, but perhaps more importantly, our
world has changed quite a lot since his day. We've all become used to eating far more refined carbs in so
many more "sophisticated" ways, and we're probably metabolically a whole lot sicker than people
generally were then. The longer we've been overweight, the more damage to ourselves we have probably
done, so the chances of a complete "cure" are probably not that high. Nevertheless, it's still the best we
can probably do.

On downloadable "Fat of the Land" ... (or not); sorry, I think I was getting confused with "Adventures in
Diet" (which itself is a great read).

Regards,
Mike

RE: Zero Carb / Meat and Water - Charles - 09-02-2008 02:04 PM

Okay, everyone knows that the forum is acting whacky today so here is a temporary solution until our
beloved ADMIN fixes the issue later today.

Log out and then browse to the forum or thread that you want to read. Read the information. When you
want to reply, hit the button and then log in and you will be able to reply. If you ever get the error
message when browsing, just log out and click it again.

Charles

RE: Zero Carb / Meat and Water - MAC - 09-02-2008 02:14 PM

Charles Wrote:
Okay, everyone knows that the forum is acting whacky today so here is a temporary solution until our
beloved ADMIN fixes the issue later today.

Log out and then browse to the forum or thread that you want to read. Read the information. When you
want to reply, hit the button and then log in and you will be able to reply. If you ever get the error
message when browsing, just log out and click it again.

Charles

Thanks. I have been using 2 browsers concurrently, one logged out and one logged in but this works
better.

RE: Zero Carb / Meat and Water - Loops - 09-02-2008 03:01 PM

Yeah -
see, I see what you're saying - but I HAVE been consistent. Now I guess I'm just frustrated because it's not working or having the opposite effect. Yeah it's sad - tragic actually because at least I had healed bulimia, eczema and acne but gained a lot of weight in the process. Seems one can't have everything eh?

RE: Zero Carb / Meat and Water - Charles - 09-02-2008 04:06 PM

Loops Wrote:
Yeah it's sad - tragic actually because at least I had healed bulimia, eczema and acne but gained a lot of weight in the process. Seems one can't have everything eh?

Well, I guess it depends on what we call "everything." With zero-carb, I think you can cure eczema, bulimia, acne, obesity, and not be deprived of anything. The "deprivation" feeling comes from the addiction to carbohydrates. Once it's gone, it's gone.

Listen, on the beach last weekend, there was Dairy Queen, cold popsicles after the race, bananas, watermelon, pretzels, chocolate chip cookies, etc -- basically all of the things you would think one "needs" on a hot, humid day at the beach. I craved none of these things. All I needed was my bottle of water which didn't even have to be cold.

It wasn't like I felt deprived and I had to avoid these foods, or talk myself out of having them. It was as if they didn't exist. Basically, there was no real food there. Now, the steak and ribs I had prior to visiting the beach, now that's another story...

Regards,

Charles

RE: Zero Carb / Meat and Water - Daryl - 09-02-2008 04:57 PM

FormerDonutJunkie Wrote:
LindaSue Wrote:
FormerDonutJunkie Wrote:
After one of my Manly-Man Monster Burgers, nothin' else looks good to me...not even a donut! That is a miracle in itself! And that's science enough for me.

I was just pushing the last bite of my breakfast half pounder into my mouth as I read this. Sometimes it's a struggle to get that last little bite in. I couldn't look at any other food right now.

73/27 Ground Beef Burgers=Donut Repellent!

LOL........ that made me laugh 😄

RE: Zero Carb / Meat and Water - paleobabe - 09-03-2008 01:29 AM

As a long-time lurker I've been following this thread with great interest - after first wading my way through all the pages to get totally up to speed! Some fascinating information and opinions being posted here.
I am the mom of a very tall, extremely active toddler (2.5) who is still nursing multiple times a day. Some pages back folks started discussing the effect of low/zero carb on breast milk composition, but unfortunately the discussion seemed to run dry very quickly (forgive the pun). I for one, would be very curious about any potential hazards or advantages this way of eating might have hold for a nursing child.

I've been doing very well myself on mostly paleo/low carb since 2000, and currently stick to 5-10 carb grams a day or less. I do test my milk once or twice a day for ketones and up my lean protein slightly if any appear (rarely happens).

I have a background in nutritional science, but have not been able to find a great deal of info on this subject. I can say that my toddler, who eats much the same as me except for the addition of more berries, veggies and nuts, appears to be thriving, so I'm not overly concerned. Anyone else have any thoughts?

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**RE: Zero Carb / Meat and Water** - suzanneyea - 09-03-2008 02:04 AM

HI!
I so wish I had started Andrew on a paleo type diet from birth. I remember him naturally avoiding bread and carb products, but like an idiot I kept giving them, now he craves them. I am doing my best to reduce them in his diet, but it is not easy. I post about this struggle a lot. I also followed lc when nursing, but only nursed for a year. What are your reasons for still nursing him at 2 1/2?

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**RE: Zero Carb / Meat and Water** - Loops - 09-03-2008 06:51 AM

Hi Charles -

yes I had the same thing going on on the beach last year. In fact I was almost bullied into ice-cream - but I was simply amused by people's like for it and had no desire etc.. It's strange - I sometimes get cravings for a tomato but nothing else. Also lemon juice occasionally. Usually it is because I've eaten something salty. And obviously pork ribs - those cravings come a lot. But yes that is another thing I have accomplished - I don't have any desire for the usual junk sugar foods - but then I never ate them anyway (in the past 10 or so years anyway).

I was actually quite surprised with my vegetables experiment - I don't like them anymore (apart from the above exceptions). Sometimes they make me a bit bloated, sometimes not. It seems like such a hassle to make a salad now - pointless almost.

---

**RE: Zero Carb / Meat and Water** - montmorency - 09-03-2008 07:27 AM

Veggies: interesting ... I found an (old, presumably) posting by The Bear, here: [http://zerocarbpath.blogspot.com/](http://zerocarbpath.blogspot.com/) in which he comes out as very anti-veg; not just that they are unnecessary, but that they are poison, etc. He also makes the interesting comment at one point that Atkins put the veggies into his diet in order to make it socially acceptable. (I can relate to this since I get stick from the family if I am not eating, or not seen to be eating, vegetables...in fact this is the best argument I can think of for a low-carber to eat at least some veg ... for the sake of a quiet life! :-)) But I see Atkins fans telling others that they _must_ eat veg....hm.

I've seen a reference here (I think) to The Bear having had a heart-bypass. Is this correct, and if so, when
was it? Has he made any public statements about it?

Regards,
Mike

RE: Zero Carb / Meat and Water - BeeDub - 09-03-2008 07:30 AM

paleobabe Wrote:
I for one, would be very curious about any potential hazards or advantages this way of eating might have hold for a nursing child.

I've been doing very well myself on mostly paleo/low carb since 2000, and currently stick to 5-10 carb grams a day or less. I do test my milk once or twice a day for ketones and up my lean protein slightly if any appear (rarely happens).

I have a background in nutritional science, but have not been able to find a great deal of info on this subject. I can say that my toddler, who eats much the same as me except for the addition of more berries, veggies and nuts, appears to be thriving, so I'm not overly concerned. Anyone else have any thoughts?

Nursing is much more healthy for babies than formula. But you might need to supplement with Vitamin D3 to make sure your child is getting enough himself. The reason is that Americans are typically chronically low in D, as we have been told to avoid the sun and use lotion...by sunscreen manufacturers. That's a problem because the key way we get Vitamin D, a crucial compound, is through sun on our skin. Unfortunately, what we're not told is that avoiding the sun causes many more health problems than it solves. "Vitamin" D (it's actually a crucial steroid, not a vitamin) is massively anti-carcinogenic, reduces cardiovascular disease, prevents rickets, protects against osteoporosis, prevents calcium from being deposited in your arteries -- the list is quite astounding.

What this has to do with breastfeeding is that since the compound is so crucial -- and Americans get so little -- breastmilk will be completely devoid of vitamin D is most mothers. That's because her body won't release any D to the baby until she has enough D to meet her own needs (and it's unlikely that she does.) So the baby never gets any (especially since most good moms are very careful to shield their infants from any sun.)

Recent NY Times article on vit. D & breastfeeding

None of this is caused by low-carb eating -- virtually no foods contain Vitamin D. Cod liver oil has it -- if you had several tablespoons a day, you'd be covered. Salmon meat has it -- you'd have to eat a couple of pounds a day. If you're under 40, you can get it through getting enough sun (we lose our ability to make D from sun by age 40.)

Most likely, though, you need to supplement with D3 -- far over the current RDA, which is disastrously low -- before there will be any D in your milk.

Here is an interesting excerpt from Dr. Davis' Heartscan Blog, that seems to indicate that breastfeeding mothers need 6400IU/day of D3 before their babies have correct levels:

Quote:
Bruce [Hollis] kept the audience enthralled with a review of all the disease states that indicate 25(OH)D levels need to be much higher than they are now, that is, the multiple biomarkers that suggest the lower limit of 25(OH)D levels should be above 40 ng/ml and closer to 50 ng/ml. Then Professor Hollis spoke
of his ongoing study in pregnant women and how he got approval to use 4,000 IU of vitamin D per day back in 2003, quite an accomplishment. He also reviewed another one of his research projects, one that answered an age old question, why is breast milk a poor source of vitamin D? How were prehistoric infants supposed to get their vitamin D, by lying out in the sun where saber tooth tigers would eat them? No, they were hidden in caves and had to have another source or the human race would have died out long ago because rickets destroys a woman's and infant's chance to live through childbirth due to rachitic deformations of the mother's pelvis. Carol Wagner and Bruce Hollis, together with their colleagues, answered that age old question -- human breast milk is a poor vitamin D source because virtually all modern mothers are vitamin D deficient. That is, when pregnant women keep their levels where we think prehistoric human levels were, about 50 ng/ml, breast milk becomes a rich source of vitamin D. First Carol and Bruce gave [supplements of] 2,000 IU per day, then 4,000 IU per day and finally 6400 IU of D3 per day to lactating women. Only at 6400 of D3/day did the women maintain both their own 25(OH)D levels and the levels of their breast feeding babies above 50 ng/ml. On 6400 IU/day, the vitamin D activity of the breast milk went from about 80 to 800 IU/L. Quite a discovery, and another reason for all of us to keep our levels above 50 ng/ml.


More on D from the Heartscan blog -- the entire thing is fascinating, but too long to post here.

More on the sunscreen manufacturers' sleight-of-hand from last month's Mother Jones: Sun Scam - Think Sunscreen Protects Against Cancer? Think again

RE: Zero Carb / Meat and Water - MAC - 09-03-2008 07:44 AM

Montmorency Wrote:
I've seen a reference here (I think) to The Bear having had a heart-bypass. Is this correct, and if so, when was it? Has he made any public statements about it?

No, the Bear had cancer and some blockage before he went all meat. I don't remember the specifics of the type of blockage. The guy was a soundman for the Grateful Dead and experimented with drugs at one time. You can read his thread here: http://forum.lowcarber.org/showthread.php?t=287013

RE: Zero Carb / Meat and Water - Charles - 09-03-2008 07:47 AM

Loops Wrote:
I was actually quite surprised with my vegetables experiment - I don't like them anymore (apart from the above exceptions). Sometimes they make me a bit bloated, sometimes not. It seems like such a hassle to make a salad now - pointless almost.

How fascinating is that? I feel the same way! 😊 Actually, I've come to loathe any food that you have to sweeten or season in order to make palatable. I always find it amusing that people have such a hard time eating fatty, greasy foods (with tons of flavor) yet they have no problem eating a dry bagle, a salad, or a potato. All of these things require a great deal of seasoning in order to taste good. Oh sure, a fresh, hot bagel may work for some people, but most would at least need to slather some sort of spread or cream cheese on it.
I'll never forget the first time I ate brown rice or brown pasta. That stuff tasted like pure cardboard. Even that Food for Life bread was absolutely terrible but after a while, I learned to "like it". So it is with fat. If you just eat it, after a while you begin to prefer it and you don't get nausea as readily. Lean meat can be pretty gross. I have no problem tossing it to my dog.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - poo123 - 09-03-2008 07:52 AM**

Well here I am, I am not gone. I have had a busy time with work and getting kids off to school. I have finally lost the 3 lbs the evil sausages put on and over the holiday weekend we had company and I made a cheesecake (one of my favs) and I had a bite. Normally I could have eaten the whole cheesecake and had room for more. well I had one bite and didn't even finish the bite and was not happy with the taste. So my desire for "regular food" is all gone. So I am really happy about that. Well off to work....alison

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**RE: Zero Carb / Meat and Water - BeeDub - 09-03-2008 08:10 AM**

MAC Wrote:
The guy was a soundman for the Grateful Dead and experimented with drugs at one time. He was more than a soundman (he was a brilliant inventor of sound gear, and helped finance the band) and he did more than experiment with drugs -- Owsley "Bear" Stanley was one of the key figures in the LSD movement, making huge quantities of the highest quality before he was caught. Steely Dan's hit "Kid Charlemagne" is about him:

*While the music played you worked by candlelight*
*Those San Francisco nights...you were the best in town*
*Just by chance you crossed the diamond with the pearl*
*You turned it on the world. That's when you turned the world around*
*Did you feel like Jesus? Did you realize...that you were a champion in their eyes?*

*On the hill the stuff was laced with kerosene. But yours was kitchen clean*
*Everyone stopped to stare at your Technicolor motorhome.*
*Every A-Frame had your number on the wall. You must have had it all.*
*You'd go to L.A. on a dare, and you'd go it alone.*
*Could you live forever? Could you see the day?*
*That you'd feel your whole world fall apart and fade away?*

Fascinating guy. Genius and iconoclast. I have no idea why they haven't done a feature film about him -- total Oscar-winning story for sure.

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**RE: Zero Carb / Meat and Water - Charles - 09-03-2008 08:16 AM**

paleobabe Wrote:
I have a background in nutritional science, but have not been able to find a great deal of info on this subject. I can say that my toddler, who eats much the same as me except for the addition of more berries, veggies and nuts, appears to be thriving, so I'm not overly concerned. Anyone else have any thoughts?
This is exactly what I would expect to find. Dr. Price made similar observations about populations in the sub-Sahara:

Quote:
It is significant that the vegetarian groups practiced the feeding of special foods during gestation and lactation. Apparently carnivorous groups found no need to supplement the diet, as it was already rich in the factors needed for reproduction and optimum growth.

If the diet is the proper diet for you, then there is no question it is the proper diet for your offspring. If a person enjoys optimal health consuming a particular diet, then that diet is by definition, a healthy diet.

A simple examination of the food people eat does not tell us anything about any deficiency in the people consuming that food. As I've posted many times, the Inuit diet was notoriously low in calcium, such that deficiencies should have abounded. However, they all had straight, uncrowded teeth, regardless of whether they ate hard food, soft food, caribou, seal, walrus, or fish only, as certain Eskimos who only ate whale and seal blubber. Stefansson reported that they all had the same immaculate health.

Stefansson provided many skeletal remains to the Smithsonian which backed up his observations and none of those remains showed a calcium deficiency.

Those who eat carbohydrates of any kind, have to be concerned with supplementation. Why? Because these things cause our bodies to expend nutrients to process them. With meat, we have not need for this.

The whole notion of vitamins needs to truly be examined. Casimir Funk speculated back in 1912 that vitamins B1, B2, C and D were "essential" for human health. How did he come to this conclusion? He examined healthy people and found that they had these nutrients in high amounts whereas sick folks were low in them. Therefore, he postulated that the healthy people must eat more of these vitamins than other people.

This old 1912 thinking continues to overshadow any intelligent discussions on nutrition. The observation that Funk actually missed was that people who contracted scurvy, did so after eating refined and easily digestible carbohydrates which caused the body to expend those nutrients. Scurvy could be eliminated with fresh meat 100% of the time, as long as you didn't overcook it or boil it. The lime juice and fresh vegetable theory only worked part of the time. Many sailors died trusting this conventional wisdom fruits and vegetables which never seemed to get disproved.

Stefansson and few others were able to actually "winter-over" in the Arctic using meat and did not lose men to scurvy.

Just as we saw with Nurses I and II, there is NO benefit to fruits and vegetable consumption. If this is true for women during life, why would fruits and vegetables be expected to do anything positive for the unborn child? If women can eat meat only during their lives and be healthy, why would their children be expected to be deprived of some nutrient?

This makes no sense to me.

Regards,

Charles
RE: Zero Carb / Meat and Water - montmorency - 09-03-2008 08:19 AM

Note though that the Wikipedia entry (http://en.wikipedia.org/wiki/Owsley_Stanley) says his (throat) cancer was in 2004, so after he would have been all meat for a very long time. Doesn't mention the bypass/blockage.

Regards,
Mike

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RE: Zero Carb / Meat and Water - con - 09-03-2008 08:50 AM

montmorency Wrote:
Note though that the Wikipedia entry (http://en.wikipedia.org/wiki/Owsley_Stanley) says his (throat) cancer was in 2004, so after he would have been all meat for a very long time. Doesn't mention the bypass/blockage.

Bear explains the whole thing on the site MAC gave—well worth reading the whole thing.

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RE: Zero Carb / Meat and Water - MAC - 09-03-2008 08:52 AM

con Wrote:
montmorency Wrote:
Note though that the Wikipedia entry (http://en.wikipedia.org/wiki/Owsley_Stanley) says his (throat) cancer was in 2004, so after he would have been all meat for a very long time. Doesn't mention the bypass/blockage.

Bear explains the whole thing on the site MAC gave—well worth reading the whole thing.

Here is compact BEAR: http://activenocarber.myfreeforum.org/Concise_Bear_about1646.html

and the longer BEAR:
http://activenocarber.myfreeforum.org/Bear_s_Words_Of_Wisdom_about22.html

Both of the above have been edited to eliminate the dialogue from the original which can get in the way of the BEAR.

Poppa Bear thread, Momma Bear thread and Baby Bear thread. Pick the one just right for you:-)

Poppa Bear thread: http://forum.lowcarber.org/showthread.php?t=287013

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RE: Zero Carb / Meat and Water - BeeDub - 09-03-2008 09:31 AM

Just got a big tray of beef trimmings -- free -- from the butcher in my local supermarket. It's clearly a request they don't get a lot.

I really think we're in a honeymoon period before more people discover this WOE. I bet in a couple of years the tray I just got will be $8.
Charles Wrote:
Many have inquired about Stefansson's Adventures in the Land. Download it here. Thanks to Daveo, I have Not by Bread Alone which I'm really excited about. It's a huge PDF that's too big but I'm going to use my Adobe Professional to break it down so it's small enough to be posted and everyone can download it for themselves. I may just break it up into several parts and do it that way. We'll see.

I'll work with the moderators to see if we can provide a place to post studies and books so you can read them and have them as part of your low-carb libraries.

Charles
I probably missed the follow up to this, were you able to post Not By Bread alone.
Thanks
Scott

lowcarbscott Wrote:
I probably missed the follow up to this, were you able to post Not By Bread alone.

No, just send me an e-mail and I'll send it back to you.

Charles

montmorency Wrote:
Here is compact BEAR: http://activenocarber.myfreeforum.org/Concise_Bear_about1646.html

That's compact? Yikes! LOL

DavidBurchall Wrote:
montmorency Wrote:
Here is compact BEAR: http://activenocarber.myfreeforum.org/Concise_Bear_about1646.html

That's compact? Yikes! LOL

Bear with it.

BeeDub Wrote:
If you're under 40, you can get it through getting enough sun (we lose our ability to make D from sun by age 40.)

WHAT?? I have never, ever heard this before. Please give a reference of some sort for this one........ I have been operating with the information that we should not need supplements of any kind, ever, if we eat a meat only diet. I have read over and over again that our body can and does make every vitamin and mineral we could ever need, except vitamin D, which we must get from the sun. 20 minutes per day, unprotected, more if we have darker skin that tans easily or are overweight.

Can someone expound for me?

RE: Zero Carb / Meat and Water - caroline - 09-03-2008 10:31 AM

cbnebraska Wrote:  
Can someone expound for me?

You can find information of availability of vitamin d based on latitude of where you live--it's not as simple as sitting out on a sunny day. There is a lot of evidence that a majority of people have vitamin d deficiency--Weston Price always has interesting info. on vitamin d.

this is the one supplement that we are taking, but we are taking it in liquid form. It is the only one I take now.

RE: Zero Carb / Meat and Water - MAC - 09-03-2008 10:53 AM

caroline Wrote:  
cbnebraska Wrote:  
Can someone expound for me?

You can find information of availability of vitamin d based on latitude of where you live--it's not as simple as sitting out on a sunny day. There is a lot of evidence that a majority of people have vitamin d deficiency--Weston Price always has interesting info. on vitamin d.

this is the one supplement that we are taking, but we are taking it in liquid form. It is the only one I take now.

In the winter it is very hard above 30 degrees latitude to get enough sun. 30 degrees latitude is south of San Diego on the west coast. Winter being October to April depending on where you live.

"The need for vitamin D increases after age 50. It is difficult to meet the vitamin D recommendations for people over 50 years of age without recommending unrealistic daily amounts of some foods."


This is about 50 years old but it was the easiest link I could find from a non blog source.
RE: Zero Carb / Meat and Water - Charles - 09-03-2008 11:36 AM

cbnebraska Wrote:
Can someone expound for me?

Anyone who reads my writing knows I don't buy any of this nonsense. I am 40 years old and I am not the slightest bit concerned about getting enough Vitamin D.

These supplements are all a very new thing. What isolated populations took vitamin D supplements? What horrible fate will befall us if we don't get enough of vitamin D?

Quote:
Vitamin D deficiency impairs normal bone metabolism, leading to rickets in children and osteomalacia (undermineralized bones) or osteoporosis (porous bones) in adults (IOM, 1997).

These are diseases of civilization! Once again for the thousandth time:

Stop eating foods that cause you to expend Vitamin D and you will have no Vitamin D deficiency. An all-meat diet has never been shown to create any vitamin deficiency of any kind. This is no different.

Regards,
Charles

RE: Zero Carb / Meat and Water - MAC - 09-03-2008 11:42 AM

Charles Wrote:
These supplements are all a very new thing. What isolated populations took vitamin D supplements? What horrible fate will befall us if we don't get enough of vitamin D?

It may not be what will befall us but what has already befallen some others.

You can read Dr. Davis blog if you care to. For those with high calcification already it has improved their odds of avoiding heart attacks. http://heartscanblog.blogspot.com/search/label/vitamin%20D

Indigenous populations did not spend all day inside nor did they use sunscreen. I think the jury is out on Vitamin D.

See this article about calcium levels and lethal prostate cancer and the low levels of D associated with it: http://www.msnbc.msn.com/id/26525645/

"People treated for high blood calcium usually have chronic kidney disease, which is associated with low vitamin D levels. Low vitamin D levels elevate parathyroid hormone levels, Schwartz said."
RE: Zero Carb / Meat and Water - chris m. - 09-03-2008 12:02 PM

Thanks Charles,
You are right - so here is the question - Anthony Colpo is adamant about calories in-calories out as the way to lose weight. Where do you come down on this? For whatever reason I find it impossible to control my weight when eating complex carb low fat and much easier when I am doing low carb. I have slowly come to realize [with the help of this thread actually] that once and for all low to 0 carb is the healthiest way to live your life. I've never counted calories much but just "feel" that I'm on higher calories with low carb and still can lose and maintain better. I've been from 220 to 160 twice and am now down to 180. With the help of this site expect to lose this last 20 fairly consistently. I'm 65 yrs. old so it is getting harder but will not let it get away again. Thanks for all you and the others on this site do !!!
Chris m

RE: Zero Carb / Meat and Water - BeeDub - 09-03-2008 12:16 PM

cbnebraska Wrote:
BeeDub Wrote:
If you're under 40, you can get it through getting enough sun (we lose our ability to make D from sun by age 40.)

WHAT?? I have never, ever heard this before. Please give a reference of some sort for this one....... I have been operating with the information that we should not need supplements of any kind, ever, if we eat a meat only diet. I have read over and over again that our body can and does make every vitamin and mineral we could ever need, except vitamin D, which we must get from the sun. 20 minutes per day, unprotected, more if we have darker skin that tans easily or are overweight.

That's not what the science shows. Here's an excerpt from Dr. Davis' post on the subject (you can read the whole post [here](#).)

Quote:
As we age, we lose the capacity to activate vitamin D in the skin.

*Studies suggest that, between ages 20 and 70, there is a 75% reduction in the ability to activate vitamin D. The capacity of conversion from 25 (OH) vitamin D to 1,25 di(OH) vitamin D also diminishes. (Holick M. Sunlight and vitamin D for bone health and prevention of autoimmune diseases, cancers, and cardiovascular disease. PubMed link.)*

(Here's a chart from the above study that shows how Vitamin D production from sunlight craters as we age...it's the bottom graph.)

Davis continues:
This would explain why 70-year olds come to the office, just back from the Caribbean sporting dark brown tans, are still deficient, often severely, in blood levels of vitamin D (25(OH) vitamin D). A tan does not equal vitamin D.

*A practical way of looking at it is that anyone 40 years old or older has lost the majority of ability for vitamin D activation.*
This often makes me wonder if the loss of vitamin D activating potential is nature's way to get rid of us. After all, after 40, we've pretty much had our opportunity to recreate and make our contribution to the species (at least in a primitive world in which humans evolved): we've exhausted our reproductive usefulness to the species.

Is the programmed decline of vitamin D skin activation a way to ensure that we develop diseases of senescence (aging)? The list of potential consequences of vitamin D deficiency includes: osteoporosis, poor balance and coordination, falls and fractures; cancer of the breast, bladder, colon, prostate, and blood; reductions in HDL, increases in triglycerides; increased inflammation (C-reactive protein, CRP); declining memory and mentation; coronary heart disease.

Isn't that also pretty much a list that describes aging?

A fascinating argument in support of this idea came from a study from St Thomas' Hospital and the London School of Medicine: Higher serum vitamin D concentrations are associated with longer leukocyte telomere length in women

Telomeres are the "tails" of DNA that were formerly thought to be mistakes, just coding for nonsense. But more recent thinking has proposed that telomeres may provide a counting mechanism that shortens with aging and accelerates with stress and illness. This study suggests that both vitamin D and inflammation (CRP) impact telomere length: the lower the vitamin D, the shorter the telomere length, particularly when inflammation is greater.

Data supporting vitamin D's effects on preventing or treating cancer, osteoporosis, lipid abnormalities, inflammation, cardiovascular disease, etc., is developing rapidly.

Now the big question: If declining vitamin D is nature's way of ensuring our decline and death, does maintaining higher vitamin D also maintain youthfulness?

I don't have an answer, but it's a really intriguing idea.

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RE: Zero Carb / Meat and Water - Charles - 09-03-2008 12:26 PM

chris m. Wrote:
You are right - so here is the question - Anthony Colpo is adamant about calories in-calories out as the way to lose weight. Where do you come down on this?

Okay, Chris, I'm not looking to get into it with Colpo or Eades because I don't buy the metabolic advantage nor do I buy the "calorie is a calorie" nonsense either because everyone knows our bodies do something far different with beef spare ribs than it does with corn flakes. I would have to eat 8 cups of corn flakes to equal the calories of 6 ounces of beef spare ribs. I would gain weight eating the corn flakes yet I would either lose or maintain my weight with the beef spare ribs.

When we say "calories don't count" we're not invalidating the first law of thermodynamics. We're saying that calories do count, just not in a way that's relevant. Counting calories is a mental exercise with little relevance to human physiology.

People do not become obese from eating too much and moving too little. Obesity happens when your body is unable to mobilize more fatty acids than it stores in your fat tissue. This condition happens when
the principle regulator of fat tissue, insulin, is chronically high in the bloodstream. This facilitates fat storage or "lipid trapping" which basically means that fatty acids remain trapped in fat tissue for longer periods than they should be. This has little to do with caloric intake and everything to do with the insulin response to the various foods we eat. Certain foods (such as corn flakes) raise insulin levels to create this lipid trapping environment and certain foods (beef spare ribs) don't.

The real regulator of "calories in/calories out" is hunger. Hunger is a request from your cells for fuel. This should serve as the primary guide for how much one eats, not 1800's basal metabolic rate, or other nonsense. When a person eats fat and protein to appetite, their body will regulate their hunger as it's supposed to which will correct the metabolic disorder and begin to repair symptoms caused by said disorder such as obesity, hypertension, diabetes, cancer, Alzheimer's, dementia, etc. Weight loss is the result in seventy-five percent of cases.

It's commonly observed that individuals on a very low or zero-carb diet will voluntarily lower their food intake because they are less hungry. This is very true and most of us here have experienced just that. On the outside, this may appear that we've "lowered our calories" which we did, but assigning that to "cause" would be misleading. We eat less because we are less hungry. We are not less hungry because we eat less.

By the same token, we tend to move more because we become leaner. We do not become leaner by moving more. It's important to understand which is cause and which is effect.

Regards,

Charles

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RE: Zero Carb / Meat and Water - Charles - 09-03-2008 12:33 PM

BeeDub Wrote:
That's not what the science shows. Here's an excerpt from Dr. Davis' post on the subject (you can read the whole post here.)
[i]As we age, we lose the capacity to activate vitamin D in the skin.

The science may suggest that but it's far from conclusive when studying a sick population. These are mere associations. Dr. Davis is speculating based on the associations and he says as much here:

Dr. Davis Wrote:
This would explain why 70-year olds come to the office, just back from the Caribbean sporting dark brown tans, are still deficient, often severely, in blood levels of vitamin D (25(OH) vitamin D). A tan does not equal vitamin D.

A practical way of looking at it is that anyone 40 years old or older has lost the majority of ability for vitamin D activation.

This often makes me wonder if the loss of vitamin D activating potential is nature's way to get rid of us. After all, after 40, we've pretty much had our opportunity to recreate and make our contribution to the species (at least in a primitive world in which humans evolved): we've exhausted our reproductive usefulness to the species.

This says nothing of the diet that those 70-year olds consumed prior to visiting his office. 70 year-old
Masai men and women don't show these deficiencies at age 70. This people in the studies ate a poor diet which caused their bodies to lose vitamin D, it was not because they did not consume enough supplements. I don't disagree that they may lose their ability to absorb vitamin D as they age, however I dispute that adding a supplement will correct the damage they did. They would have to change their diet or the vitamin D will still not be absorbed.

Associations do not denote cause. As the conclusion of your post says:

Quote:
Now the big question: If declining vitamin D is nature's way of ensuring our decline and death, does maintaining higher vitamin D also maintain youthfulness?

I don't have an answer, but it's a really intriguing idea

Speculations! All of us know many people who, despite their advanced age, have very beautiful skin and bones. Of course, we also know many who do not. Just because one consumes the supplement that does not mean their bodies will absorb the additional vitamin D if it is determined to excrete it due to an improper diet.

African-Americans rarely suffer from vitamin D deficiencies but the point is, any vitamin deficiency is a disease of civilization. Because it is that, there is a cluster of associations that are not only common to vitamin D deficiency but all the other diseases of civilization. To assign cause to a single vitamin deficiency is foolish. Even Dr. Davis does not go this far. To him, it's an intriguing idea and I agree. However, I am not relying on some supplement concocted in a laboratory.

Regards,

Charles

RE: Zero Carb / Meat and Water - nyteez - 09-03-2008 12:48 PM

I totally agree w/ Charles on the Vitamin D thing. Again, take a look at the Eskimos, who eat only meat. They also spend 1/2 the year in the dark, yet they had perfect teeth & bones. When the sunny season comes they are all bundled up with barely their noses exposed to the sun. How did they get enough vitamin D?

One thing I really noticed this summer is my skin. I have always been a sun worshiper. In the last 5-6 years I have noticed the sun damage after only a few days in the sun. This year, since I have not had carbs since Feburary, my skinned tanned very nicely, no dark brown spots, no white spots, just clear tan skin, like when I was in my 20's.

RE: Zero Carb / Meat and Water - chris m. - 09-03-2008 12:50 PM

Charles Wrote:
chris m. Wrote:
You are right - so here is the question - Anthony Colpo is adamant about calories in-calories out as the way to lose weight. Where do you come down on this?

Okay, Chris, I'm not looking to get into it with Colpo or Eades because I don't buy the metabolic
advantage nor do I buy the "calorie is a calorie" nonsense either because everyone knows our bodies do something far different with beef spare ribs than it does with corn flakes. I would have to eat 8 cups of corn flakes to equal the calories of 6 ounces of beef spare ribs. I would gain weight eating the corn flakes yet I would either lose or maintain my weight with the beef spare ribs.

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The real regulator of "calories in/calories out" is hunger. Hunger is a request from your cells for fuel. This should serve as the primary guide for how much one eats, not 1800's basal metabolic rate, or other nonsense. When a person eats fat and protein to appetite, their body will regulate their hunger as it's supposed to which will correct the metabolic disorder and begin to repair symptoms caused by said disorder such as obesity, hypertension, diabetes, cancer, Alzheimer's, dementia, etc. Weight loss is the result in seventy-five percent of cases.

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By the same token, we tend to move more because we become leaner. We do not become leaner by moving more. It's important to understand which is cause and which is effect.

Regards,

Charles

Charles, me either!! Colpo can be very dogmatic with whoever disagrees with him !! What you said does make a lot more sense. I don't buy the metabolic advantage or calorie in calorie out. I do know that 1500 ccalories of oatmeal will cause me to gain weight while 2500 calories of meat and water and I can lose. This of course moves me more to 0 carbs [which is what this thread is all about]!!!
As Mac you and others say it is all about the insulin.
Thanks again,
chris m. [P.S. get on with that book !!!]

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**RE: Zero Carb / Meat and Water - Charles - 09-03-2008 12:51 PM**

You can see my skin in my avatar or up close in my running journal. I assure you I had no sunscreen on during my race or at the beach and I have good skin and bones. I'm hardly worried about osteoporosis.
RE: Zero Carb / Meat and Water - Charles - 09-03-2008 12:53 PM

cris m. Wrote:
cris m. [P.S. get on with that book !!!]

It's coming. I need Jimmy to tell me where to host the party! We don't have a book discussion forum set up. The GCBC forum would be fine with me, but we'll see what Jimmy thinks. Maybe I should do a poll so I can give him numbers. I know many have responded for the book and many have said they would participate in a discussion of that book. We'll see.

Regards,

Charles

RE: Zero Carb / Meat and Water - cbnebraska - 09-03-2008 01:26 PM

Charles Wrote:
Stop eating foods that cause you to expend Vitamin D and you will have no Vitamin D deficiency. An all-meat diet has never been shown to create any vitamin deficiency of any kind. This is no different.

I like it. This is what I thought, just like all the other "deficiencies". Once again, it's not what we should add to our diet and bodies, it's what we should take out. Equilibrium will be reestablished and we will run like the BMWs we're meant to be! No ethanol for me, baby! My owner's manual says "Premium Grade Fuel Only". Ha ha!! And, bring on the sun too, 'cause soaking in it always lightens my mood and makes me feel good. Maybe it's my Italian heritage, but I know it definitely does something positive to/for me. Too bad I live in Nebraska and can only soak it in a few months out of the year!!!

RE: Zero Carb / Meat and Water - Chris m. - 09-03-2008 01:39 PM

Charles Wrote:
chris m. Wrote:
chris m. [P.S. get on with that book !!!]

It's coming. I need Jimmy to tell me where to host the party! We don't have a book discussion forum set up. The GCBC forum would be fine with me, but we'll see what Jimmy thinks. Maybe I should do a poll so I can give him numbers. I know many have responded for the book and many have said they would participate in a discussion of that book. We'll see.

Regards,

Charles

Honestly, anybody that can lay it down as well as you can should draw a large audience. I basically have a hard enuff time understanding it all !!
I'll sign out now - BUT keep up the good work.
Oh by the way, anybody concerned about fiber should go to
http://www.fibermenace.com
A huge amount of info on the website about how damaging fiber is even though he is selling a book.
cbnebraska Wrote:
I like it. This is what I thought, just like all the other "deficiencies". Once again, it's not what we should add to our diet and bodies, it's what we should take out. Equilibrium will be reestablished and we will run like the BMWs we're meant to be! No ethanol for me, baby! My owner's manual says "Premium Grade Fuel Only".

That's right, Cynthia. The Premium Grade fuel has vitamin D and all the essential nutrients in it at the proper levels we need for maximum absorption. It doesn't matter that meat has less vitamin C than an orange. The orange will make us need more vitamin C whereas the meat will ensure we absorb it and we'll have plenty.

Cynthia Wrote:
And, bring on the sun too, 'cause soaking in it always lightens my mood and makes me feel good. Maybe it's my Italian heritage, but I know it definitely does something positive to/for me. Too bad I live in Nebraska and can only soak it in a few months out of the year!!!

This is the part that really gets me. How did people survive for so many centuries without sunscreen? Why is it so prevalent nowadays? We need a new term! Along with the "diseases of civilization", Charles is now making a new term: (drum roll, please)

The new term is "Products of Civilization"!

These are products that solely exist to combat the ailments of civilization that are brought about by a poor diet. I argue that by consuming the proper diet, you can skip 'em!

1. Multivitamins and vitamin supplements
2. Fish oil
3. Blood pressure medication
4. Insulin injections
5. Sunscreen/Skin and hand lotions/UV Protection
6. Acne medicine
7. Lip balm and lip therapy
8. Athlete's Foot Fungal Medication
9. Deoderant
10. Metamucil/Fiber supplements
11. Mouthwash
12. Toothpaste and tooth brushes
13. Sleep aids
14. Pepto Bismol and related products
15. Energy Bars/Diet Bars
16. Protein Shakes
17. Eye glasses and contact lenses
18. Dog food
19. Shoes and orthotics
20. Tylenol and Aspirin

These are my top 20. Can you name some?

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**RE: Zero Carb / Meat and Water - Charles - 09-03-2008 02:08 PM**

Okay, listen. Our Zero-Carb/Meat and Water thread is about to break 100,000 views in the coming days. This is about 80,000 more than the next closest thread on this entire forum. That means the interest is very high concerning this topic.

In recognition of that 100,000 mark, I want to get the *Not by Bread Alone* book discussion going very soon. To that end, I would like to know (and I'm sure Jimmy would like to as well), how many people are willing to participate in this discussion. Please [go to the poll](#) and vote today. The poll will go for 14 days and we'll see what type of response we get. I know that many of you have already indicated you are interested, but please vote at the poll anyway.

That will give me time to outline the book and determine how long it will take us to get through it and give us plenty of time to discuss and debate it.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - daveo - 09-03-2008 02:26 PM**

Count me in. Now I have to read it again 😊

---

**RE: Zero Carb / Meat and Water - BeeDub - 09-03-2008 02:33 PM**

Charles Wrote:
[quote=BeeDub]
That's not what the science shows. Here's an excerpt from Dr. Davis' post on the subject (you can read the whole post [here](#)).

*As we age, we lose the capacity to activate vitamin D in the skin.*

*The science may suggest that but it's far from conclusive when studying a sick population. These are mere associations.*

How do you know? Did you pull Holick's paper, analyze his methodology and find it lacking? Dr. Davis seems to find it persuasive.

*Dr. Davis is speculating based on the associations and he says as much here:*

*Dr. Davis Wrote:*

*This would explain why 70-year olds come to the office, just back from the Caribbean sporting dark brown tans, are still deficient, often severely, in blood levels of vitamin D (25(OH) vitamin D). A tan does not equal vitamin D.*
A practical way of looking at it is that anyone 40 years old or older has lost the majority of ability for vitamin D activation.

**This often makes me wonder if the loss of vitamin D activating potential is nature's way to get rid of us.** After all, after 40, we've pretty much had our opportunity to recreate and make our contribution to the species (at least in a primitive world in which humans evolved): we've exhausted our reproductive usefulness to the species.

A weird grab, Charles -- clearly the underlined portion is what Davis is saying is speculative. He certainly doesn't doubt Holick's research...nor does he doubt the blood tests he's running on his patients.

**This says nothing of the diet that those 70-year olds consumed prior to visiting his office. 70 year-old Masai men and women don't show these deficiencies at age 70.**

More relevant would be the fact that when descendants of the Masai move to Boston, put on suits and use suntan lotion, their Vitamin D levels drop through the floor and they suffer disproportionately from coronary disease, stroke and diabetes.

**This people in the studies ate a poor diet which caused their bodies to lose vitamin D, it was not because they did not consume enough supplements.**

Now the above really is speculation...unless you can point me to the research that shows a particular diet causes D to be blocked or excreted even though the body needs it.

**I don't disagree that they may lose their ability to absorb vitamin D as they age, however I dispute that adding a supplement will correct the damage they did.**

Really? Eating Vitamin D3 supplements won't raise your blood D3 level? That's not what anyone else is finding. Evidence?

*They would have to change their diet or the vitamin D will still not be absorbed.*

Again, any evidence that a particular diet blocks absorption of ingested D3?

**Associations do not denote cause. As the conclusion of your post says:**

*Quote:*  
Now the big question: If declining vitamin D is nature's way of ensuring our decline and death, does maintaining higher vitamin D also maintain youthfulness?

*I don't have an answer, but it's a really intriguing idea*  
**Speculations!**

Well, yeah, he's musing at the **conclusion** of the article. But the implication that the entire **post** is speculative is false.

*All of us know many people who, despite their advanced age, have very beautiful skin and bones.*

We also see a lot of beautiful skin in PETA's ads for veganism. So?
African-Americans rarely suffer from vitamin D deficiencies

African-Americans suffer disproportionately from Vitamin D deficiency and the related diseases. There are HUNDREDS of articles in PubMed to this effect.

But the point is, any vitamin deficiency is a disease of civilization.

But what exactly does that mean? Civilization makes us eat grain? Or civilization makes us wear clothes and sunblock?

I am not relying on some supplement concocted in a laboratory.

Certainly your prerogative...but Drs. Eades, Davis & Cannell recommend D3 supplementation, and that's enough for me.

(Here's Eades on Vitamin D: It has been shown that vitamin D is protective against colon, breast and prostate cancers so going out in the sun and getting vitamin D helps you avoid a host of common cancers. But, supposedly (I don't believe it, but let's accept it for this argument's sake) sunlight causes melanoma. What no one ever tells you is that there is one melanoma for every 200 of these other cancers, so by avoiding the sun you increase your risk for common cancers to prevent an extremely uncommon one.)

RE: Zero Carb / Meat and Water - montmorency - 09-03-2008 02:57 PM

MAC: Many thanks for The Bear edited threads; fascinating stuff!

I guess the specific bit I was looking for was in here:

"Odd you can't find it, I seem to recall telling about the double off-pump bypass I had in 2000. The blockage was present from my teens, and caused classic angina when I began ballet training in my early 20's. I thought it was just my intercostal muscles hurting, due to the sudden experience of very heavy breathing. It passed, and did not return until much later after a period of low activity, followed by renewed strenuous exercise- it passed then too. The heart's coronaries lose the ability to form new arterial pathways (anastomosis) by the mid 20's.... in some people, earlier than that. My cardiologist remarked on the extent of my 'natural bypass' which he said confirmed that the blockage was very old indeed. The blockage, over 90% was in the (left) descending artery, the single, critical feeder for the ventricles, the most important muscle group in the heart. I had another, minor narrowing of ~60% in the right circumflex, not considered operable alone, but they still fixed it while attending to the other. The damage was there, as it is in everyone (shown by autopsies on kids- as young as 13), by the end of my teen years, and only became a real problem after I had put on about 35 pounds of muscle in a few years starting in '90. The added mass required more oxygen than my compromised heart could provide, even though it had grown 5% larger than average. I have had a slightly grey complexion all my adult life. It was gone forever when I came out of surgery. I healed up so fast I was able to do incline dumbbell presses three weeks post-op. The new arterial connections add extra blood supply to my heart, and the result is more endurance and strength than ever before in my entire life."

So, he is pretty much convinced that it was an old blockage, and not a result of his all-meat diet, later in life. In an earlier post, he is talking about how no diet can reverse arterial blockages (presumably in response to speculative posts by others, and perhaps in response to the potential question: "If your diet is
so good, why didn't it clear the blockage?". I suspect he's right anyway, although that scourge of low-carbers, and friend of vegans, Dr Joel Fuhrman, claims he's cured cardiac problems using his "phytonutrients" (supposedly nutrient-dense vegetables and fruit, and oh yes, a lab full of supplements).

Vitamin D: There is some interesting stuff about this on Barry Groves site: http://www.second-opinions.co.uk

Among many other other things are some pertinent comments about sunscreens, and I find this particularly interesting:

http://www.second-opinions.co.uk/full_spectrum_sunlight.html

Cnebraska: Love the idea of only running on Premium Grade Fuel! :-) Yes my exhaust runs much cleaner now! :-))

Regards,
Mike

---

RE: Zero Carb / Meat and Water - montmorency - 09-03-2008 03:06 PM

Love the list of "Products of Civilisation" Charles :-)

Another possible:

Anti-histamines (or any other anti-hay-fever/anti-allergy potions)

BTW a report in today's Guardian says that school-kids are OD-ing on "energy drinks", e.g. "Red Bull", especially around examination time! (revising late into the night...). Not sure if that's a product of civilisation, or simply one of marketing ... like "alcopops".

Regards,
Mike

---

RE: Zero Carb / Meat and Water - cbnebraska - 09-03-2008 03:50 PM

montmorency Wrote:

BTW a report in today's Guardian says that school-kids are OD-ing on "energy drinks", e.g. "Red Bull", especially around examination time! (revising late into the night...). Not sure if that's a product of civilisation, or simply one of marketing ... like "alcopops".

It's always something. In my day, it was No-doze. Made me sick to my stomach and I couldn't think straight, so I gave that up real quick. Espresso was the big thing just a few years ago, now they've moved on... Just what kids do, live on the edge, defy convention, refuse to live by the rules...... Hey, that sounds like me.....!
RE: Zero Carb / Meat and Water - nyteez - 09-03-2008 05:29 PM

BeeDub Wrote:
This says nothing of the diet that those 70-year olds consumed prior to visiting his office. 70 year-old Masai men and women don't show these deficiencies at age 70.

More relevant would be the fact that when descendants of the Masai move to Boston, put on suits and use suntan lotion, their Vitamin D levels drop through the floor and they suffer disproportionately from coronary disease, stroke and diabetes.

More relevant?! Actually not at all relevant. The Masai are meat eaters. Masai descendants who leave the tribe, also leave the diet and assume the typical high carb diet which is WHY their vitamin D levels drop and they suffer from all the diseases all high carb eaters suffer!

These studies don't mean anything to me and I consider them invalid, because they were not done on people who eat zero carbs. Since eating zero carbs for the past 6 months I have more energy, my skin looks 10 years younger, I have more energy than I have had in 10 years, my mind is sharper and I feel better than ever. I have not taken a supplement since March. I ate pretty low carb compared to most people for most of my life and I took supplements for most of my life. I have a whole shelf of supplements that I used to take. I felt like crap! Taking thousands of dollars of supplements couldn't do what a few ribeye steaks did.

RE: Zero Carb / Meat and Water - paleobabe - 09-03-2008 05:35 PM

suzanneyea Wrote:
HI!
I so wish I had started Andrew on a paleo type diet from birth. I remember him naturally avoiding bread and carb products, but like an idiot I kept giving them, now he craves them. I am doing my best to reduce them in his diet, but it is not easy. I post about this struggle a lot. I also followed lc when nursing, but only nursed for a year. What are your reasons for still nursing him at 2 1/2?

Hi Suzanne! First off, in my opinion, nursing your son for a full year should be commended. Folks have lots of thoughts and feelings about nursing, but a good long stretch like that definitely gives your kid a boost for the rest of his life.

As for us, the ongoing nursing is a natural extension of our 21st century paleo lifestyle. It's also a superb tantrum tamer 😊. Katherine Dettwyler is an anthropologist who is considered a leading authority on the "natural" weaning age of humans, and she mentions for example that the Inuit typically wean around 6 or 7 years of age. I don't want to highjack this thread though, so here are a couple of links in case you'd like to take a deeper look - [http://www.naturalchild.org/guest/priscilla_colletto.html](http://www.naturalchild.org/guest/priscilla_colletto.html) (5th paragraph down) and [http://www.llli.org/ba/Aug94.html](http://www.llli.org/ba/Aug94.html).

I hear you about the food issues though. As my son Ian gets older, he's getting a lot more exposure to foods we don't typically keep in the house. The way I deal with it is simply to compromise. It's an ongoing pain in the rear, but I make him tasty-looking paleo versions of whatever he'll be missing out on. He has tested positive for gluten and dairy intolerance however (we tried introducing it for a brief period), so that gives me a rock-solid position when some well-meaning friend or relative tells me "just one bite wouldn't hurt".
One more quick note, we actually started Ian on meat and liver as his first foods at 6 1/2 months and totally skipped the baby cereal etc. My feeling was that if he's going to be eating something less optimal than breast milk, I may as well give him the most nutrient-dense food available. He did absolutely great on this and is quite the little carnivore these days. He is starting to connect the animals he reads about and the food we eat though, so we'll see how long I'll be able to hold off on that explanation!

Best regards,
Toni

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**RE: Zero Carb / Meat and Water - paleobabe - 09-03-2008 05:51 PM**

Quote:
Nursing is much more healthy for babies than formula. But you might need to supplement with Vitamin D3 to make sure your child is getting enough himself. The reason is that Americans are typically chronically low in D, as we have been told to avoid the sun and use lotion...by sunscreen manufacturers. That's a problem because the key way we get Vitamin D, a crucial compound, is through sun on our skin. Unfortunately, what we're not told is that avoiding the sun causes many more health problems than it solves. "Vitamin" D (it's actually a crucial steroid, not a vitamin) is massively anti-carcinogenic, reduces cardiovascular disease, prevents rickets, protects against osteoporosis, prevents calcium from being deposited in your arteries -- the list is quite astounding.

Thanks very much for all this great info. I'm aware of the vitamin D issue, but hadn't actually read everything you posted - scary stuff. Although we generally try to avoid supplements, our family does take liquid D3 in the winter, as we live in Seattle and rarely get any sun exposure for months at a time. In the summer we're always hiking etc. and never use sunscreen, so we give the supps a rest.

That said, if our capacity for making our own D truly does start declining at 40, I'd be a tad more concerned. I'm 38 and my husband is 46, so I'm going to look into this a bit more.

Thanks again!
Toni

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**RE: Zero Carb / Meat and Water - Charles - 09-03-2008 06:58 PM**

BeeDub Wrote:
[i]How do you know? Did you pull Holick's paper, analyze his methodology and find it lacking? Dr. Davis seems to find it persuasive.

Because we've seen plenty of research around here, especially that which Taubes has elucidated for us, that clearly demonstrates these associations are present in all the diseases of civilization. Every single one. I don't doubt Holick's observations, I'm just telling you that there is nothing new there. All that was demonstrated was that vitamin D deficiency is correlated with aging. We also know that high insulin levels are also associated with aging and the diseases of civilization.

BeeDub Wrote:
[i]A weird grab, Charles -- clearly the underlined portion is what Davis is saying is speculative. He certainly doesn't doubt Holick's research...nor does he doubt the blood tests he's running on his patients.
These are blood tests upon high-carb eating subjects. Nothing can be gleaned from this as far as we're concerned. If you eat carbohydrates, then yes, you should be concerned with this.

BeeDub Wrote:
More relevant would be the fact that when descendants of the Masai move to Boston, put on suits and use suntan lotion, their Vitamin D levels drop through the floor and they suffer disproportionately from coronary disease, stroke and diabetes.

Not at all. The Masai are meat-eaters as Dana said in her post. They leave the tribe and eat Western foods and immediately get the diseases of civilization just like we do. This same pattern has been demonstrated in populations for the last 100 years. Have you read Taubes? Where do we begin? Ah yes, the Inuit, the Tokelauans, the Pima, the Sioux, the Zulu's, the Aboriginees, -- need I go on? Whenever they begin to eat the diet of Westerners, their health deteriorates and they all suffer from the diseases of civilization. Vitamin deficiency is just one of many symptoms of the metabolic disorder. It's not because they did not get enough Vitamin D in their diets.

BeeDub Wrote:
Now the above really is speculation...unless you can point me to the research that shows a particular diet causes D to be blocked or excreted even though the body needs it.

See, I'm not going to argue with people who haven't read Taubes. After you read the book, then let's return to this because this would take too long. Go and read about scurvy and deficiency diseases. You'll find what causes it and what cures it. This whole notion of consuming essential vitamins arose from Johns Hopkins nutritionist Elmer McCollum and his notions in *The Newer Knowledge of Nutrition.* There, he assumed that scurvy, pellagra, beriberi, rickets, and anemia were caused by a lack of essential vitamins and minerals. Most nutritionists still hold by that logic today. Therefore they say "A safe rule of thumb is that the more components there are in a dietary, the greater the probability of balanced intake."

The dirty little secret is that deficiency diseases were ALWAYS caused by diets high in refined carbohydrates and low in meat, fish, eggs, and dairy products. In 1753, James Lind only demonstrated that scurvy could possibly be prevented and cured by the consumption of citrus juice. He did not however prove that it was caused by a lack of citrus juice.

Stefansson provides plenty (and I mean plenty) of evidence in his book, *Not by Bread Alone,* that the citrus juice rarely if ever worked. As more and more sailors succumbed to scurvy, they kept changing the recommendation that it had to be fresher and fresher juice. However, Stefansson demonstrated that fresh meat ALWAYS cured scurvy. Just like today, that fact gets glossed over in the literature.

You thought the Atkins diet had trouble getting respect, this is nothing compared to that! Carl Voegtlin demonstrated in 1914 that Pellagra and scurvy could be cured by adding fresh meat to a pellagra-causing diet. Nutritionists found that in lab animals, they could induce deficiency diseases simply by feeding diets rich in refined grains and sugar. Guinea pigs were given scurvy in the 1940s when they were given crushed barley and chickpeas. Taubes provides all the studies in the back of his book. You can google them to your heart's content.

The Japanese Navy brought their beriberi under control in the late 1870s by switching from veggies, fish and white rice, to barley, meat and evaporated milk.

Obviously, all of these diets caused deficiency diseases. What is different today? A simple perusal of
history demonstrates that vitamin deficiencies are caused by overconsumption of refined carbohydrates. It is really irrelevant as to what Holick found. This road has already been plowed.

BeeDub Wrote:
But what exactly does that mean? Civilization makes us eat grain? Or civilization makes us wear clothes and sunblock?

Again, until you read Taubes, I'm not arguing with you because there is too much ground to cover here. There are well-documented steps that an isolated population goes through when becoming a civilization. The eating patterns change in predictable ways. As they adapt to more of a grain-based diet, the associated diseases, which were heretofore completely absent, all come upon the people when their sugar consumption reaches about 70 pounds per person per annum.

I realize Dr. Eades is into supplements. If you believe Dr. Eades, then have at them. I'm not at all concerned about colon, breast, prostate or any other cancer because history clearly shows us that those who do not eat refined and easily digestable carbohydrates do not suffer from the diseases of civilization. Read Taubes to understand what is denoted by that term.

Regards,

Charles

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nyteez Wrote:
I totally agree w/ Charles on the Vitamin D thing. Again, take a look at the Eskimos, who eat only meat. They also spend 1/2 the year in the dark, yet they had perfect teeth & bones. When the sunny season comes they are all bundled up with barely their noses exposed to the sun. How did they get enough vitamin D?

One thing I really noticed this summer is my skin. I have always been a sun worshiper. In the last 5-6 years I have noticed the sun damage after only a few days in the sun. This year, since I have not had carbs since Feburary, my skinned tanned very nicely, no dark brown spots, no white spots, just clear tan skin, like when I was in my 20's.

On the absorption thing: if you're eating a poor diet, and by this I am referring to a grain-based diet, you will likely not absorb minerals optimally be they contain phytates that bind with minerals and make them basically unavailable. Lectins (in legumes) do the same thing. Long periods of soaking can reduce phytates/lectins, as can sprouting. I'm not sure by how much.

Also, 1 in 111 North Americans are celiac...but only 1 in 40 are actually diagnosed, so there are a lot of undiagnosed folks out there. Current estimations as to gluten sensitivity (without active celiac) are as many as 90 million Americans. Gluten sensitivity and celiac (a disease caused by gluten sensitivity, one of many) result in poor absorption (or total malabsorption) of vitamins and minerals, including Vitamin D.

Many of our "diseases of civilization" are linked, directly or indirectly, to gluten/celiac (also to dairy intolerance). Of course it's not the be-all-end-all, and there are other reasons why a person may be deficient. But in the majority of cases, I'd put my money on poor diet leading to reduced absorption.
Re: sun and skin - it's only been since I went lc and gluten-free that I can stay in the sun for long periods of time and not burn...I even tan, and that's unheard of for me! I used to burn, no kidding, in 10-15 minutes, and get skin rashes from the sun. I could burn waiting for a bus. Now I can walk around all day, and I might get a bit pink on my shoulders, nose and chest. If I am out all day I bring a chemical-free sunscreen that works upon application, and slap some on my burn areas after a few hours (or just cover them with a light scarf or something). I've had this tube of sunscreen for two years 😊

RE: Zero Carb / Meat and Water - BeeDub - 09-03-2008 08:42 PM

BeeDub Wrote:
[i]How do you know? Did you pull Holick's paper, analyze his methodology and find it lacking? Dr. Davis seems to find it persuasive.

*Because we've seen plenty of research around here, especially that which Taubes has elucidated for us, that clearly demonstrates these associations are present in all the diseases of civilization. Every single one.*

You haven't actually *cited* any research on Vitamin D. Nor have you *cited* anything that proves meat is all you need.

*I don't doubt Holick's observations*

You don't? In your last post, you said it was just speculation. Now you're convinced? Still not having read him?

*I'm just telling you that there is nothing new there.*

Really? He thinks people over 40 need to supplement with D. So you no longer think meat is all you need?

BeeDub Wrote:
A weird grab, Charles -- clearly the *underlined* portion is what Davis is saying is speculative. He certainly doesn't doubt Holick's research...nor does he doubt the blood tests he's running on his patients.

*These are blood tests upon high-carb eating subjects. Nothing can be gleaned from this as far as we're concerned. If you eat carbohydrates, then yes, you should be concerned with this.*

This is EXACTLY the stunt the high-carb people pull on us -- "there are no studies" or "they haven't studied people long enough" or "they haven't studied the right people" or "they don't know what happens after 40 years." It's BS when *they* pull it, and it's BS when we do, too.

BeeDub Wrote:
More relevant would be the fact that when descendants of the Masai move to Boston, put on suits and use suntan lotion, their Vitamin D levels drop through the floor and they suffer disproportionately from coronary disease, stroke and diabetes.

*Not at all. The Masai are meat-eaters as Dana said in her post. They leave the tribe and eat Western foods and immediately get the diseases of civilization just like we do. This same pattern has been demonstrated in populations for the last 100 years. Have you read Taubes? Where do we begin? Ah yes, the Inuit, the Tokelauans, the Pima, the Sioux, the Zulu's, the Aboriginees, -- need I go on? Whenever*
they begin to eat the diet of Westerners, their health deteriorates and they all suffer from the diseases of civilization. Vitamin deficiency is just one of many symptoms of the metabolic disorder. It's not because they did not get enough Vitamin D in their diets.

Another false conflation. Yeah, eating carbs is a disaster. That tells us nothing about Vitamin D. Vitamin D deficiency is a disease of not eating enough D or getting enough sunlight. Meat has little D.

BeeDub Wrote:
Now the above really is speculation...unless you can point me to the research that shows a particular diet causes D to be blocked or excreted even though the body needs it.

See, I'm not going to argue with people who haven't read Taubes.

I've read Taubes. Where does he say meat has every nutrient you need? (Says EXACTLY that?) And where does he say that if you eat carbs you can't absorb Vitamin D? (Says EXACTLY that?) I don't recall anything like that. Page numbers, please?

After you read the book, then let's return to this because this would take too long. Go and read about scurvy and deficiency diseases. You'll find what causes it and what cures it.

Ok, we have condescension, and then another subject change. Now we're talking scurvy? Where did that come from?

The dirty little secret is that deficiency diseases were ALWAYS caused by diets high in refined carbohydrates and low in meat, fish, eggs, and dairy products.

I'll bite. Always? ALWAYS? Care to point me to the PubMed article?

In 1753, James Lind only demonstrated that scurvy could possibly be prevented and cured by the consumption of citrus juice. He did not however prove that it was caused by a lack of citrus juice.

Scurvy? Why are you changing the subject again?

Stefansson provides plenty (and I mean plenty) of evidence in his book, Not by Bread Alone, that the citrus juice rarely if ever worked. As more and more sailors succumbed to scurvy, they kept changing the recommendation that it had to be fresher and fresher juice. However, Stefansson demonstrated that fresh meat ALWAYS cured scurvy. Just like today, that fact gets glossed over in the literature.

You thought the Atkins diet had trouble getting respect, this is nothing compared to that! Carl Voegtlin demonstrated in 1914 that Pellagra and scurvy could be cured by adding fresh meat to a pellagra-causing diet.

ANOTHER subject change? Pellagra? That's B3, not D! Are you saying that since some deficiency diseases can be cured by eating meat, that all can be cured by meat? Why? Because it's your HUNCH?

Nutritionists found that in lab animals, they could induce deficiency diseases simply by feeding diets rich in refined grains and sugar. Guinea pigs were given scurvy in the 1940s when they were given crushed...
barley and chickpeas. Taubes provides all the studies in the back of his book. You can google them to your heart's content.

Scurvy again? **Where is the study that proves carbs block the absorption of D3?** And don't just say "in Taubes", give the study he cited. Because Taubes actually cited proof for everything he asserted.

*The Japanese Navy brought their beriberi under control in the late 1870s by switching from veggies, fish and white rice, to barley, meat and evaporated milk.*

Beri-beri? ANOTHER subject change? Do you have NO proof on D?

Obviously, all of these diets **caused** deficiency diseases.

Caused THOSE SPECIFIC deficiency diseases. Not relevant to D deficiency.

What is different today? *A simple perusal of history demonstrates that vitamin deficiencies are caused by overconsumption of refined carbohydrates.*

SOME are. Not D.

It is really irrelevant as to what Holick found. This road has already been plowed.

No, a bunch of smoke has been blown. But cancer, heart disease, stroke and diabetes ain't "irrelevant."

BeeDub Wrote:
But what exactly does that mean? Civilization makes us eat grain? Or civilization makes us wear clothes and sunblock?

Again, until you read Taubes, I'm not arguing with you because there is too much ground to cover here.

Enough condescension, Charles. You don't need to "cover ground." Just give me ONE citation showing carbs block D3 absorption. ONE citation proving meat is all we need. Two PubMed links, you're done.

There are well-documented steps that an isolated population goes through when becoming a civilization. The eating patterns change in predictable ways. As they adapt to more of a grain-based diet, the associated diseases, which were heretofore completely absent, all come upon the people when their sugar consumption reaches about 70 pounds per person per annum.

Okay, I'll settle for one. Just give me ONE. Do you have ONE?

I realize Dr. Eades is into supplements. If you believe Dr. Eades, then have at them.

He's an MD. He's one of the fathers of the low-carb movement. Has written several books, another about to be published. I think he's smart...in my opinion, far more understanding of biochemistry than Atkins was.
And he's Taubes' buddy. :-) 

I think you're bright, too. But you're a paralegal. So yeah, I'm with Eades here.

*I'm not at all concerned about colon, breast, prostate or any other cancer because history clearly shows us that those who do not eat refined and easily digestable carbohydrates do not suffer from the diseases of civilization.*

Again with the blurring. "History shows" "diseases of civilization" Big phrases, that can mean anything...and nothing.

What about D, Charles? You got ANYTHING on D?

One of Taubes' key points is that nutrition has been hijacked and turned into a religion, not a science. "Vegetables are healthy" is RELIGION. But so is "meat is all you need." Charles, you're a great moderator, but you go too far when you tell people to ignore the advice of expert MDs like Drs. Eades and Davis.

Dr. Eades posted on this irony last week -- any non-MD can tell people any dangerous thing they like, and they can't get sued -- only an MD can get sued.

So you're legally protected when you tell people they don't need any Vitamin D. But since it conflicts with the science that shows D3 is powerfully protective against cancer, circulatory disease and diabetes, and the data proving there's little of it in meat, it is, in my opinion, irresponsible to do so.

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**RE: Zero Carb / Meat and Water - paleobabe - 09-03-2008 09:11 PM**

Charles Wrote:
If the diet is the proper diet for you, then there is no question it is the proper diet for your offspring. If a person enjoys optimal health consuming a particular diet, then that diet is by definition, a healthy diet.

Charles, thanks very much for being so willing to share your insights with veterans and newbies alike. All three of us in our little family are in truly excellent health by all objective standards. We're also very energetic and need a lot less sleep than most people we know. This tells me that we're doing something right, even if it means ignoring absolutely everything I learned as an undergrad 😊

On a slightly different note, I have several questions/observations about strength and endurance on a VLC/zero carb diet. I think I'll save them for a separate post, but I hope you don't mind if I pick your brain a little more.

Best regards,

Toni

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**RE: Zero Carb / Meat and Water - caroline - 09-03-2008 09:44 PM**

You know, this is not related to the discussion over vitamin d, but the manner in which people address each other. I just wanted to say, that while you may disagree with someone, you don't need to lash out by denigrating someone's response with a: "Oh, well this person is more creditable than you b/c you are
just a so and so (the so and so being whatever occupation that person is). The point being--what makes this forum nice is that people air their views, but are respectful of each other.

Maybe I'm just "sensitive," but I just think we can all benefit from disagreeing while STILL being respectful of another person. And fyi: just b/c someone is a scientist, doctor, or what have you does not insure that they are undebatable sources. Otherwise, we'd still be believing that the world was flat b/c some "expert" told us so...Thanks for letting me vent...

Sincerely,

Caroline

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RE: Zero Carb / Meat and Water - caroline - 09-03-2008 09:51 PM

Lastly, (b/c I can never seem to get it all together in one e-mail--perhaps some vestige of old carbs, ha ha) I actually think that the MOST important thing here is not so much that we can prove every bit and detail, but that we are motivated to make our lives better. And we are lucky to have individuals that are sharing their enthusiasm in order to keep bringing home the theme--it is possible to change down to our last breath.

Hey, don't blame me, it's the sodium nitrate in my new bacon that's got me rolling!

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RE: Zero Carb / Meat and Water - waywardsister - 09-03-2008 10:59 PM

Quote:
Enough condescension, Charles. You don't need to "cover ground." Just give me ONE citation showing carbs block D3 absorbtion. ONE citation proving meat is all we need. Two PubMed links, you're done.

I'm not Charles, and I'm not arguing for or against supplementation. But I'll see what I can dig up. This is an issue for me due to celiac/malabsorption - I know that certain conditions affecting the GI tract can and do interfere with vitamin absorption. I don't know that "carbs" per se can be blamed, but certainly the link is there as far as many cereal grains are concerned.

Quote:
From: Treatment of Metabolic Bone Disease: Management Strategy and Drug Therapy
By David Hosking, Johann D. Ringe
Contributor David Hosking, Johann D. Ringe
Published by Informa Health Care, 2000
ISBN 1853177555, 9781853177552
253 pages

"Because coeliac affects primarily the duodenum and jejunum (small intestine), malabsorption of calcium and Vitamin D is common in this condition..." p.5

They go on to say (on page 6) that once a person has been on a gluten-free diet for awhile, supplementation will have to be carefully watched, because they will now be absorbing vitamins normally.

Does this only apply to celiacs? See previous post for how often celiac and gluten sensitivity is either misdiagnosed, or missed completely. It really is awful how many ppl have it and don't know it.
I've read many studies on PubMed that show D3 supplementation improves glycaemia and insulin secretion in patients with T2 diabetes...but I do wonder if this is a chicken/egg situation, ie which came first, the insulin trouble or the Vitamin D deficiency? Speculation on my part, not proof of anything. But since celiac/gluten sensitivity has been associated with T1 diabetes (http://spectrum.diabetesjournals.org/cgi/content/full/15/3/197), I wouldn't be bowled over if it also related to T2.

More info on the T1/T2/gluten connection here: http://members.cox.net/harold.kraus/gluten/anno_symptoms_files/diabetes.htm#_ftn2

In addition to osteomalacia and osteoporosis, D3 deficiency is also associated with other funky stuff...from http://en.wikipedia.org/wiki/Vitamin_D#Diseases_caused_by_deficiency:

Quote:
Zinc and Iron are often found to be poorly regulated or even deficient in Vitamin D deficiency. Vitamin D enhances the activities of Vitamin A, and Zinc reduces the toxicity of Vitamin A, while Iron reduces the toxicity of Zinc.[citation needed] These four are seen as part of the pathology of Alzheimer's, Parkinson's and some peripheral neuropathies including Restless legs syndrome.

Vitamin D malnutrition may also be linked to an increased susceptibility to several chronic diseases such as high blood pressure, tuberculosis, cancer, periodontal disease, multiple sclerosis, chronic pain, depression, schizophrenia, seasonal affective disorder, peripheral artery disease[21] and several autoimmune diseases including type 1 diabetes (see role in immunomodulation).[14][22]

Okay...if we look at celiac/gluten sensitivity, it is also related to alz and other degenerative brain diseases (Huntington's, Parkinson's). Peripheral neuropathy is the second most common manifestation of gluten sensitivity. Schizophrenia, depression, a host of autoimmune diseases, heart disease, chronic pain etc are all associated with celiac/gs as well. (http://www.theglutenfile.com) Does this prove that carbs cause D3 deficiency? No. It does provide ample evidence that diseases that are associated with D3 deficiency are also associated with an intolerance to cereal grains, and that an intolerance to cereal grains leads to malabsorption of vitamins/minerals, including D3. So...at least in some people, certain carbs do cause D3 deficiency.

Malabsorption syndromes (which includes "carbohydrate intolerance") will result in numerous vitamin and mineral deficiencies, including D3. Diarrhea and bloating are common signs. I've read this so often that I don't have a quick link on hand, but I'll look for one!

On to meat and D3:

Quote:
However, recent assays of meat in New Zealand have reported levels of 0.10 [micro]g vitamin D3 and 0.45 [micro]g 25-OH D3 per 100 g in beef and levels of 0.04 and 0.93 [micro]g/100 g respectively in lamb. (21) Given the higher biological activity of the 25-OH vitamin D, this means that 100 g of cooked beef could provide 12% of the estimated adequate intake of 10 [micro]g/day for a 51- to 70-year-old individual, (8) and cooked lamb could provide more than 25%, and hence be an important source of this nutrient, especially for housebound elderly people.

Nutritional composition of red meat.(Section 2: Key nutrients delivered by red meat in the diet) Article from: Nutrition & Dietetics: The Journal of the Dietitians Association of Australia Article date: September 1, 2007
Author: Williams, Peter
They were speaking of the lean portion of meat in this case, not the fat, so levels may be higher depending on the animal's diet and amount of time spent outside.

Quote:
Mosby Medical Encyclopedia:
The natural foods containing vitamin D are of animal origin and include saltwater fish, especially salmon, sardines, and herring, organ meats, fish-liver oils, and egg yolk.

Quote:
Concentrations of vitamin D3 and 25-hydroxyvitamin D3 in raw and cooked New Zealand beef and lamb

Meat from four lamb cuts and four beef cuts was assayed for vitamin D3 and 25-hydroxyvitamin D3 (25OHD3) before and after cooking. Vitamin D3 was measured by HPLC, while 25OHD3 was assayed using a radioimmunoassay method developed for blood plasma.

Concentrations of both these compounds tended to increase with cooking for most cuts, but retention levels were often less than 100%. Positive relationships between fat percentage and vitamin D3 were shown before and after cooking, but not for 25OHD3. For lamb, the highest levels of vitamin D3 were in the shoulder chop both before and after cooking, while levels were lowest in the rack muscle. Similar cut differences were shown for 25OHD3 concentrations.

For beef there were no significant differences between the cuts for vitamin D3, but concentrations of 25OHD3 were lower in the striploin before and after cooking. Vitamin D3 levels tended to be higher in beef cuts than in lamb cuts, but the opposite held for 25OHD3. Concentrations of vitamin D3 were similar to those in other reports, but the 25OHD3 levels were at the high end of reported ranges.

With 25OHD3 being more potent than vitamin D3, it is concluded that meat can make a useful contribution of this vitamin to the human diet.

http://tiny.cc/MVKTf

I know also that lard is a source of D3, since pigs (like humans) synthesize D3 from sunlight and store it in their fat. No clue how much D3 is in lard though.

Wow. Possibly the longest post in history. And now it's 2am and here I am, typing away and thinking about vitamins and fat and stuff when I should be sleeping. Thanks guys! 😊 Interesting discussion though.

RE: Zero Carb / Meat and Water - paleobabe - 09-03-2008 11:09 PM

paleobabe Wrote:
On a slightly different note, I have several questions/observations about strength and endurance on a VLC/zero carb diet. I think I'll save them for a separate post, but I hope you don't mind if I pick your brain a little more.

My carb intake has been dropping steadily over the last few years as I learn more about what works best for my body. About three weeks ago I started experimenting with 5 net carbs or less a day (mostly from organ meats) and 70-80% of calories from fat. I'm not seeing any major issues so far.
Prior to going VLC, I read everything I could get my hands on about low-carb nutrition in athletes to make sure I wasn't going to do some serious damage. That gave me an idea of what to expect and most of the changes so far have been fairly predictable. For example, I'm able to lift as much as before, but it definitely takes a lot more effort now. I'm also not progressing as fast as I used to. My speed has also been affected somewhat, although my endurance is already better than ever.

Being a nursing mom puts me in a different hormonal state than most, but I can't help but wonder whether the reduction in strength is permanent. Given the improvements I'm seeing in my staying power however, I guess it may be worth it.

I'd love to hear your thoughts on this Charles.

**RE: Zero Carb / Meat and Water - suzanneyea - 09-04-2008 02:28 AM**

I hate when we get into all this technically junk, with people citing and quoting studies to prove their point, it is sooo not what this board is about to me. I know a lot of people like doing it, but not me.

Quote:
Charles, you're a great moderator, but you go too far when you tell people to ignore the advice of expert MDs like Drs. Eades and Davis.

Charles is expressing his opinion. He or anyone else can have their opinion. Charles can say eat only onions for the rest of your life for all I care, it still is his opinion and does not change what I chose to put in my mouth. If you want to take Vitamin D, take it. It is not like Charles is going to hop on a plane and physically stop you.

**RE: Zero Carb / Meat and Water - Daryl - 09-04-2008 03:50 AM**

waywardsister Wrote:
Wow. Possibly the longest post in history. And now it's 2am and here I am, typing away and thinking about vitamins and fat and stuff when I should be sleeping. Thanks guys! 😊 Interesting discussion though.

Great post, Miss T.

**RE: Zero Carb / Meat and Water - Richard - 09-04-2008 04:44 AM**

For so long my diet was...excuse the expression...CRAP. I sit here now with a screwed up thyroid, no gallbladder and testosterone levels of a man 20 years my senior! I was a carb addict and my body proves it! While vitamins supplements may not be necessary I am using them now to help my body make up for the sins of the past. I will not be on them forever but as but blood test come in and I see the changes (which I know I will because I don't want to be pumping the Dr. pills) I will reduce the supplements. One day I too will be 'supplement free'.

I think it is up to each individual to be informed as to signs of a problem and possible solution and other options. I look to Charles and others here for information because this way I can make an educated choice AND I am a firm believer in listening to people that have the experience so I don't make the same mistakes but, it is my choice as to what to do.

For too long I listened blindly to the 'establishment' and tried to follow the USRDA...go figure....this from the people that brought you the income tax and the line "I'm here from the government and I'm
As I said, now I use supplements....the future I probably will not.

To paraphrase one of my favorite lines from a show 'I ain't never seen a subject so dangerous it can't be talked about.' Steven Hopkins from 1776

And thanks for all the information, now to go do some reading.

starting meat and eggs today - pamela702 - 09-04-2008 05:13 AM

Hi everyone! My weight loss has slowed down alot, and i have finally decided to start with the meat and eggs to see if i can get it moving again. I have read alot on here (and talked to a few people also) who have done this with great results. Here is todays menu:  
breakfast: 2 scrambled eggs in butter, and 1 sausage patty  
lunch: 2 hamburger patties  
dinner: 2 chicken drumsticks and a hardboiled egg  
I would appreciate any advice, i want to do this the right way. I will post my menus for a few days, to get everyone's input.  
Thanks! Pamela

RE: Zero Carb / Meat and Water - mrw549 - 09-04-2008 05:32 AM

Charles Wrote:
Okay, listen. Our Zero-Carb/Meat and Water thread is about to break 100,000 views in the coming days. This is about 80,000 more than the next closest thread on this entire forum. That means the interest is very high concerning this topic.

Is that enough interest to get our own forum? This thread has several threads going on within it and combined with the activity level, it makes it hard to find information you just read read yesterday and want to look at again.

RE: Zero Carb / Meat and Water - mrw549 - 09-04-2008 05:49 AM

suzanneyea Wrote:
I hate when we get into all this technically junk, with people citing and quoting studies to prove their point, it is sooo not what this board is about to me. I know a lot of people like doing it, but not me.

One of the main reasons I read this thread everyday is for the links to studies. Way too many people have and express opinions about diet that has no relation to reality. The links to studies provide some grounding for the discussion.

RE: Zero Carb / Meat and Water - MAC - 09-04-2008 06:00 AM

mrw549 Wrote:
suzanneyea Wrote:
I hate when we get into all this technically junk, with people citing and quoting studies to prove their point, it is sooo not what this board is about to me. I know a lot of people like doing it, but not me.
One of the main reasons I read this thread everyday is for the links to studies. Way too many people have and express opinions about diet that has no relation to reality. The links to studies provide some grounding for the discussion.

Welcome to the forum mrw549

**RE: Zero Carb / Meat and Water - Tana - 09-04-2008 06:06 AM**

I look forward each day to following this topic. I value the opinions and experiences from others regarding the zero carb lifestyle. I used to spend hours searching for information regarding zero carb, or trying to find others who embraced this way of eating.

I feel fortunate to have found this site, and the information provided by Charles and others who take the time to share their experience and knowledge is very much appreciated.

😊

**RE: Zero Carb / Meat and Water - lowcarbscott - 09-04-2008 06:47 AM**

Charles Wrote:
lowcarbscott Wrote:
I probably missed the follow up to this, were you able to post Not By Bread alone.

No, just send me an e-mail and I'll send it back to you.

Charles

Got it.
Thanks
I am 60 pages in, what an amazing guy Stef was!
Scott

**RE: Zero Carb / Meat and Water - nyteez - 09-04-2008 07:32 AM**

mrw549 Wrote:
One of the main reasons I read this thread everyday is for the links to studies. Way too many people have and express opinions about diet that has no relation to reality. The links to studies provide some grounding for the discussion.

Thank you mrw549! You said that so well!

I am sorry BeeDub, but there is no way you have read this entire thread, or read Taubes book. You might have read it, but you didn't "get it". There are people here who have read thousands of pages and studies regarding zero carb and how healthy it is.

You are making a fool of yourself.
RE: Zero Carb / Meat and Water - suzanneyea - 09-04-2008 08:15 AM

I have no problem with people citing studies and I do understand that is one of the main reasons people come here, but I do not like it when threads get this negative feel, like we are fighting each other to be right, rather than learn. That is all I meant.

RE: Zero Carb / Meat and Water - travis t - 09-04-2008 08:49 AM

If someone wants to call me a fool, please do so.
I have some lingering doubts about an all muscle meat diet and it's ability to supply all of my vitamin and mineral needs for the long term.
if i had no doubts about this my children would be on an all meat diet, but as of now they still are not.
my wife and i are reducing the amounts of refined carbs in our household and that is as far as i am going to go for now.

To me the ultimate test of how our rubber meets the road is how we feed our children. I would think that there are few here that are doubt free.
travis t

RE: Zero Carb / Meat and Water - waywardsister - 09-04-2008 09:01 AM

suzanneyea Wrote:
I have no problem with people citing studies and I do understand that is one of the main reasons people come here, but I do not like it when threads get this negative feel, like we are fighting each other to be right, rather than learn. That is all I meant.

I hope my reply wasn't taken in that spirit - the discussion between the two of them got me curious. I actually take supplements, albeit sporadically!

I enjoy friendly debate - it forces me to think (ouch) and to revisit what I know, and what I think I know. The principle of complementarity in quantum physics can illustrate that everything has a dual nature (particle/wave, blah blah) and that we tend to find what we are seeking (if you're looking for waves, you find waves etc), so I like it when ppl bring up stuff that I wasn't looking for, bc then I can 'see' it too and add to my perspective and understanding.

On another note, I finally found 'medium' ground beef in the grocery store, and am also making sausage patties! Once I find a recipe, that is. As of this morning I am back to my lowest ever adult weight, 112lbs 😊I've no clue where my weight has to land to get this roll of chub off my midsection already. Guess my body will figure that out for me.

RE: Zero Carb / Meat and Water - suzanneyea - 09-04-2008 09:07 AM

I personally would love for my family to eat an all meat diet and I encourage it. However, I do not believe in forcing my child or husband to a certain diet. My husband is a grown man and can make his own choices, as for my son, I speak to him about nutrition and serve a most meat diet, but he has to feel like he has some control over his food. The best I can do is lead by example.
travis t Wrote:
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travis t

There are so many differences between what the native populations ate and today's food sources. Who's to say what is optimal? Healthiest? Is grass fed better? Maybe, maybe not.

Who really knows what they ate before modern agriculture came to the fore? How healthy they really were. One can make very good educated analyses. Doesn't mean they are 100% correct. Doesn't mean they are optimal.

Do I believe refined carbs contributed to the diseases of civilization? Absolutely. But even Taubes called for more studies regarding carbohydrates.

Do I believe that all products of civilization are necessary? No.

All I can do is keep an open mind and not shut off the possibility there are some food sources that may be more optimal than others and that possibly some supplementation may improve health.

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RE: starting meat and eggs today - waywardsister - 09-04-2008 09:17 AM

Eat lots of fat! 😊

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RE: Zero Carb / Meat and Water - nyteez - 09-04-2008 09:39 AM

Quote:
If someone wants to call me a fool, please do so.
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travis t

Hey travis, please don't take my "fool" statement wrong. I am not calling people fools for not believing an all meat diet provides us with all the nutrition we need. I am calling BeeDub a fool for vehemently
arguing about how we (meat eaters) can not get enough vitamin D from our diet. There simply is no proof of this anywhere.

**RE: Zero Carb / Meat and Water - nyteez - 09-04-2008 09:54 AM**

waywardsister Wrote:
On another note, I finally found 'medium' ground beef in the grocery store, and am also making sausage patties! Once I find a recipe, that is. As of this morning I am back to my lowest ever adult weight, 112lbs Smile I've no clue where my weight has to land to get this roll of chub off my midsection already. Guess my body will figure that out for me.

Congratulations on your weight loss! Whoo Hoo! Check out the recipe section, there are a few sausage recipes in there.

**RE: Zero Carb / Meat and Water - chris m. - 09-04-2008 09:58 AM**

suzanneyea Wrote:
I personally would love for my family to eat an all meat diet and I encourage it. However, I do not believe in forcing my child or husband to a certain diet. My husband is a grown man and can make his own choices, as for my son, I speak to him about nutrition and serve a most meat diet, but he has to feel like he has some control over his food. The best I can do is lead by example.

Thanks for the new pics!!
Now THAT is the poster family for low to 0 carb !!!
Travis - no one is going to call you names! I myself have lingering doubts. I think it may be [what's that word? accultural] anyway what you are accustomed to for your whole life.

Does anybody know if "The Bear" Owsley still posts anywhere?
Chris m

**RE: Zero Carb / Meat and Water - DebbieDoesAtkins - 09-04-2008 10:17 AM**

Charles Wrote:
You're welcome, Robin!

MAC, I tried it, but it just tasted like fat to me. I didn't get the frosting bit, but oh well.

This is SO interesting to me. I am curious about the "adrenaline flashes" described. Late last year, I started having "anxiety attacks" shortly after dinner...about 20 minutes into dinner actually, almost every night. My doctor gave me xanax and put me on paxil. I REALLY thought it was related more to my diet than any stress I was under, especially because of when it typically happened.

Yesterday, I mentioned to my doc that I had gained 15 lbs in the last year. I thought it was due to quitting smoking (yay for me). My diet didn't change when I quit. I was on a weighed and measured food plan and as a food addict, I didn't change it at all when I quit smoking. So, not sure how I gained the weight.
I am wondering if the high amounts of carbs in that food plan led to the "anxiety attacks" and weight gain. I am very curious about any more info on this meat/water thing.

Thanks all.
carrie

RE: Zero Carb / Meat and Water - DebbieDoesAtkins - 09-04-2008 10:19 AM

DebbieDoesAtkins Wrote:
[quote=Charles]
MAC, I tried it, but it just tasted like fat to me. I didn't get the frosting bit, but oh well.

I meant to mention that my doc put me on Glucophage yesterday, to help with weight loss. What up wit dat? ANY advice, experience and/or hope (for me - fat, female, over forty...blahblahblah) is welcome!

Thanks y'all,
carrie

RE: Zero Carb / Meat and Water - MAC - 09-04-2008 10:22 AM

DebbieDoesAtkins Wrote:
Yesterday, I mentioned to my doc that I had gained 15 lbs in the last year. I thought it was due to quitting smoking (yay for me). My diet didn't change when I quit. I was on a weighed and measured food plan and as a food addict, I didn't change it at all when I quit smoking. So, not sure how I gained the weight.

The nicotine in cigarettes metabolically supresses weight gain. When you quit you gain weight. Your diet can remain the same and you will most likely gain weight when you quit. This is something teenage girls now do to lose weight - start smoking.

RE: Zero Carb / Meat and Water - MAC - 09-04-2008 10:28 AM

DebbieDoesAtkins Wrote:
DebbieDoesAtkins Wrote:
[quote=Charles]
MAC, I tried it, but it just tasted like fat to me. I didn't get the frosting bit, but oh well.

I meant to mention that my doc put me on Glucophage yesterday, to help with weight loss. What up wit dat? ANY advice, experience and/or hope (for me - fat, female, over forty...blahblahblah) is welcome!

Thanks y'all,
carrie

Glucophage or metformin is meant to increase your sensitivity to insulin as I assume your doctor
believes you are insulin resistant. Also, given for those women with PCOS for other reasons. Given your age I doubt it is for PCOS.

**RE: Zero Carb / Meat and Water - daveo - 09-04-2008 10:28 AM**

chris m. Wrote:
suzanneyea Wrote:
I personally would love for my family to eat an all meat diet and I encourage it. However, I do not believe in forcing my child or husband to a certain diet. My husband is a grown man and can make his own choices, as for my son, I speak to him about nutrition and serve a most meat diet, but he has to feel like he has some control over his food. The best I can do is lead by example.

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Travis - no one is going to call you names! I myself have lingering doubts. I think it may be [what's that word? accultural] anyway what you are accustomed to for your whole life.

Does anybody know if "The Bear" Owsley still posts anywhere?
Chris m

Not that I am aware of, but I have emailed him several questions and he usually responds in a day or 2. His email address is on his website [http://www.thebear.org](http://www.thebear.org)

**RE: Zero Carb / Meat and Water - nyteez - 09-04-2008 10:32 AM**

chris m Wrote:
Does anybody know if "The Bear" Owsley still posts anywhere?

I don't think he posts anywhere anymore, but he did invite anybody to email him from his web site.


**RE: Zero Carb / Meat and Water - MAC - 09-04-2008 10:34 AM**

Too bad he doesn't post anymore. Having seen the thread where he said why I can understand. Is he aware of how often he is still quoted? He still has a huge influence in spite of no longer posting.

**RE: Zero Carb / Meat and Water - suzanneyea - 09-04-2008 10:35 AM**

Carrie,
I used to have huge problem with stress and anxiety when I was on a low calorie and low fat diet. I barely have any anxiety since I started Atkins, I take no medications, just a healthy diet and moderat excercise.

**RE: Zero Carb / Meat and Water - daveo - 09-04-2008 10:36 AM**
Update: I am wearing a shirt today that 3 weeks ago fit like a wetsuit 😊

I continue to be amazed at how much easier it is to eat this way than it was to eat an Atkins type diet. The difference is all in the cravings. I have none eating this way, but back when I was eating veggies and low carb tortillas, I always wanted other carby stuff.

By the way, I am drinking coffee which luckily isn't giving me issues so far, and after reading about Steffanson's later life diet, I have also reintroduced some red wine. It hasn't given me cravings, but I am not feeling as sharp and wanting to exercise on mornings after I have some. I'll try keeping it to one glass at dinner and see how that goes, otherwise I'll just cut it back to a night a week or something. If I have to eliminate the wine I'll live 😞

RE: Zero Carb / Meat and Water - DebbieDoesAtkins - 09-04-2008 10:48 AM

Quote:
Glucophage or metformin is meant to increase your sensitivity to insulin as I assume your doctor believes you are insulin resistant. Also, given for those women with PCOS for other reasons. Given your age I doubt it is for PCOS.

Hmmmm....what I really wondered was, what can I expect if I go VLC and continue with the glucophage. I'm so confused. Honestly, I just want to lose the rest of my weight without going insane. I've always intuitively known that LC was the best way for me. I had never considered the VLC I am reading about here, but am now very curious.

Thanks

RE: Zero Carb / Meat and Water - paleobabe - 09-04-2008 10:55 AM

As intelligent human beings, it is vital that we remain open to incoming information, yet always critical in our thinking.

Quote:
Critical thinking is...

1. Using logic, reason and the scientific method over abstract theories and emotional judgements.

2. Awareness of heuristics (shortcuts) and biases (errors) that influence human thinking.

3. Using these abilities systematically on everything in your life. From that, using the results to make improvements.

The third point there is perhaps the most important. Actually using the skills of critical thinking allows you to question your habits, goals, beliefs, relationships and methods. From that questioning you can make calculated improvements.

Given our cultural context, eliminating all vegetable matter is an extreme adaptation and requires careful investigation and ongoing evaluation. To that end, this forum has been a very useful source of links to studies, anecdotal observations, analyses etc.

I personally doubt that an all-meat diet is truly the optimal diet for all humans under all conditions,
although I am curious about the effects of VLC/zero carb on my own body. However, removing all phytonutrients from my two-and-half-year-old son's diet is a bigger risk than I'm willing to take.

RE: Zero Carb / Meat and Water - travis t - 09-04-2008 11:33 AM

Paleobabe wrote "However, removing all phytonutrients from my two-and-half-year-old son's diet is a bigger risk than I'm willing to take."

thats why i wrote "To me the ultimate test of how our rubber meets the road is how we feed our children"

What we do feed our girls is high fat beef, dark chicken meat, butter, fruits, whole milk, white rice (they are all three Chinese after all). Where we concentrated on first was getting rid of pure junk sugars, wheat, soy, and grain fibers. Trying to stick with real foods for them and we will see where this leads.

tavis t
p.s. i have myself been less than 20 grams of carbs for the most of three months and i still feel awesome.

RE: starting meat and eggs today - pamela702 - 09-04-2008 11:53 AM

waywardsister Wrote:
Eat lots of fat! 😊

Thank you!! But how much is a lot, lol. Does my menu for today look ok?

RE: Zero Carb / Meat and Water - chris m. - 09-04-2008 11:58 AM

MAC Wrote:
Too bad he doesn't post anymore. Having seen the thread where he said why I can understand. Is he aware of how often he is still quoted? He still has a huge influence in spite of no longer posting.

I printed off his "wittisms" [173 pages] and I am now wading thru them. He really did have a world of excellent info. He spent half his time fending off attacks though. I can see why he might give it up!!

Maybe someone needs to invite him to our thread. THAT would make life interesting.
Chris m

RE: Zero Carb / Meat and Water - chris m. - 09-04-2008 12:07 PM

daveo Wrote:
Update: I am wearing a shirt today that 3 weeks ago fit like a wetsuit 😊

I continue to be amazed at how much easier it is to eat this way than it was to eat an Atkins type diet. The difference is all in the cravings. I have none eating this way, but back when I was eating veggies and low carb tortillas, I always wanted other carby stuff.

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glass at dinner and see how that goes, otherwise I'll just cut it back to a night a week or something. If I have to eliminate the wine I'll live 😊

Daveo - "the Bear" had to give up alcohol as he had negative effects on his exercise as well. OF COURSE - I think he had another "substance" alternative which he was not allowed to discuss in his posts. Although he let something slip now and then.  
Chris

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**RE: Zero Carb / Meat and Water - montmorency - 09-04-2008 12:15 PM**

paleobabe Wrote:
Given our cultural context, eliminating all vegetable matter is an extreme adaptation and requires careful investigation and ongoing evaluation. To that end, this forum has been a very useful source of links to studies, anecdotal observations, analyses etc.

It may appear extreme, but if one takes a step back, or several steps back, from what we have been brought up to think of as "normal", it is not necessarily so extreme. For example, I was brought up to think that eating bread and potatoes was both normal and essential. But I've now been bread-free for nearly a year and it now seems perfectly normal; and we know that plenty of people simply cannot tolerate wheat, so how could it be an essential? Similarly, potatoes were unknown in my country until "Nutty Wall" (cf. Bob Newhart) brought them back across the ocean, and even then, people didn't like them much at first.

My main lingering doubt is based in the feeling that the cattle from which we get most of our red meat probably bears little relationship to the animals that our evolutionary ancestors were eating. Sure we may be carnivores, but what sort of "carne" did we actually evolve to eat?

On the other hand, the idea that red meat is a complete food in and of itself is a very tantalising, liberating one (if true, that is). Not even the most faithful vegan or vegetarian could make that claim of any single veg or fruit. In fact to eat a "complete" veg+fruit diet is quite a complex issue. There is always something else you seem to have to add. This or that is always a good source of something or other....where do you stop?

**The Bear:** I have now completely read the "short" version of the thread that Mac posted, and am well into the "long" version. He's an impressive character all right. I note that in some ways, he is less of a purist than Charles, e.g. he eats eggs, cream and some cheese, and even his own home-made ice-cream, complete with sweeteners. The most surprising thing was the protein drink, albeit home-made.

Most interesting is that he says he never gets hungry, and says that one should not get hungry once completely keto-adapted. (I presume that I am not fully keto-adapted then, since I get very hungry, as already discussed). I guess he would simply say that my carbs are not yet low enough, which may well be the case.

Regards,
Mike

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**RE: Zero Carb / Meat and Water - Daryl - 09-04-2008 12:45 PM**
nyteez Wrote:
Quote:
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Hey travis, please don't take my "fool" statement wrong. I am not calling people fools for not believing an all meat diet provides us with all the nutrition we need. I am calling BeeDub a fool for vehemently arguing about how we (meat eaters) can not get enough vitamin D from our diet. There simply is no proof of this anywhere.

Couldn't we agree to disagree, without calling anyone here a "fool"?

I certainly have some doubts about getting literally everything we need from an all meat diet; while I'm still eating VLC, I am going to try all meat before the year is up, but I will still take supplements, for my peace of mind, if nothing else.

RE: Zero Carb / Meat and Water - deedum - 09-04-2008 01:06 PM

Quote:
Enough condescension, Charles. You don't need to "cover ground." Just give me ONE citation showing carbs block D3 absorbtion. ONE citation proving meat is all we need. Two PubMed links, you're done.

I think what charles is getting at is it is very safe to assume that D3 deficiency is caused by refined carbohydrates because the hunter gatherers did not have any deficiencies and they did not consume refined carbs. Charles cites beri beri, scurvy, etc. because they are from nutritional deficiencies. Heart disease, cancer, T2 diabetes can also be from nutritional deficiencies (D3). Why would a deficiency is D3 be any different from any other vitamin deficiency.

There do not need to be any studies that prove D3 deficiency is caused by refined carbs to safely assume that it is true. Because, hunter gatherers provide plenty of unambiguous evidence. Especially the Inuit, they ate very little of any carbs, got very little of any sunlight and had no nutritional deficiencies as evidenced by having no diseases of civilization.

Deanna
[/i]

RE: Zero Carb / Meat and Water - Charles - 09-04-2008 01:41 PM

Daryl Wrote:
I certainly have some doubts about getting literally everything we need from an all meat diet; while I'm still eating VLC, I am going to try all meat before the year is up, but I will still take supplements, for my peace of mind, if nothing else.

I've said this I don't know how many times, that zero-carb is my own experience and I don't get any brownie points for someone choosing to eat zero-carb, take supplements, or whatever. However, I do take exception to people suggesting that perhaps I'm somehow lacking something because I don't take an unproven supplement.

Even the "experts" are nowadays advising people not to take multivitamins because they may cause more harm than good, especially as it relates to the prostate.

Other experts advise us to take Vitamin D:

Quote:
The combined use of calcium and vitamin D supplementation helps protect postmenopausal women's bone health.

However, we know that there are populations such as the Inuit, where an examination of their diet reveals that they don't eat the recommended allowance of these nutrients daily, yet they don't suffer from bone diseases or calcium deficiencies. If they don't show a deficiency in their skeletal remains then it's quite clear there was no deficiency.

When we begin the book discussion, you'll quickly see (if you haven't already) that the nutritionists made these same arguments in the 1920s when Stefansson and Anderson undertook the all-meat trial at Bellevue.

Stefansson in Not by Bread Alone Wrote:
Every aspect of the results would be studied, but special attention would be paid to certain common views, such as that scurvy will result from the absence of vegetable elements, that other deficiency diseases may be produced, that the effect on the circulatory system and on the kidneys will be bad, that certain harmful microorganisms will flourish in the intestinal tract, and that there will be insufficient minerals, in particular calcium.

Is this not vitamin D?

Everyone wants to talk about a primitive diet, but Stefansson and Anderson ate meat from butcher shops in New York City during the Bellevue experiment and the results were exactly similar as they were when they were in the Arctic.

Stefansson from Not by Bread Alone Wrote:
In the Arctic and in New York we were fond of eating skin. I always eat bacon rind. I am fond of pickled pig's feet, mainly, I think, because I like the skin and the tendons, for there is not much else to pig's feet, except fat. If there is any part of a fried chicken that tastes better to a meat devotee than the chewable bones, then it is the skin. The like applies
to all birds unless one has been on the verge of fat-overeating, in which case the fat attached to the skin may repel him.

Sure, their meats had more fat on them, but we've learned how to fix that! 😁 We just posted information last week about how Stefansson's wife prepared meat locally to feed her husband who regained his health. This wasn't some ancient primitive diet.

The "experts" make the following claims:

Quote:
The panel did manage to make the following recommendations:

-- The combined use of calcium and vitamin D supplementation helps protect postmenopausal women's bone health.

-- Anti-oxidants and zinc should be considered for use by non-smoking adults with early-stage, age-related macular degeneration.

-- Women of childbearing age should take daily foliate to prevent neural tube defects in infants.

-- There is evidence that smokers should avoid taking beta carotene supplements regularly as there is a raised risk of lung cancer.

Bone deficiencies, age-related degeneration, neural tube defects and lung cancer are all diseases of civilization. The undeniable fact is that **people that do not eat carbohydrates (or even excessive carbohydrates) do not get these diseases, plain and simple.**

I can't tell you any of you what to do and I'm sure the overwhelming majority of you understand this as evidenced by your posts. Personally, I don't find the arguments for supplementation to be compelling. In fact, I find the opposite; that they can be dangerous because there is no evidence as to what the body does with too many minerals.

Everyone talks about well, what if we don't have enough nutrients. Another good question is what happens when we over-mineralize ourselves?

Quote:
There is a high health risk associated with consuming too much vitamin D. Vitamin D toxicity can cause nausea, vomiting, poor appetite, constipation, weakness, and weight loss. It can also raise blood levels of calcium, causing mental status changes such as confusion. High blood levels of calcium also can cause heart rhythm abnormalities. Calcinosis, the deposition of calcium and phosphate in soft tissues like the kidney can be caused by vitamin D toxicity.

Consuming too much vitamin D through diet alone is not likely unless you routinely consume large amounts of cod liver oil. **It is much more likely to occur from high intakes of vitamin D in supplements.** The Food and Nutrition Board of the Institute of Medicine considers an intake of 1,000 IU for infants up to 12 months of age and 2,000 IU for children, adults, pregnant, and lactating women to be the tolerable upper intake level. Daily intake above this level increases the risk of adverse health effects and is not advised.

By the way, what is the **function of vitamin D** in the first place:

Quote:
The major biologic function of vitamin D is to maintain normal blood levels of calcium and phosphorus. Vitamin D aids in the absorption of calcium, helping to form and maintain strong bones. It promotes bone mineralization in concert with a number of other vitamins, minerals, and hormones. Without vitamin D, bones can become thin, brittle, soft, or misshapen. Vitamin D prevents rickets in children and osteomalacia in adults -- skeletal diseases that result in defects that weaken bones.

So if we don't consume dairy products, eat fish or stay out in the sun excessively, then we can look forward to bone deterioration?

So if the Native American of the Great Plain (before the settlers came), the Inuit that Stefansson mentioned who never ate fish, or the other meat-eaters of the sub-Sahara who Dr. Price mentioned never ate fish or cod liver oil didn't have bone deficiencies, what then?

Stefansson from Not by Bread Alone Wrote:
Thus calcium deficiency is as absent from those meat-eaters who practically never eat bones as from those who eat them nearly every day of their lives.

I can confidently say for myself that I am not concerned with bone deficiency now or in my lifetime, nor the lifetime of my children who also eat a zero-carb diet for the most part. I don't have to force them, they voluntarily choose it 95% of the time.

As Taubes wrote on 322, citing Harris, Abrams, Davidson and Passmore:

Taubes Wrote:
Meat contains twelve of the thirteen essential vitamins in large quantities. Meat is a particularly concentrated source of vitamins A, E, and the entire complex of B vitamins. Vitamins D and B12 are only found in animals products (although we can usually get sufficient vitamin D from sunlight on our skin).

This is all it takes for me. Of course, everyone is free to make their own choices and decisions as always!

Regards,

Charles

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RE: Zero Carb / Meat and Water - Cie - 09-04-2008 01:50 PM

suzanneyea Wrote:
I hate when we get into all this technically junk, with people citing and quoting studies to prove their point, it is sooo not what this board is about to me. I know a lot of people like doing it, but not me.
Quote:
Charles, you're a great moderator, but you go too far when you tell people to ignore the advice of expert MDs like Drs. Eades and Davis.

Charles is expressing his opinion. He or anyone else can have their opinion. Charles can say eat only onions for the rest of your life for all I care, it still is his opinion and does not change what I chose to put in my mouth. If you want totake Vitamin D, take it. It is not like Charles is going to hop on a plane and physically stop you.
Amen to that! I value what Charles offers and dislike the negativity too. Thanks for saying it.

RE: starting meat and eggs today - BIKINIBOUNDINTX - 09-04-2008 01:50 PM

I'm not sure what the correct amount is for FAT, but fat is your fuel and replaces your carbs for energy. Check out the [http://www.fitday.com](http://www.fitday.com) that many peeps on LLVLC use. It's a great tool for weight loss. Many of us here also use coconut oil. Are you using that yet? Some even add it to their coffee in the morning. Is your hamburger the fatty 73/27 kind?? You can get that at Walmart in the plastic rolls. Also, make sure you are eating enough calories... eat until full. Happy Low Carbin'!!!

RE: Zero Carb / Meat and Water - Charles - 09-04-2008 01:55 PM

BeeDub Wrote:
I've read Taubes. Where does he say meat has every nutrient you need? (Says EXACTLY that?) And where does he say that if you eat carbs you can't absorb Vitamin D? (Says EXACTLY that?) I don't recall anything like that. Page numbers, please?

Page 322. Check the bibliography for the proof text.

He doesn't say that one can't absorb vitamin D, with carbs, but he cites plenty of examples of populations who did not eat dairy products yet showed no vitamin D deficiency. At the same time, those people who eat Westernized diets (read: high-carb) are routinely found to be deficient in vitamin D especially as they age.

On 323, Taubes cites the Bellevue experiment where one of the chief arguments against it were that Stefansson and Anderson would experience bone loss due to lack of calcium. No calcium deficiency was found. Nine articles were published in 1930 on this study.

I don't eat dairy products and I'll put my bones up against anyone's, at any time!

I'm not telling you not to take your precious supplements (as if I could) but don't tell me that anyone else needs to take them, with all due respect to Dr. Eades and anyone else you mentioned.

Regards,
Charles

RE: starting meat and eggs today - Charles - 09-04-2008 02:08 PM

Doesn't look like much food, but if you're full, then it's fine. The drumsticks and the sausage patty can be problematic. Who knows what goes into most sausages these days so I'm leery of them. Some ground beef in place of that might be better. The drumsticks can be lean so I would tend towards two chicken thighs with the skin instead. Other than that, it looks good.

More than fitday, it's about eating to appetite and closely following your hunger. Eat only when you're hungry and don't eat when you're not. This might sound easy, but it can be difficult to put into practice. For some, it will mean not eating very much. For others, it will mean eating more than they think they should. Some may eat only once a day while others may eat three or four times. It all depends on you.
The markers for success are lasting 6 hours without hunger between your meals, sleeping through the night (not waking up hungry), a positive outlook on life, and good energy (after the first week or two). The energy part is where you know how much fat you need.

Eating fat is like bordering between slight nausea with tons of energy and lean meat with lethargia. You want to stay on the side of the former. I'm not saying you should get nauseous, but it's good to be close. If you feel that way during a meal, then eat more lean and a little less fat.

Our bodies were designed to tell us these things. Carbohydrates jam the communications. Do this and all should be well!

Regards,
Charles

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RE: Zero Carb / Meat and Water - cbnebraska - 09-04-2008 02:16 PM

Is there a way someone would know they were deficient in vitamin D? A yearly bone density test perhaps?

I have female friends who are under 40, don't smoke, do all the dairy products that are recommended, exercise moderately, take multivitamins, but follow the low fat dogma and stay away from "fatty" meat..... and they've already been diagnosed (via x-rays or bone density tests) with signs of osteoporosis! What else can they do? Start on meds this early? Something has got to be wrong with the recommendations! I still fall back on my favorite saying from Dr. Phil "So.......how's that workin' for ya?" Obviously, it's not.

I'm like Charles, I'll stick with what I'm doing until I've got some reason not to, because what I'm doing IS working for me. "The studies" of the established medical community don't impress me because there are just too many variables that make them useless to me in my particular situation. I am my own test subject, come what may.

As far as my kids, I feed them very low carb at home, but they still consume carbs at other places, in situations beyond my control and for that reason I don't yank ALL their carbs at home. They are not ketoadapted, so I just don't see how I can make it work for them. I don't know if their bodies can take the swing from a high carb meal at school to no carbs for two at home. They are old enough to rebel against taking a no/low carb sack lunch everyday and old enough to look around and see what everyone else is eating. They are NOT old enough to see the big picture as to how they will benefit their health in the end. So, I allow them school lunch and treats outside the home and feed them as low carb as I can get by with at home. We set a good example and teach them why we do what we do. Our hope is that when they ARE old enough to choose, they will choose as we did.

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RE: starting meat and eggs today - BIKINIBOUNDINTX - 09-04-2008 02:21 PM

Charles Wrote:
Eat only when you're hungry and don't eat when you're not. This might sound easy, but it can be difficult to put into practice. For some, it will mean not eating very much. For others, it will mean eating more than they think they should. Some may eat only once a day while others may eat three or four times. It all depends on you.
Charles,

I see many posts on LLVLC that say to eat only when hungry. Many of us here have a very small appetite while eating low carb OR maybe cannot distinguish between being hungry or not for whatever reason. I've always thought that it's important to supply our bodies with nutrients at least 3 times a day... especially breakfast. I've heard that Dr Oz said in his book - that when your body has not eaten in 12+ hrs. it goes into Starvation Mode. Is this true?

Thanks for your input! 😊

RE: Zero Carb / Meat and Water - MAC - 09-04-2008 02:22 PM

cbnebraska Wrote:
Is there a way someone would know they were deficient in vitamin D? A yearly bone density test perhaps?

Yes. There are blood tests for this. You want to measure Vitamine D, 25OH. Below I think a level of 30 indicates deficiency.


RE: Zero Carb / Meat and Water - waywardsister - 09-04-2008 02:23 PM

MAC Wrote:
The nicotine in cigarettes metabolically supresses weight gain. When you quit you gain weight. Your diet can remain the same and you will most likely gain weight when you quit.

I'm just one person, but I didn't gain an ounce when I quit - had started LC at the same time. Quitting smoking was in fact what drew me to LC in the first place, bc I didn't want to gain any more weight! I've since relapsed 😞and my new quit date is Oct 1st, and I don't expect to gain any weight this time either. If by chance I do, I know it'll come right off if I keep to my WOE.

Charles Wrote:
Quote:
The panel did manage to make the following recommendations:

-- The combined use of calcium and vitamin D supplementation helps protect postmenopausal women's bone health.

-- Anti-oxidants and zinc should be considered for use by non-smoking adults with early-stage, age-related macular degeneration.

-- Women of childbearing age should take daily foliate to prevent neural tube defects in infants.

-- There is evidence that smokers should avoid taking beta carotene supplements regularly as there is a raised risk of lung cancer.

Bone deficiencies, age-related degeneration, neural tube defects and lung cancer are all diseases of
The undeniable fact is that people that do not eat carbohydrates (or even excessive carbohydrates) do not get these diseases, plain and simple.

Oooh, one of my faves - the folate recommendation! Grains interfere with folate absorption, big time. Big connection with celiac/gs as well. I have two genes for celiac/gs, one from each parent. My mum had two children with neural tube defects (and she supplemented folate with every pregnancy). Many food allergy docs recommend that any woman who has had a child with neural tube defects gets tested for celiac/gs, because she was not absorbing enough folate from her diet.

Side note: the earliest skeletal evidence of spina bifida/neural tube closure failure dates between 10-12,000 years ago and was found in Morocco. What else happened between 10-12,000 years ago in and around that general region? (though I'm sure it can happen for other reasons, ie famine/shortages)

RE: Zero Carb / Meat and Water - MAC - 09-04-2008 02:29 PM

waywardsister Wrote:
MAC Wrote:
The nicotine in cigarettes metabolically supresses weight gain. When you quit you gain weight. Your diet can remain the same and you will most likely gain weight when you quit.

I'm just one person, but I didn't gain an ounce when I quit - had started LC at the same time. Quitting smoking was in fact what drew me to LC in the first place, bc I didn't want to gain any more weight! I've since relapsed 😞 and my new quit date is Oct 1st, and I don't expect to gain any weight this time either. If by chance I do, I know it'll come right off if I keep to my WOE.

I got this from Good Calories Bad Calories.

I did work with one person who gave up a two pack a day habit and he gained weight the first two months after giving them up.

RE: Zero Carb / Meat and Water - Charles - 09-04-2008 02:30 PM

Cynthia, that is very sage parenting. We parents all understand that at some point our children are going to have to choose to be healthy on their own. If we knew better when they were infants, perhaps we could have chosen different paths for them.

Everyone eats zero-carb at home, but school lunch has always been a problem.

I still take comfort in the fact that my 16-year old, who does eat more carbs outside the house than anyone else (he'd die if he thought I knew), still eats a very low number of carbohydrates in comparison to what I ate as a child. The magic number is 70 pounds per year and I'm sure he's well under that figure.

I'm pleased to report that my younger two have fallen into my zero-carb trap very well. I don't particularly approve of their food (it has higher sodium and nitrates), but I don't have any pemmican for them. Therefore, I use summer sausage and a pepperoni roll. I cut exactly four pieces of each and I give them a cheese stick for lunch. Their ages are 12 and 11 and they are in middle school (sixth and seventh grade).
They eat this modest snack for lunch and they informed me that they are able to last from 11:00 a.m. until 7:00 p.m. when they eat dinner without feeling hungry. They tell me that if they eat nuts or fruit for lunch, they are usually hungry within two hours.

I was afraid they didn't get enough food in their lunch, but James Sidbury's studies showed me that children really don't need very much food as long as it's nutrient-dense.

Until I can make my own pemmican, this is it for now. After two weeks of school, they have come to prefer the meat. The first couple of days they took lunchmeat (smoked turkey and ham) on a low-carb wrap, along with the meat and cheese I described. However, they stopped taking the lunch meat sandwich on Day 2 because it was too much food. Now, they just eat the meat and cheese.

I'm stoked!

Charles

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RE: Zero Carb / Meat and Water - **Charles** - 09-04-2008 02:37 PM

MAC Wrote:
I got this from Good Calories Bad Calories.

I did work with one person who gave up a two pack a day habit and he gained weight the first two months after giving them up.

I agree that it was in GCBC, but what it leaves out is the diet that ex-smokers consumed. Taubes brought out that those ex-smokers had a marked preference for carbohydrates after they stopped. While smoking, the nicotine allowed them to mobilize more fatty acids which was why Taubes referred to nicotine as the ideal weight-loss drug.

For me, it clearly left open the clear possibility that beginning a very low or zero-carb diet upon quitting would suppress weight gain and not slow the metabolism the way carbohydrates do. It seems our not-so-
"waywardsister" is proof of the notion, albeit anecdotal. 😐

Regards,

Charles

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RE: Zero Carb / Meat and Water - **montmorency** - 09-04-2008 02:47 PM

Vitamin D: One of the problems with vitamin D supplements is that if they contain synthesised vitamin D, then they may be toxic. I believe that toxicity from all natural sources has not been demonstrated. (Check out the Weston A Price and/or Barry Groves' second-opinions sites for more, much more in this area).

This is all right as far as it goes. However, thanks to a letter from a reader, the Weston A Price people alerted us to the fact that the Seven Seas brand of cod-liver-oil which is marketed in the UK, includes synthesised vitamins A and D, and does not mention the fact that they are synthesised on the labelling! This reader had contacted Seven Seas, and I did the same, and eventually had a letter back confirming this. They say that the natural A and D is removed in the purification process and has to be put back, and of course it's synthesised stuff that goes back.
I did find another brand (Nordic Naturals Arctic Cod Liver Oil) which claims to have only all natural Vitamins A & D in it. However, it also has alpha-tocopherol Vitamin E derived from Soy, as a stabiliser ... this set alarm bells ringing for me. I emailed the Weston A Price people, who said it was probably ok, but even so, it just goes to show that with supplements "all natural" may not be quite all that it seems.

This was before I had discovered the concept of an all meat and water diet, and the simple but revolutionary principle that meat, just meat, may be a complete food without _any_ need for supplements.
I am certainly not glugging the cod-liver-oil down at the moment. It's possible I might do so in the winter though. I realise that's not 100% logical thinking, but there we are; "lingering doubts", I guess.

cnebraska: (oops, almost forgot this): you said "Is there a way someone would know they were deficient in vitamin D? A yearly bone density test perhaps?"

If you look on this site (sorry don't have the exact reference...try the search), I am sure they talk about just such a test: http://www.westonaprice.org/

Regards,
Mike

RE: Zero Carb / Meat and Water - MAC - 09-04-2008 02:58 PM

Montmorency Wrote:
Vitamin D: One of the problems with vitamin D supplements is that if they contain synthesised vitamin D, then they may be toxic. I believe that toxicity from all natural sources has not been demonstrated.

Carlson's Cod Liver Oil is supposed to be a good brand. Comes from Norway. It is the EPA & DHA that is of value (omega-3s).

Carlson also makes Vitamin D3 oil capsules. D2 is worthless which is what they use to fortify milk. It is impossible to know your level of D3 without testing.

If I had high calcium scores on an EBT heart scan, I may be very willing to take D3 supplements. Once you have the diseases of civilization due to a poor diet, supplementation could be a useful tool in controlling or stabilizing heart disease. At least that is what Dr. Davis has found in his research. Which is why I don't dismiss supplementation out of hand.
http://heartscanblog.blogspot.com/search/label/vitamin%20D

RE: starting meat and eggs today - nyteez - 09-04-2008 03:43 PM

I used to eat every 3 hours, what a pain in the butt that was! Now on zero carb I eat every 12 hours. It works great for me!

RE: Zero Carb / Meat and Water - montmorency - 09-04-2008 03:44 PM

Thanks Mac. Interesting blog!
On the other hand, with something like "The Vitamin D Council", one is reminded of the saying that if all one has is a hammer, one tends to see all problems as nails! :-)

Regards,
Mike

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RE: starting meat and eggs today - suzannevea - 09-04-2008 03:45 PM

I would starve on that little food. Are you hungry?

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RE: starting meat and eggs today - PatTee - 09-04-2008 03:53 PM

BIKINIBOUNDINTX Wrote:
Charles Wrote:
Eat only when you're hungry and don't eat when you're not. This might sound easy, but it can be difficult to put into practice. For some, it will mean not eating very much. For others, it will mean eating more than they think they should. Some may eat only once a day while others may eat three or four times. It all depends on you.

Charles,

I see many posts on LLVLC that say to eat only when hungry. Many of us here have a very small appetite while eating low carb OR maybe cannot distinguish between being hungry or not for whatever reason. I've always thought that it's important to supply our bodies with nutrients at least 3 times a day... especially breakfast. I've heard that Dr Oz said in his book - that when your body has not eaten in 12+ hrs. it goes into Starvation Mode. Is this true?

Thanks for your input! 😊

Thanks Kathy, for asking that question of Charles, especially for those of us coming off of KK and having been in that starvation mode, will our bodies see that as SM?
thanks Charles, Patti

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RE: Zero Carb / Meat and Water - MAC - 09-04-2008 04:01 PM

montmorency Wrote:
Thanks Mac. Interesting blog!

On the other hand, with something like "The Vitamin D Council", one is reminded of the saying that if all one has is a hammer, one tends to see all problems as nails! :-)

Regards,
Mike

Yep. Dr. Davis sees calcium(plaque) in arteries decreased or at least halted with D3 supplementation. He
is pretty cutting edge with this to the best of my knowledge. But this is a case of the damage already being done by bad diet and if D3 supplementation improves calcification in arteries am I going to drag out Taubes and say there is no vitamin deficiency on an all meat diet so you shouldn't supplement with D3? I don't think so.

RE: Zero Carb / Meat and Water - sean - 09-04-2008 04:04 PM

[BeeDub] Deedumb, give it a rest. "Just give me one..." Charles doesn't have to give you a damn thing. This reminds me of why the BEAR closed shop on what was probably the most informative forum I have ever seen. Fools come out of the woodwork, to insecure to try something that goes against their indoctrination and suddenly they are demanding proof proof proof form a guy that is only offering advice and discussing the way he does things PERIOD.

He is answering millions of questions and helping even more people. He is taking his time and effort to help others FREE OF CHARGE. Naturally a know it all comes along, more than likely with a masters degree in self esteem and becomes even too much for the most gracious host.

Forget your test tubes and read up on the Inuit, Comanche, Aborigines (australia), Guachos of Argentina, Mongols etc etc etc.

Charles is too nice of a guy to deliver any heavy blows, but I can assure you when this nonsense started on Bear's forum each and every time his rebuttal put the fool through the ropes until he just got sick of wasting his time.

If you're concerned about deficiencies go to a nice vegan forum and talk to guys like David Wolfe about eating fireants as he now needs to "respect his bodies needs for B-12." Serious quote I swear....

If you think Charles is wrong then go elsewhere, why even read this ???? I dont see Charles and MAC on other forums lecturing people, demanding proof. Nobody cares. Clearly most people are finding much success with this lifestyle. If you don't tough break, start marketing some Vit D and everyone on this forum will be a customer of yours as we will all be rotting away form deficiencies.

RE: Zero Carb / Meat and Water - MAC - 09-04-2008 04:12 PM

sean Wrote:
Deedumb, give it a rest. "Just give me one..." Charles doesn't have to give you a damn thing. This reminds me of why the BEAR closed shop on what was probably the most informative forum I have ever seen. Fools come out of the woodwork, to insecure to try something that goes against their indoctrination and suddenly they are demanding proof proof proof form a guy that is only offering advice and discussing the way he does things PERIOD.

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I have no issues with Beedub asking for proof only because as GBGC points out there has been so much bad science with respect to nutrition that it behooves all of us to ask for proof as much as that can be ascertained. He may have done it in a better fashion than he did but I don't begrudge him for asking for proof.

RE: Zero Carb / Meat and Water - sean - 09-04-2008 04:17 PM

MAC,

I used to take Carlsons but was told it is also synthetic due to shipping laws in this country. Dr. Ron Schmid (I'm not a big fan) claims his has the only pure kind on the market. Anyway I was on his for awhile and my inflammation issues became worse and worse. At one point my face looked like I spent some time at the equator with a pair of shades on.

Schmid had no answers other than to keep buying more bottles of his COd liver oil. Once I stopped all supplementation the inflammation gradually subsided. I am a huge fan of Weston Price info, so it was tough to quit the Cod liver oil, but after reading Ray Peat's article on the dog experiment where the cancer rate went from 5% to 100% due to the use of fish oil, it explained (at least in my mind) exactly why I was getting worse, not better on Vit D supplementation.

I really have no idea about this stuff, just offering some real life experience as to what happened to me when I got on the bandwagon of Omega this or that, more and more cod liver oil.

As a matter of fact I saw an exchange online between Mary Enig and I think Peat (I forget) about the Price foundations stance on Cod Liver oil and I've never seen an instance OTHER than this one where Enig was outmatched. Google it and see, interesting stuff.

RE: Zero Carb / Meat and Water - MAC - 09-04-2008 04:29 PM

Sean Wrote:
I used to take Carlsons but was told it is also synthetic due to shipping laws in this country.

Geez. Is nothing safe? You can't even eat fish these days to get the benefits of fish oil due to the mercury.

If you had your issues then you had your issues. Dr. Davis is big on fish oil & D3 these days but then his patients have heart disease so maybe it is a trade-off in that case.

I keep seeing this Peat guy mentioned lately a lot. Thanks for the lead I'll have to go dig it up.
MAC Wrote:
Yep. Dr. Davis sees calcium(plaque) in arteries decreased or at least halted with D3 supplementation. He is pretty cutting edge with this to the best of my knowledge. But this is a case of the damage already being done by bad diet and if D3 supplementation improves calcification in arteries am I going to drag out Taubes and say there is no vitamin deficiency on an all meat diet so you shouldn't supplement with D3? I don't think so.

No, I guess dragging out Taubes isn't the best approach always, although it's big enough to hit some of the more obtuse ones :-)

Just finding my way around his site ... I think I see what you mean about EPA/DPA ... under the "Fish Oils" (not cod liver oil, but I presume it's similar...?) heading on his site, it only talks about EPA/DPA and not vitamin D (or A). Vitamin D is dealt with under other headings. Just looking at my bottle of Nordic Naturals, I guess I see why: the dosage of vitamin D is pretty low, whereas he is talking about much higher doses isn't he?

Looking elsewhere, he seems pretty "sound" on low-carb, but then (looking at random) what do I find: "Most people with some level of common sense and health awareness no longer use butter or whole milk..." woah! OK, so we know milk has carbs, but we aren't worried about the "whole"-ness of it, and he doesn't like butter ... so is he just a conventional "saturated fat is bad"-type guy after all? hm...

Regards,
Mike

Montmorency Wrote:
Looking elsewhere, he seems pretty "sound" on low-carb, but then (looking at random) what do I find: "Most people with some level of common sense and health awareness no longer use butter or whole milk..." woah! OK, so we know milk has carbs, but we aren't worried about the "whole"-ness of it, and he doesn't like butter ... so is he just a conventional "saturated fat is bad"-type guy after all? hm...

Dr. Davis is coming around to low carb. It is taking him awhile to get there. He is anti wheat. He really is a non-conventionally thinking/acting cardiologist.

Dr. Davis is about everything and anything that works to stop/reverse heart disease. He is a HUGE believer in D3 as it has reduced/stopped calcification of arteries. He can prescribe as much as 10,000 IU/day if necessary to get D3 levels optimized to 60/70 ng/dl. He is a HUGE proponent of fish oil for the EPA/DHA. You really have to become a member of his Track your Plaque site (of which I am not a paying member) to get all his reasons and research. He is a HUGE believer in EBT Heart Scans to assess your risk levels for heart disease.
Kathy....Hi! I have heard about the coconut oil, but must admit i don't know what to use it in or how much to use or what the benefits of it are. If you don't mind, please let me know😊!

Charles....Thanks for the info! I will definitely start using the chicken thigh instead of the drumstick, and is the chicken wing ok too? (That's my fav!). The sausage patties did have corn syrup in them! I will not be eating that again. Eating the hamburger for breakfast instead sounds like a great idea!

nyteez....I used to eat 5 small meals a day too, and it was a pain in the but! lol.

suzanne....Hi there! I did not find myself hungry today. Actually i was quiet full! But i had been counting my calories and trying to stay around 1200 calories. I guess my body is used to that now. I will take all the advice and eat untill i am full and only eat when i am hungry. I still log everything i eat on sparkpeople. Just to keep an eye on things. Today i was at about 1300 calories, and 5 carbs. Today was a good day though, not hungry at all. I will post again tomorrow...have a great evening!

Pamela

RE: Zero Carb / Meat and Water - nyteez - 09-04-2008 05:06 PM

If Dr. Davis is about everything and anything that works to stop/reverse heart disease, then why is he just now coming around to low carb? There are many more studies linking carbohydrates and insulin to heart disease, than there are studies of vitamin D reducing or stopping calcification of arteries.

Even though he may be prescribing a vitamin instead of a drug, he is still just treating a symptom and ignoring the cause of the problem. Unlike Atkins who made his patients change their diet first then suggested vitamin therapy.

RE: Zero Carb / Meat and Water - Daryl - 09-04-2008 05:20 PM

Davis is a forward thinking doctor that is far more open to new ideas than a majority of the medical field. He isn't "just now" coming around to low carb, but he is more recently opening up to the idea that sat fats aren't the boogeyman they've been made out to be.

RE: Zero Carb / Meat and Water - MAC - 09-04-2008 05:52 PM

Daryl Wrote:
Davis is a forward thinking doctor that is far more open to new ideas than a majority of the medical field. He isn't "just now" coming around to low carb, but he is more recently opening up to the idea that sat fats aren't the boogeyman they've been made out to be.

Yep you are right about Dr. Davis and his change about opening up on saturated fat Daryl.

Nyteez you have a good point about heart disease and low carb and insulin. Other than the claims about reversal of heart disease by Dr. Ornish there isn't to my knowledge been any studies about low carb and reversing heart disease. It has been pretty much focused on losing the weight as a means of reducing the risks factors. Dr. Davis like a lot of the medical establishment was heavily influenced by the saturated fat is bad low fat is good bunk. Correct me if I am misstating things about Dr. Davis Daryl. This is all from memory.
What you said sounds about right, Mac.

There have been some good studies done on starvation mode. One was the Minnesota semistarvation study 1950 and another in Cambridge. Both found that starvation mode means eating less than 50% of what the body requires.

They found that the metabolic rates DO LOWER but the subjects continued to lose fat. Women shut down harder and faster. When they cut to 50% of BMR then the metabolic rate dropped 10%, but that still was a 40% deficit. Recommend not going below BMR for GOAL WEIGHT.

Also, it doesn't matter if the change is from eating less or exerting/exercising more.

If a person has fat to lose, they will lose it. Starvation mode will decrease lean tissue from someone who doesn't have the fat to burn.

Anorexia nervosa occurs when someone eats much less than they need for BMR. They continue to lose weight but not as efficiently as when they were heavier. I know. When I was 18-20yrs old I was eating <500 cal day and exercising for hours daily. I had anorexia nervosa before anyone was diagnosing it. It is deadly for your health. The deficiency affects you mentally.

To me, that is the real danger of long-term starvation mode. Your body pays the price big time. But, a day or two won't hurt you.

Mona

Didn't many of Atkins patients avoid bypass surgery by following his diet? Wouldn't that be considered reversing heart disease?

With all due respect to Dr. Oz, I don't think that this can be said so generally. It is axiomatic that when we reduce intake, we reduce energy expenditure and vice versa. At the same time, all living organisms have a long-term fuel supply and we're no different. We store fat during the day and we live off the stored fat during the sleeping hours. There are times during the day when we should also be running off of that stored fat but for many of us, this doesn't happen due to hyperinsulinemia. Because of this, we are compelled to eat more often which is called by experts as the "diurnal drive to fatten."

Hunger has been outlawed by most of the "experts" and it's something that they want you to simultaneously ignore and also listen to. The metabolism slows when we ignore hunger, not when we merely live off our long term fuel supply.

This is why it is so difficult to only eat when hungry because insulin will cause a person to want to eat at
times when they should be living off of their own fat. Because of this, it is absolutely necessary that insulin be controlled. This is the secret to the low-carb diet. It's not the number of carbs that we eat; rather, it is the way we control our insulin responses in anticipation of and in response to the food we eat.

Therefore, always eat when hungry. If you're not hungry, that's a sign that your insulin is being controlled and you are in no danger of slowing your metabolism or going into starvation mode. Believe me, after 75 pounds, I am much more active than I was at 221.

Regards,

Charles

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RE: Zero Carb / Meat and Water - MAC - 09-04-2008 06:15 PM

nyteez Wrote:
Didn't many of Atkins patients avoid bypass surgery by following his diet? Wouldn't that be considered reversing heart disease?

That is probably very true. My limited understanding of reversing heart disease falls along the lines of say having a 90% blockage in a coronary artery and say having it regress to 70% and thus improving blood flow. I asked Jimmy one time to ask Dr. Volek if he had any intention of doing research into reversing heart disease and he had no intentions. I for one would really like to see this kind of research.

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RE: starting meat and eggs today - MAC - 09-04-2008 06:24 PM

Here's an interesting viewpoint on the 12 hour thing. Depends on your point of view it seems as to what technically is 'starvation' and the composition of your diet.

http://en.allexperts.com/q/Nutrition-Dieting-939/Meal-planning-starvation-mode.htm

"In human body, starvation mode, speaking biochemically, doesn't occur sooner than 72 hours of a complete water fast. However, the doctor can be right though for a different reason. The matter is, when using carbohydrates for fuel, one is getting hungry every three to four hours or so. This happens because when carbs are available with foods, the body prefers to run on them rather than on by-products of fat metabolism, ketones."

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RE: Zero Carb / Meat and Water - Charles - 09-04-2008 06:34 PM

Dana Wrote:
he is still just treating a symptom and ignoring the cause of the problem.

I wish I could say things this powerfully and this simply.

People don't want to confront the possiblity that whole wells of research and medicine spring up as a result of mere symptoms. There is no (or very little) cooperation between these specialties so they each go on their own little tangents and spend ever-increasing sums of money to detect more and more symptoms, all the while claiming to look for a cure. Somebody uses a wonder pill to decrease a symptom and all of a sudden it becomes the rage, while ignoring the fact that some folks just don't get
the disease.

It seems that what they really want is credit for finding the cure, not so much doing whatever it takes to find the cure.

We need a Homeland Security for medicine -- an office with enough power to pool research from all the specialties and combine it. Ideally, it would be run by someone in the metabolic syndrome camp, but that would be Gerald Reaven and he can't see the forrest for the trees either. 🙁

I think anyone who has reversed their lipid markers for heart disease -- triglycerides and HDL, all qualify as people in whom heart disease was reversed. After all, these are the only markers that accurately predict the disease. You can't even point to arteriosclerosis because some in the Masai have arteriosclerosis yet they never have strokes nor heart attacks. The same is true in the elderly who don't get Alzheimer's. They all have amyloids but some of them get dementia and some don't. Insulin is the only marker that is common.

Regards,

Charles

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**RE: starting meat and eggs today** - BIKINIBOUNDINTX - 09-04-2008 06:39 PM

Thanks Mona, Charles and Mac for your replies on the Starvation Mode, etc. Interesting reading! 😊

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**RE: Zero Carb / Meat and Water** - Daryl - 09-04-2008 06:43 PM

nyteez Wrote:
Didn't many of Atkins patients avoid bypass surgery by following his diet? Wouldn't that be considered reversing heart disease?

I would answer "no", but it *is* stopping heart disease in its tracks.

An aside: it always bugged me that the Atkins diet was/is so roundly criticized as a heart attack waiting to happen, when the man was a cardiologist, and a successful one. I mean, if he wasn't good at what he did, patients would have been keeling over, and the press would have been all over that.

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**RE: Zero Carb / Meat and Water** - Daryl - 09-04-2008 06:48 PM

Charles Wrote:
Dana Wrote:
he is still just treating a symptom and ignoring the cause of the problem.

I wish I could say things this powerfully and this simply.

Agreed, but I wouldn't say he's ignoring it, he's just not there yet. 😊
RE: Zero Carb / Meat and Water - KimPossible - 09-04-2008 10:00 PM

Wow. I can only dream of ever catching up with this thread. EEK! Just wanted to check in while I had a minute (avoiding my other duties LOL). I am still low to zero carb and have hovered around the 161 mark for a week or so. I wanted to pop in and say that I have finally ordered GCBC to read for myself and a copy of Slow Burn, b/c I'm ready to define some areas...I intend on kicking it back down to very low carb to break through the 160 barrier to the 50s...I am now where this WOE seems second nature and normal. I was at a function on Sunday, and there was smoked chicken and pork, along with all the other sides that accompany a potluck. I had the meat, and tried a salad with spinach and a few strawberries, as well as string cheese. It felt like a feast to me and someone actually remarked that I was going to starve. Someone I don't really know....which is funny. I'm now immune. LOL

Hope you all are doing well! Keep the lively discussion going! 😊

RE: Zero Carb / Meat and Water - pennypritty1 - 09-04-2008 10:20 PM

Charles Wrote:
Okay, listen. Our Zero-Carb/Meat and Water thread is about to break 100,000 views in the coming days. This is about 80,000 more than the next closest thread on this entire forum. That means the interest is very high concerning this topic.

That's because it's taking some of us forever to catch up so that we don't end up repeating something that's already been discussed. LOL

Hey, peeps. I've been offline for a couple months but good grief!!! So much has been discussed during this time. It's amazing!!!! My head's buzzing with so much that's been discussed, agreed and disagreed upon. I've been more low carb during my time offline but I've not slipped or cheated, thank heavens.

Still trying to catch up but it's 1:14am now and I'm tired. So I'm back here in the AM and back to catching up. I think I'm almost done but now it's all getting blurry so now's the time to stop. I might have to reread some pages as I was glazing over a bit... 😊

RE: starting meat and eggs today - suzanneyea - 09-05-2008 01:52 AM

All I know, is that on low fat and reduced calories I was constantly eating and always hungry. I also was not getting a monthly cycle and the endocrinologist said my body was in starvation mode. Now, I am much thinner than before, have a regular cycle, never hungry and can go long, long periods of time without any hunger.

RE: Zero Carb / Meat and Water - BeeDub - 09-05-2008 02:25 AM

cbnebraska Wrote:
Is there a way someone would know they were deficient in vitamin D? A yearly bone density test perhaps?

They need the blood test for D3.

Quote:
I have female friends who are under 40, don't smoke, do all the dairy products that are recommended, exercise moderately, take multivitamins, but follow the low fat dogma and stay away from "fatty" meat..... and they've already been diagnosed (via x-rays or bone density tests) with signs of osteoporosis! What else can they do?

Start on meds this early?

They need to know their D3 blood levels asap. D3 is needed to get the bones to absorb calcium. Without adequate D3, calcium can wind up in the arterial walls...a major contributor to vascular disease.

Quote:
Something has got to be wrong with the recommendations!

They are finding that the current recommendations for D (which are essentially just the minimum to prevent rickets) are far too low. In fact, many individuals will have to ingest 10-15 times the recommended DV to get a good blood D3 level.

**Vitamin D and heart disease**

Here's Dr. Davis:

Quote:
Despite the paucity of scientific documentation of this phenomenon, I am continuing to witness extraordinary increases in HDL cholesterol levels with vitamin D supplementation.

At first, I thought it was attributable to other factors. In real life, most people don't modify one factor at a time. They reduce processed carbohydrates/eliminate wheat and cornstarch, lose weight, add or increase omega-3 fatty acids from fish oil, begin niacin, increase exercise and physical activity. All these efforts also impact on HDL.

Among the many things I do, I consult on complex lipid (cholesterol) disorders (complex hyperlipidemias) in my office. A substantial number of these people carry a diagnosis of hypoalpalhipoproteinemia, a mouthful that simply means these people are unable to manufacture much apoprotein A1, the principal protein of HDL cholesterol particles. As a result, people with hypoalpalhipoproteinemia have HDL cholesterol levels in the neighborhood of 20-30 mg/dl--very low. They are also at high risk for heart disease and stroke.

Encourage these people to exercise, attain ideal weight, eliminate wheat and cornstarch: HDL increases 5 mg/dl or so.

Add niacin, HDL increases another 5-10 mg/dl.

Perhaps we're now sitting somewhere around an HDL of 35-40 mg/dl--better, but hardly great.

Add vitamin D to achieve our target serum level . . . HDL jumps to 50, 60, 70, even 90 mg/dl.

The first few times this occurred, I thought it was an error or fluke. But now that I've witnessed this effect many dozens of time, I am convinced that it is real. Just today, I saw a 40-year old man whose starting HDL was 25 mg/dl increase to 87 mg/dl.

Responses like this are supposed to be impossible. Before vitamin D, I had never witnessed increases of this magnitude.
Not all therapies for raising HDL raise the important large (also known as HDL2b) fraction. With lipoprotein analyses, it appears that is principally the large fraction of HDL that rises with vitamin D supplementation.

Why? How?

That I can't tell you. But for those of you struggling with low HDL cholesterol despite your best efforts, vitamin D can make a world of difference.

An interesting corollary: If super-high HDL cholesterol is associated with extreme longevity, as they are with centenarians, does raising HDL to extraordinary levels with vitamin D lead to longer, healthier life, all the way up to age 110 years?

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**RE: Zero Carb / Meat and Water** - BeeDub - 09-05-2008 02:28 AM

nyteez Wrote:

Quote:
If someone wants to call me a fool, please do so.
I have some lingering doubts about an all muscle meat diet and it's ability to supply all of my vitamin and mineral needs for the long term.
if i had no doubts about this my children would be on an all meat diet, but as of now they still are not. my wife and i are reducing the amounts of refined carbs in our household and that is as far as i am going to go for now.

To me the ultimate test of how our rubber meets the road is how we feed our children. I would think that there are few here that are doubt free.

travis t

Hey travis, please don't take my "fool" statement wrong. I am not calling people fools for not believing an all meat diet provides us with all the nutrition we need. I am calling BeeDub a fool for vehemently arguing about how we (meat eaters) can not get enough vitamin D from our diet. There simply is no proof of this anywhere.

Are you kidding? Do you really think it isn't known what's in beef?

Here's the National Institute of Health on the subject:

**Sources of Vitamin D**

**Food**

Very few foods in nature contain vitamin D. The flesh of fish (such as salmon, tuna, and mackerel) and fish liver oils are among the best sources [5]. Small amounts of vitamin D are found in beef liver, cheese, and egg yolks. Vitamin D in these foods is primarily in the form of vitamin D3 (cholecalciferol) and its metabolite 25(OH)D3 [19]. Some mushrooms provide vitamin D2 (ergocalciferol) in variable amounts [20-22].

**Fortified foods provide most of the vitamin D in the American diet** [5,22]. For example, almost all of the U.S. milk supply is fortified with 100 IU/cup of vitamin D (25% of the Daily Value or 50% of the AI level for ages 14-50 years). In the 1930s, a milk fortification program was implemented in the United
States to combat rickets, then a major public health problem. This program virtually eliminated the disorder at that time [5,14]. Other dairy products made from milk, such as cheese and ice cream, are generally not fortified. Ready-to-eat breakfast cereals often contain added vitamin D, as do some brands of orange juice, yogurt, and margarine. In the United States, foods allowed to be fortified with vitamin D include cereal flours and related products, milk and products made from milk, and calcium-fortified fruit juices and drinks [22]. Maximum levels of added vitamin D are specified by law.

Beef doesn't even make their list. Beef liver does...with a trivial 15 IU/serving. (Current research indicates that most people will need thousands of IU/day in winter to maintain an adequate blood D level.)

What, more pesky DATA? Quick, Dana -- call me another name! Dock me another rep point!

Bad, bad man with the mean, mean science!

RE: Zero Carb / Meat and Water - suzannevea - 09-05-2008 02:59 AM

Quote:
National Institute of Health
I am not sure I trust them as a source of nutritional information.

RE: Zero Carb / Meat and Water - cbnebraska - 09-05-2008 03:32 AM

BeeDub Wrote:
Here's Dr. Davis:
Quote:
Despite the paucity of scientific documentation of this phenomenon, I am continuing to witness extraordinary increases in HDL cholesterol levels with vitamin D supplementation.

That I can't tell you. But for those of you struggling with low HDL cholesterol despite your best efforts, vitamin D can make a world of difference.

An interesting corollary: If super-high HDL cholesterols are associated with extreme longevity, as they are with centenarians, does raising HDL to extraordinary levels with vitamin D lead to longer, healthier life, all the way up to age 110 years?

Now you've got me curious. Best efforts? Doing what, I wonder? Not low carb, I'm assuming. My HDL is 115. (I wouldn't mind living to be old, as long as I'm healthy old!) The lab re-tested it and my doctor about fell over. I ate mostly low carb for 9 years and am now pretty much no carb, meat, water and coffee only. Wonder where I've been getting my vitamin D? I've never been huge on dairy and I've been told my coffee and all my meat is leaching my bones of their calcium. Occasionally I used to pop an Omega 3 capsule when I didn't feel like we'd eaten salmon in a while, but no other supplements, ever. I'm 40 though, so now it will be interesting to see if it drops due to my inability to get it from the sun at my age (as I just found out)?
How many of you saw a rise in HDL when going VLC or no carb? I'm guessing many of us have high HDL levels? But, it's not just related to losing weight or being thin, cause once again, I've got skinny friends who don't have such a high HDL levels. Once again, I am my own test subject, but I'm thinking I don't need any supplements. I get my blood tested every year as I promised my mom & dad I would do. They were concerned about all my saturated fat intake, so I said I would make them feel better by lipids testing annually. Amazing that no matter the results, everyone still attributes it to "all the exercise" I do. (Generally, a whopping hour a day 5 days a week. Good lord. Just cause I look muscular everyone assumes I am some sort of obsessive exerciser. I do enjoy new challenges and activities, but I've got 2 kids and work, how obsessive can I be?)

From those of you who know, what all should one request for a blood test? The standard lipids, fasting glucose?, D3? My doctor always asks me because I'm making the request and not her, but I've never really known how to respond besides lipids. Are any of the tests mega expensive?

Input appreciated.

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RE: Zero Carb / Meat and Water - BeeDub - 09-05-2008 03:52 AM

cbnebraska Wrote:
BeeDub Wrote:
Here's Dr. Davis:
Quote:
Despite the paucity of scientific documentation of this phenomenon, I am continuing to witness extraordinary increases in HDL cholesterol levels with vitamin D supplementation.

That I can't tell you. But for those of you struggling with low HDL cholesterols despite your best efforts, vitamin D can make a world of difference.

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How many of you saw a rise in HDL when going VLC or no carb? I'm guessing many of us have high HDL levels? But, it's not just related to losing weight or being thin, cause once again, I've got skinny friends who don't have such a high HDL levels. Once again, I am my own test subject, but I'm thinking I don't need any supplements. I get my blood tested every year as I promised my mom & dad I would do.
They were concerned about all my saturated fat intake, so I said I would make them feel better by lipids testing annually. Amazing that no matter the results, everyone still attributes it to "all the exercise" I do. (Generally, a whopping hour a day 5 days a week. Good lord. Just cause I look muscular everyone assumes I am some sort of obsessive exerciser. I do enjoy new challenges and activities, but I've got 2 kids and work, how obsessive can I be?)

From those of you who know, what all should one request for a blood test? The standard lipids, fasting glucose?, D3? My doctor always asks me because I'm making the request and not her, but I've never really known how to respond besides lipids. Are any of the tests mega expensive?

Input appreciated.

Here's Dr. Davis on the importance of getting your D blood level tested:

*There's only one way to individualize your need for vitamin D and thereby determine your dose: Measure a blood level.*

Nobody can gauge your vitamin D need by looking at you, by your skin color, size, or other simple measurement like weight or body fat. A vitamin D blood level needs to be measured specifically—period.

Unfortunately, many people balk at this, claiming either that it's too much bother or that their doctor refused to measure it.

I would rank normalizing steroid hormone-vitamin D as among the most important things you can do for your health. It should never be too much bother. And if your doctor refuses to at least discuss why he/she won’t measure it, then it’s time for a new doctor.

If you’re worried about adding to rising healthcare costs by adding yet another blood test, think of the money saved by sparing you from a future of cancer, heart disease, osteoporosis, diabetes, etc. The cost of a vitamin D blood test is relatively trivial (around $40-50, a fraction of the cost of a one month supply of a drug for diabetes.)

So how much vitamin D should you take? Enough to raise your blood level of 25-hydroxy vitamin D to normal. (We aim for a normal level of 60-70 ng/ml.)

(I'd be willing to bet that, as a Nebraskan, your D blood levels in February are under 20 nanograms/milliliter -- all meat diet or not.)

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**RE: Zero Carb / Meat and Water - Daryl - 09-05-2008 04:12 AM**

cbnebraska Wrote:
How many of you saw a rise in HDL when going VLC or no carb? I'm guessing many of us have high HDL levels?

From those of you who know, what all should one request for a blood test? The standard lipids, fasting glucose?, D3? My doctor always asks me because I'm making the request and not her, but I've never really known how to respond besides lipids. Are any of the tests mega expensive?

Input appreciated.
My HDL went from 29 to 52, triglycerides from 352 to 55, on VLC.

I get quite a bit of tests run, but I have health issues, so my situation isn't "normal"; this is also why I use some of my precious supplements lol.

Glucose, A1c, red and white blood cells, kidney and liver function, and while I do get my lipids checked, I worry less and less about them.

I'd suggest an a wide-ranging checkup, and if all comes back clear, then a simple, yearly test like you're already doing should be fine, I'd think. Add the D3 test if you feel the need.

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**RE: Zero Carb / Meat and Water - travis t - 09-05-2008 05:06 AM**

the last time i had my HDL level checked it was 17

This is what prompted me to start increasing my saturated fat and decreasing my fructose intake.

travis t

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**RE: starting meat and eggs today - pamela702 - 09-05-2008 05:27 AM**

Good morning all! So this morning i had 2 fried eggs in olive oil and 1 thin sliced breakfast porkchop. My planned lunch will be chuck steak, and planned dinner is pork steak and a hard boiled egg (all depending on my hunger 😊. Hopefully i will see some loss by Monday. Have a great day!

Pamela

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**RE: starting meat and eggs today - Charles - 09-05-2008 05:52 AM**

pamela702 Wrote:
Good morning all! So this morning i had 2 fried eggs in olive oil and 1 thin sliced breakfast porkchop. My planned lunch will be chuck steak, and planned dinner is pork steak and a hard boiled egg (all depending on my hunger 😊. Hopefully i will see some loss by Monday. Have a great day!

Pamela

This is better, Pamela, but a pork chop is also very lean. When I eat such lean meat, I render some pork fat in a pan, dip the meat in the fat, and eat it along with the meat. Monitor how long this meal keeps you full today. If it's less than 5 or 6 hours, then you should consider adding more fat to it.

The same is true with the pork steak. Cook the pork steak in a pan or in the broiler, but make sure to collect the fat that drains in the pan and try to eat it along with the meat or else it will be another lean meal.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - montmorency - 09-05-2008 05:55 AM**

Vitamin D: with some misgivings, I emailed The Bear to ask what his take on this was. He replied,
politely enough, but with characteristic bluntness that I should forget about it. Zero-carb works, and the body will make its own vitamin D.

**Arterial Blockage Reversal:** Not even The Bear believes low or zero carb will do this. (I'm going by his public postings; this wasn't in the email).

He says there may be some improvement due to reduction in consequent fat clustering around the plaque, but only at a marginal level. As Kendrick says, the heart can in some cases form new pathways, but Bear says this only happens when you are young, and it seemed to happen in his case, but it still left him with a blockage or two. This only really caused him serious problems in later life when he'd put on a load of muscle and his heart capacity was then not sufficient, which is when he went for the bypass.

Nevertheless, it would be interesting to hear if any people who were suffering angina, probably in middle-life, probably due to a life of mixed-diet/high carbs, then went over to low, very-low, or zero-carbs, and then found relief from the angina. This would imply an improvement in function at least, even if it did not signify reversal per-se.

Regards,

Mike

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**RE: Zero Carb / Meat and Water - Charles - 09-05-2008 06:26 AM**

montmorency Wrote:
No, I guess dragging out Taubes isn't the best approach always, although it's big enough to hit some of the more obtuse ones :-)

Sometimes the implication of this statement gets lost in the translation and it comes across as patently unfair to Taubes. We tend to lump the information in Taubes as if it comes from the man himself. Taubes is no doctor; he is a science researcher. He presented information from the top scientists, clinicians, and researchers of the past hundred years. These are Nobel-winning scientists so it should not be so easy to dismiss the research he has presented. Therefore, I rarely quote "Taubes" and prefer to quote the researchers because the work was theirs, not Taubes.

I don't pull "Taubes" out to refute the notion of deficiency disease, I pull out those many populations that simply don't get them despite not consuming these so-called valuable nutrients in their diet. Everyone doesn't eat fish nor dairy yet they don't end up with low calcium and bone disorders. This is more potent to me than any study. It compels us to look deeper.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - Charles - 09-05-2008 06:36 AM**

Dr. Davis Wrote:
Despite the paucity of scientific documentation of this phenomenon, I am continuing to witness extraordinary increases in HDL cholesterol levels with vitamin D supplementation.

At first, I thought it was attributable to other factors. In real life, most people don't modify one factor at a time. They reduce processed carbohydrates/eliminate wheat and cornstarch, lose weight, add or increase omega-3 fatty acids from fish oil, begin niacin, increase exercise and physical activity. All these efforts also impact on HDL.

Among the many things I do, I consult on complex lipid (cholesterol) disorders (complex hyperlipidemias) in my office. A substantial number of these people carry a diagnosis of hypoalphalipoproteinemia, a mouthful that simply means these people are unable to manufacture much apoprotein A1, the principal protein of HDL cholesterol particles. As a result, people with hypoalphalipoproteinemia have HDL cholesterol levels in the neighborhood of 20-30 mg/dl--very low. They are also at high risk for heart disease and stroke.

These increases in HDL are commonly seen around here on low-carb and very low-carb diets. I've recently reported on my office receptionist who raised her HDL from 50 to 92 in about six months of eating meat.

Low HDL is a common side effect of a high-carb, low-fat diet. I had the same experience myself. Even in the podcast with Jimmy I talked about my panel with my doctor who thought I was in great health with my low cholesterol and higher triglycerides. My HDL was low and I consumed milk and cheese. When I changed my diet, these numbers reversed. My HDL skyrocketed and my triglycerides plummeted. Those are the only markers that impact heart disease. Why would someone want to ingest tons of vitamin D when they could just eat more saturated fat?

That's the whole point. Sure, Dr. Davis can raise HDL with his methods and that's commendable but he's not accomplishing any more than we are by eating zero-carb. As I've said, if you want to take all this vitamin D, then go right ahead. I counter that it's hardly necessary if one eats a proper diet.

Regards,

Charles

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RE: starting meat and eggs today - PatTee - 09-05-2008 06:46 AM

Thanks everyone, Charles, Mac and Mona, for replying - you guys are just phenomenal!

😊's, Patti

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RE: Zero Carb / Meat and Water - MAC - 09-05-2008 06:52 AM

Charles Wrote:
That's the whole point. Sure, Dr. Davis can raise HDL with his methods and that's commendable but he's not accomplishing any more than we are by eating zero-carb. As I've said, if you want to take all this vitamin D, then go right ahead. I counter that it's hardly necessary if one eats a proper diet.

For the umptehnth time I am going to reiterate that Dr. Davis is concerned with heart disease. You already have one of the diseases of civilization if you are being treated by him. He uses D3 to reduce
calcification in the arteries. His patients are already sick not on their way to becoming sick. There is a difference.

RE: Zero Carb / Meat and Water - Charles - 09-05-2008 06:59 AM

cbnebraska Wrote:
Now you've got me curious. Best efforts? Doing what, I wonder? Not low carb, I'm assuming. My HDL is 115. (I wouldn't mind living to be old, as long as I'm healthy old!) The lab re-tested it and my doctor about fell over. I ate mostly low carb for 9 years and am now pretty much no carb, meat, water and coffee only. Wonder where I've been getting my vitamin D?

That's the whole point, right there. You haven't necessarily had it in your diet, yet you have extraordinary HDL. If Dr. Davis normally had people like you walk in his office, I'm sure he would view the situation a little differently.

This is the exact same situation as the Inuit and Masai, yet for you, once you get older, all of a sudden those numbers are supposedly going to magically fall and your bones will deteriorate. Even Dr. Davis reports treating people with low HDL, which is characteristic of a low-fat diet. You can't just examine food to determine whether or not a person is deficient in some nutrient. The bones will tell. You've had yours tested and you're fine. Doctors commonly assume that when a person is standing before them with low vitamin D, that means that they haven't been consuming enough. Why did the person lose their vitamin D in the first place?

Show us someone with high HDL who also has calcium or vitamin D deficiencies and perhaps I'll get interested.

This is a common theme in Stefansson's writings about the "experts". They always sit back and theorize from afar but they seldom have any real experience with objects of their theories. The experts will sit back and say that citrus juice cures scurvy, but they ignore the first-hand testimony from people who have actually tried it in the field.

Eating calcium-poor meat seems like a horror story from afar, but when you eat it exclusively, you find that you don't have any vitamin D deficiency. Yet, there are all these experts who just know that our bones will deteriorate. They don't bring us any evidence of zero-carb people in whom this has occurred, they only bring up high-carb people with low-HDL.

Regards,

Charles

RE: Zero Carb / Meat and Water - Charles - 09-05-2008 07:05 AM

MAC Wrote:
For the umpteenth time I am going to reiterate that Dr. Davis is concerned with heart disease. You already have one of the diseases of civilization if you are being treated by him. He uses D3 to reduce calcification in the arteries. His patients are already sick not on their way to becoming sick. There is a difference.

We already had some of the diseases of civilization when we began our treatment also. So we had a
different symptom, so what. It's still caused by the same thing. There is no difference. What he is doing only mimicks a very low-carb diet.

However, I would argue that if the person doesn't change their diet, the added D3 is not going to help much in the long run because the malabsorption will continue. By the same token, if the person changes the diet, then they can do without the supplements.

Regards,

Charles

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**RE: starting meat and eggs today** - **con** - 09-05-2008 07:07 AM

Charles Wrote:

Therefore, always eat when hungry. If you're not hungry, that's a sign that your insulin is being controlled and you are in danger of slowing your metabolism or going into starvation mode.

Regards,

Charles

Charles,

I don't get this statement. When your insulin is controlled your metabolism is slowing down/going into starvation mode??

---

**RE: Zero Carb / Meat and Water** - **Charles** - 09-05-2008 07:08 AM

montmorency Wrote:

**Arterial Blockage Reversal:** Not even The Bear believes low or zero carb will do this. (I'm going by his public postings; this wasn't in the email).

He says there may be some improvement due to reduction in consequent fat clustering around the plaque, but only at a marginal level. As Kendrick says, the heart can in some cases form new pathways, but Bear says this only happens when you are young, and it seemed to happen in his case, but it still left him with a blockage or two. This only really caused him serious problems in later life when he'd put on a load of muscle and his heart capacity was then not sufficient, which is when he went for the bypass.

Hard to argue with his logic and it seems he would know, but I always have to wonder about him because he had some very dangerous carbohydrates in his diet and who knows how effective his own diet might have been had he not continued to indulge.

Regards,

Charles

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**RE: Zero Carb / Meat and Water** - **MAC** - 09-05-2008 07:10 AM

Charles Wrote:

MAC Wrote:

For the umpteenth time I am going to reiterate that Dr. Davis is concerned with heart disease. You already have one of the diseases of civilization if you are being treated by him. He uses D3 to reduce
calcification in the arteries. His patients are already sick not on their way to becoming sick. There is a
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We already had some of the diseases of civilization when we began our treatment also. So we had a
different symptom, so what. It's still caused by the same thing. There is no difference. What he is doing
only mimicks a very low-carb diet.

However, I would argue that if the person doesn't change their diet, the added D3 is not going to help
much in the long run because the malabsorption will continue. By the same token, if the person changes
the diet, then they can do without the supplements.

Regards,

Charles

Charles please read his blog before you go making these statements. Calcification increases at the rate of
20% a year w/o intervention per Dr. Davis. He can measure calcification. Your right in the general sense
but for the people he treats it is a matter of life or death literally. Dr. Davis is doing cutting edge
research. He gets results with D3 supplementation and he can prove it. He has seen dramatic decreases
in calcification with D3 supplementation.

RE: Zero Carb / Meat and Water - cbnebraska - 09-05-2008 07:13 AM

montmorency Wrote:
Vitamin D: with some misgivings, I emailed The Bear to ask what his take on this was. He replied,
politely enough, but with characteristic bluntness that I should forget about it. Zero-carb works, and the
body will make its own vitamin D.

I came to this same conclusion in the shower this morning (where I do my best thinking!). Even if my
levels come out low, what does it matter if I don't have any of the symptoms of deficiency? Our bodies
are intricate organisms that constantly strive for self preservation. If my levels aren't high, then they
must not need to be. My body must be making what it needs.

I googled "symptoms of vitamin d deficiency" and I have not one of those symptoms! I fear more what
my body would do with the extra D I'd stuff down it. Toxicity is a bit scary to me. Once again, I think
my body would do its best to deal with the extra stuff I ingest, but I've tried that with vitamin C and iron
and I end up with canker sores and constipation. I haven't tried too many other things besides fish oil,
which didn't seem to do any harm at least.

I will still do my yearly blood test and will definitely ask for the tests you all recommended, but more
for the "that's interesting" value of it. I would much prefer a bone density test, because that would test
for a symptom, not a marker. I've never had a cavity and my teeth are perfectly straight, so I'm good
there. Same would go for tests for blockages and anything else they can show me from within that are
symptoms rather than gauges or markers. I guess I don't trust snapshot levels of anything at this point.
Once again, mostly for the "that's cool" value of it because everything always comes back so stellar.

Thanks for you help with the blood test requests.

RE: starting meat and eggs today - Charles - 09-05-2008 07:18 AM
con Wrote:
I don't get this statement. When your insulin is controlled your metabolism is slowing down/going into starvation mode??

Sorry, Con, I didn't proof-read. I meant to say, you are in no danger of your metabolism slowing.

The calorie-counters and the believers in the BMR realize that one can only lower calories to a certain point before the body responds by decreasing energy expenditure. This is the very thing that should convince us that calories cannot be the marker that we use when determining how much to eat.

None of us can predict the future.

Not too many would disagree with that statement. However, people seem to think that they can predict that "X" number of calories will take care of their body's energy requirements for the next day. This varies every hour depending on what's happening in your life. You might have to go save someone's life this afternoon or run for your life, yet you only provide a certain number of calories. On the other hand, the day might be a lazy day where you lie around and watch the U.S. Open Tennis tournament and you may not need much fuel.

It's better to rely on hunger to determine what your body needs in terms of calories and if you do this, there is no need to worry about your metabolism slowing down.

Regards,

Charles

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RE: Zero Carb / Meat and Water - Charles - 09-05-2008 07:23 AM

MAC Wrote:
Charles please read his blog before you go making these statements. Calcification increases at the rate of 20% a year w/o intervention per Dr. Davis. He can measure calcification. Your right in the general sense but for the people he treats it is a matter of life or death literally. Dr. Davis is doing cutting edge research. He gets results with D3 supplementation and he can prove it.

MAC, I understand your point, but that is not how Dr. Davis was presented to this thread. Our friend BeeDub came here telling us how we all need D3 supplementation. He didn't present it for those who are already patients looking to reverse calcification.

What the good doctor is doing is commendable.

You have changed the nature of the conversation by defending Dr. Davis. Dr. Davis isn't on trial. The issue is, do those of us without any vitamin D deficiencies need to be concerned about adding supplementation so we don't end up as patients of Dr. Davis. That's the issue. My point was that we don't. If one is already in this condition, then perhaps they should read Dr. Davis' blog and perhaps even give him a call! 😊

Regards,

Charles
RE: Zero Carb / Meat and Water - cbnebraska - 09-05-2008 07:27 AM

Boy, you guys are so quick. Trying to post from work involves multiple interruptions for me. By the time I got my last post up, 6 more had been made. Sorry if mine backpedaled or duplicated a bit.

RE: starting meat and eggs today - con - 09-05-2008 07:27 AM

Thanks Charles!!
I wish you could have posted this on the counting calories and portion control thread started by Moonius--everyone seemed to to think cutting was the way out of stalls. You are sorely missed when you take time off to have "fun".😊
Thankscon

RE: starting meat and eggs today - pamela702 - 09-05-2008 07:27 AM

Charles Wrote:
pamela702 Wrote:
Good morning all! So this morning i had 2 fried eggs in olive oil and 1 thin sliced breakfast porkchop. My planned lunch will be chuck steak, and planned dinner is pork steak and a hard boiled egg (all depending on my hunger 😐. Hopefully i will see some loss by Monday. Have a great day!
Pamela

This is better, Pamela, but a pork chop is also very lean. When I eat such lean meat, I render some pork fat in a pan, dip the meat in the fat, and eat it along with the meat. Monitor how long this meal keeps you full today. If it's less than 5 or 6 hours, then you should consider adding more fat to it.

The same is true with the pork steak. Cook the pork steak in a pan or in the broiler, but make sure to collect the fat that drains in the pan and try to eat it along with the meat or else it will be another lean meal.

Regards,

Charles

Thanks Charles! I will definitely use the fat drippings 😊. Sounds yummy too! Have a great weekend....Pamela

RE: Zero Carb / Meat and Water - Charles - 09-05-2008 07:33 AM

You're doing fine, Cynthia. I enjoyed your last post and I think that is a very level-headed approach. Okay, that's exactly the approach I take as well, so I suppose I'm biased. I felt the same way when my children were being born. I didn't need tests because however they came out, they were my children and I would deal with whatever I faced.

With my body, I am healthy today by every objective marker and I am convinced that as long as I continue to eat properly, there is just no reason to fear any future deficiency or problem. However, just like those so-called primitives, as soon as I start to eat improperly, I can expect the same fate that befell many of them. When they eat their traditional foods, people think they are genetically superior.
However, when they start eating like the traders, they become just like the traders.

Regards,

Charles

**RE: Zero Carb / Meat and Water - nyteez - 09-05-2008 07:33 AM**

MAC Wrote:
Charles Wrote:
MAC Wrote:
For the umpteenth time I am going to reiterate that Dr. Davis is concerned with heart disease. You already have one of the diseases of civilization if you are being treated by him. He uses D3 to reduce calcification in the arteries. His patients are already sick not on their way to becoming sick. There is a difference.

We already had some of the diseases of civilization when we began our treatment also. So we had a different symptom, so what. It's still caused by the same thing. There is no difference. What he is doing only mimicks a very low-carb diet.

However, I would argue that if the person doesn't change their diet, the added D3 is not going to help much in the long run because the malabosorption will continue. By the same token, if the person changes the diet, then they can do without the supplements.

Regards,

Charles

Charles please read his blog before you go making these statements. Calcification increases at the rate of 20% a year w/o intervention per Dr. Davis. He can measure calcification. Your right in the general sense but for the people he treats it is a matter of life or death literally. Dr. Davis is doing cutting edge research. He gets results with D3 supplementation and he can prove it.

He might be getting results right now and he may be able to prove it now, but what about in 5-10 years? Charles is right...if his patients don't change their diet their body's eventually won't be able to absorb the D3 or they will need more and more of it. Why not just change the diet, eliminate the cause of calcification then use D3 to reduce it? (if in fact it does)

**RE: Zero Carb / Meat and Water - MAC - 09-05-2008 07:37 AM**

Charles Wrote:
MAC Wrote:
Charles please read his blog before you go making these statements. Calcification increases at the rate of 20% a year w/o intervention per Dr. Davis. He can measure calcification. Your right in the general sense but for the people he treats it is a matter of life or death literally. Dr. Davis is doing cutting edge research. He gets results with D3 supplementation and he can prove it.

MAC, I understand your point, but that is not how Dr. Davis was presented to this thread. Our friend
BeeDub came here telling us how we all need D3 supplementation. He didn't present it for those who are already patients looking to reverse calcification.

What the good doctor is doing is commendable.

You have changed the nature of the conversation by defending Dr. Davis. Dr. Davis isn't on trial. The issue is, do those of us without any vitamin D deficiencies need to be concerned about adding supplementation so we don't end up as patients of Dr. Davis. That's the issue. My point was that we don't. If one is already in this condition, then perhaps they should read Dr. Davis' blog and perhaps even give him a call! 😊

Regards,

Charles

No problem Charles. I just don't want anybody who could have high calcium scores on an EBT heart scan to avoid taking D3 supplementation if it will help. That is why I am defending Dr. Davis. I don't want those people to be misout on something that could help.

This whole issue of supplementation as you pointed out yesterday via the article questioning supplementation sure leaves very much in doubt the whole necessity of supplementation on a zero carb meat & water diet. Yes even for D3. I think Nyteez point was a good one given that the norhen most Inuit would have gone long stretches w/o sun in the winter. Given how high the latitude is, in the summer one has to wonder how much sun they could absorb. If it is true that after 40 your body pretty much shuts down production of D3 via the skin then why did the elderly Inuit not suffer from diseases of civilization? And as you have said a lot of Inuit did NOT eat a fish diet. So that may rule out D3 via the diet for them.

I don't dismiss supplementation outright but w/o the phytonutrients that come in natural foods I do have grave doubts about vitamin pill supplementation.

Here is an open question. Did the Inuit suffer from SAD (seasonal affective disorder)? I.e. were they were moody & depressed in the winter? Just curious. This disorder is linked to lack of sunshine.

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RE: Zero Carb / Meat and Water - MAC - 09-05-2008 07:43 AM

Nyteez Wrote:
He might be getting results right now and he may be able to prove it now, but what about in 5-10 years? Charles is right...if his patients don't change their diet their body's eventually won't be able to absorb the D3 or they will need more and more of it. Why not just change the diet, eliminate the cause of calcification then use D3 to reduce it? (if in fact it does)

Dr. Davis in addition to D3 very much has his patients change their diets. He has found that if you eliminate wheat products and a I think a lot of grains he sees reductions in calcification. He is very focused on diet and other means to reverse stop calcification of arteries.

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RE: starting meat and eggs today - Charles - 09-05-2008 08:02 AM

con Wrote:
Thanks Charles!!
I wish you could have posted this on the counting calories and portion control thread started by Moonius--everyone seemed to to think cutting was the way out of stalls. You are sorely missed when you take time off to have "fun" 😞
Thankscon

I know, shame on me!

When I go away, it's comforting to know that people like you are around to keep presenting science. Your signature is proof that you know what you're talking about.

I understand the calorie-counters because they observe properly that lean people tend to eat smaller meals. However, they then take the next step and assign calorie-restriction as the cause. That is where they run into trouble.

They fail to realize that we eat less only because we're not hungry. Eating less food amidst out-of-control insulin only leads to more fat storage.

This is exactly what obesity is. Out of control insulin and not enough proper fuel which leads to fat storage. Eating less only exacerbates the problem. The body stores a greater percentage of the food we eat to compensate for decreased intake.

Regards,

Charles

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RE: Zero Carb / Meat and Water - travis t - 09-05-2008 08:11 AM

i am very much looking forward to the discussion of not by bread alone. where can i get a copy of it as i have not read much of his work yet.

travis t

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RE: Zero Carb / Meat and Water - waywardsister - 09-05-2008 08:14 AM

ebnebraska Wrote:
I have female friends who are under 40, don't smoke, do all the dairy products that are recommended, exercise moderately, take multivitamins, but follow the low fat dogma and stay away from "fatty" meat..... and they've already been diagnosed (via x-rays or bone density tests) with signs of osteoporosis! What else can they do?

Again, anecdotal but here we go. My mum tested the same (and followed all the same recommendations), and a few years later tested totally negative - her bone density improved. I can't really say why, bc she was travelling around the world at the time so I've no idea what her regular diet was like. Point being, it can and does improve. She is now looking at low carb bc she's seen how much better my health is, and how much slimmer I am 😊 You could advise them to stay away from grains, that will (should) help.

MAC Wrote:
I got this from Good Calories Bad Calories.

I did work with one person who gave up a two pack a day habit and he gained weight the first two months after giving them up.

I read that in GCBC too and it does seem to hold true for most people. Held true for me in my pre-LC days. Low carbing, I didn't gain a thing when I quit and didn't have the munchies that many ppl have.

sean Wrote:
I used to take Carlsons but was told it is also synthetic due to shipping laws in this country. Dr. Ron Schmid (I'm not a big fan) claims his has the only pure kind on the market. Anyway I was on his for awhile and my inflammation issues became worse and worse....

...after reading Ray Peat's article on the dog experiment where the cancer rate went from 5% to 100% due to the use of fish oil, it explained (atleast in my mind) exactly why I was getting worse, not better on Vit D supplementation.

This is very interesting to me. Thanks. Going to do some further reading. I happen to know a woman who started getting sick all the time after starting Vit D - guess the advice to get levels tested beforehand is sage advice!

MAC Wrote:
Daryl Wrote:
Davis is a forward thinking doctor that is far more open to new ideas than a majority of the medical field. He isn't "just now" coming around to low carb, but he is more recently opening up to the idea that sat fats aren't the boogeyman they've been made out to be.

Yep you are right about Dr. Davis and his change about opening up on saturated fat Daryl.

Nyteez you have a good point about heart disease and low carb and insulin. Other than the claims about reversal of heart disease by Dr. Ornish there isn't to my knowledge been any studies about low carb and reversing heart disease. It has been pretty much focused on losing the weight as a means of reducing the risks factors. Dr. Davis like a lot of the medical establishment was heavily influenced by the saturated fat is bad low fat is good bunk. Correct me if I am misstating things about Dr. Davis Daryl. This is all from memory.

BeeDub Wrote:
Are you kidding? Do you really think it isn't known what's in beef?

What, more pesky DATA? Quick, Dana -- call me another name! Dock me another rep point!

Bad, bad man with the mean, mean science!

Umm...I don't know if you happened to catch my post, it's several pages back now bc this thread moves so dang fast. Anyway, there are studies trickling out that are finding more D3/25 hydroxy vitamin D in red meat (lamb, beef) than was previously thought. Unfortunately I required a subscription (paid) to get a real look at them. IIRC, most are coming from Aus/NZ and looking at their beef/lamb, so the difference could be due to geography/rearing methods, though they were testing muscle meat and not fat, which is where I think D would be stored (correct me if I'm wrong there). BTW, I also covered
malabsorption situations - you might be interested in having a look.

And let's keep this friendly, eh? On all sides? I'm Canadian, arguing and name calling and sarcasm make us cry hot tears that sog up our back bacon and melt our igloos.

RE: Zero Carb / Meat and Water - waywardsister - 09-05-2008 08:15 AM

travis t Wrote:
i am very much looking forward to the discussion of not by bread alone. where can i get a copy of it as i have not read much of his work yet.

travis t

Email Charles and he'll email you a pdf 😊

RE: Zero Carb / Meat and Water - cbnebraska - 09-05-2008 08:55 AM

waywardsister Wrote:
cbnebraska Wrote:
I have female friends who are under 40, don't smoke, do all the dairy products that are recommended, exercise moderately, take multivitamins, but follow the low fat dogma and stay away from "fatty" meat..... and they've already been diagnosed (via x-rays or bone density tests) with signs of osteoporosis! What else can they do?

.....You could advise them to stay away from grains, that will (should) help.

Ha, ha. If only... I try to convince people purely by example, but for whatever reason they excuse my perfect health and lack of issues as genetic, exercise related and due to my muscular build. My eating just makes me eccentric and rigid, not necessarily informed. One is a dietitian and they both place very high value on eating a little of everything for "balance". "Portion control" is their Holy Grail. Since they aren't overweight they both just jump on the supplements bandwagon...... and nothing really changes. They aren't people who seek out change or live by my guiding question of "How's that workin' for ya?"

Just more and more of the same and bewilderment when it doesn't really work. Since we're still relatively young, not a whole lot has befallen any of us, but I have this feeling that time will tell. We'll see...

Surprisingly, these are 2 of my closest friends, so we all get along well, they seem to tolerate me and my weird ways. I've learned not to bother to preach because it's not in either of their natures to go against the "rules". They see low carb as weight related only and they aren't overweight, so end of story.

Oh well. I really truly wish I could meet some flesh and blood people around here who are "like me" because converting any of my existing friends sure isn't an option. My athletic friends certainly don't "buy it"!!

Anybody ever found a way to locate people close by who share our dogma?

And, lastly, I've heard just a few comments about the Metabolic Research Center chain of weight loss centers. I gather they are somewhat low carb oriented? Anyone heard of them or know much about them?
I also ask because I am still interested in finding a doctor who is at least sympathetic to our WOE who won't throw everything back on "the diet". Would this place have any connection to one? This is not really for me, since I never see a doctor, but I do have one single solitary co-worker who has shown an interest in this WOE but keeps asking if I have a doctor I could recommend who could help her deal with her issues from our point of view. Again with the rule followers. Not really willing to read what I recommend for herself, trust her own gut or even to trust what she sees in me as an example. She needs the credibility of a title after the name to give it a whirl. She isn't overweight by societies standards, but not really thin either and does have other health issues like allergies, bone density issues, etc...

Enough rambling....... too much energy today because I didn't exercise this morning and not enough students interrupting me. Ha ha!

RE: Zero Carb / Meat and Water - BeeDub - 09-05-2008 08:56 AM

cbnebraska Wrote:
Montmorency Wrote:
Vitamin D: with some misgivings, I emailed The Bear to ask what his take on this was. He replied, politely enough, but with characteristic bluntness that I should forget about it. Zero-carb works, and the body will make its own vitamin D.

I came to this same conclusion in the shower this morning (where I do my best thinking!). Even if my levels come out low, what does it matter if I don't have any of the symptoms of deficiency?

Dr. Davis blogged on this subject two days ago:

Quote:
Is waiting for symptoms a rational way to approach diagnosis of heart disease? Well, when symptoms appear, it means that coronary blood flow is reduced. Stents and bypass surgery may be indicated. The risk of heart attack and death skyrocket. Sudden death becomes a real possibility.

In the 30 or so years required to establish sufficient coronary plaque to permit the appearance of symptoms or the development of an abnormality detectable by stress testing, there were many years when the disease was early--too early to generate symptoms, too early to be detectable by stress testing.

That's when heart scans uncover evidence for silent coronary atherosclerotic plaque.

Should we call this a “false positive” just because it doesn’t also correlate with “need” for a catheterization, stent, bypass operation or result in heart attack within the next few weeks?

The detection of early plaque is just that: early disease detection.

Imagine, for instance, that the breast cancer that will grow into a palpable nodule or mass detectable by mammogram is detectable by a special breast scan 15 years before it becomes a full-blown tumor, metastasizing to other organs. What if effective means to halt that earliest evidence of cancer could put a stop to this devastating disease decades ahead of danger? Is this a “false positive” too?

In my view, this is the knuckleheaded thinking of the conventional practitioner: “Don’t bother me until you’re really sick.” Prevention is a practice that has become fashionable only because of the push of the drug industry. Nutrition is an afterthought, a message conceived through consensus of “experts” with
suspect motivations and allegiances.

So, no, heart scans do not uncover “false positives.” They uncover early disease--true positives--years before it is detectable by standard tests or by the appearance of catastrophe. But that is the whole point: Early detection means getting a head start on prevention.

Quote:
Our bodies are intricate organisms that constantly strive for self preservation. If my levels aren't high, then they must not need to be. My body must be making what it needs.
That's assuming your body is getting the hours of equatorial sunlight it evolved to rely on...whoops! 😅

Quote:
I googled "symptoms of vitamin d deficiency" and I have not one of those symptoms!
The symptom of heart disease is angina or heart attack. The symptom of breast cancer is a lump. The symptom of osteoporosis is a broken hip. As Davis points out, with many of these diseases, by the time you're symptomatic, your prognosis is radically worse.

Quote:
I fear more what my body would do with the extra D I'd stuff down it. Toxicity is a bit scary to me.

This is Dr. John Cannell writing about the April 9th vitamin D symposium at UCSD in the newsletter of the Vitamin D Council:

Quote:
The next speaker was Professor Bruce Hollis. He reviewed basic physiology of vitamin D and emphasized that the entire system is designed to deal with an excess not with an insufficiency of vitamin D. Numerous mechanisms are available in your body to prevent vitamin D toxicity but few are available to deal with insufficiency. Then he briefly mentioned one of the most important discoveries about vitamin D in the last few years, one where Professor Neil Binkley of the University of Wisconsin was senior author. As I have pointed out before, Hollis and Binkley's crucial discovery was that the body doesn't start storing the parent compound, cholecalciferol, until 25(OH)D levels reach about 50 ng/ml. They showed, using basic steroid pharmacology, that 50 ng/ml should be considered the lower limit of adequate 25(OH)D levels.


Bruce kept the audience enthralled with a review of all the disease states that indicate 25(OH)D levels need to be much higher than they are now, that is, the multiple biomarkers that suggest the lower limit of 25(OH)D levels should be above 40 ng/ml and closer to 50 ng/ml.

Some more interesting excerpts regarding the UCSD Vitamin D presentations:

Quote:
On cancer:
The first San Diego speaker was Dr. William Grant. Since leaving NASA to begin a full-time career as a vitamin D researcher, Bill has published dozens of studies and has another dozen in the works. Using ecological studies of UVB irradiance and cancer, Bill reported that 15 cancers (colon, esophageal, gallbladder, gastric, pancreatic, rectal, small intestinal, bladder, kidney, prostate, breast, endometrial, ovarian, Hodgkin's lymphoma, and non-Hodgkin's lymphoma) are associated with lower UVB light.
He concluded that 257,000 cancer deaths in 2007 in the USA were accounted for by inadequate vitamin D levels. Of course the problem with ecological studies is that it easy to be vitamin D deficient in Miami, all you have to do is listen to your doctor's advice and stay out of the sun. Recently, a group from the Arizona Cancer Center found almost 80% of Arizonians had levels below 30 ng/ml. So much for sunny spots.

The next speaker was Professor Cedric Garland. I found myself wondering how he did it. I became convinced that vitamin D prevents cancer five years ago. Cedric and his brother Frank and his colleague Ed Gorham knew it 30 years ago! I know what it is like to tell someone that vitamin D prevents cancer and see them think, "Here we go again, another miracle vitamin." I know what it is like to try and explain and watch people die unnecessarily. But I've only had that experience for five years. Cedric has dealt with that frustration for thirty years. Almost thirty years ago, Cedric and Frank Garland published evidence that vitamin D prevents cancer. In fact, it was Cedric's first publication. Thankfully, the paper was recently recognized as being so important that it was republished in 2006 by the International Journal of Epidemiology. You can read the entire paper for free by clicking on the second link below and then clicking on "free final text", courtesy of Oxford Journals.


On type-1 diabetes and multiple sclerosis:
Cedric began by showing the incidence of type-1 diabetes and multiple sclerosis by latitude. I had no idea that the latitudinal data was so strong for type 1 diabetes in children. This disease is almost nonexistent around the equator. Type-I diabetes is but one of the three modern childhood epidemics caused by the sunlight-hating dermatologists, the other two, I think, are autism and asthma.

More on Toxicity:
Professor Robert Heaney went last, discussing 74 slides. So much of what we know about vitamin D today is due to Robert's unceasing dedication to vitamin D, the most recent example being his and Joanne Lappe's randomized controlled trial showing that increasing baseline levels from 29 to 38 ng/ml reduced the risk of getting cancer by around 70%. He again pointed out that the body does not begin to consistently store much vitamin D until your levels get to around 50 ng/ml. He also went through multiple biomarkers of vitamin D. That is, what level or intakes do you have to have to reduce the incidence of multiple diseases? He covered calcium absorption, osteoporosis, risk of falling, muscle function, death and disability of the aged, TB, influenza, cardiovascular disease, hypertension, diabetes, cancer, multiple sclerosis, and gum disease. How can one vitamin be involved in so many diseases? Simple said Dr. Heaney, "vitamin D is the key that unlocks the DNA library."

He then reviewed toxicity and concluded there is no evidence that it occurs at levels below 200 ng/ml or with intakes (total) below 30,000 IU per day. Of course, we have no reason to think anyone needs 30,000 IU per day or levels of 200 ng/ml, which would be irresponsible. But someone with a serious cancer should consider getting their level up to 70-90 ng/ml and that may take 10,000 IU per day or even more in some people. As a rule of thumb, 1,000 IU will raise 25(OH)D levels by about 10 ng/ml.

Then Professor Heaney addressed a public health question. How much would we have to give all Americans to get 98% of people above 32 ng/ml without causing toxicity in anybody? The answer: 2,000 IU per day. Of course 32 ng/ml is not adequate but it would be a great first step. Furthermore, of the people left out, a high percentage would be African Americans. In fact, Dr. Talwar recently reported that 40% of African American women fail to achieve a level of 30 ng/ml even after taking 2,000 IU/day for a year. Talwar SA, Aloia JF, Pollack S, Yeh JK. Dose response to vitamin D supplementation among postmenopausal African American women. Am J Clin Nutr. 2007 Dec;86(6):1657-62.
Fascinating, at least to me. 😊

RE: Zero Carb / Meat and Water - Charles - 09-05-2008 09:10 AM

See, MAC, he's talking about prevention. But again, this is prevention for those on the SAD and for them, Dr. Davis surely has a point. In fact, I've argued the same thing for the past year. If you eat carbohydrates, you should be concerned about supplementation.

Regards,

Charles

RE: Zero Carb / Meat and Water - cbnebraska - 09-05-2008 09:32 AM

All right, I'm so done until this moves on. See you all in a few days (hopefully?). I still won't be taking supplements of any kind, but great for those choose to. I'm sure there are plenty of you who still have lots to learn and share on the topic, but I'm done. The science is all very compelling, but I'm now bored with it.

What's everyone doing for the weekend?

RE: Zero Carb / Meat and Water - Charles - 09-05-2008 09:38 AM

BeeDub Wrote:
You still haven't supplied a whit of evidence that meat-only eaters don't need to supplement. Not one. (And you can't -- those studies have never been done. And are unlikely ever to get past a university ethics committee.)

Well, you have fun with your science, BeeDub. I'll be the good guy without any.

Show me some exclusive meat-eaters with this deficiency and perhaps I'll be interested. So far, you've only shown that a sick population needs to supplement and for that, you may be correct.

Epidemiology is conclusive enough for me, thank you. The Masai of Tankanika, Chewya of Kenya, Muhima of Uganda, Watusi of Ruanda and the Neurs tribes on the western side of the Nile in the Sudan were all cattle-keeping people. They never suffered from vitamin D deficiency and they did not supplement. We can also add the Samburu nomads, the Australian Aborigines, and the Native Americans of the Great Plain, along with the Hunza of the Himalayas and the Kikuyu of Kenya.

Deficiency diseases of any kind only appeared after Western diets were introduced.

The Inuit who did not get much sun most of the year, drink milk or eat fish did not supplement. Their skeletons showed no evidence of vitamin D deficiency despite the fact that their diets were poor in calcium.

I respect your decision to supplement now please respect mine not to.

Regards,
From Regina Wilshire's column in LowCarb Examiner comes this THOUGHT PROVOKING article, in the Journal of the American Medical Association [JAMA] researchers from Tuft’s University question the use of supplements for vitamins, minerals and nutrients, Essential Nutrients: Food or Supplements?

The consumption of adequate levels and proper balance of essential nutrients is critical for maintaining health. The identification, isolation, and purification of nutrients in the early 20th century raised the possibility that optimal health outcomes could be realized through nutrient supplementation. Recent attempts using this approach for cardiovascular disease and lung cancer have been disappointing, as demonstrated with vitamin E and beta carotene. Moreover, previously unrecognized risks caused by nutrient toxicity and nutrient interactions have surfaced during intervention studies. The most promising data in the area of nutrition and positive health outcomes relate to dietary patterns, not nutrient supplements. These data suggest that other factors in food or the relative presence of some foods and the absence of other foods are more important than the level of individual nutrients consumed. Finally, unknown are the implications on public health behavior of shifting the emphasis away from food toward nutrient supplements. Notwithstanding the justification for targeting recommendations for nutrient supplements to certain segments of the population (eg, the elderly), there are insufficient data to justify an alteration in public health policy from one that emphasizes food and diet to one that emphasizes nutrient supplements.

I think understanding our metabolism is comparable to seeing dark matter in the universe--so much is not visible. Every so often a new vitamin, a new fact, a new something is discovered but how much still is unseen??????????? Or misunderstood when seen? And there are studies disagreeing with studies etc.

So my question for BeeDub is--------what study do YOU accept and which study do YOU discard? Or is it still just a matter of BLIND GUT FEELING-i.e. faith?

con

BeeDub
why don't you start a thread in the general discussion area about vitamin d.
Some of this stuff is very interesting to me and vitamin d is one of the only supplements i would consider taking.

A great deal of my forty years has been spent eating cap'n crunch and drinking mt. dew

Anything i can do to better my health from past damage is welcome by me.
travis t
p.s. can you give us a first name to associate with your log in name (beedub)
"Although nutritionists don’t like to talk about this in an era that considers fruits and vegetables to be the sine qua non of a healthful diet, animal products happen to contain all the amino acids, minerals and vitamins essential for health, with the only point of controversy being vitamin C. And the evidence suggests that the vitamin C content of meat products is more than sufficient for health, so long as the diet is indeed carbohydrate-restricted, absent the refined and easily digestible carbohydrates and sugars that would raise blood sugar and insulin levels and so increase our need to obtain vitamin C from the diet."

RE: Zero Carb / Meat and Water - Charles - 09-05-2008 10:18 AM

Gary Taubes Wrote:
"animal products contain all the amino acids, minerals and vitamins essential for health"

Well done, MAC! I never get tired of reading that!

RE: Zero Carb / Meat and Water - montmorency - 09-05-2008 10:25 AM

MAC: As they say here: Result! (almost).

Only proviso is probably that the meat needs to be fresh and not overcooked (or at least a good proportion of the meats eaten need to be).

It's kind of ironic actually that one of the few public health messages to have really taken hold here (apart from the earlier fat/cholesterol mistaken message), is that eating lots of fruit and veg is "good for you", expressed in that most idiotic mantra "eat your five a day", just as the science (or the appreciation of the science (e.g. GCBC)) is beginning to show that not only is this not necessary, it may even be harmful. (I figured out for myself that fruit was not doing me personally any good; ditching veg has been a slower journey).

RE: Zero Carb / Meat and Water - MAC - 09-05-2008 10:27 AM

travis t Wrote:
BeeDub
why don't you start a thread in the general discussion area about vitamin d.
Some of this stuff is very interesting to me and vitamin d is one of the only supplements i would consider taking.

A great deal of my forty years has been spent eating cap'n crunch and drinking mt. dew

Anything i can do to better my health from past damage is welcome by me.
travis t
p.s. can you give us a first name to associate with your log in name (beedub)
I agree with you on this aspect of supplementation travis t.

Having lived long enough to be bombarded with the vitamin craze and now to see the evidence that it is all wet IMHO (especially now that phytoneutrients are important as well), I have to wonder if we will find the same thing about D. Is the science on D3 really there (excluding D3 to correct calcification) or is this just the bandwagon phase like it has been for other vitamins in the past.

RE: Zero Carb / Meat and Water - chris m. - 09-05-2008 10:32 AM

cbnebraska Wrote:
All right, I'm so done until this moves on. See you all in a few days (hopefully?). I still won't be taking supplements of any kind, but great for those who choose to. I'm sure there are plenty of you who still have lots to learn and share on the topic, but I'm done. The science is all very compelling, but I'm now bored with it.

What's everyone doing for the weekend?
Me too [bored with it]. It's like studying for an exam - you know you have to but don't particularly like it!!
I'm going to mow grass, workout at the Y, eat very strictly meat and water. Yes that does mean NO diet cokes.
And with that should be able to drop below 180 !!!!!
I'm also going to invite "the Bear" to this thread. I'm not sure he will though as he spent most of his time when he was posting fending off attacks.
Chris m

RE: Zero Carb / Meat and Water - MAC - 09-05-2008 10:39 AM

montmorency Wrote:
MAC: As they say here: Result! (almost).

Only proviso is probably that the meat needs to be fresh and not overcooked (or at least a good proportion of the meats eaten need to be).

It's kind of ironic actually that one of the few public health messages to have really taken hold here (apart from the earlier fat/cholesterol mistaken message), is that eating lots of fruit and veg is "good for you", expressed in that most idiotic mantra "eat your five a day", just as the science (or the appreciation of the science (e.g. GCBC)) is beginning to show that not only is this not necessary, it may even be harmful. (I figured out for myself that fruit was not doing me personally any good; ditching veg has been a slower journey).

Now you bring up the rare. Man I don't want to go there as the Raw Paleo Group believes rare is the only way to get proper nutrition from meat. Personally, I don't buy that approach. The Inuit boiled their meat. We need to look for this when we discuss the Fat of the Land book. I am not going to eat chicken or pork rare (due to salmonella and trigonosis issues) nor am I going to eat my beef anything but cooked (I do like beef medium rare). Best of my memory serves that mankind has been cooking his food for like 500,000 years at least. Long enough for genetics to play out.
RE: Zero Carb / Meat and Water - mrw549 - 09-05-2008 10:43 AM

Charles Wrote:
The issue is, do those of us without any vitamin D deficiencies need to be concerned about adding supplementation so we don't end up as patients of Dr. Davis. That's the issue. My point was that we don't. If one is already in this condition, then perhaps they should read Dr. Davis' blog and perhaps even give him a call!

The scary thing is that you may not know if you are a candidate for Dr Davis or not. Symptoms of arterial blockage do not usually appear until you have 90% or more blockage. If the diet does not reverse the calcification of the arteries then some of us could still be in great danger and not know it. The best way to find out is to have the CT heart scan thing done.

I am going to ask my Doctor to prescribe one for me the next time I see him. I don't know if I can get my insurance to pay for it or not, but I think I will spend the money anyway if they don't. Once a baseline is established I can get it checked again in a year only doing VLC and see if there is a difference.

I had the vitamin D test about half a year ago and was low (24 ng/mL of 25(OH)D) so I started taking 5000 IU of D3 each day. My last test showed 68 ng/mL. So that's much improved. I have been on VLC only a few months and have been on and off of it in that time. I keep slipping up and eating a few carbs, then binging on them and then getting back on plan. Once I get steady on this I can check my levels again and decide if I need to keep taking the supplements or not.

RE: Zero Carb / Meat and Water - MAC - 09-05-2008 10:47 AM

mrw549 Wrote:
I am going to ask my Doctor to prescribe one for me the next time I see him. I don't know if I can get my insurance to pay for it or not, but I think I will spend the money anyway if they don't. Once a baseline is established I can get it checked again in a year only doing VLC and see if there is a difference.

Try and get one that is via an EBT machine if you do. A lot less radiation exposure that way. I haven't had one but I've seen prices of $200-$400 quoted on the internet. Don't let any of them talk you into any catheritization procedure to check. These have a lot higher risk so I read.

RE: Zero Carb / Meat and Water - Charles - 09-05-2008 11:00 AM

mrw549 Wrote:
The scary thing is that you may not know if you are a candidate for Dr Davis or not. Symptoms of arterial blockage do not usually appear until you have 90% or more blockage. If the diet does not reverse the calcification of the arteries then some of us could still be in great danger and not know it. The best way to find out is to have the CT heart scan thing done.

I don't know that I buy all of that either. When you have some blockage there has got to be some other things going on in your body as well. Homeostasis can never be ignored. You can't tell me that you have 90% blockage in your artery and otherwise you're perfectly healthy. Lipid profiles are overblown, but LDL is still LDL and give us some insight as to what our particles look like.
As I said, if you eat any carbohydrates, then you have every right to be concerned about this and any other symptom. By the same token, one cannot blame their diet if they don't adhere to it. Based on that, it is sound logic to have the test ran so you can make good decisions based on what you see.

Good point.

Charles

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RE: Zero Carb / Meat and Water - Charles - 09-05-2008 11:06 AM

montmorency Wrote:
Only proviso is probably that the meat needs to be fresh and not overcooked (or at least a good proportion of the meats eaten need to be).

I do agree with this and therefore I enjoy my meats at medium. Too much the other way and my stomach lets me know. Of course, Stefansson ate his medium-well according to his book, and Anderson ate his medium to medium-rare.

I'm with MAC on the cooked food issue. We've been doing this too long to be concerned now.

We'll see shortly that scurvy was prevented with fresh meat cooked medium to medium well, but it was not effective if the meat was boiled and the person only drank the broth. (They couldn't eat it because their teeth were too loose or missing.)

Regards,

Charles

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RE: Zero Carb / Meat and Water - BeeDub - 09-05-2008 11:11 AM

con Wrote:
So my question for BeeDub is--------what study do YOU accept and which study do YOU discard? Or is it still just a matter of BLIND GUT FEELING-i.e. faith?

con
That's arguing for a general approach to public health policy that we need to fix basic nutrition before we concentrate on supplements. I agree with that. It's why I dropped carbs.

But I don't see anything in there that indicates we get all the D we need from eating meat, which is all I'm taking issue with. The evidence seems to indicate that we cannot.

(Why don't you email the author of that study and tell him you're eating meat-only, and ask him if that was what he was talking about when he meant good nutrition.) 😞

There's a basic logic failure with many posts here, the idea that if eating meat cures one deficiency disease, it must cure all of them. That's nonsense, but some people can't -- or won't -- grasp that.
MAC Wrote:
GCBC in one page!!

Found this from a poster in Dr. Eades' blog:

http://www.motherearthnews.com/print-article.aspx?id=139058

"Although nutritionists don’t like to talk about this in an era that considers fruits and vegetables to be the sine qua non of a healthful diet, animal products happen to contain all the amino acids, minerals and vitamins essential for health, with the only point of controversy being vitamin C. And the evidence suggests that the vitamin C content of meat products is more than sufficient for health, so long as the diet is indeed carbohydrate-restricted, absent the refined and easily digestible carbohydrates and sugars that would raise blood sugar and insulin levels and so increase our need to obtain vitamin C from the diet."

Anything on D? Bueller?

---

RE: Zero Carb / Meat and Water - MAC - 09-05-2008 11:21 AM

BeeDub Wrote:
MAC Wrote:
GCBC in one page!!

Found this from a poster in Dr. Eades' blog:

http://www.motherearthnews.com/print-article.aspx?id=139058

"Although nutritionists don’t like to talk about this in an era that considers fruits and vegetables to be the sine qua non of a healthful diet, animal products happen to contain all the amino acids, minerals and vitamins essential for health, with the only point of controversy being vitamin C. And the evidence suggests that the vitamin C content of meat products is more than sufficient for health, so long as the diet is indeed carbohydrate-restricted, absent the refined and easily digestible carbohydrates and sugars that would raise blood sugar and insulin levels and so increase our need to obtain vitamin C from the diet."

Anything on D? Bueller?

I don't understand your reference to Bueller. If you look at my earlier posts I said the jury is still out on D.

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RE: Zero Carb / Meat and Water - con - 09-05-2008 11:21 AM

BeeDub Wrote:
con Wrote:
So my question for BeeDub is--------what study do YOU accept and which study do YOU discard? Or is it still just a matter of BLIND GUT FEELING-i.e. faith?

con
But I don't see anything in there that indicates we get all the D we need from eating meat, which is all I'm taking issue with. The evidence seems to indicate that we cannot.

... (There's a basic logic failure with many posts here, the idea that if eating meat cures one deficiency disease, it must cure all of them. That's nonsense, but some people can't -- or won't -- grasp that.

Well I get that!!!!!!!!! It's just that there is the other side of the argument... toxicity vs. deficiency...choose...that's what I was saying...how do you choose? There's evidence both ways (fossil studies of Inuit e.g.)
Just as insurance I get some sun now and then-at least it's natural-although the Inuit didn't get much of that.

con
p.s. LOVE THE ANTHONY COLPOISH passion-makes for some excitement!

RE: Zero Carb / Meat and Water - BeeDub - 09-05-2008 11:26 AM

travis t Wrote:
BeeDub
why don't you start a thread in the general discussion area about vitamin d.
Some of this stuff is very interesting to me and vitamin d is one of the only supplements i would consider taking.
No, it's too draining. But why not go to the source? Google "Cannell" and "Vitamin D Council" Also, I highly recommend reading Dr. Davis' Vitamin D posts on heartsanblog.blogspot.com (Just scroll down and click on Vitamin D on the left side and they'll all be retrieved for you.)

Before you're a quarter the way through you'll be on Vitacost.com ordering the biggest bottle of Solar Gems they have. 😊

RE: Zero Carb / Meat and Water - MAC - 09-05-2008 11:28 AM

BeeDub Wrote:
travis t Wrote:
BeeDub
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Before you're a quarter the way through you'll be on Vitacost.com ordering the biggest bottle of Solar Gems they have. 😊

http://www.sciencedaily.com/releases/2008/08/080811195629.htm

"Researchers note that other studies in the last year or so in animals and humans have identified a connection between low levels of vitamin D and heart disease. But these studies, they say, were weakened by small sample numbers, lack of diversity in the population studied and other factors that limited scientists' ability to generalize the findings to the public at large."
Like I said the jury is still out.

RE: Zero Carb / Meat and Water - **Charles** - 09-05-2008 11:42 AM

BeeDub Wrote:
But I don't see anything in there that indicates we get all the D we need from eating meat, which is all I'm taking issue with. The evidence seems to indicate that we cannot.

That's the part of my argument that you appear to miss. I'm not saying we get all the vitamin D we need from eating meat, although Taubes reports on Vitamin D on page 322 and waywardsister has presented information that perhaps meat has more vitamin D than we think.

I'm saying that it's irrelevant if you don't eat carbohydrates. The Inuit did not get enough calcium in their diets either, as evidenced by the food they ate. However, an examination of their remains concluded that they had no calcium deficiencies (which is clearly vitamin D). All of the cultures I listed did not eat adequate vitamin D-containing foods yet did not suffer from bone deficiencies or heart disease. This would indicate that there must be some gross aspect of a so-called balanced diet which causes the body to either lose vitamin D or not absorb it such that it becomes deficient.

The studies you all have been producing are all from the perspective that we need to consume certain foods in order to have these nutrients whereas the Bear and I agree that our body will make the vitamin D we need as long as carbohydrates are not present.

Regards,

Charles

RE: Zero Carb / Meat and Water - **BeeDub** - 09-05-2008 11:56 AM

MAC Wrote:
BeeDub Wrote:
travis t Wrote:
BeeDub
why don't you start a thread in the general discussion area about vitamin d.
Some of this stuff is very interesting to me and vitamin d is one of the only supplements i would consider taking.

No, it's too draining. But why not go to the source? Google "Cannell" and "Vitamin D Council" Also, I highly recommend reading Dr. Davis' Vitamin D posts on heartscanblog.blogspot.com (Just scroll down and click on Vitamin D on the left side and they'll all be retrieved for you.)

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"Researchers note that other studies in the last year or so in animals and humans have identified a connection between low levels of vitamin D and heart disease. But these studies, they say, were weakened by small sample numbers, lack of diversity in the population studied and other factors that
limited scientists' ability to generalize the findings to the public at large."

Like I said the jury is still out.

HAHAHAHA! Way to cherry-pick your quote to distort the meaning! Why didn't you post the title of the article, which is:

Researchers at Johns Hopkins are reporting what is believed to be the most conclusive evidence to date that inadequate levels of vitamin D, obtained from milk, fortified cereals and exposure to sunlight, lead to substantially increased risk of death.

Or you could have quoted this part:

This translates overall to an estimated 26 percent increased risk of any death

...or this part....

"Our results make it much more clear that all men and women concerned about their overall health should more closely monitor their blood levels of vitamin D, and make sure they have enough," says study co-lead investigator Erin Michos, M.D., M.H.S.

...or maybe this part...

"We think we have additional evidence to consider adding vitamin D deficiency as a distinct and separate risk factor for death from cardiovascular disease, putting it alongside much better known and understood risk factors, such as age, gender, family history, smoking, high blood cholesterol levels, high blood pressure, lack of exercise, obesity and diabetes," says Michos.

...or even this part....

"Now that we know vitamin D deficiency is a risk factor, we can better assess how aggressively to treat people at risk of heart disease or those who are already ill and undergoing treatment," says Michos, who adds that test screening for nutrient levels is relatively simple. It can, she says, be made part of routine blood work and done while monitoring other known risk factors, including blood pressure, glucose and lipid levels.

or this part....

Michal Melamed, M.D., M.H.S., study co-lead investigator who started the research as a clinical fellow at Johns Hopkins, says no one knows yet why or how vitamin D's hormone-like properties may protect the heart, but she adds that there are plenty of leads in the better known links the vitamin has to problems with muscle overgrowth and high blood pressure, in addition to its control of inflammation, which scientists are showing plays a stronger role in all kinds of heart disease.

(BTW, what does your esteemed "jury" think about zero-carb?) 😐

RE: Zero Carb / Meat and Water - KimPossible - 09-05-2008 12:02 PM

Go Huskers! 😊Go Razorbacks, too. I for one, am looking forward to the weekend. As far as this thread
it is getting to be a bit...focused....and perhaps others are afraid to post because it will get lost in the shuffle? A separate thread is a great idea, if you are going to discuss it anyway (which is being done here). Just an observation...

I for one was down to 158 today, so I'm finally through that barrier after 10 days... :-) My lowest ever was 151 (after coming off KK last fall) then I gained about 20-25 lbs. Now it's almost all off again.

I saw that you can get Not by Bread Alone (is that it?) on Amazon just last night when I ordered my books. FYI.

---

**RE: Zero Carb / Meat and Water - Charles - 09-05-2008 12:09 PM**

KimPossible Wrote:
I saw that you can get Not by Bread Alone (is that it?) on Amazon just last night when I ordered my books. FYI.

Just send me an e-mail and you'll get it for free!

---

**RE: Zero Carb / Meat and Water - MAC - 09-05-2008 12:15 PM**

How about the following from the same abstract:

"If vitamin supplements are used, **Michos says there is no evidence that more than 2,000 international units per day do any good.** Study results show that heart disease death rates flattened out in participants with the highest vitamin D levels (above 50 nanograms per milliliter of blood), signaling a possible loss of the vitamin's protective effects at too-high doses.

That negates Dr. Davis' recommended levels of supplementation.

"But more research is needed to determine the nutrient's precise biological action."

Yep. This jury which are the scientists in this study made that statement.

""We think we have additional evidence to consider adding vitamin D deficiency as a distinct and separate **risk factor** for death from cardiovascular disease, putting it alongside much better known and understood risk factors, such as age, gender, family history, smoking, high blood cholesterol levels, high blood pressure, lack of exercise, obesity and diabetes," says Michos."

The above implies association not cause.

The jury is still out because the science of nutrition is bad, was bad, and will likely continue to be unscientific in a lot of cases. In fact see this link as to how bad some of the science is these days: [http://www.drbriffa.com/blog/2008/09/03/is-it-right-for-scientists-to-put-the-links-between-cholesterol-reducing-medication-and-cancer-down-to-chance/](http://www.drbriffa.com/blog/2008/09/03/is-it-right-for-scientists-to-put-the-links-between-cholesterol-reducing-medication-and-cancer-down-to-chance/)

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**RE: Zero Carb / Meat and Water - Angela - 09-05-2008 12:16 PM**

Charles Wrote:
KimPossible Wrote:
I saw that you can get Not by Bread Alone (is that it?) on Amazon just last night when I ordered my books. FYI.

Just send me an e-mail and you'll get it for free!

Is that offer open to others?

---

**RE: Zero Carb / Meat and Water - lowcarbscott - 09-05-2008 12:32 PM**

MAC Wrote:
GCBC in one page!!

Found this from a poster in Dr. Eades' blog:

http://www.motherearthnews.com/print-article.aspx?id=139058

"Although nutritionists don’t like to talk about this in an era that considers fruits and vegetables to be the sine qua non of a healthful diet, animal products happen to contain all the amino acids, minerals and vitamins essential for health, with the only point of controversy being vitamin C. **And the evidence suggests that the vitamin C content of meat products is more than sufficient for health, so long as the diet is indeed carbohydrate-restricted, absent the refined and easily digestible carbohydrates and sugars** that would raise blood sugar and insulin levels and so increase our need to obtain vitamin C from the diet."

I emailed Jimmy and asked him to forward a question to Taubes I had about this paragraph a while back.

My Question was.
What about Iodine? It is a required mineral.
In some areas of the US, like the Midwest the soil is Iodine deficient going back to the ice age. So if your on an exclusive animal diet, from animals who do not ingest Iodine where does it come from?
No reply yet
Scott

---

**RE: Zero Carb / Meat and Water - MAC - 09-05-2008 12:36 PM**

lowcarbscott Wrote:
MAC Wrote:
GCBC in one page!!

Found this from a poster in Dr. Eades' blog:

http://www.motherearthnews.com/print-article.aspx?id=139058

"Although nutritionists don’t like to talk about this in an era that considers fruits and vegetables to be the sine qua non of a healthful diet, animal products happen to contain all the amino acids, minerals and vitamins essential for health, with the only point of controversy being vitamin C. **And the evidence suggests that the vitamin C content of meat products is more than sufficient for health, so long as the diet is indeed carbohydrate-restricted, absent the refined and easily digestible carbohydrates**
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No reply yet
Scott

If I remember right Iodine is most deficient in mountainous areas. I remember Googling this. If your eat sea animals this is not a concern if I remember right.

RE: Zero Carb / Meat and Water - Living_healthy - 09-05-2008 12:48 PM

From the National Institutes of Health:
What foods contain a lot of iodine?
Many things affect how much iodine is in foods. Naturally-occurring iodine in the oceans gives seafood its high levels. Dairy products are high in iodine because of processing and cleaning agents. Some breads are made with iodate dough conditioners. Meat, poultry, and eggs contain varying amounts of iodine due to feeds and natural plant foods, and the possible use of iodine-containing drugs and cleansers. The iodine in fruits, vegetables, and grains varies with local soils, irrigation water, fertilizers, and processing.
Major dietary sources of iodine include:
• iodized salt • foods containing iodized salt
• milk and dairy products • seafood
• breads containing iodate dough conditioners • a red food dye (FD and C Red #3)
• supplements (like vitamins) containing iodine.

I, truly, believe I get everything I need from eating only meats.

RE: Zero Carb / Meat and Water - aim in Fla*working - 09-05-2008 01:20 PM

Wow, everyone is doing so well!! I have been working so hard and I know my weight is up. I have been eating...... hate to say it......Replacement bars....to be able to cope with lack of time. I am averaging about 4 hours of sleep a night and then I got pluerisy(sp) and had inflamation in my lungs....AGH!
However, I have finished antibiotics...which have made me fatter and I need to get on the wagon! I am irregular, bloated and look like the walking dead.
I am back now~~
Everyone looks so good and fit and thin~

RE: Zero Carb / Meat and Water - Catin - 09-05-2008 01:28 PM
Hi all! I'm new here and wanted to say thanks for all of the info you guys share about the daily living details of zero carb.

I just started eating meat and water and it's great to have a place to go where people don't think you're crazy, or that eating meat and fat is going to give you a heart attack. 😄

I've basically tried every fad diet out there--low fat, low cal, lots of exercise--and nothing stuck, and I was always hungry, cranky, depressed, and had episodes of ED and comfort eating of junk foods. My heaviest bodyfat level was 34% at 175 lbs. I tried Atkins for a month or two, but got stuck at 33% and 166 lbs (wasn't eating enough fat, so I lost muscle mass) and didn't feel too great on the veggies and fiber, which gave me gastrointestinal distress.

As I went through the Induction period, I read Gary Taubes's Good Calories, Bad Calories, and on closing the book, I wondered why anyone needed to eat veggies at all. I read Eat Fat and Grow Slim. I read almost all the books Taubes mentions in GCBC. I googled meat and water...and found this board, where many have come to same conclusion of: why not go straight meat and water?

I've been doing somewhat zero carb and high fat for a week, and I already feel so much better. I never feel deprived, like I did on low cal or low fat. My pants are getting looser, my tightest shirts are looser in the arms, and my skin just glows. I have more energy, but I'm not bouncing off the walls. I don't exercise much--in fact, I exercise much less than when I was on those crazy diets and exercise plans--and yet I'm losing fat. I'm at 30% bodyfat and 163 lbs and losing (I can't wait to see what I look like with less of this blubber layer I've been carrying around for years and the social and psychological issues associated with it.).

I already feel much more even-tempered---I used to get anxious episodes, be sluggish times after meals, and get shakily hungry if I didn't eat every three hours, and now, I can go six before I realise I should probably eat.

Now I eat, and I stop eating when the meat isn't tasty any more. I get up, and slightly bemused, I go about living my life.

I mean, my god.

Eat as much as I want of food that tastes good (meat, fat, butter) and then get up and go on with your life, and if you're overfat, lose fat and improve energy and health by doing so. It sounds too good to be true, right? And yet the Bear and Charles and Suzanne and others are proof positive that zero carb works.

It now makes me mad to see the carb-pushers and low-fat pushers ruining people's lives. They've certainly done their best to ruin mine! My family has a history of Type II diabetes in the recent generations on one side and stroke on the other. I'm obviously concerned about my insulin resistance and health, and yet, until recently, the ADA was *recommending* a high-carb high-fiber diet to diabetics.

Suffice it to say, I'm learning to think and eat for myself. Thanks to those who share their experience here, I can do that a little better now.

I've promised my loved ones that I'll get my lipids and things checked, despite looking healthier than ever and having more steady and sustained energy than I ever did, so I hope the bloodwork comes out happily. Unless the bloodwork comes out disastrously, I'm on zero carb for life.
Catin

RE: Zero Carb / Meat and Water - MAC - 09-05-2008 01:43 PM

Catin Wrote:
I've promised my loved ones that I'll get my lipids and things checked, despite looking healthier than ever and having more steady and sustained energy than I ever did, so I hope the bloodwork comes out happily. Unless the bloodwork comes out disastrously, I'm on zero carb for life.

Welcome the the forum Catin. Thanks for sharing your story. When you do get your bloodwork please feel free to share. We have a lot of posters who have been told their bloodwork is bad and it is anything but.

And besides the fact that low carb is a healthy way to eat, the lack of hunger is IMO one of the real strong suits of low carb. Which you already know.

RE: Zero Carb / Meat and Water - MAC - 09-05-2008 02:06 PM

The Inuit Paradox


"What the diet of the Far North illustrates, says Harold Draper, a biochemist and expert in Eskimo nutrition, is that there are no essential foods—only essential nutrients. And humans can get those nutrients from diverse and eye-opening sources."

"But vitamin A, which is oil soluble, is also plentiful in the oils of cold-water fishes and sea mammals, as well as in the animals’ livers, where fat is processed. These dietary staples also provide vitamin D, another oil-soluble vitamin needed for bones. Those of us living in temperate and tropical climates, on the other hand, usually make vitamin D indirectly by exposing skin to strong sun—hardly an option in the Arctic winter—and by consuming fortified cow’s milk, to which the indigenous northern groups had little access until recent decades and often don’t tolerate all that well."

"In fact, all it takes to ward off scurvy is a daily dose of 10 milligrams, says Karen Fediuk, a consulting dietitian and former graduate student of Harriet Kuhnlein’s who did her master’s thesis on vitamin C. (That’s far less than the U.S. recommended daily allowance of 75 to 90 milligrams—75 for women, 90 for men.) Native foods easily supply those 10 milligrams of scurvy prevention, especially when organ meats—preferably raw—are on the menu. For a study published with Kuhnlein in 2002, Fediuk compared the vitamin C content of 100-gram (3.55-ounce) samples of foods eaten by Inuit women living in the Canadian Arctic: Raw caribou liver supplied almost 24 milligrams, seal brain close to 15 milligrams, and raw kelp more than 28 milligrams. Still higher levels were found in whale skin and muktuk."

RE: Zero Carb / Meat and Water - pennypritty1 - 09-05-2008 02:20 PM

aim in Fla*working Wrote:
Wow, everyone is doing so well!! I have been working so hard and I know my weight is up. I have been eating......
hate to say it.....Replacement bars....to be able to cope with lack of time. I am averaging about 4 hours of sleep a night and then I got pluerisy(sp) and had inflammation in my lungs....AGH!
However, I have finished antibiotics...which have made me fatter and I need to get on the wagon!
I am irregular, bloated and look like the walking dead.
I am back now~~
Everyone looks so good and fit and thin~

I'm sort of with you aim... I've not been eating replacement bars but my weight has not changed at all!!!
But I've also upped my carbs in the sense I've been drinking more coffee and eating eggs and diet soft drink (non carbonated)...

I hope to get back on the zero ball so t'speak soon.

They all do look great though. Gives me hope for change soon. (I'm back to my catchup... on #200, man there's a lot!!!)

RE: Zero Carb / Meat and Water - Richard - 09-05-2008 02:38 PM

aim in Fla*working Wrote:
... I am averaging about 4 hours of sleep a night and then I got pluerisy(sp) and had inflammation in my lungs....AGH! ...

Just a side note. If you had pleurisy be sure to look at a flu shot in a few month. I had it a few years ago and then about 6 month later got pneumonia and I was about a day away from serious problems according to the Dr. The Dr. did not consider them related BUT if it looks and walks like a duck....

RE: Zero Carb / Meat and Water - travis t - 09-05-2008 02:46 PM

MAC quoted "In fact, all it takes to ward off scurvy is a daily dose of 10 milligrams, says Karen Fediuik, a consulting dietitian and former graduate student of Harriet Kuhnlein’s who did her master’s thesis on vitamin C. (That’s far less than the U.S. recommended daily allowance of 75 to 90 milligrams—75 for women, 90 for men.) Native foods easily supply those 10 milligrams of scurvy prevention, especially when organ meats—preferably raw—are on the menu. For a study published with Kuhnlein in 2002, Fediuik compared the vitamin C content of 100-gram (3.55-ounce) samples of foods eaten by Inuit women living in the Canadian Arctic: Raw caribou liver supplied almost 24 milligrams, seal brain close to 15 milligrams, and raw kelp more than 28 milligrams. Still higher levels were found in whale skin and muktuk."

this is my area of concern on a meat and water diet. Cuts of beef are the muscle meats only and not of any organs. I don't eat the organs and skin, only muscle meat. These "native foods" are doubtful to be in any appreciable amounts of anyone who posts on this site. There are still parts of my brain that are unsure about all of this no matter how awesome i feel three months into this. muscle meats could very well have everything we need and this is something i will enjoy finding out.

travis t

RE: Zero Carb / Meat and Water - Charles - 09-05-2008 02:59 PM
Catin Wrote:
I've promised my loved ones that I'll get my lipids and things checked, despite looking healthier than ever and having more steady and sustained energy than I ever did, so I hope the bloodwork comes out happily. Unless the bloodwork comes out disastrously, I'm on zero carb for life.

Welcome to the forum, Catin and we're here to help you keep those loved ones happy! I'm glad you're doing so well and if I can help in any way, don't hesitate!

Regards,

Charles

RE: Zero Carb / Meat and Water - daveo - 09-05-2008 03:03 PM

travis t Wrote:
MAC quoted "In fact, all it takes to ward off scurvy is a daily dose of 10 milligrams, says Karen Fediu, a consulting dietitian and former graduate student of Harriet Kuhnlein’s who did her master’s thesis on vitamin C. (That’s far less than the U.S. recommended daily allowance of 75 to 90 milligrams—75 for women, 90 for men.) Native foods easily supply those 10 milligrams of scurvy prevention, especially when organ meats—preferably raw—are on the menu. For a study published with Kuhnlein in 2002, Fediu compared the vitamin C content of 100-gram (3.55-ounce) samples of foods eaten by Inuit women living in the Canadian Arctic: Raw caribou liver supplied almost 24 milligrams, seal brain close to 15 milligrams, and raw kelp more than 28 milligrams. Still higher levels were found in whale skin and muktuk."

this is my area of concern on a meat and water diet. Cuts of beef are the muscle meats only and not of any organs. I don't eat the organs and skin, only muscle meat. These "native foods" are doubtful to be in any appreciable amounts of anyone who posts on this site. There are still parts of my brain that are unsure about all of this no matter how awesome i feel three months into this. muscle meats could very well have everything we need and this is something i will enjoy finding out.

travis t

After 3 months you would likely be symptomatic if you were going to get scurvy, I would think.

RE: Zero Carb / Meat and Water - rozi - 09-05-2008 03:07 PM

Charles Wrote:
Show us someone with high HDL who also has calcium or vitamin D deficiencies and perhaps I'll get interested.

Charles

You have met someone now! I had my blood tests done on 4th of Aug, and my HDL is 73, Triglycerides 69, total cholesterol 377, and my Vit D 25- Hydroxy is 30.8 Which is considered low, and that even though after having read Dr. Davis' blog I have been taking 2000 IU of Vit D3. No calcium deficiency even though I don't ever drink milk. I do eat some cheese. I am not on 0 carb, but on vlc definitely under 20 and usually under 10 carbs per day.
My T3 and T4 were normal without taking thyroid even though I had taken it since I was 22.

**RE: Zero Carb / Meat and Water - Charles - 09-05-2008 03:11 PM**

travis t Wrote:
this is my area of concern on a meat and water diet. Cuts of beef are the muscle meats only and not of any organs. I don't eat the organs and skin, only muscle meat. These "native foods" are doubtful to be in any appreciable amounts of anyone who posts on this site. There are still parts of my brain that are unsure about all of this no matter how awesome i feel three months into this. muscle meats could very well have everything we need and this is something i will enjoy finding out.

Travis, that's the problem with these "Eskimo Experts." I've already sent you the book *Not by Bread Alone*. Go and check Stefansson's own words and he says quite clearly that there were many Inuit who never ate fish. There were also some Inuit who did not eat caribou. Despite this fact, they all enjoyed excellent health. It's not about eating the nutrients. It's about not expending them. Your body will synthesize what it needs.

Quote:
The way in which Eskimos divide, for instance, a caribou between men and dogs has been described with some detail; here the fact is emphasized that the organ commonly spoken of as richest in vitamins, the liver, is nearly always given to the dogs—as are the sweetbreads and, indeed, all things from the body cavity except the heart and kidneys. The kidneys are usually given to children, somewhat as if they were candy.

These experts make these assumptions because they know the Inuit never suffered from any deficiency diseases. Fortunately, we have the worlds of someone who studied and lived among them for an entire decade. He didn't just sit at a university in America and speculate.

Regards,

Charles

**RE: Zero Carb / Meat and Water - daveo - 09-05-2008 03:14 PM**

Seems to me if someone was losing sleep over just eating muscle meat, you could take a Vitamin C pill and a teaspoon of cod liver oil each day and you would be covered.

**RE: Zero Carb / Meat and Water - Charles - 09-05-2008 03:14 PM**

rozi Wrote:
You have met someone now! I had my blood tests done on 4th of Aug, and my HDL is 73, Triglycerides 69, total cholesterol 377, and

Fine, but are you at risk of heart disease? Do you have bone deficiencies? You do eat some
carbohydrates and I don't know how long you have done this. As I said, show me someone in good health eating zero-carb and show me evidence of heart disease or bone disease. Are you at risk for either of these even though your vitamin D isn't at the level they think it should be?

Regards,

Charles

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RE: Zero Carb / Meat and Water - montmorency - 09-05-2008 03:42 PM

Catin Wrote:
Hi all! I'm new here and wanted to say thanks for all of the info you guys share about the daily living details of zero carb.

Hi Catin, and welcome.

Quote:
I just started eating meat and water and it's great to have a place to go where people don't think you're crazy, or that eating meat and fat is going to give you a heart attack. 😊

I've basically tried every fad diet out there--low fat, low cal, lots of exercise--and nothing stuck, and I was always hungry, cranky, depressed, and had episodes of ED and comfort eating of junk foods. My heaviest bodyfat level was 34% at 175 lbs. I tried Atkins for a month or two, but got stuck at 33% and 166 lbs (wasn't eating enough fat, so I lost muscle mass) and didn't feel too great on the veggies and fiber, which gave me gastrointestinal distress.

Atkins seems to work better for some than others. Those who got excellent results with it swear by it, which is fine, but then often insist that others on LC should eat veg, which is not so fine (IMHO).

Quote:
As I went through the Induction period, I read Gary Taubes's Good Calories, Bad Calories, and on closing the book, I wondered why anyone needed to eat veggies at all. I read Eat Fat and Grow Slim. I read almost all the books Taubes mentions in GCBC. I googled meat and water...and found this board, where many have come to same conclusion of: why not go straight meat and water?

I came to similar conclusions, but lacked the confidence, until I discovered this group.

Quote:
I've been doing somewhat zero carb and high fat for a week, and I already feel so much better. I never feel deprived, like I did on low cal or low fat. My pants are getting looser, my tightest shirts are looser in the arms, and my skin just glows. I have more energy, but I'm not bouncing off the walls.

It is normal to feel a bit tired until one is fully keto-adapted. Sounds like you are actually ahead of the game, so well done. You might even be bouncing off the walls in a few weeks.

Quote:
I don't exercise much--in fact, I exercise much less than when I was on those crazy diets and exercise plans--and yet I'm losing fat. I'm at 30% bodyfat and 163 lbs and losing (I can't wait to see what I look
like with less of this blubber layer I've been carrying around for years and the social and psychological issues associated with it).

In good time, you will probably feel like exercising more ... not to lose weight, but to get, and keep fit. It seems that we were designed to be physically active, and we seem happiest when we do so regularly. Mainstream dieting gets it the wrong way round, and sends obese people off jogging for example, way before they are ready to do so.

*Quote:* I already feel much more even-tempered---I used to get anxious episodes, be sluggish times after meals, and get shakily hungry if I didn't eat every three hours, and now, I can go six before I realise I should probably eat.

Sounds like you are well on the way to keto adaptation. The more fat you eat, the happier you will feel; the low-fat movement has a lot to answer for, IMHO.

*Quote:* Eat as much as I want of food that tastes good (meat, fat, butter) and then get up and go on with your life, and if you're overfat, lose fat and improve energy and health by doing so. It sounds too good to be true, right? And yet the Bear and Charles and Suzanne and others are proof positive that zero carb works.

Good, isn't it!

*Quote:* It now makes me mad to see the carb-pushers and low-fat pushers ruining people's lives. They've certainly done their best to ruin mine! My family has a history of Type II diabetes in the recent generations on one side and stroke on the other. I'm obviously concerned about my insulin resistance and health, and yet, until recently, the ADA was *recommending* a high-carb high-fiber diet to diabetics.

Suffice it to say, I'm learning to think and eat for myself. Thanks to those who share their experience here, I can do that a little better now.

Good for you; that's the way I prefer to think. Find out about the science (not in micro-detail, but enough) and then work it out for yourself. This is why I disagree with people who say "find a plan and then stick to it". I think I know why they say it and they mean well, but that's never been my approach.

Good luck regarding the blood work.

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**RE: Zero Carb / Meat and Water - [MAC](#) - 09-05-2008 03:52 PM**

Montmorency Wrote:
This is why I disagree with people who say "find a plan and then stick to it". I think I know why they say it and they mean well, but that's never been my approach.

We get other people who spend a lot of time analyzing plan and after plan because they are analytical, get totally confused by the contradictory nature of a lot of these plans and then don't know that to do. They get analysis paralysis.
So when they say choose a plan and stick to it. It means pick one and stick to it for a reasonable amount of time to find out if it works. But yes, if it isn't working for you, then as I think you are implying, then time to make some adjustments or find a new plan.

RE: Zero Carb / Meat and Water - rozi - 09-05-2008 03:54 PM

Charles Wrote:
Fine, but are you at risk of heart disease? Do you have bone deficiencies? You do eat some carbohydrates and I don't know how long you have done this. As I said, show me someone in good health eating zero-carb and show me evidence of heart disease or bone disease. Are you at risk for either of these even though your vitamin D isn't at the level they think it should be?

Regards,

Charles

In the interest of full disclosure, I have had bypass surgery in 2002, and my Dr. thinks this puts me at further risk, and I already have osteoporosis.

P.S. I had no symptoms at all when either one was discovered, My Dr only did the tests to find the heart problems because I told him that three of my four sisters had had open heart surgery and that both my parents died from heart disease.

RE: starting meat and eggs today - Lauren - 09-05-2008 04:19 PM

Charles Wrote:
con Wrote:
Thanks Charles!!
I wish you could have posted this on the counting calories and portion control thread started by Moonius--everyone seemed to to think cutting was the way out of stalls. You are sorely missed when you take time off to have "fun" 😇
Thankscon

I know, shame on me!

When I go away, it's comforting to know that people like you are around to keep presenting science. Your signature is proof that you know what you're talking about.

I understand the calorie-counters because they observe properly that lean people tend to eat smaller meals. However, they then take the next step and assign calorie-restriction as the cause. That is where they run into trouble.

They fail to realize that we eat less only because we're not hungry. Eating less food amidst out-of-control insulin only leads to more fat storage.

This is exactly what obesity is. Out of control insulin and not enough proper fuel which leads to fat storage. Eating less only exacerbates the problem. The body stores a greater percentage of the food we eat to compensate for decreased intake.
What about the obese people who go on shows like "Survivor" and "The Biggest Loser"? They restrict calories and lose weight. I would think that eating less food with no carbs (except vegetables) would also train your pancreas to secrete less insulin. Wouldn't eating a small amount of food but with no carbs force your body to run on stored fat?

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**RE: Zero Carb / Meat and Water - cbnebraska - 09-05-2008 05:55 PM**

rozi Wrote:
Charles Wrote:
Show us someone with high HDL who also has calcium or vitamin D deficiencies and perhaps I'll get interested.

Charles

You have met someone now! I had my blood tests done on 4th of Aug, and my HDL is 73, Triglycerides 69, **total cholesterol 377**, and my Vit D 25- Hydroxy is 30.8 Which is considered low, and that even though after having read Dr. Davis' blog I have been taking 2000 IU of Vit D3. No calcium deficiency even though I don't ever drink milk. I do eat some cheese. I am not on 0 carb, **but on vlc definitly under 20 and usually under 10 carbs per day.**

73 is not that high compared to a total of 377, nor is 69 that low with that total. How long have you been on low carb? After the bypass? What were your numbers before your bypass? Any other lifestyle issues? Smoking, overweight, diabetes?? I'm just trying to get a big picture.....

---

**RE: starting meat and eggs today - Jimmy Moore - 09-05-2008 05:55 PM**

Actually, Dr. Vernon recently said in my podcast show that even low-fat dieters who consume less dietary fat are eating a "high-fat" diet because the fat being used for energy is stored fat. Go listen to what she had to say in that interview...it was quite fascinating!


By the way, Charles, she also said in that interview that she didn't think there was anything wrong with a zero-carb diet. 😊

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**RE: Zero Carb / Meat and Water - LindaSue - 09-05-2008 06:50 PM**

montmorency Wrote:
Most interesting is that he says he never gets hungry, and says that one should not get hungry once completely keto-adapted. (I presume that I am not fully keto-adapted then, since I get very hungry, as
already discussed). I guess he would simply say that my carbs are not yet low enough, which may well be the case.

If The Bear never gets hungry, why does he eat and how does he know when to eat?

Charles Wrote:
Until I can make my own pemmican, this is it for now.

Are you thinking about doing that? Do they sell pemmican in stores? If they do, is it the meat/fat kind or does it have junk added to it? After reading about it I'd love to try it as long as it doesn't contain any hair and bone fragments, LOL.

MAC Wrote:
Here is an open question. Did the Inuit suffer from SAD (seasonal affective disorder)? I.e. were they moody & depressed in the winter? Just curious. This disorder is linked to lack of sunshine.

I'm pretty sure that Stefansson mentioned in "The Fat of the Land" that the Eskimos/Inuit were some of the happiest and content people he'd ever met.

Welcome, Catin.

RE: Zero Carb / Meat and Water - rozi - 09-05-2008 08:29 PM

ebnebraska Wrote:
73 is not that high compared to a total of 377, nor is 69 that low with that total. How long have you been on low carb? After the bypass? What were your numbers before your bypass? Any other lifestyle issues? Smoking, overweight, diabetes?? I'm just trying to get a big picture.....

I've been low carbing this time (with a few goofs, and holidays off ,until last year) since 1996. The last two holiday seasons no holidays off. My last labs show my total cholesterol as 226, my triglycerides as 51, and my HDL as 96. Funny they are all worse now considering that I have cut my carb's in half or lower since I started on this forum. Before 1996 I tried low fat with disastrous results. The first time I tried low carb was when Stillman first came out (that didn't last long). But I tried again when Atkins first came out. But with mixed results (probably because I wasn't totally faithful).

No diabetes. I used to smoke but not for 17 years.

RE: Zero Carb / Meat and Water - Angela2 - 09-05-2008 08:46 PM

MAC Wrote:
We get other people who spend a lot of time analyzing plan and after plan because they are analytical, get totally confused by the contradictory nature of a lot of these plans and then don't know that to do. They get analysis paralysis.

Mac I love this " Analysis Paralysis!!!!!!" 😏: 😏😏

RE: Zero Carb / Meat and Water - MAC - 09-05-2008 08:50 PM

Angela2 Wrote:
MAC Wrote:
We get other people who spend a lot of time analyzing plan and after plan because they are analytical, get totally confused by the contradictory nature of a lot of these plans and then don't know that to do. They get analysis paralysis.

Mac I love this "Analysis Paralysis!!!!"

I worked for a company that had it. They analyzed things to death and never ever got anything done. Well at least in a lot of cases.

RE: Zero Carb / Meat and Water - lowcarbrun - 09-06-2008 01:22 AM

Here is some more confusing information about vitamin D.


Quote:
Most alarming, however, is the fact that the medical community is currently oblivious to yet another public health disaster of epic proportions - one that is affecting the entire population. In an effort to curb chronic disease, well-intentioned researchers are promoting vitamin D, a substance that, according to recent molecular modeling research, can act as an immunosuppressive steroid.

Studies which incorrectly interpret the reason for low vitamin D in patients with chronic disease have been seized upon by the media, and form the basis of massive advertising campaigns – which, along with ill-informed recommendations by doctors and researchers, have created a perfect storm of misunderstanding and bad advice.

If I can throw away all vitamin supplements by going zero carb then that is a good thing, yes?

Thanks for the article. It certainly makes one pause. The jury is still out on Vitamin D. The verdict may be guilty AGAINST D supplementation.
1. Vitamin D is not a vitamin; it is an immunosuppressive steroid.
2. The vast majority of studies fail to account for the long-term effects of vitamin D.
3. Chronically ill people are not deficient in vitamin D.
4. Healthy people are not deficient in vitamin D and do not need to consume extra amounts of this steroid.
5. The public does not require extra sun exposure in order to prevent vitamin D “deficiency.”
6. Vitamin D does not reverse osteoporosis.
7. Extra vitamin D does not reduce the risk of cancer.
8. Vitamin D deficiency does not cause rickets.
9. Most researchers fail to consider the alternate hypothesis about vitamin D.
10. When it comes to vitamin D, the current medical climate of consensus is hostile to new ideas.
11. Research touting vitamin D’s benefits is often biased, methodologically weak, and ultimately misleading.
12. The dairy and supplement industries are intent on heavily promoting vitamin D.
13. The media is neither well-informed nor objective about vitamin D.
14. We must take immediate action to remedy the health crisis that has resulted from faulty conclusions about vitamin D in chronic disease.

RE: Zero Carb / Meat and Water - susanneyea - 09-06-2008 02:52 AM

Well, I have a doctor's appointment in about two weeks, shall I get a vitamin D test? If it comes back normal can we end all this?

RE: Zero Carb / Meat and Water - cbnebraska - 09-06-2008 03:41 AM

rozi Wrote:
I've been low carbing this time (with a few goofs, and holidays off, until last year) since 1996. The last two holiday seasons no holidays off. My last labs show my total cholesterol as 226, my triglycerides as 51, and my HDL as 96. Funny they are all worse now considering that I have cut my carb's in half or lower since I started on this forum. Before 1996 I tried low fat with disastrous results. The first time I tried low carb was when Stillman first came out (that didn't last long). But I tried again when Atkins first came out. But with mixed results (probably because I wasn't totally faithful).

No diabetes. I used to smoke but not for 17 years.

Wow, than you really must have had just too much damage before 1996. I guess I don't know how old you were at that point either. Actually, your numbers got better if your tris dropped to 51 and your HDL went up to 96, right? I've heard over and over again on this forum that these are the only 2 numbers that count, although it still seems to me like a ratio of some sort should matter. If your total was 377 and now it's 226, it all seems to have improved lately. If I have the sets of numbers reversed chronologically, then I guess they did go down...

How lucky for you that you had a family history to go on. Are you doing well and feeling good now?

RE: Zero Carb / Meat and Water - Daryl - 09-06-2008 03:47 AM

susanneyea Wrote:
Well, I have a doctor's appointment in about two weeks, shall I get a vitamin D test? If it comes back normal can we end all this?

One person with normal levels wouldn't make the hypothesis invalid 😞- or vice versa, of course.

If it comes back low, are you going to supplement?

---

RE: Zero Carb / Meat and Water - cbnebraska - 09-06-2008 03:51 AM

suzanneyea Wrote:
Well, I have a doctor's appointment in about two weeks, shall I get a vitamin D test? If it comes back normal can we end all this?

I'm not sure we could all take the fallout if your numbers were low, Suz. We'd never get off this topic. Ha ha! I still think that if they're "low" they're still where they need to be for your body. I'm planning to get all the tests everyone recommended when I go in May, but I'm still planning to go by how I feel and look. I have never felt better and I just can't believe that doesn't mean something... I would really like to get a bone density test myself. You are of such a tiny frame that I wonder if that might be a better gauge for you? I do NOT have a tiny frame - my ankles and wrists are quite sturdy, so I have always believed myself to be pretty safe from osteoporosis - plus I have dark hair, darker eyes, muscular build, tan well, am of mediterranean descent, no family history, etc... Low risk factors by all standard accounts (although "standard" has a whole new meaning to me these days...)

If you do get the tests run though, I would love to hear how they come back..... Just PM me if they aren't "up to snuff" so you don't set the screens ablazin'!! Ha ha.

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RE: starting meat and eggs today - pamela702 - 09-06-2008 06:04 AM

Hi everyone,
Things are going pretty good eating this way. I have a little bit of nausea this morning (nothing i can't handle though). Here is my planned menu for today: breakfast- 2 fried eggs in butter and 1 hamburger patty, lunch- baked beef short ribs, dinner- hmm, i was thinking maybe baked chicken wings and deviled eggs (not too sure yet). I will check my weight tomorrow or Monday and post. Hope everyone has a great weekend.
Pamela

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RE: Zero Carb / Meat and Water - daveo - 09-06-2008 06:35 AM

rozi Wrote:

cbnebraska Wrote:
73 is not that high compared to a total of 377, nor is 69 that low with that total. How long have you been on low carb? After the bypass? What were your numbers before your bypass? Any other lifestyle issues? Smoking, overweight, diabetes??? I'm just trying to get a big picture.....

I've been low carbing this time (with a few goofs, and holidays off ,until last year) since 1996. The last two holiday seasons no holidays off. My last labs show my total cholesterol as 226, my triglycerides as
51, and my HDL as 96. Funny they are all worse now considering that I have cut my carb's in half or lower since I started on this forum. Before 1996 I tried low fat with disastrous results. The first time I tried low carb was when Stillman first came out (that didn't last long). But I tried again when Atkins first came out. But with mixed results (probably because I wasn't totally faithful).

No diabetes. I used to smoke but not for 17 years.

Ok, so you are saying between your last labs and the most recent on Aug 4, your cholesterol went up from 226 to 377 and your HDL went down, right?

Your triglycerides are more or less the same.

My understanding from my reading is that total cholesterol levels take a long time to change and vary on a number of factors. While losing weight, for example, cholesterol will be higher because it is being released from your fat cells. Also, your diet up to a full year previous to the test could effect the results. Personally, I don't plan to get my lipids checked until my one year anniversary on zero carb, and even then only if my weight as been stable for a while, if I am still losing I will wait.

By the way, are you taking statins now, and/or were you at the time of the last test?

RE: Zero Carb / Meat and Water - caroline - 09-06-2008 06:44 AM

Hey Guys,

If we can "spring" for it (our insurance won't pay for it--), I may get tested for D as well. But before any of us do or if they do, what did someone on here say about one of the tests that was too radioactive versus another. Anybody know which particular one to get?

Not to start another hailstorm, but as to Vitamin C--who's taking it? Suz, didn't you mention you take it? I do have to say, I am suspicious that a little pill supposedly concentrated with things does stuff. We had gone through phases prior to low carb where we took vitamins, and to be honest, I never noticed a diff. I certainly didn't feel worse without, but I never felt better either. Now I am like the anti-science--I am an intuitive, so take that for what you will. But I base everything on how I feel. Frankly, I feel a little like Charles in terms of something he said once, which was to the effect of, if he didn't live quite as long, but lived well, and healthfully, he would be very grateful.

I just want to be vibrant and have my cognitive faculties about me and maintain a good disposition on life. I'm going to drop dead of something (that's the law)--but if I can leave a healthier life (translated: have nice energy, not so many aches, and can think clearly enough to follow my dreams) then I'm fairly satisfied.

FYI: I do appreciate all of you, (MAC et al.) who are doing this research. I enjoy reading it. For instance, it made me think twice about Carlson's. We used to take it--

RE: Zero Carb / Meat and Water - MAC - 09-06-2008 06:48 AM

caroline Wrote:
If we can "spring" for it (our insurance won't pay for it--), I may get tested for D as well. But before any of us do or if they do, what did someone on here say about one of the tests that was too radioactive versus another. Anybody know which particular one to get?

IF you were to get a CT heart scan, assuming you had reason to, you would want to get one where they use an EBT scanner. A lot less radiation. About 6 chest x-rays is the level of radiation if I remember correctly. The others scanners which are 32 bit & 64 bit scanners are a lot higher in the amount of radiation.

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**RE: Zero Carb / Meat and Water** - aim in Fla*working - 09-06-2008 06:51 AM

Richard Wrote:
aim in Fla*working Wrote:
... I am averaging about 4 hours of sleep a night and then I got pluerisy(sp) and had inflamation in my lungs....AGH! ...

Just a side note. If you had pleurisy be sure to look at a flu shot in a few month. I had it a few years ago and then about 6 month later got pneumonia and I was about a day away from serious problems according to the Dr. The Dr. did not consider them related BUT if it looks and walks like a duck....

thank you!! Funny enough every year I have got the darn flu shot I had a reaction. One time I had one butt cheek look like J-lo the other looked like mine....Maybe I can get a shot in each cheek and go clubbing Shake my j-lo

---

**RE: Zero Carb / Meat and Water** - Charles - 09-06-2008 06:51 AM

LindaSue Wrote:
If The Bear never gets hungry, why does he eat and how does he know when to eat?

This one baffles me too, Linda. I certainly get hungry. It's only about twice a day these days, but it does happen and it's acute! 😐

LindaSue Wrote:
Are you thinking about doing that? Do they sell pemmican in stores?

Oh yes. How could we not after reading so much about it in Bread? There is a brand of beef jerky called "pemmican" but it's nothing like the real thing. Most people have settled on the Englishman's description of it, where they put berries and other crap in it. It was clear from Stefansson and Admiral Peary that the authentic stuff was just dried shredded meat and liquid fat poured all over it to preserve it, and then put in a bag made from the animal. Two pounds of this stuff per day for the average 180 pound male working very hard. This stuff is probably the most nutritious food in the world and if you eat it forever, you'll do the best you can from a nutritious standpoint.

For those of us without pemmican, the ratio is instructive. A half pound of fat with two pounds of lean per day and that, to me, is the equivalent and the true secret to what I've managed personally. I can effortlessly keep my weight at or below 150 just eating this way and drinking water.

MAC Wrote:
Here is an open question. Did the Inuit suffer from SAD (seasonal affective disorder)? I.e. were they moody & depressed in the winter? Just curious. This disorder is linked to lack of sunshine.

Stefannson emphatically said, No. The "happy Eskimo" is a true paradox. They live in such meager accommodations, without high definition television and most other creature comforts such as BMW's, yet they are so content and happy. Most of the studies I've seen with very low carb diets report the same thing, that there is increased calm and optimism. That's why I'm sure that zero-carb cures adrenal fatigue. The adrenals don't need to hypersecrete when insulin levels are low.

On the other hand, he also clearly states that when the Eskimo takes the dietary of the European, they quickly display the poor health and outlook of the European, so there is definitely no genetic advantage.

Regards,
Charles

RE: Zero Carb / Meat and Water - Charles - 09-06-2008 06:59 AM

rozi Wrote:
In the interest of full disclosure, I have had bypass surgery in 2002, and my Dr. thinks this puts me at further risk, and I already have osteoporosis.

I think that makes a world of a difference, don't you? I mean, really.

rozi Wrote:
P.S. I had no symptoms at all when either one was discovered, My Dr only did the tests to find the heart problems because I told him that three of my four sisters had had open heart surgery and that both my parents died from heart disease.

But I don't see how you can say this looking back? What were your HDL, triglyceride numbers, and vitamin D levels in 2002 before your bypass surgery? That's the information that is sorely needed.

I'm betting the farm that your numbers now compared to back then are one whale of a reversal, and you have never gone true zero-carb since 2002. These variables are monumental and without them, your case can in no way solve the issue.

You've clearly lowered your "risk" substantially --heck, I would argue that you reversed the situation compared to what was going on in 2002 by changing your diet. Were there other medications you took since then?

Regards,
Charles

RE: Zero Carb / Meat and Water - daveo - 09-06-2008 07:08 AM

I've made pemmican a few times, it isn't difficult. It is edible to be sure, but I would probably only make it if I wasn't going to have easy access to fresh meat for a few days, like if I was going camping or something. It isn't the tastiest thing in the world 😄
You can buy it too from [http://www.grasslandbeef.com](http://www.grasslandbeef.com), but it is way salty and I didn't like it very much.

---

**RE: starting meat and eggs today - Charles - 09-06-2008 07:10 AM**

Lauren Wrote:
What about the obese people who go on shows like "Survivor" and "The Biggest Loser"? They restrict calories and lose weight. I would think that eating less food with no carbs (except vegetables) would also train your pancreas to secrete less insulin.

When one restricts calories, they also restrict carbohydrates in the majority of cases -- especially since people on those shows rarely eat a true Atkins diet. This confounds the results because it appears that the calorie reduction was the culprit when it could have also been the fact that they ate less carbohydrates. In other words, if they had merely just cut the carbohydrates, they could have eaten more fat and protein and achieved the same thing. In fact, many of our low-carb studies show that very thing. The higher calorie low-carb plans have consistently produced the most weight loss.

Lauren Wrote:
Wouldn't eating a small amount of food but with no carbs force your body to run on stored fat?

It seems like this would work, but it doesn't. By the same token, if you fast, shouldn't you lose more weight than if you ate even a small portion of food?

Fortunately, we don't have to speculate. Keckwick and Pawan tried this very thing. They put seven people on a fast and seven people on high fat diet. Both groups lost weight but the high fat group lost twice as much fat as the group who ate nothing. The fasting people lost lean muscle mass which is the worst thing to do, and the high fat people retained their muscle and only lost fat. No one wants to look like Gandhi. They want to be lean and muscular.

This means that it takes fat to burn fat. You don't just get there by semi-starving yourself. Semi-starvation weight-loss ALWAYS returns, and usually it returns with interest.

People on these shows are generally very obese and you can probably do about any diet and get some results. However, this kind of thing doesn't play out so well in the real world. Who can afford to just eat, sleep and live in the gym every single day for six months at a time while being yelled at by a hot-looking coach?

Regards,

Charles

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**RE: Zero Carb / Meat and Water - Charles - 09-06-2008 07:47 AM**

daveo Wrote:
I've made pemmican a few times, it isn't difficult. It is edible to be sure, but I would probably only make it if I wasn't going to have easy access to fresh meat for a few days, like if I was going camping or something. It isn't the tastiest thing in the world 😞

You can buy it too from [http://www.grasslandbeef.com](http://www.grasslandbeef.com), but it is way salty and I didn't like it very much.
That's why I would want to make my own. They put all the salt in it to preserve it whereas the natives were able to preserve it solely with fat which is surely the best method. I hate giving my kids such salty meat for their lunches, but it's certainly working for them.

I probably wouldn't like the taste of Grassland's either. If that beef is 100% grass-fed, then yuck. I like a little corn at the end of the road... 😉

Regards,

Charles

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**RE: starting meat and eggs today** - **suzanneyea** - **09-06-2008 07:58 AM**

I wish I had had a digital camera when I followed a low fat and low calorie diet, if you could see the difference in body, it would be all the proof you need that high fat high calories is the best bet!

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**RE: Zero Carb / Meat and Water** - **LindaSue** - **09-06-2008 08:02 AM**

Here's the description from the site that daveo posted:

**Quote:**

Beef Pemmican honey and cherry free bar - 3.2 oz.

Due to customer requests, we now offer a pure pemmican bar consisting of only dried beef with sea salt and tallow. Powerlifting champion Josh Bryant is a great fan of pemmican consumption prior to weight lifting competitions for the concentrated energy and protein delivered without additives.

3.2 ounce bars will average 45% tallow and 55% dried jerky. Each bar contains 20 grams protein and approx. 400 calories. No additives or preservatives.

Direct from the freezer is an excellent way to consume pemmican to prevent a soft texture. When thawed 10-20 minutes, the bars have the texture of a snickers candy bar.

Pemmican bars are a great way to start the day!

**Ingredients:** beef jerky, beef tallow, water, sea salt

**PRICE:** $3.42

From reading Stefansson's book, real pemmican doesn't have added salt. It's a shame that this company is apparently over salting theirs. How did you make yours, daveo? Once I get my NuWave oven I will be able to make my own jerky and maybe give this a try. I don't know where to buy beef fat or tallow around here though. Would rendered pork fat work? Is there such a thing as pork jerky or pork pemmican or is there some reason why pork isn't suitable?

---

**RE: Zero Carb / Meat and Water** - **MAC** - **09-06-2008 08:11 AM**

LindaSue Wrote:

Here's the description from the site that daveo posted:
Quote:
Beef Pemmican honey and cherry free bar - 3.2 oz.

Due to customer requests, we now offer a pure pemmican bar consisting of only dried beef with sea salt and tallow. Powerlifting champion Josh Bryant is a great fan of pemmican consumption prior to weight lifting competitions for the concentrated energy and protein delivered without additives.

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Get some moose, elk, fish, buffalo. etc. Seems you can make pemmican from any meat you want but the flavor may not be that good: [http://www.calverley.ca/Part01-FirstNations/01-047.html](http://www.calverley.ca/Part01-FirstNations/01-047.html)

"Moose and elk meat was sometimes treated similarly but the results were not so satisfactory. In some regions fish pemmican was made by pounding dried fish, mixed often with sturgeon oil, but it was more usual, as it is now among the Crees, for the pounded fish and the fish oil to be kept separately, the oil in animal bladders."

RE: Zero Carb / Meat and Water - LindaSue - 09-06-2008 08:29 AM

Fish pemmican doesn't appeal to me AT ALL and it's doubtful that I'm going to buy buffalo or elk anytime soon. Beef pemmican sounds the best to me but then I've never tasted buffalo or elk. I suppose there must be some place in Texas that raises buffalo. I remember seeing some up in Michigan when we used to live there. From what I remember hearing on Food Network, buffalo meat is very lean which is why it would make good pemmican. Lean meat dries more readily than fatty meat.

RE: Zero Carb / Meat and Water - Charles - 09-06-2008 08:39 AM

LindaSue Wrote:
From what I remember hearing on Food Network, buffalo meat is very lean which is why it would make good pemmican. Lean meat dries more readily than fatty meat.

Right. This is the only time I would want leaner meat. However, you would ultimately need a bunch of fat to mix in with it after you pounded it into shreds and dried it.
So would you pound it into shreds and then dehydrate it or is it enough to just dehydrate it?

Charles

---

RE: Zero Carb / Meat and Water - montmorency - 09-06-2008 08:48 AM

LindaSue Wrote:
If The Bear never gets hungry, why does he eat and how does he know when to eat?

Well LindaSue, you'd have to read the threads that MAC posted the links to earlier to get a better picture. However, if I remember correctly, he says he does sometimes forget to eat. I guess normally he eats more or less to a schedule, depending on what else he is doing. He says he cooks for his wife too, so maybe that drives meal-times somewhat. I think he says that appetite comes with the meal, in a similar way to what Taubes describes, although Bear doesn't quite put it the same way.

He doesn't say this, but I would presume that if he didn't eat for several days, then he would get hungry, i.e. once his body fat was used up.

This general question was one I had after reading GCBC: In a perfectly keto-adapted low-carber who still has some body fat to burn, what is it that ever makes them hungry? I asked the question on Dr Eades' Forum, and got a reply, but I don't think he really knew; he seemed to think leptin might come into it.

Pemmican: I'd like to make some too. I think The Bear gives a method in one of those threads. As well as for camping, touring, etc, it could be useful in any situation where one is away from home, and with little control over how the food one eats is prepared. It could make one a very cheap date. "I'm having the sirloin; what are you having Dear?" - "Oh, just a glass of water, and I'll nibble my pemmican once the waiter has gone..."

Can someone tell me what "Jerky" is please? It's not a term I've come across in England.

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RE: Zero Carb / Meat and Water - MAC - 09-06-2008 08:53 AM

Montmorency Wrote:
This general question was one I had after reading GCBC: In a perfectly keto-adapted low-carber who still has some body fat to burn, what is it that ever makes them hungry? I asked the question on Dr Eades' Forum, and got a reply, but I don't think he really knew; he seemed to think leptin might come into it.

That would be my answer. Insulin controls leptin and indirectly the counter regulatory hormone for hunger ghrelin. But having said that isn't there a point in true starvation where hunger shuts down?

Jerky is dried meat that has been seasoned. Sold in 3-5 oz packages. Beef and turkey are the common jerky meats.
This general question was one I had after reading GCBC: In a perfectly keto-adapted low-carber who still has some body fat to burn, what is it that ever makes them hungry? I asked the question on Dr Eades' Forum, and got a reply, but I don't think he really knew; he seemed to think leptin might come into it.

Le Magnen (reported in Taubes) said that hunger was a response totally driven by the cells. When the long-term fuel supply begins to falter, then the cells prompt us to want to eat via the appetite and the central nervous system. Most people don't take the time to learn about the long-term fuel supply, the stream of nutrients that runs in your bloodstream. That's the true source of energy and the fat tissue is part and parcel of that entire system. It has nerves and blood vessels all throughout and our hypothalmus is a big part as well. The gut is a small part of energy regulation and is termed the "short term" fuel supply. This is covered thoroughly in Chapter 24.

When we're hungry, it's not that we have "exhausted all of our fatty acids." We have a great capacity to ignore hunger if we want to. After a few minutes, the hunger feeling goes away and it was like we were never hungry. This all shows that hunger is an energy request from the cells to basically top off the long-term fuel supply. That doesn't mean it's depleted. The physiological feelings of hunger will grow in intensity depending on how depleted that long term fuel supply is, of course. Because nerves run through the fat tissue, cells can directly communicate their needs to the central nervous sytem and the intensity can be varied.

If someone says they don't get hungry, I would say it's because they aren't conditioned to wait for the physiological reaction to hunger, or they eat at relatively regular intervals such that those responses aren't necessary. Back when I was in my 20's, I could identify with what Bear is saying. I used to forget to eat many times as I would get busy and just not think too much about it.

Regards,

Charles

---

If you would indulge me by commenting on another scenario...

What if you had two groups on Zero Carb diets. One group eating 1200-1500 ZC calories (low I think, but not starvation) and the other, eating unlimited ZC calories.

I would think that both groups would have reduced insulin and therefore would both be running on fatty acids. What is the mechanism that would cause the high calorie group to lose more weight?

---

I have a food dehydrator that I make the jerky with. You can pick one up for less than $50 I'm sure. You can also make it in the oven (bear gives instructions for doing that somewhere in his thread). The key with pemmican is to make the Jerky VERY dry. If you do that, you can pretty well powder it in a
The fat part, I like to use beef fat trimmings. As others have said here, you can often get those free at the butcher counter. I have a feeling pork would be a little soft. A lot of people say to use suet (kidney fat) but I don't like the texture as well. You can render fat just by putting it in a large cast iron type pan (or a regular frying pan) and melting it over several hours. You want to make sure all the water is out (it'll stop bubbling) and cook it low enough so it doesn't smoke. Then I pour it through a cheesecloth (after it cools) to get the little bits out.

So now you have a pile of powdered beef and a pan of liquid fat, you just pour the fat over the beef to about the consistency of brownie batter. Let it dry and you have pemmican.

Hopefully that helps, if not, this link will take you to a list of variations:

http://w4.lns.cornell.edu/~seb/pemmican.html

Edit: Just found another page with pictures that looks almost exactly like I do it.
http://wilderix.wordpress.com/2007/02/28/the_pemmican_brief/
Thyroid - Normal (They didn't give me numbers).

Blood Sugar - 92 (after 14 hour fast, it felt like it was alot lower).

Total Cholesterol - 282 (206 about 1.5 years ago).

HDL - 72
LDL - 200
Trig - 53

I was hoping my hdl would be higher. My Trig's are unchanged from 1.5 years ago.

LDL was alot higher than I expected. Maybe its falsely high because it was calculated and not tested directly?

I have also lost 4 pounds in two weeks. This is my first weight loss since I started low carbing.

Deanna

You mentioned that you are currently losing weight. I read somewhere (maybe in Taubes book) that cholesterol is released from the fat cells and cholesterol can be higher until weight stabilizes. Everything looks pretty good though!

---

**RE: Zero Carb / Meat and Water - lowcarbrun - 09-06-2008 10:29 AM**

MAC Wrote:
Thanks for the article. It certainly makes one pause. The jury is still out on Vitamin D. The verdict may be guilty AGAINST D supplementation.

The bacteriality pages recommend the "Marshall Protocol" as a way to improve health and a low carb diet is recommended.


Another interesting quote:


Quote:
Similarly, the results of a recent study conducted by a team of researchers at the National Institute on Aging at the National Institutes of Health in Baltimore who assessed the telomere length of 41 people caring for loved ones with Alzheimer’s disease and 41 individuals matched by age who weren’t caring for an ill person. Caregivers had been looking after the Alzheimer’s patients for an average of five
The fact that bacteria almost certainly drive the pathogenesis of Alzheimer’s is supported by a recent issue (May 2008) of Journal of Alzheimer’s Disease which was entirely dedicated to exploring the role of bacteria in causing Alzheimer’s.

The team reported in the Journal of Immunology that the telomeres of the Alzheimer’s caregivers were significantly shorter than those of the control individuals – suggesting that the Th1 pathogens from the Alzheimer’s patients had been transmitted to their caregivers over the course of the 5-year study period, shortening their telomeres in the process.

“So, it appears that in the patients with Alzheimer’s (and in the caregivers who are likely infected with the Th1 pathogens too), the telomeres are shortened,” says Joyce Waterhouse PhD of Autoimmunity Research Foundation. “I guess with our experience with the Marshall Protocol, we could conclude that Th1 disease and its associated inflammation cause this ‘premature aging.’” That view would go along with people seeming to get “younger” on the MP.”

RE: Zero Carb / Meat and Water - BeeDub - 09-06-2008 10:31 AM

MAC Wrote:
lowcarbrun Wrote:
Here is some more confusing information about vitamin D.


Quote:
Most alarming, however, is the fact that the medical community is currently oblivious to yet another public health disaster of epic proportions - one that is affecting the entire population. **In an effort to curb chronic disease, well-intentioned researchers are promoting vitamin D, a substance that, according to recent molecular modeling research, can act as an immunosuppressive steroid.** Studies which incorrectly interpret the reason for low vitamin D in patients with chronic disease have been seized upon by the media, and form the basis of massive advertising campaigns – which, along with ill-informed recommendations by doctors and researchers, have created a perfect storm of misunderstanding and bad advice.

If I can throw away all vitamin supplements by going zero carb then that is a good thing, yes? 😊

Thanks for the article. It certainly makes one pause. The jury is still out on Vitamin D. The verdict may be guilty AGAINST D supplementation.

1. Vitamin D is not a vitamin; it is an immunosuppressive steroid.
2. The vast majority of studies fail to account for the long-term effects of vitamin D.
3. Chronically ill people are not deficient in vitamin D.
4. Healthy people are not deficient in vitamin D and do not need to consume extra amounts of this steroid.
5. The public does not require extra sun exposure in order to prevent vitamin D “deficiency.”
6. Vitamin D does not reverse osteoporosis.
7. Extra vitamin D does not reduce the risk of cancer.
8. Vitamin D deficiency does not cause rickets.
9. Most researchers fail to consider the alternate hypothesis about vitamin D.
10. When it comes to vitamin D, the current medical climate of consensus is hostile to new ideas.
11. Research touting vitamin D’s benefits is often biased, methodologically weak, and ultimately misleading.
12. The dairy and supplement industries are intent on heavily promoting vitamin D.
13. The media is neither well-informed nor objective about vitamin D.
14. We must take immediate action to remedy the health crisis that has resulted from faulty conclusions about vitamin D in chronic disease.

It must be true -- it's on the internet! 😁

Mac, it's worth noting that Bacteriality is a site specifically for sufferers of chronic fatigue disease promoting the "Marshall Protocol" as an alternative treatment for that disease.

The Marshall Protocol is an internet phenomenon, not peer-reviewed science. It requires avoiding bright lights and all sunlight for years while concurrently taking antibiotics and massive doses of the blood pressure drug Benicar.

But Vitamin D Council head Dr. Cannell still felt obliged to respond:

Quote:
I have been inundated with letters asking about Professor Marshall's recent "discovery." Some have written that to say they have stopped their vitamin D and are going to avoid the sun in order to begin the "Marshall protocol." The immediate cause of this angst is two publications, a press article in Science Daily about Professor Marshall's "study" (which is no study but simply an opinion) in BioEssays. Dr. Trevor Marshall has two degrees, both in electrical engineering. Before I begin, I want to again remind you that I am a psychiatrist who works at a state mental hospital. In my duty to full disclosure, I must say that I have known a lot of psychiatrists in my life and a few electrical engineers. If I knew nothing else of a disagreement between two people but their professions, I would believe the electrical engineer, not the psychiatrist.

In reading his two articles, Dr. Marshall's main hypotheses are simple.

(1) Vitamin D from sunlight is different than vitamin D from supplements.

(2) Vitamin D is immunosuppressive and the low blood levels of vitamin D found in many chronic diseases are the result of the disease and not the cause.

(3) Taking vitamin D will harm you, that is, vitamin D will make many diseases worse, not better.

If you read his blog, you discover that the essence of the Marshall protocol is: "An angiotensin II receptor blocker medication, Benicar, is taken, and sunlight, bright lights and foods and supplements with vitamin D are diligently avoided. This enables the body's immune system, with the help of small doses of antibiotics, to destroy the intracellular bacteria. It can take approximately one to three years to destroy all the bacteria." That is, Dr. Marshall has his "patients" become very vitamin D deficient.

Again, Dr. Marshall conducted no experiment and published no study. He wrote an essay. He presented no evidence for his first hypothesis (sunlight's vitamin D is different than supplements). From all that we know, cholecalciferol is cholecalciferol, regardless if it is made in the skin or put in the mouth. His second hypothesis is certainly possible and that is why all scientists who do association studies warn readers that they don't know what is causing what. Certainly, when low levels of vitamin D are found in certain disease states, it is possible that the low levels are the result, and not the cause, of the disease. Take patients with severe dementia bedridden in a nursing home. At least some of their low 25(OH)D levels are likely the result of confinement and lack of outdoor activity. However, did dementia cause the
low vitamin D levels or did low 25 (OH)D contribute to the dementia? One way to look at that question is to look at early dementia, before the patient is placed in a nursing home. On the first day an older patient walks into a neurology clinic, before being confined to a nursing home, what is the relationship between vitamin D levels and dementia? The answer is clear, the lower your 25(OH)D levels the worse your cognition.


These studies suggest that the low 25(OH)D levels are contributing to the dementia but do not prove it. Only a randomized controlled trial will definitively answer the question, a trial that has not been done. So you will have to decide if vitamin D is good for your brain or not. Dr. Marshall seems to be saying demented patients should lower their 25(OH)D levels. Keep in mind, an entire chapter in Feldman's textbook is devoted to the ill effects low vitamin D levels have on brain function.


It is true that in some diseases, high doses of vitamin D may be harmful. For example, in the early part of last century, the AMA specifically excluded pulmonary TB from the list of TB infections that ultraviolet light helps. They did so because many of the early pioneers of solariums reported that acutely high doses of sunlight caused some patients with severe pulmonary TB to bleed to death. Thus, these pioneers developed very conservative sun exposure regimes for pulmonary TB patients in which small areas of the skin were progressively exposed to longer and longer periods of sunlight. Using this method, sunlight helped pulmonary TB, often to the point of a cure. Furthermore, it is well known that sunlight can cause high blood calcium in patients with sarcoidosis. In fact, sarcoidosis is one of several granulomatous diseases with vitamin D hypersensitivity where the body loses its ability to regulate activated vitamin D production, causing hypercalcemia.


Furthermore, although medical science is not yet convinced, some common autoimmune diseases may have an infectious etiology. I recently spoke at length with a rheumatologist who suffers from swollen and painful joints whenever he sunbathes or takes high doses of vitamin D. As long as he limits his vitamin D input his joints are better. To the extent vitamin D upregulates naturally occurring antibiotics of innate immunity, sunlight or vitamin D supplements may cause the battlefield (the joints) to become hot spots. I know of no evidence this is the case but it is certainly possible.

However, If Dr. Marshall's principal hypothesis is correct, that low vitamin D levels are the result of disease, then he is saying that cancer causes low vitamin D levels, not the other way around. The problem is that Professor Joanne Lappe directly disproved that theory in a randomized controlled trial when she found that baseline vitamin D levels were strong and independent predictors of who would get cancer in the future. The lower your levels, the higher the risk. Furthermore, increasing baseline levels from 31 to 38 ng/ml reduced incident cancers by more than 60% over a four year period. Therefore, advising patients to become vitamin D deficient, as the Marshall protocol clearly does, will cause some patients to die from cancer.*


I will not write again about Dr. Marshall's theories. No one in the vitamin D field takes him seriously.
Personally, I admire anyone willing to swim against the tide and raise alternative theories. I have done the same with influenza and autism. However, I agree with the New York Times' An Oldie Vies for Nutrient of the Decade and Jane Brody's conclusion, "In the end, you will have to decide for yourself how much of this vital nutrient to consume each and every day and how to obtain it."

I agree. You will have to decide for yourself.

John Cannell, MD
The Vitamin D Council

*This is one of the reasons I continue to believe that Charles' advice is irresponsible. If his theory is wrong, and zero carb has no D-increasing effect, low D blood levels are increasing people's risk.

---

RE: Zero Carb / Meat and Water - BeeDub - 09-06-2008 10:55 AM

lowcarbrun Wrote:
Similarly, the results of a recent study conducted by a team of researchers at the National Institute on Aging at the National Institutes of Health in Baltimore who assessed the telomere length of 41 people caring for loved ones with Alzheimer’s disease and 41 individuals matched by age who weren’t caring for an ill person. Caregivers had been looking after the Alzheimer’s patients for an average of five years.[14] The fact that bacteria almost certainly drive the pathogenesis of Alzheimer’s is supported by a recent issue (May 2008) of Journal of Alzheimer’s Disease which was entirely dedicated to exploring the role of bacteria in causing Alzheimer’s.

The team reported in the Journal of Immunology that the telomeres of the Alzheimer’s caregivers were significantly shorter than those of the control individuals – suggesting that the Th1 pathogens from the Alzheimer’s patients had been transmitted to their caregivers over the course of the 5-year study period, shortening their telomeres in the process.

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Lowcarbrun, the Autoimmunity Research Foundation is the charity Trevor Marshall set up to fund himself. Marshall is Chairman of the Board. The board is four people: him, his wife, a community activist, and an ER nurse.
http://autoimmunityresearch.org/about.htm

It's worthwhile to have a bit of skepticism about what you find on the net. 😐

---

RE: Zero Carb / Meat and Water - lowcarbrun - 09-06-2008 10:55 AM

BeeDub Wrote:
*This is one of the reasons I continue to believe that Charles' advice is irresponsible. If his theory is wrong, and zero carb has no D-increasing effect, low D blood levels are increasing people's risk.

There is a link with low vitamin D and insulin resistance:
Quote:
Vitamin D isn’t just for bones anymore. Researchers at The Rockefeller University Hospital have begun a clinical study to explore a possible connection between vitamin D deficiency and insulin resistance. The hypothesis, that raising blood vitamin D levels in an obese, insulin-resistant population will improve the subjects’ ability to metabolize sugar, could have eventual implications for patients with type 2 diabetes and their doctors.

If low carb diets improve insulin functioning, then increasing vitamin D through supplements may not be necessary. There is a lot of information out there on the internet. Dr. Davis recommends that vitamin D levels need to be checked often in order to adjust the supplementation.

RE: Zero Carb / Meat and Water - nyteez - 09-06-2008 11:22 AM

Quote:
suzanneyea Wrote:
Well, I have a doctor's appointment in about two weeks, shall I get a vitamin D test? If it comes back normal can we end all this?

Do we really know what is normal? It seems like every time I turn around so called "normal" levels are changed.

Quote:
But Vitamin D Council head Dr. Cannell still felt obliged to respond:

Oh, and Dr. Cannell wouldn't be biased on the the subject of Vit D at all.

RE: Zero Carb / Meat and Water - MAC - 09-06-2008 11:29 AM

Beedub Wrote:
It must be true -- it's on the internet!

Consider the following in hind site:

It is 1960 or whatever year Ancel Keys is purporting to put forth his BS regarding saturated fat now being the reason for heart disease and obesity in this country. You are on the internet and you find this. He has credentials just like Canelli. Is he right? Is he wrong? He makes a very convincing case as you read his position. Has anyone looked and considered an alternative hypothesis. Who you going to call?

Look at the current research that is now coming out about vitamin supplementation perhaps causing more harm than good. Adell Davis was preaching about vitamin supplementation for 40 years before she
died of cancer. Now they preach about phytonutrients. All I am saying is that it pays to be skeptical. Seriously skeptical. Even regarding Dr. Davis who I have vigorously defended in his approach to heart disease. It takes eons for the scientists to get it right. BTW I also don't believe mankind is responsible for global warming in spite of dire warnings from 'I invented the internet' Al Gore. No one but no one who is PRO global warming wants to listen one whit to the skeptics of global warming. In fact they are doing what as far as I can tell the same thing that Keys did to his critics. Cutting them off. Deriding them, etc.

One more thing. Consider peptic ulcers and their root cause. What was the common wisdom about that at the time? Stress, spicey food, etc. It took an Australian researcher to figure out that it was the H. Pylori bacteria at the root cause of ulcers. I can't recall the whole story of how he came to find this but there are still doctors to this day that believe ulcers are not caused (in a lot of cases, maybe not all) by H. Pylori bacteria.

I am basically a skeptic and a cynic at my core. I don't say Canelli and his D council are wrong. But researchers have a vested interest in furthering their own ends. Basic human nature. That is what was SO compelling about GCBC. The science wasn't science. We want to trust what we read. Humans are basically trusting individuals. They want to believe what they read is true especially when it comes from what they believe are reliable sources. Sometimes it is just better to let it all pass until it has all been decided as best it can be.

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**RE: Zero Carb / Meat and Water** - **KimPossible** - 09-06-2008 11:42 AM

Quote:
It takes eons for the scientists to get it right.
If ever.

I just had to pop in and say I was 157.5 this a.m. :-D I feel great and am cooking beef patties for the week...

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**RE: Zero Carb / Meat and Water** - **Daryl** - 09-06-2008 11:42 AM

Well, I for one support global warming, as it should raise our vitamin D levels.

Kidding, I'm kidding.....

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**RE: Zero Carb / Meat and Water** - **Daryl** - 09-06-2008 11:43 AM

KimPossible Wrote:
Quote:
It takes eons for the scientists to get it right.
If ever.

I just had to pop in and say I was 157.5 this a.m. :-D I feel great and am cooking beef patties for the week...

Kudos to you 😊
lowcarbrun Wrote:
BeeDub Wrote:
*This is one of the reasons I continue to believe that Charles' advice is irresponsible. If his theory is wrong, and zero carb has no D-increasing effect, low D blood levels are increasing people's risk.

There is a link with low vitamin D and insulin resistance:

http://newswire.rockefeller.edu/?page=engine&id=717

Quote:
Vitamin D isn’t just for bones anymore. Researchers at The Rockefeller University Hospital have begun a clinical study to explore a possible connection between vitamin D deficiency and insulin resistance. The hypothesis, that raising blood vitamin D levels in an obese, insulin-resistant population will improve the subjects’ ability to metabolize sugar, could have eventual implications for patients with type 2 diabetes and their doctors.

If low carb diets improve insulin functioning, then increasing vitamin D through supplements may not be necessary. There is a lot of information out there on the internet. Dr. Davis recommends that vitamin D levels need to be checked often in order to adjust the supplementation.

I am with you here lowcarbrun. The following study attempts to explain how gastric bypass rapidly reverses diabetes symptoms. As far as I can tell the reversal has nothing to do with Vitamin D. This is important as diabetics are generally regarded as insulin resistant.


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Gastric bypass: I like this part: "The bottomline, according to Mithieux: the intestine deserves more respect. "Up to now, the intestine had been considered like a machine to assimilate nutrients. We've now begun to realize that it is a complex endocrine organ" with particular importance when it comes to glucose metabolism."

Interesting ... it was a similar story with adipose fat wasn't it? Considered at one time just a sort of dumping ground, but now understood more as a functioning organism.

The human body is a wonderfully complex entity; as I've said before, we tinker with it at our peril. At least tinkering with the diet (especially if we believe we have about 4 million years of evolution on our side) seems to be less risky than tinkering using pills, or (gulp!) surgery. (I realise the gastric bypass example was used to illustrate a specific point MAC; I know you weren't advocating it! 😊).

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On intestines, and blood glucose:

Quote:
The upper part of the small intestine contains cells that release hormones into the bloodstream when they are stretched, as after a meal. These hormones signal the pancreas to produce some insulin to prevent the blood sugar rise that might otherwise follow the digestion of a meal. Large meals will cause greater stretching of the intestinal cells, which in turn will secrete proportionately larger amounts of these hormones. Since a very small amount of insulin released by the pancreas can cause a large drop in blood sugar, the pancreas simultaneously produces the less potent hormone glucagon to offset the potential excess effect of the insulin. If you’re diabetic and deficient in producing insulin, you might not release insulin, but you will still release glucagon, which will cause gluconeogenesis and glycogenolysis and thereby raise your blood sugar. Thus, if you eat enough to feel stuffed, your blood sugar can go up by a large amount, even if you eat something undigestible, such as sawdust.

The first lesson here is: Don’t stuff yourself. The second lesson is: There’s no such thing as a freebie.* Any solid food that you eat can raise your blood sugar.

http://www.diabetesincontrol.com/issue207/bernstein.shtml

RE: Zero Carb / Meat and Water - nyteez - 09-06-2008 01:06 PM

MAC Wrote:
BTW I also don't believe mankind is responsible for global warming in spite of dire warnings from 'I invented the internet' Al Gore.

LOL! You are the only person I have ever known to say this! I don't either. I think Global warming, is just the life of earth. Like the ice age and what ever "warming" came after that, it is just part of what happens to earth. There is nothing we can do to stop it. Less pollution would be nice, but it won't help global warming.

Quote:
I am basically a skeptic and a cynic at my core. I don't say Canelli and his D council are wrong. But researchers have a vested interest in furthering their own ends. Basic human nature. That is what was SO compelling about GCBC. The science wasn't science. We want to trust what we read. Humans are basically trusting individuals. They want to believe what they read is true especially when it comes from what they believe are reliable sources. Sometimes it is just better to let it all pass until it has all been decided as best it can be.

I completly agree w/ MAC here. I am also skeptical about everything. Only after reading thousands of pages of studies & writings can you begin to see a common thread of truth about something. No one person or study knows everything.

Show me one study proving something and I will show you 5 studies proving that study wrong.

RE: Zero Carb / Meat and Water - LindaSue - 09-06-2008 01:31 PM

Charles Wrote:
So would you pound it into shreds and then dehydrate it or is it enough to just dehydrate it?
I think you're supposed to dehydrate it first (turn it into jerky) then shred and pound it before adding the fat. At least that's what it says in Stefansson's book.

montmorency Wrote:
This general question was one I had after reading GCBC: In a perfectly keto-adapted low-carber who still has some body fat to burn, what is it that ever makes them hungry? I asked the question on Dr Eades' Forum, and got a reply, but I don't think he really knew; he seemed to think leptin might come into it.

I can think of a couple of reasons. One, that the person is still producing too much insulin. Two, that other nutrients are needed by the body other than the fat that's stored in the cells. Protein is one example.

daveo Wrote:
So now you have a pile of powdered beef and a pan of liquid fat, you just pour the fat over the beef to about the consistency of brownie batter. Let it dry and you have pemmican

Yum, meat brownies! Thanks for the links. The homemade recipe instructions were very interesting. It sounds like a lot of work though. Maybe I'll wait until Charles makes some and order some from him. I'm feeling a bit lazy.

RE: Zero Carb / Meat and Water - sean - 09-06-2008 02:14 PM

"Researchers at Johns Hopkins are reporting what is believed to be the most conclusive evidence to date that inadequate levels of vitamin D, obtained from milk, fortified cereals and exposure to sunlight, lead to substantially increased risk of death."

John Hopkins, why didnt you say so Beedub?? I would have bought even more Vit D pills. Hopkins being the most prestigious cancer/health research institute in the world one can only stand in awe at recent developments there. Why a little less than a year ago the Director, yes the head honcho of the incredibly prestigious Kimmel Cancer Center of Hopkins died in his 60's of um er ah well, cancer....Leukemia to be exact. Does anybody else see the lunacy of this????

But but but, Mr Martin Abeloff (before his death) did, and I quote, "double the size of the faculty, raised research funding six fold, and the cancer complex grew to almost 1 million sq. ft. of treatment and research space."

Could the 1 million additional sq ft have been too much distance for his colleagues to warn him of his demise from lack of Vitamin D supplements??

I dont mean to make light of Abeloff's death, however, the fact that he is remembered for money raising and building aesthetics should maybe put some of Hopkins' research into perspective.

*This is one of the reasons I continue to believe that Charles' advice is irresponsible. If his theory is wrong, and zero carb has no D-increasing effect, low D blood levels are increasing people's ris

Another classic quote. Please please please share the other reasons. So far the Vit D talk has been riveting...dear Lord

Charles adapts a certain lifestyle, has dramatic success, tells people actively searching for help exactly what he did and now his advice is IRRESPONSIBLE???

I actually live fairly close to John Hopkins and maybe I will take some pics of their "researchers" walking around and we can oh I dont know juxtapose them with some of Charles' pics.....Maybe get a better feel for who might be irresponsible.
I have been contemplating making pemmican too. But it kind of sounds disgusting LOL! I like beef & beef fat but I just can't imagine eating a cold beef fat bar. Wouldn't it be greasy? I have seen recipes that had nuts & berries in it, that sounds better, but I don't eat nuts & berries! Maybe I'll try making some tomorrow. If I don't like it I can always throw it in w/ my ground beef breakfast.

I just LOVE Sean's posts!

Thanks Sean!

Not sure what's so great about kvetching about increasing funding in the battle against cancer.....

I'm beginning to join the ranks of those who are about sick of this subject. If you think you need vitamin D, then by all means, please take vitamin D. I'll continue to be irresponsible and ignore the hype.

Best regards all,
Charles

I understand how Pemmican is made, but I was just hoping to get some modern pointers on it. Daveo makes it sound easy. I know we have modern dehydrators and blenders so a lot of the work would seemingly be eliminated. Fat is easy to procure and render as well. I think it would be great to have as portable food and it would be much better for my children than the salty jerky and summer sausages that they currently take for lunch. Interestingly enough, they still control their hunger very well and they are able to go 6 to 8 hours between lunch and dinner. For that, I'm thankful.

Regards,
Charles

LindaSue,
This part of a column in LowCarbExaminer San Francisco on August 25th, 2008--Cleochatra's column--it's much simpler using ground beef. Extra fat could still cover the dried meat. She has more info and variations on her site including info on the jerky extruder.
MAKE YOUR OWN BEEF JERKY

Must-have: Jerky extruder. Don't use Pla-Dough toys. Basic beef jerky

1 pound ground beef
1 tsp pepper
1 tsp salt

Mix hamburger with seasonings until well blended (I use my Kitchenaide mixer with the dough paddle) about 1-2 minutes.

Using an extruder, pipe jerky onto trays.

Food dehydrator: Let dry for 6-7 hours or just before meat snaps in half. Practice with this method will show that you can dry slightly less than the snap-point for more tender jerky.

Oven: On the lowest setting possible, and with the door ajar ever so slightly, let dry on racks for or until meat is close to breaking when bent in half.

Store in a ziploc bag.

Each pound makes 8 ounces of dried beef jerky. The beauty of this method is that the carb count is 0, and your caloric count is only as high as the amount you consume of, essentially, only ground beef.

RE: Zero Carb / Meat and Water - seann - 09-06-2008 03:07 PM

The easiest way I've found to make pemmican is this:

Buy a 3 lb bottom round roast as lean as you can find.

If you get grocery store suet fine, I have 150 pounds of suet from a farmer up in NH that tastes like liquid gold. Either way I use about 3 pounds of suet to match the meat. Probably too much but it's been working.

So, some store bought lean and grass fed fat just to be on both sides of the argument. Plus most of the arguments are about what's in the FAT of standard vs. grass fed, and grass fed fat is dirt cheap.....

I put my oven on the lowest setting (170) and leave it open as that is too much heat. Bear recommends no more than 104, and with the door open mine was about 110.

Slice the lean into very thin slices and lay on baking tray (I don't know what it is called, but I'm talking about the thin metal cage looking things.) which is set on top of pan to catch drippings. 2 of these is enough to fit all thinly sliced meat.

I then cut up the 3 pounds of suet into small chunks and fill four pots (one on each burner) with chunks that I melt on very low heat.

The meat dries in about 8-9 hours, and the suet is rendered in about the same time.

When the meat crumbles it's ready. I break it up in my hands and then use a food processor/blender (either works fine) until it is stringy and dust. I line a brownie glass pan with all the shredded dried meat and then pour the suet over it. I mix it all in and put the extra suet in a glass jar for ribeye dippings. Put
the pan in the fridge and soon it looks like iced brownies. I also add a little cayenne pepper to the meat.

At first taste it's not bad, bland but edible. After a day or two it was all I wanted. I don't know if it was the nutrients or what, but I gave it to my 2 young boys and the same thing happened. At first it was no big deal, but I threw a couple shakes of Tobasco and now they want it everyday for their school lunch.

There is definitely something to it.

Very easy to make, everything prepares itself while you carry on with your business.

Cleanup is greasy to say the least but very worth it.

I've had US wellness meats version, way overpriced and not that good in my opinion.

This is cheap, good and it holds you over for a very long time.

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**RE: Zero Carb / Meat and Water** - **Charles** - 09-06-2008 03:25 PM

nyteez Wrote:
[quote=MAC]BTW I also don't believe mankind is responsible for global warming in spite of dire warnings from 'I invented the internet' Al Gore.

I don't buy global warming either. It's just the life of the earth. I love New Orleans but that water is destined to return there because it's below sea level and it's only a matter of time before it returns.

Dana Wrote:
I completely agree w/ MAC here. I am also skeptical about everything. Only after reading thousands of pages of studies & writings can you begin to see a common thread of truth about something. No one person or study knows everything.

You may not believe it, but I'm a skeptic too. If you read GCBC then you know that it wasn't at all about the many studies and the considerable science that was presented. The story was quite simple. He demonstrated that the diet-heart controversy was not at all scientific.

He does recommend certain studies, but that's only if you want to prove the contention in a scientific way. There is a way to do science but it has not been applied to obesity and disease research. The same is true with these vitamin D studies. They want us to drink the Kool-Aid and just start popping pills before the results are in just as they did with cholesterol.

There are basic observations that we can apply to many, many nations and populations. For instance, in Tokelau, the people ate coconuts and fish and they were healthy for centuries. A trading ship started to come among them and gave them European foods. The population got sick with all the diseases of civilization. The ship, the Cenpac Rounder, went aground once and the people were cut off from the traders, they returned to their coconuts and fish. The people all lost weight and regained their health in a miraculous fashion. Once the Cenpac Rounder got going again, the problems re-surfaced. Does it take all sorts of complicated theories to explain what happened here?

In this country, Ancel Keys was not a jerk, he was a well-meaning scientist. He noticed that we were all sick with heart disease and the diseases of civilization. Our sugar consumption tripled and we ate a bunch of meat in those days. However, the war began and during the 6 years of World War II, we had an
almost complete reversal of our diseases and people were healthy and active. He only sought to recreate the success by attempting to pinpoint the culprit. There were only three choices, physical activity, sugar or fat.

Whatever was responsible caused us to be more active and we can be sure that food rations required us to eat less food. There is no doubt that these observations were true. The culprit was either lower fat due to rationing, lower sugar since it wasn't so readily available or the lower calories? He bet on the fat and calories since fat has less calories than sugar. He was wrong.

The point is that the solution was not very complex or scientific. Dr. Spock and your grandparents knew that carbohydrates were fattening and fat was good for us. Keys and his fellow "experts" came along and told us differently. Guess what, we're still sick. All I did was took the blue pill and went with fat and discarded sugar. It has miraculously returned my health. Now someone wants to tell me that I also need supplements when I never needed them before.

Why does the solution have to be so complicated that we all have to use computers and fitday to eat a decent meal? Why do we all have to take pills concocted in a laboratory to be healthy? Surely the solution is simpler than this. I'm betting my life on the fact that it is and so far so good!

Regards,

Charles

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**RE: Zero Carb / Meat and Water** - LindaSue - 09-06-2008 03:34 PM

Thanks for posting the jerky recipe, con. I also want to try my hand at making jerky so that might come in handy. However, ground beef wouldn't work for making pemmican. The meat used to make the jerky has to be pretty nearly fat free for it to work. Ground beef is loaded with fat and there's no way to extract the fat before turning it into jerky.

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**RE: Zero Carb / Meat and Water** - suzannevea - 09-06-2008 03:36 PM

I make my own jerky all the time, it is really easy

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**RE: Zero Carb / Meat and Water** - FormerDonutJunkie - 09-06-2008 04:01 PM

Here's a [Jerky Pan and Rack](https://www.ganderoutdoors.com/) from Gander Mountain, costs $19.99 and extra stackable racks are $9.99 each. Reason I know about these is there's a Gander Mountain nearby and I've been considering these for making my own jerky. These can be used in the oven and therefore not as much cash outlay as a dehydrator. However, they also have a [Gander Mountain Guide Series Dehydrator](https://www.ganderoutdoors.com/) for $299 and a [LEM Products Dehydrator](https://www.lemproducts.com/) for $199 if you're interested in the whole ball of wax.

Here's the [Aluminum Jerky Extruder](https://www.ganderoutdoors.com/) also available at Gander Mountain for $49.99. They also have a [plastic one available for $29.99](https://www.ganderoutdoors.com/).
Con, I had read Cleochatra's Jerky Recipe when she posted it and it sounds like it might be a good alternative to the over-processed excuse for jerky you buy in the stores. And being ground beef, I'm sure it won't be tough as shoe leather. Problem around here, even among local jerky producers, is they want to load it up with sugary marinades.

And with the ground beef it would be easier to blend in any spices you wanted to add. I think salt and pepper might just be the way to go, but whatever floats your boat. I kind of like the minimalist approach.

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Yeah I thought it would be a little easier to chew-if fat is a problem perhaps one could buy ground sirloin or grind your own chuck minus the fat?

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LindaSue Wrote:
Thanks for posting the jerky recipe, con. I also want to try my hand at making jerky so that might come in handy. However, ground beef wouldn't work for making pemmican. The meat used to make the jerky has to be pretty nearly fat free for it to work. Ground beef is loaded with fat and there's no way to extract the fat before turning it into jerky.

Interesting LindaSue. Do you know why that is though (why ground beef wouldn't work for pemmican)? I'm curious since the pemmican is going to end up with a whole lot of fat in the end. I've never knowingly seen pemmican so I know very little about it.

Before someone posted the picture, I had wondered if jerky was the same as corned beef (what I think you call bully beef). Corned/bully beef always looks nice and fatty. I guess the problem with it is that it's probably too salty, and possibly hasn't been made in a way that preserves its nutrients. I remember it was a staple here in the 50s and 60s, but went out of fashion; can still get it though. I guess it was also a staple in the war years, probably alongside pemmican.

BTW, I think you are right in your reply to me about what makes an adapted low-carber hungry. If one's metabolism is broken (after maybe decades of high-carb), maybe one will always produce too much insulin, and this may last for life. Low/zero carb may be an excellent preventive, and also ameliorate a broken metabolism, but it can't work miracles.

I hadn't thought of the protein requirement as being another hunger "wake up call", but it sounds plausible. Wonder how it would work?

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montmorency Wrote:
Interesting LindaSue. Do you know why that is though (why ground beef wouldn't work for pemmican)? I'm curious since the pemmican is going to end up with a whole lot of fat in the end. I've never knowingly seen pemmican so I know very little about it.

The reason is that the excess water won't be rendered out of the fat in the beef like it will the suet. This will cause it to go rancid quickly. One of the features of pemmican is that it will last a long time outside of the fridge. Also, a fatty meat won't dry very well and will hard to grind down.

RE: Zero Carb / Meat and Water - LindaSue - 09-07-2008 07:31 AM

montmorency Wrote:
Before someone posted the picture, I had wondered if jerky was the same as corned beef (what I think you call bully beef).
You're right. Jerky is nothing like corned beef. We do have corned beef here and I've never heard of bully beef. According to Wikipedia, it sounds like bully beef is the corned beef that they sell in cans/tins over here. It tastes a bit like real corned beef but it's a processed pressed ground meat product.

RE: Zero Carb / Meat and Water - Mel - 09-07-2008 10:04 AM

Mike said: "BTW, I think you are right in your reply to me about what makes an adapted low-carber hungry. If one's metabolism is broken (after maybe decades of high-carb), maybe one will always produce too much insulin, and this may last for life. Low/zero carb may be an excellent preventive, and also ameliorate a broken metabolism, but it can't work miracles."

Mike,

I read somewhere that the minimum amount of insulin released at any time is directly dependent on the amount of body fat on the body. So I'm thinking that my "fully adapted to low-carb" body will release ever decreasing amounts of insulin as my body fat goes away. But, I may be one of those people who cannot get the last 20 or 30 pounds off due to so much time in metabolic disorder and therefore always have to deal with the hyper insulin secretion. I have recently tried giving up coffee and it has helped some but providing food for my kids keeps food in the front of my thinking and I get unwanted insulin surges.

Melinda

RE: Zero Carb / Meat and Water - montmorency - 09-07-2008 02:29 PM

Mel Wrote:
I read somewhere that the minimum amount of insulin released at any time is directly dependent on the amount of body fat on the body.

Good thought Melinda. Now you mention it, Taubes says this very thing.

Quote:
So I'm thinking that my "fully adapted to low-carb" body will release ever decreasing amounts of insulin as my body fat goes away. But, I may be one of those people who cannot get the last 20 or 30 pounds off...
due to so much time in metabolic disorder and therefore always have to deal with the hyper insulin secretion.

I fear that I may be in the same category. I'm around 28 lbs away from my perceived goal (not sure how realistic it was to begin with though), and it's sure going slow. I'm not totally zero-carb yet, but I can't be that far off. There may be other factors at play of course. Not sure how long I was seriously overweight, but I've probably been somewhat overweight for a couple of decades.

Quote:
I have recently tried giving up coffee and it has helped some but providing food for my kids keeps food in the front of my thinking and I get unwanted insulin surges.

I know what you mean. I seem to have conquered snacking (thanks to plenty of fat), but I have to try to keep temptation foods well out of sight.

RE: Zero Carb / Meat and Water - Angela2 - 09-07-2008 09:45 PM

Charles Wrote:
[Why does the solution have to be so complicated that we all have to use computers and fitday to eat a decent meal? Why do we all have to take pills concocted in a laboratory to be healthy? Surely the solution is simpler than this. I'm betting my life on the fact that it is and so far so good!]

Regards,

Charles

Well that's where I am at Charles!!!!!! I now eye ball my portions don't eat carbs and have forgot about vitamins and I have never felt better😊

RE: Zero Carb / Meat and Water - suzannevea - 09-08-2008 01:35 AM

I am 100% in the group of just eating till satisfied. I punch in my numbers every so often so when people worry about eating too much fat, calories, or protein, I can tell them how much I eat. I read all these posts about people eating 100 grams of protein and thinking it is too high, then I can tell them mine is over 300 a day. My fat could never be measured cause I have no clue how much fat and caloried are in the beef fat I eat. I know how hard it is when you start, after years of controlled eating and trying to stay under a certain number of calories a day, but you have to trust that it will work. And by "work" it does not mean you will get a supermodel body. You will be healthy emotionally and physically. People all have different bodies and we will all have different results. I also believe that people who have been overweight since childhood MAY have a harder time achieving their ideal goal.

RE: Zero Carb / Meat and Water - FatGirlOnAtkins - 09-08-2008 06:40 AM

Oh, wow... I don't come on here for 5 days and look how far behind I am! I'm trying to catch up. The stupid cut on my finger turned out to be a staph infection and I kept getting worse and worse until the doctor put me on antibiotics. I have been eating terribly this week, but I did get on the scale this morning anyway. Up 4 pounds, ugh. I am back on it today, getting ready to go running. Feeling SO much better!
RE: starting meat and eggs today - pamela702 - 09-08-2008 06:54 AM

I weighed today and since i started m/e (which was Friday) i have lost 1.8 pounds. That's great! I feel really good eating this way, i have had no headaches or anything like that. And i definitely am not hungry. My calories are higher than when i was on induction too. Now i am trying to decide how long to stay on this, because my body seems to catch up with me and adjust fast to what i am doing. I have read where some do the m/e for a week and on the weekends have normal induction foods. I know when i get closer to my goal weight i will definitely stay with m/e or even go to just meat. I really do have more energy, and i am sleeping better also. Hope everyone has a great week....Pamela

RE: Zero Carb / Meat and Water - LindaSue - 09-08-2008 07:12 AM

Mel Wrote:
I read somewhere that the minimum amount of insulin released at any time is directly dependent on the amount of body fat on the body. So I'm thinking that my "fully adapted to low-carb" body will release ever decreasing amounts of insulin as my body fat goes away.

The thing that confuses me about this theory is how would anyone ever be able to lose weight? How would one get insulin down if they have a lot of fat and how would they burn fat if their insulin is too high??? It also implies that eating the right things wouldn't help because you're still going to release just as much insulin eating zero carbs as long as you still have too much fat on your body. So, how would a person get rid of any of their fat to bring their insulin down? Maybe I'm missing something but it just doesn't make sense to me.

RE: Zero Carb / Meat and Water - MAC - 09-08-2008 07:21 AM

LindaSue Wrote:
Mel Wrote:
I read somewhere that the minimum amount of insulin released at any time is directly dependent on the amount of body fat on the body. So I'm thinking that my "fully adapted to low-carb" body will release ever decreasing amounts of insulin as my body fat goes away.

The thing that confuses me about this theory is how would anyone ever be able to lose weight? How would one get insulin down if they have a lot of fat and how would they burn fat if their insulin is too high??? It also implies that eating the right things wouldn't help because you're still going to release just as much insulin eating zero carbs as long as you still have too much fat on your body. So, how would a person get rid of any of their fat to bring their insulin down? Maybe I'm missing something but it just doesn't make sense to me.

There are really two types of insulin secretion as I understand it. That which is released by the pancreas in response to a meal (Phase I and Phase II response) and the constant drib drib of insulin you are always secreting. Note the low insulin levles while sleeping when you are living off your fat stores in the graph below.

See this article on Stargazey's blog that shows you how the level of insulin went down in diabetics after 2 weeks on Atkins induction. They also had weight loss during this 2 week period. The lower insulin response is in blue.

RE: Zero Carb / Meat and Water - Charles - 09-08-2008 07:32 AM

LindaSue Wrote:
The thing that confuses me about this theory is how would anyone ever be able to lose weight? How would one get insulin down if they have a lot of fat and how would they burn fat if their insulin is too high?? It also implies that eating the right things wouldn't help because you're still going to release just as much insulin eating zero carbs as long as you still have too much fat on your body.

I agree with you, LindaSue, I don't buy the theory either. Taubes doesn't say this. What he does say (not necessarily in the book) is that it all depends on the sensitivity of fat tissue to insulin. If a person has been obese for the majority of their life, it may be that their fat tissue is just that sensitive to insulin that even small amounts of insulin will stimulate fat storage.

We certainly can condition our insulin response and anyone who has improved their response can readily attest to this. Even after I've lost weight, I've recently conditioned myself to eat only twice a day. I used to eat breakfast, lunch and dinner during the weekdays, but on the weekend, I would only eat twice. I wondered why this was so. Therefore, I stopped eating breakfast and just decided to wait until lunch to eat. This works so much better and extends my hypophagic stretch during the night and forces me to eat a little earlier in the evening. Since changing this regimen, I've been able to stay in the 140's weight-wise and I go longer periods without eating much more effortlessly.

Regards,

Charles

RE: Zero Carb / Meat and Water - Living_healthy - 09-08-2008 07:40 AM

FatGirlOnAtkins Wrote:
Oh, wow... I don't come on here for 5 days and look how far behind I am! I'm trying to catch up. The stupid cut on my finger turned out to be a staph infection and I kept getting worse and worse until the doctor put me on antibiotics. I have been eating terribly this week, but I did get on the scale this morning anyway. Up 4 pounds, ugh. I am back on it today, getting ready to go running. Feeling SO much better!

Some antibiotics like Bactrim or Septra (drug of choice for Staph) can cause a drop in your blood sugar. Resulting in that unwanted four pound gain.

RE: Zero Carb / Meat and Water - Charles - 09-08-2008 07:42 AM

Angela Wrote:
Well that's where I am at Charles!!!!!! I now eye ball my portions don't eat carbs and have forgot about vitamins and I have never felt better😊

That's great, Angela. I get crazy when I see the "portion" word, but I understand what you mean. In *Not by Bread Alone*, we find that when people were getting adapted to eating pemmican, they were advised not to overeat because one can get nausea and feel bloated if they eat too much of it. They said it was better to eat a good portion and then nibble if necessary, so you can stop when you're full.
I've found personally that I have to work really hard at eating until I'm full. I no longer enjoy the "Thanksgiving Full" feeling each time I eat; however, I am careful to make sure I'm full. I think it gets harder to recognize satiety as you get closer to what you perceive to be a goal. On the other hand, I think that overeating only results in 2 to 5 pounds above what you should be anyway.

This is the reason I want to try pemmican. I want to make it and then eat it for a month or two. Should be easy for a zero-carb person. The reason is that it is easier to portion and find out how much fat and protein it takes to satisfy you. Moreover, you don't have to worry about the fat to protein ratio since it was taken into account with the production.

I found that Stefansson was better able to manage his all-meat diet after pemmican because when he ate fresh meat, he knew what the correct fat ratio should be based on his experience with pemmican. I think it's hard to get the correct amount of fat if you've never experienced what the correct ratio should be.

Regards,
Charles

RE: Zero Carb / Meat and Water - LindaSue - 09-08-2008 07:43 AM

About what time do you eat your lunch when you only have two meals, Charles? I find it so much easier to put off eating first thing in the morning than to go long stretches without food later in the day. If I eat my last bite of food before 7:00 pm the night before, I can often go at least 13-15 hours before eating my first meal the next day. However, I can only seem to last 2-4 hours between lunch and dinner before I'm very hungry and have to eat something. Maybe it would be to my advantage to try and hold out until closer to noon before having my first meal since it's not so hard for me to do that. I'm much more busy in the mornings so my mind isn't on food as much as it is later in the day when things slow down.

RE: Zero Carb / Meat and Water - LindaSue - 09-08-2008 07:47 AM

Charles Wrote:
On the other hand, I think that overeating only results in 2 to 5 pounds above what you should be anyway.

Unfortunately, for a thin woman at or near their goal weight, 2-5 pounds can mean a whole clothing size.

RE: Zero Carb / Meat and Water - deedum - 09-08-2008 07:51 AM

I still cannot skip breakfast. I have tried to wait till after I teach my 9 am kickboxing class to eat and I just get too uncomfortably hungry to do it. Even if I eat at 8 or 9 pm the night before.

Deanna

RE: Zero Carb / Meat and Water - Richard - 09-08-2008 07:53 AM

Charles Wrote:
What he does say (not necessarily in the book) is that it all depends on the sensitivity of fat tissue to insulin. If a person has been obese for the majority of their life, it may be that their fat tissue is just that sensitive to insulin that even small amounts of insulin will stimulate fat storage. ...

If this is the fact it would explain the reason I can be on 30 grams of carbs and not lose weight but if on less than 10 I can, all be it very slow. I have been overweight for all but about 1 year when I was on less than 800 cals a day.

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**RE: Zero Carb / Meat and Water - montmorency - 09-08-2008 08:08 AM**

Charles, I was thinking of GCBC, page 439, para 2:

"What's been clear for almost forty years is that the levels of circulating insulin in animals and humans will be proportional to body fat..." et seq.

The way I had interpreted this was that quite possibly it's not directly proportional, and the more overweight you are the higher your baseline insulin is, and therefore the harder it is to burn stored body fat.

Once you go to LC/VLC/ZC, you would reduce your baseline insulin and find it easier to burn stored body fat, the lower the carbs, the easier.

I don't know exactly how the mechanism of net fat loss would work, but since your insulin is still going to be higher than it "ought" to be, you can't just easily burn body fat, for fuel, and it's possible you'd feel hunger sooner than a person who is not overweight, even on the identical diet. I'm still finding this hunger issue quite confusing actually. I read your earlier reply to me on this Charles, and it's given me food for thought, but I'm not quite there yet. I get confused when people talk about short term and long term fuel, and coarse and fine tuning. Taubes drops hints about all this, but I don't think it's fully explained in the book.

Looking back, you said:

"When we're hungry, it's not that we have "exhausted all of our fatty acids." We have a great capacity to ignore hunger if we want to. After a few minutes, the hunger feeling goes away and it was like we were never hungry. This all shows that hunger is an energy request from the cells to basically top off the long-term fuel supply. That doesn't mean it's depleted."

Yes, I think I understand that, but if someone's insulin levels are too high, such that stored body fat is not available to them as fuel, then it will be as though (will feel as though) that fuel were depleted, i.e. they will feel hungry. That has been the way I interpreted Taubes on hunger.

I think when I mentioned depletion, I was referring to someone like Bear who is down to minimal body fat, and presumably would actually deplete it if he went without food for a few days. (Might also apply to you Charles, though I appreciate that you do get hungry, unlike what Bear reports - His age might also be a difference here, as I think some people have alluded to).

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**RE: starting meat and eggs today - Charles - 09-08-2008 08:09 AM**
Lauren Wrote:
I would think that both groups would have reduced insulin and therefore would both be running on fatty acids. What is the mechanism that would cause the high calorie group to lose more weight?

Your question is a great question in theory but the truth is that it probably wouldn't play out like that. What do I mean?

It's hard to call one of the groups a "high calorie" group because every time you try to get people to eat a high number of fat and protein calories, they have an exceedingly difficult time due to the satiety factor. Ethan Sims related how people were "staring at stacks of porks chops" and they refused to eat the required number of calories because they couldn't stomach anymore.

Because of this, I'll call your "high-calorie" group, the "unrestricted calorie" group. It's well-known that people on very low carb diets voluntarily lower their calorie intake because their hunger is controlled.

The "unrestricted in calories" group would lose more weight because they would better respond to their hunger than the low-calorie group. When hunger is satisfied, the body is better able to manage weight and mobilize fat. The body can readily use more energy and doesn't have to be concerned with storage and the long term fuel supply.

The restricted calorie group would not be able to mobilize fat as readily because the cells would not be getting the required fuel for its activity. Because of this, the metabolism would slow and the body would store a greater percentage of fatty acids than it should. If the body is deficient in dietary protein, then it goes after the muscles to get the protein it needs. This weakens us and causes us to lose muscle mass. When you lose muscle, you will store more fat to protect against starvation.

This is the reason I stress that it is so important to "eat to appetite" and don't eat when you're not hungry. It's difficult to do this because we don't always have the proper fat to protein ratio present in the fresh meat we eat. When protein is high, we tend to eat more and don't get sated as fast.

Regards,

Charles

RE: starting meat and eggs today - Charles - 09-08-2008 08:13 AM

pamela702 Wrote:
I know when i get closer to my goal weight i will definitely stay with m/e or even go to just meat. I really do have more energy, and i am sleeping better also. Hope everyone has a great week....Pamela

I would advise you not to think too much about goal weight and that sort of thing. Weight is regulated by your body not your eating habits. All you can do is stay out of your body's way and let it do its thing. Your weight and health will improve as you eat properly. Your body will decide when you've lost enough weight and will fight very hard to keep you at the weight it arrives at.

The better thing to do is find the diet that you will likely use for the rest of your life, adapt to it, and let your body take it from there.

Regards,
Montmorency Wrote:
Charles, I was thinking of GCBC, page 439, para 2:

"What's been clear for almost forty years is that the levels of circulating insulin in animals and humans will be proportional to body fat..." et seq.

Thanks for finding that. I went looking and didn't find it but knew it was in GCBC as well.

However, from what I have been able to get by googling, it is not total body fat but the size of the fat cells that determine plasma insulin levels.


"The usual covariates of adiposity--adipocyte size, total body fat, and food intake--were experimentally dissociated using three new models of altered adipose tissue morphology in the rat. It was thereby possible to test the hypothesis that plasma immunoreactive insulin level (IRI) is a function of mean adipocyte size. In two of the models, experimental and control rats differ substantially in total body fat but show no difference in mean adipocyte size. In these models, no difference in plasma IRI was found between experimental and control animals. In a third model, experimental and control rats differ in mean adipocyte size but not in total body fat or daily food intake. In this model, plasma IRI was found to differ between experimental and control rats. These observations demonstrate a close link between adipocyte size and plasma IRI and suggest that the hyperinsulinemia and peripheral insulin resistance of obesity are more likely due to adipocyte hypertrophy than to increases in total body fat or daily food intake."

In other words, big fat cells lead to higher insulin levels.

As well as this study in humans:


"Adipose tissue biopsy and an oral glucose tolerance test (OGTT) (50 g) were performed in 17 non-hyperlipoproteinemic subjects without overt diabetes mellitus. All the persons were weight stable at the time of investigation. A significant correlation between fasting insulin concentration and the mean adipocyte size was observed, whereas no correlation was noted between the ideal body weight index and fasting insulin level. Persons with larger adipocytes had elevated insulin levels as well as higher and longer lasting increments following the glucose challenge. They also exhibited significantly higher mean glucose levels during the OGTT. When these patients were matched for glucose tolerance with the subgroup having smaller mean adipocyte sizes, the difference in insulin levels was still demonstrable. The importance of adipose cell enlargement regulating basal and stimulated insulin output is underlined."

Also found this study:
"CONCLUSIONS: beta-endorphin and insulin concentrations in overweight and obese prepubertal children are not only higher than in non-obese children but also are positively correlated with each other and with the percentage of body fat."

This bears out what Taubes said. It does not mean that the obese do not have bigger fat cells as indicated by the previous studies are wrong.

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**RE: Zero Carb / Meat and Water** - Charles - 09-08-2008 08:30 AM

LindaSue Wrote:
About what time do you eat your lunch when you only have two meals, Charles?

I eat around noon. It all depends on how early or late I ate the night before. If I eat around 7 or 8, then it could be 11:00. If it was later, than 12, which usually happens on the weekdays. I used to eat breakfast at 8 or 9 and then not be hungry until 2 or 3. Then, I wouldn't be hungry for dinner until pretty late. I didn't like this so I decided to toss breakfast and this seems to suite my schedule much better.

Regards,

Charles

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**RE: Zero Carb / Meat and Water** - Charles - 09-08-2008 08:32 AM

deedum Wrote:
I still cannot skip breakfast. I have tried to wait till after I teach my 9 am kickboxing class to eat and I just get too uncomfortably hungry to do it. Even if I eat at 8 or 9 pm the night before.

And you shouldn't. Never go hungry. I am only able to skip breakfast because I'm not hungry. I assure you that if I was hungry, I would eat breakfast.

Regards,

Charles

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**RE: Zero Carb / Meat and Water** - con - 09-08-2008 08:34 AM

A question: is a person obese porportional to their insulin overproduction/resistance? So the 200 lb. person is more hyperinsulinemic than the 100 lb. person who is more HI than the 50 lb. overweight person etc. Therefore, sometimes the heaviest people just can't get their insulin low enough?

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**RE: Zero Carb / Meat and Water** - PatTee - 09-08-2008 08:47 AM

I find that eating 2 meals a day works for me most of the time.

My 1st meal eaten between 11am -3 pm . Depending on time of 2nd meal , the night before and what it
is. Beef seems to hold my hunger levels down more so that chix, fish, pork even with added fats. Then there are the days that defy what I've just said and I want to eat 3x's a day or more!

And then the written words of Charles appear in my mind - eat when you are hungry and don't when you are not 😊

My system seems happy with this approach (also zero carbs), so I'm sticking with it, in hopes that I'll get to the fat burning machine, lol !!!

😊's, Patti

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RE: starting meat and eggs today - Pamela702 - 09-08-2008 08:52 AM

Charles Wrote:
pamela702 Wrote:
I know when i get closer to my goal weight i will definitely stay with m/e or even go to just meat. I really do have more energy, and i am sleeping better also. Hope everyone has a great week....Pamela

I would advise you not to think too much about goal weight and that sort of thing. Weight is regulated by your body not your eating habits. All you can do is stay out of your body's way and let it do its thing. Your weight and health will improve as you eat properly. Your body will decide when you've lost enough weight and will fight very hard to keep you at the weight it arrives at.

The better thing to do is find the diet that you will likely use for the rest of your life, adapt to it, and let your body take it from there.

Regards,

Charles

I had never thought of it that way, and you make a good point. I will take it to heart, thanks Charles.

Pamela

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RE: Zero Carb / Meat and Water - Charles - 09-08-2008 08:59 AM

montmorency Wrote:
"What's been clear for almost forty years is that the levels of circulating insulin in animals and humans will be proportional to body fat..." et seq.

The way I had interpreted this was that quite possibly it's not directly proportional, and the more overweight you are the higher your baseline insulin is, and therefore the harder it is to burn stored body fat.

It's not that it's harder, he is showing that the amount of fatty acids that get stored is directly proportional to the amount of circulating insulin. A person at this stage has not taken any steps to change their diets, thus affect their insulin levels. In fact, oftentimes the more obese you are, the easier it is to drop a tremendous number of pounds. It gets harder after significant weight is lost.

Mike Wrote:
Once you go to LC/VLC/ZC, you would reduce your baseline insulin and find it easier to burn stored body fat, the lower the carbs, the easier.

That's right.

Mike Wrote:
I don't know exactly how the mechanism of net fat loss would work, but since your insulin is still going to be higher than it "ought" to be, you can't just easily burn body fat, for fuel, and it's possible you'd feel hunger sooner than a person who is not overweight, even on the identical diet.

This is true as well, but circulating insulin is not the same as insulin secretion as MAC has pointed out. When we contemplate a meal, insulin we secrete insulin and the serum insulin level increases which traps fatty acids into fat tissue. When we actually eat the food, if there are carbs present, then we secrete more insulin which even further increases the circulating insulin. However, once the food digests and hunger ebbs, then the liver instructs the pancreas to shut off the insulin and the level decreases. Once it decreases, the fatty acids get released from fat tissue and they again flow. This is what we refer to when we say "stabilizing blood sugar."

In an obese person, this cycle happens even between meals so that fatty acids spend more time trapped in fat tissue than that of a normal person. When going on the VLC/ZC diet, you are conditioning the pancreas to secrete less and you are trying to increase the time that fatty acids remain in circulation. When the fatty acids are circulating, you are "burning fat." When they are trapped, you are "storing" fat.

Mike Wrote:
I get confused when people talk about short term and long term fuel, and coarse and fine tuning. Taubes drops hints about all this, but I don't think it's fully explained in the book.

[...]

Yes, I think I understand that, but if someone's insulin levels are too high, such that stored body fat is not available to them as fuel, then it will be as though (will feel as though) that fuel were depleted, i.e. they will feel hungry. That has been the way I interpreted Taubes on hunger.

No. The feeling of hunger comes when insulin gets secreted because insulin will drive all the nutrients (I mean all of them) out of the bloodstream. The bloodstream is the long term fuel supply. Insulin acts upon the bloodstream by basically clearing it out. Once it's cleared, practically all the organs and tissues are temporarily without any nutrients or fuel. They communicate the problem through the central nervous system which provides the signal of hunger.

Because this event may have started as a "hypersecretion" due to hyperinsulinemia, the person may not actually be hungry. However, insulin doesn't care and goes about its business of clearing the bloodstream and causing this feeling of hunger, regardless of whether we're hungry or not. That's the major problem and that's what Taubes (citing someone else) meant when he said that a person who is overweight has "lost the ability to lose weight." Some gross aspect of their diet makes a person unable to mobilize fatty acids for longer periods of time than what is natural. By the same token, removing that gross aspect can reverse the situation as MAC's chart makes clear.

Mike Wrote:
I think when I mentioned depletion, I was referring to someone like Bear who is down to minimal body fat, and presumably would actually deplete it if he went without food for a few days.

I've read somewhere that even a person with minimal body fat still has enough fat to walk from Miami
to New York. The long term fuel supply is the bloodstream and fatty acids are always circulating and moving throughout the stream. The short-term supply is the gut. When we get prompted to eat, the stream is just showing signs of faltering, not that it's empty. You would receive hunger signals quite severely if your bloodstream were actually depleted of fatty acids. I think it's possible to eat before feeling any signal from the nervous system and therefore not experience feelings of hunger.

For instance, Taubes cited research from Bistrian and Blackburn that said if a person is fasting and they break their fast with fat and protein, they could eat a small amount and not experience any hunger. However, if that same person breaks their fast with carbohydrates, they will experience all the symptoms of food deprivation. We found that Donaldson and Sidbury both used very low-calorie diets that were predominantly fat and protein and they controlled hunger remarkably. The zero-carb diet is the ultimate fast. During a fast, (which doesn't really happen, by the way) our bodies eat fat and protein. During a meal, we eat fat and protein.

Stefansson has shown that it only takes small amounts of pemmican to control hunger and enjoy perfect health. This all shows me that with the correct diet and a little conditioning, a person would not experience hunger in the conventional sense.

Regards,

Charles

**RE: Zero Carb / Meat and Water - Charles - 09-08-2008 09:04 AM**

Richard Wrote:
If this is the fact it would explain the reason I can be on 30grams of carbs and not lose weight but if on less than 10 I can, all be it very slow. I have been overweight for all but about 1 year when I was on less than 800 cals a day.

That's correct and that's the dirty little secret of the low-carb diet. It has ABSOLUTELY NOTHING to do with the amount of carbs a person eats. The real issue has to do with insulin and how well a person can mobilize fatty acids.

The carb total is important, but the relationship to weight gain is indirect. When reducing carbs, you're reducing your body's insulin response to the food you're eating. This also explains why some people can eat 30 grams and lose weight one year, and then the next year, those same 30 grams will cause weight gain. The insulin resistance continues to get worse when eating carbs of any kind and therefore over time your capacity to eat carbohydrates decreases.

Insulin resistance is closely associated with aging so it should not surprise us that as we get older, we can eat less carbohydrates.

Regards,

Charles

**RE: Zero Carb / Meat and Water - Charles - 09-08-2008 09:26 AM**

con Wrote:
A question: is a person obese proportional to their insulin production/resistance? The 200 lb. person is more hyperinsulinemic than the 100 lb. person who is more HI than the 50 lb. overweight person etc. Therefore, sometimes the heaviest ones just can't get the insulin low enough?

Not always in the way you think. When we talk about insulin resistance we have to understand that we can be resistant at different levels in different tissue and muscle sites within our bodies. Our serum insulin only measures that which is in our bloodstream. Insulin is also found in muscles and in fat tissue. The resistance can vary greatly.

You can have a person like me who became obese over a 17-year period. Most of my resistance was in my muscles so the insulin could not push glucose into all of my cells so my muscles could dispose of it. Most of America is this way. My fat tissue was resistant but not as much as my muscle tissue. Therefore, when I removed the carbs, I was able to shrink my fat tissue rapidly even on 20 to 30 grams of carbs. Of course, the lower my carbs went, the more I lost.

Another person may have been obese the majority of their lives and they might have more insulin resistance in their fat tissue. The years of low-fat dieting and little protein have likely atrophied their muscles and the fat tissue became the main repository for glucose and it became super-sensitive. For these people, even the smallest amounts of insulin can keep them storing fat. Even Taubes reports that obese people tend to have a much more intense "urge for the sweet" than others. They typically love bread and carbohydrates. For them, going zero-carb is a much more daunting task than it might be for others.

Most people go on a low-carb diet and they try to come up with low-carb versions of their favorite snacks thinking that it's all about the carb totals. If you understand the impact of insulin, then you can clearly see why they have so much trouble. The food in question does not have to contain any carbohydrate. If you associate "food" with sweet, you are in big trouble, period. Some people even associate meat with sweet, because they are used to Asian-style ribs and sweet-tangy barbecue.

Regards,
Charles

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**RE: Zero Carb / Meat and Water - chris_m - 09-08-2008 10:10 AM**

Good a.m.,
I extended an invitation to "THE BEAR" to join our discussion thread on meat and water. His response: You don't understand. I have already said all there is to say- it was, in fact all in my INTRODUCTION to the thread you mentioned.

All I can do is give you the simple rules, which no doubt were excised from my thread by the food-obsessed 'moderators' who conspired to allow the nutters to attack me and prevented my from a reasonable defense. You either accept the rules or not. There is no and cannot be any 'scientific' proof. I reach my fiftieth year on zero-carb, high-fat meat eating in October.

I am no different in my body than anyone who gains bodyfat on a standard menu.

IF you can overcome the deep-rooted food biases set in stone (learned social behaviour overwrites instinct)

--
Cheers.

Bear

http://www.thebear.org

I am on page 93 of 173 pages I printed out and I don't much blame him for his response. Dealing with the attacks that KEPT coming at him - you would have to wonder why he kept on as long as he did!! Having read this much of him - I have an idea what he would have said to our recent Vitamin D set-to!!

Chris m

RE: Zero Carb / Meat and Water - nyteez - 09-08-2008 10:21 AM

I read the Bear's thread, The WHOLE thread LOL! Took me a month. He really did answer every question I could have thought of concerning Zero carb. I was appalled at what the Moderators said to The Bear and how they treated him. I don't blame him one bit for not participating in forums anymore. I was so turned off by the rudeness of the moderators over there that I will never be a part of that forum.

Chris - the thread I read is 251 pages. Is that the one you are reading?

RE: Zero Carb / Meat and Water - cbnebraska - 09-08-2008 10:23 AM

cbnebraska Wrote:
You don't understand. I have already said all there is to say- it was, in fact all in my INTRODUCTION to the thread you mentioned.

All I can do is give you the simple rules...You either accept the rules or not. There is no and cannot be any 'scientific' proof. I reach my fiftieth year on zero-carb, high-fat meat eating in October.

I am no different in my body than anyone who gains bodyfat on a standard menu.

Where's this introduction and where are "the rules". I'm guessing I already know the big one - keep insulin from secreting - but I'd love to read it. He sounds a bit like a bitter old man, but that could be explained by you saying he was attacked pretty vehemently. By who? About what? PETA? Vegans United? Ha ha!

RE: Zero Carb / Meat and Water - nyteez - 09-08-2008 10:25 AM

cbnebraska Wrote:
[quote=cbnebraska]
You don't understand. I have already said all there is to say- it was, in fact all in my INTRODUCTION to the thread you mentioned.

All I can do is give you the simple rules...You either accept the rules or not. There is no and cannot be any 'scientific' proof. I reach my fiftieth year on zero-carb, high-fat meat eating in October.

I am no different in my body than anyone who gains bodyfat on a standard menu.
Where's this introduction and where are "the rules". I'm guessing I already know the big one - keep insulin from secreting - but I'd love to read it. He sounds a bit like a bitter old man, but that could be explained by you saying he was attacked pretty vehemently. By who? About what? PETA? Vegans United? Ha ha!

Here is the link:

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**RE: Zero Carb / Meat and Water - montmorency - 09-08-2008 10:35 AM**

Charles Wrote:
I've read somewhere that even a person with minimal body fat still has enough fat to walk from Miami to New York. The long term fuel supply is the bloodstream and fatty acids are always circulating and moving throughout the stream. The short-term supply is the gut. When we get prompted to eat, the stream is just showing signs of faltering, not that it's empty. You would receive hunger signals quite severely if your bloodstream were actually depleted of fatty acids. I think it's possible to eat before feeling any signal from the nervous system and therefore not experience feelings of hunger.

This all helps (not just the part I am quoting) and it's somewhat clearer. The only part where I am still somewhat unclear, and in a way this is where we came in:

Compare someone like me who has started to do something about the obesity, been low-carbing, then very low carbing for some time, now eating mainly meat, very fatty and can go 4-5-6 hours between meals without any hunger, until bang, hunger strikes.

Now, I know I have at least 28 lbs of body fat that in theory could be mobilised for fuel. My generally high insulin level presumably means I cannot get access to that fuel, or I tend not to be able to get access to it ... I'm sure it's a "progressive" thing, rather than a binary either/or thing.

Compare that with yourself who is much longer adapted to very low carb, all meat, now normal level of body fat (or even slightly below normal from what you say). You also experience intense hunger when it strikes.

I don't think we are talking here about the insulin response when one thinks of a nice juicy steak, (or carbs) and clears the bloodstream of all fuel in preparation for a meal. I think here we are talking about "real" hunger, presumably caused, as you mention, by the fuel in the bloodstream beginning to falter.

Well, in your case it could be that at some level, the body "knows" you don't have that much spare body fat, and even though it's not depleted, it could soon be unless not topped-up, so it issues a hunger signal, and you eat.

In my case, if it "knew" how much spare body fat I really had, it would just mobilise some of that, and have no need to "falter".

The difference between us, I beg to speculate, apart from our now very different weights (for about the same height), is that (almost certainly), my baseline insulin level is higher (plus age differences, and probably my having been overweight for longer).
This is basically where I was coming from with my comment about circulating insulin being proportional to body fat. The fact that I still have significant excessive body fat is a kind of outward sign that I still have excessive circulating insulin, and for that reason, I cannot magically burn off all that fat for fuel ... not right away anyway. If that were not the case, I'd never get hungry, well not until I'd walked from Miami to New York and back a few times :-)
All I can say is that I have stuck to zero carb and water like glue for over a month. I was, initially, dropping weight. Lots of energy. No complaints, until....... The last 2 to 3 days I've been hungry all day. I do keep up with my intake via fitday. I eat the same foods over and over.....see Zero Carbohydrates: 100 Days Cheat Free Challenge for what I've actually been eating. I weigh weekly and I have not dropped an ounce this week. Today, I'm trying to eat even more fat, but it, usually, makes me nauseated, when I consume too much. However, today I haven't been sick, but I'm still hungry. I have a desire to eat vegetables, but I won't cross that line. I am 100% committed. It's odd that I was doing great and this week I'm not.

Just wanted ya to know what's going on with me. I'm not lean. I have 60# that I need to lose.

RE: Zero Carb / Meat and Water - cbnebraska - 09-08-2008 11:35 AM

Living_healthy Wrote:
All I can say is that I have stuck to zero carb and water like glue for over a month. I was, initially, dropping weight. Lots of energy. No complaints, until....... The last 2 to 3 days I've been hungry all day. I do keep up with my intake via fitday. I eat the same foods over and over.....see Zero Carbohydrates: 100 Days Cheat Free Challenge for what I've actually been eating. I weigh weekly and I have not dropped an ounce this week. Today, I'm trying to eat even more fat, but it, usually, makes me nauseated, when I consume too much. However, today I haven't been sick, but I'm still hungry. I have a desire to eat vegetables, but I won't cross that line. I am 100% committed. It's odd that I was doing great and this week I'm not.

Just wanted ya to know what's going on with me. I'm not lean. I have 60# that I need to lose.

Are you male or female? IF you're female, it could be hormones. I just went through that exact same thing. Stalled, starving, lethargic because ignored my hunger. Completely tied to my cycle. Charles advised me to keep eating if hungry. Feeling great again finally - an entire week later.

If you're male, I have nothing to offer.

RE: Zero Carb / Meat and Water - Charles - 09-08-2008 11:40 AM

montmorency Wrote:
In my case, if it "knew" how much spare body fat I really had, it would just mobilise some of that, and have no need to "falter".

The difference between us, I beg to speculate, apart from our now very different weights (for about the same height), is that (almost certainly), my baseline insulin level is higher (plus age differences, and probably my having been overweight for longer).

Okay, let's fill in the blanks. The difference between you and I is the rate of fuel to our cells, our insulin sensitivity in fat tissue, and the amount of insulin resistance in our muscles. Basically, it's only a matter of equilibrium. Both of our body's are at equilibrium. It might seem to you that mine is and yours is not, but that's not really the case. Even you are at equilibrium. Meaning, your cells prompt your body to replenish its fuel needs just like mine. Both of our bodies have fat tissue at a size that ensures our cells get nutrients at a particular rate.

My fuel rate is faster and more efficient than yours. My body is able to mesh my stored fat and dietary fat more efficiently than yours which has the net effect of me getting more energy out of my food than you get from yours.

Your body has decided that if it keeps your fat tissue at that size, your cells will get the proper nutrients at the proper rate. As you increase the rate and availability of fatty acids, then your body will respond by
decreasing your fat tissue because it can achieve that rate by solely relying on your stream without as much bolstering from your fat tissue. This is all dependent on how well and how consistently you manage your insulin because hypersecretion will gum up the works.

In a computer, the comparable situation would be adding more random access memory. When Windows does not have enough memory, it goes to the hard drive and creates virtual memory to bolster the random access memory. Using virtual memory is slower than using RAM so each time the body has to drop down to using slower virtual memory, the system slows down. When you add more RAM, the operating system makes fewer calls to the hard drive and it runs faster.

The same thing happens in your body. If your long-term fuel supply (RAM) can keep getting replenished from your gut, then it will not need to keep such extensive stores in your fat tissue (VM) to keep your equilibrium rate balanced. However, high insulin levels will keep you from mobilizing fat for fuel at the correct rate (not enough RAM), so your body has to compensate by dropping down to the fat tissue (VM) to get more fuel.

Hunger is the same for both of us. You probably don't eat any more than I do. My body is just better able to utilize what I eat than yours is right now.

So now the million dollar question is why is my body able to mobilize more of my fat than yours is? Because I secrete less insulin in contemplation of my food than you do. My fatty acids stay in circulation a little bit longer than yours. Taubes said that the metabolic defect only accounts for .001 of a percent slow down which accounts for the weight gain. It's not that big of a difference but it's enough to make the body compensate in radically different ways.

I never get hungry enough where I just "have" to eat. I can always ignore that hunger and go several hours longer. I ate dinner last night at about 7:00 p.m. I didn't eat today until almost 1:00 p.m. I meant to eat at noon, but I was busy so I just didn't get around to it. We all have the ability to do that, but in some people, the feeling of hunger will be too acute such that it cannot be ignored. Some people will get light-headed and dizzy and have real intense reactions. Insulin is that powerful.

Regards,

Charles

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Living_healthy Wrote:
Today, I'm trying to eat even more fat, but it, usually, makes me nauseated, when I consume too much. However, today I haven't been sick, but I'm still hungry. I have a desire to eat vegetables, but I won't cross that line. I am 100% committed. It's odd that I was doing great and this week I'm not

Then it's clear that you need to eat some more lean. What kind of meat have you eaten today?

---

cbnebraska Wrote:
Living_healthy Wrote:
All I can say is that I have stuck to zero carb and water like glue for over a month. I was, initially, dropping weight. Lots of energy. No complaints, until....... The last 2 to 3 days I've been hungry all day. I do keep up with my intake via fitday. I eat
the same foods over and over.....see Zero Carbohydrates: 100 Days Cheat Free Challenge for what I've actually been eating. I weigh weekly and I have not dropped an ounce this week. Today, I'm trying to eat even more fat, but it, usually, makes me nauseated, when I consume too much. However, today I haven't been sick, but I'm still hungry. I have a desire to eat vegetables, but I won't cross that line. I am 100% committed. It's odd that I was doing great and this week I'm not.

Just wanted ya to know what's going on with me. I'm not lean. I have 60# that I need to lose.

Are you male or female? IF you're female, it could be hormones. I just went through that exact same thing. Stalled, starving, lethargic because ignored my hunger. Completely tied to my cycle. Charles advised me to keep eating if hungry. Feeling great again finally - an entire week later.

If you're male, I have nothing to offer.

Female. Perimenopause.....No cycle for 9 months.

RE: Zero Carb / Meat and Water - chris m. - 09-08-2008 11:50 AM

nyteez Wrote:
I read the Bear's thread, The WHOLE thread LOL! Took me a month. He really did answer every question I could have thought of concerning Zero carb. I was appalled at what the Moderators said to The Bear and how they treated him. I don't blame him one bit for not participating in forums anymore. I was so turned off by the rudeness of the moderators over there that I will never be a part of that forum.

Chris - the thread I read is 251 pages. Is that the one you are reading?
Actually I'm not sure where I got it !!
Mine is only 173 pages but has no one's questions and only his answers. All very good info from a man who has actually eaten this way for longer than most of his detractors have lived much less stuck to a certain way of eating. While reading it - that is the frustrating part - how he has to continually fend off his detractors.

The only other part I wonder about - If his heart blockages started in his teens and were well advanced by his early 20"s - why did the bypasses have to be done in the year 2000. In other words why did the meat and water diet have an effect on his need for a bypass? Or did it? Does anyone have a take on this? I got a little confused reading the thread.
Chris m

RE: Zero Carb / Meat and Water - Living_healthy - 09-08-2008 11:50 AM

Charles Wrote:
Living_healthy Wrote:
Today, I'm trying to eat even more fat, but it, usually, makes me nauseated, when I consume too much. However, today I haven't been sick, but I'm still hungry. I have a desire to eat vegetables, but I won't cross that line. I am 100% committed. It's odd that I was doing great and this week I'm not

Then it's clear that you need to eat some more lean. What kind of meat have you eaten today?

2 fatty Pork chops, tablespoon of coconut oil, and I'm about to go eat a thin ribeye w/rendered fats
chris m. Wrote:
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Chris m

You are reading the condensed version. Nyteez posted the full blown original thread that yours came from. Here is the link:

Living_healthy Wrote:
2 fatty Pork chops, tablespoon of coconut oil, and I'm about to go eat a thin ribeye w/rendered fats

I don't think a tablespoon of coconut oil is enough to compensate for pork chops which are notoriously lean, even the fattier ones. You would have been better served with rendered pork fat. I can only eat pork with rendered pork fat.

I like coconut oil, but I don't think it's as satiating as the fats from the meats themselves. I had two pork steaks for lunch but I had a big chunk of rendered pork fat and I'm stuffed.

Regards,
Charles

Can you believe I still have not read the Bear? I can't believe it either. One of these days I'm going to get started on it. Practically everything I've seen from him has been spot-on and I think what I've heard of his story is incredible. I'm on a crash-course with the Bear so I know it's coming. Maybe it will be after the book discussion......
RE: Zero Carb / Meat and Water - cbnebraska - 09-08-2008 12:10 PM

Charles Wrote:
Can you believe I still have not read the Bear? I can't believe it either. One of these days I'm going to get started on it. Practically everything I've seen from him has been spot-on and I think what I've heard of his story is incredible. I'm on a crash-course with the Bear so I know it's coming. Maybe it will be after the book discussion.....

Charles, it sounds to me like you two are definitely more alike than not. Just sounds like he's not so into the science part of it? Or at least, so amicable to repeating himself about it ad naseum. I'm sure glad you're so patient!!

Anxiously awaiting the book discussion! I quit reading it in anticipation, but will start all over again when you're ready to roll.

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RE: Zero Carb / Meat and Water - chris m. - 09-08-2008 12:16 PM

Charles Wrote:
Can you believe I still have not read the Bear? I can't believe it either. One of these days I'm going to get started on it. Practically everything I've seen from him has been spot-on and I think what I've heard of his story is incredible. I'm on a crash-course with the Bear so I know it's coming. Maybe it will be after the book discussion.....

Charles - You really NEED to read him. But read the condensed version as I just read through a few posts that Dana gave me and it is even more frustrating that way!!! It is fascinating and you pick up snippets of his life journey that I can't help feel would make an interesting book with an emphasis on nutrition. [read collaboration Charles].

chris m

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RE: Zero Carb / Meat and Water - Living_healthy - 09-08-2008 12:37 PM

Charles Wrote:
Living_healthy Wrote:
2 fatty Pork chops, tablespoon of coconut oil, and I'm about to go eat a thin ribeye w/rendered fats

I don't think a tablespoon of coconut oil is enough to compensate for pork chops which are notoriously lean, even the fattier ones. You would have been better served with rendered pork fat. I can only eat pork with rendered pork fat.

I like coconut oil, but I don't think it's as satiating as the fats from the meats themselves. I had two pork steaks for lunch but I had a big chunk of rendered pork fat and I'm stuffed.

Regards,

Charles

The pork chops had huge chunks of fat on them. As far as the coconut oil goes, I had quit using it for about 3 weeks now because the coconut taste had become sickening to me. I couldn't tolerate another bite of it, but I started it back today in hopes that it would help.
Hello everyone,
I've been lurking for a couple of weeks now. I was going to wait to post until I read the whole thread, but it's sooooo long 😔I've read about 100 pages so far. I started out doing Atkins '72 (meat, eggs and 2 loosely packed cups of lettuce a day) but have been cutting back on the salads. I've been totally meat and water (and coffee) the last week or so. I was losing well on Atkins '72 and am losing now, but prefer the ease of not counting carbs at all. I still drink coffee, but no cream or artificial sweeteners.

Charles, your body of knowledge is impressive. You really help break down some complicated subjects. I know you've written about hunger but I still have a question about it if you don't mind?

I don't seem to be able to go more than 5 hours without eating something. This WOE is great, but I find it hard to find acceptable food when I'm out. Meat always seems to come with some kind of sauce which inevitably has sugar in it and there is little meat that can one can eat while walking. I generally bring lunch and snacks with me, but sometimes this isn't practical. I would love to be able to go 10 hours without having to eat. Whenever I try to "overeat" in preparation for a long period of not eating, I get sick so I know this won't work for me. As my body gets more adapted to this WOE will I be able to go longer between meals? Thanks

RE: Zero Carb / Meat and Water - Living_healthy - 09-08-2008 01:19 PM

FatGirlOnAtkins Wrote:
Living_healthy Wrote:
FatGirlOnAtkins Wrote:
Oh, wow... I don't come on here for 5 days and look how far behind I am! I'm trying to catch up. The stupid cut on my finger turned out to be a staph infection and I kept getting worse and worse until the doctor put me on antibiotics. I have been eating terribly this week, but I did get on the scale this morning anyway. Up 4 pounds, ugh. I am back on it today, getting ready to go running. Feeling SO much better!

Some antibiotics like Bactrim or Septra (drug of choice for Staph) can cause a drop in your blood sugar. Resulting in that unwanted four pound gain.

I wish it were that simple!!! I'm fairly sure all the frankenfoods I ate for 5 days resulted in the weight gain. Ugh. I am doing much better today.

RE: Zero Carb / Meat and Water - FatGirlOnAtkins - 09-08-2008 12:51 PM

Living_healthy Wrote:
FatGirlOnAtkins Wrote:
Oh, wow... I don't come on here for 5 days and look how far behind I am! I'm trying to catch up. The stupid cut on my finger turned out to be a staph infection and I kept getting worse and worse until the doctor put me on antibiotics. I have been eating terribly this week, but I did get on the scale this morning anyway. Up 4 pounds, ugh. I am back on it today, getting ready to go running. Feeling SO much better!

Some antibiotics like Bactrim or Septra (drug of choice for Staph) can cause a drop in your blood sugar. Resulting in that unwanted four pound gain.
I wish it were that simple!!! I'm fairly sure all the frankenfoods I ate for 5 days resulted in the weight gain. Ugh. I am doing much better today.

I guess I should have elaborated, but that is what I was saying. I just left a bunch of words out. The sugar dropped, the insulin spiked, cravings abound, and the rest is history. Glad you are better.

RE: Zero Carb / Meat and Water - suzanneyea - 09-08-2008 01:20 PM

When you go to a restuarant just tell them you have food allergies and to cook your steak or whatever you order with nothing on it. The words food allergies scare them enough to listen.

RE: Zero Carb / Meat and Water - nyteez - 09-08-2008 01:22 PM

chris m Wrote:
Actually I'm not sure where I got it !!
Mine is only 173 pages but has no one's questions and only his answers. All very good info from a man who has actually eaten this way for longer than most of his detractors have lived much less stuck to a certain way of eating. While reading it - that is the frustrating part - how he has to continually fend off his detractors.

The only other part I wonder about - If his heart blockages started in his teens and were well advanced by his early 20's - why did the bypasses have to be done in the year 2000. In other words why did the meat and water diet have an effect on his need for a bypass? Or did it? Does anyone have a take on this? I got a little confused reading the thread.

I like the condensed thread, it cuts out all the BS, but the whole version gives you a better perspective. It is a frustrating read, because of all the narrow minded people who totally lashed out at him.

The heart blockage issue was explained in depth somewhere in that thread. It had something to do with the fact that he started weight lifting when he was 55 (I think).

The Bear is actually VERY scientific and understands scientifically why Zero carb is so healthy. He just does not explain it so eloquently as Charles does. LOL!

Charles, I am surprised you have not read Bears thread. I am only surprised, because your view on Z/C is just like the Bears. You basically say the same things he does, just in a better more understanding way. 😊

RE: Zero Carb / Meat and Water - cbnebraska - 09-08-2008 01:37 PM

Okay, I'm sorry, could someone re-post the link to the condensed version then? I'm at work and flitting back and forth to the computer. Don't have time to scroll back through everything to determine which is the condensed link.

Thanks!
condensed version of Bear's thread:

http://activenocarber.myfreeforum.org/Concise_Bear_about1646.html

RE: Zero Carb / Meat and Water - Charles - 09-08-2008 01:48 PM

Bk_Metro Wrote:
As my body gets more adapted to this WOE will I be able to go longer between meals? Thanks

Thanks for the kind words, Bk-Metro and welcome to our forum!

Yes, I think you will be able to go longer between meals.

When I am out and I have to pick something to eat, I tend to go for fast-food burgers over anything else. I prefer Wendy's or McDonald's because I can't taste any perceptible salt on their burgers when I order them plain. After eating them, I find I can go 6 or 7 hours very easily. I love Hardees, but I think they have more sodium because they taste very "seasoned."

Going longer between meals is something that will kind of happen to you rather than something that you want to force.

When I cut out breakfast, I just noticed that it didn't take very much food in the morning to make me full. I found it easy to eat too much at breakfast plus I noticed that on the weekends, I only ate twice per day. That made it pretty simple to cut it out. I was slightly hungry for 5 minutes the first two days I did without it, but the feeling went away and I found I could skip it pretty easily. It seems to be all a matter of conditioning.

What you're describing makes me want to explore creating my own pemmican all the more. You need some portable food that is good for you, that fills you up, and that is entirely healthy. I think this week will be my week to do it. Several of our posters, in conjunction with Stefansson's book have made it sound terribly easy.

Regards,

Charles

RE: Zero Carb / Meat and Water - Charles - 09-08-2008 01:53 PM

nyteez Wrote:
Charles, I am surprised you have not read Bears thread. I am only surprised, because your view on Z/C is just like the Bears. You basically say the same things he does, just in a better more understanding way. 😊

Thanks, Dana. He probably didn't have the work of Nobel-winning scientists in his back pocket when he answered.
I tell you what, as good as Taubes is, if I would have only read *Not by Bread Alone*, that would have been more than enough to convince me about zero-carb. It's not very scientific in many places, but if you read it, you'll see that it didn't have to be. It looks rather obvious, especially when you get to "The Second Pemmican Wars."

By the way, when reading the book, I think you can substitute the words "zero-carb diet" any place you find the word "pemmican."

I am going to read the thread. I wonder if it's possible to get the entire thread in a PDF.....I love to print stuff out like that and read it as one does a novel.

Regards,

Charles

---

**RE: Zero Carb / Meat and Water - Nicola - 09-08-2008 02:18 PM**

montmorency Wrote:

Bear's rules:

5) Eat liver and brains only very infrequently- they are full of carbs.

brains don't have carbs:


I sent him a mail once about "salt"; he could not answer in clear words why!
I don't add salt to my meat but I have started this himalayan sole (1-2 tsp. in a glace of water once a day). Salt has a lot of functions in the body (energy, detox, insulin, alkaline, digestion, reducing cramps...).

Nicola

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**RE: Zero Carb / Meat and Water - MAC - 09-08-2008 02:24 PM**

Charles Wrote:

nyteez Wrote:

Charles, I am surprised you have not read Bears thread. I am only surprised, because your view on Z/C is just like the Bears. You basically say the same things he does, just in a better more understanding way. :

Thanks, Dana. He probably didn't have the work of Nobel-winning scientists in his back pocket when he answered.

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I am going to read the thread. I wonder if it's possible to get the entire thread in a PDF.....I love to print stuff out like that and read it as one does a novel.

Regards,

Charles

Charles,

I just sent you a PDF of BEAR Wisdom. You can turn anything you can print into a PDF with the free utility PrimoPDF.

RE: Zero Carb / Meat and Water - Charles - 09-08-2008 02:25 PM

I did follow the link to the Bear's website and read his general statements. I think I might like the condensed version without the comments from the others. I agree with all of the Bear's preliminary statements except for this part about the women.

Quote:
The female hormones seem cause a strong craving for carbs, as the female body isn't fertile without a layer of fat. This makes this diet very hard for women to follow. Traditionally the women are the gatherers of fruits and (starchy) roots, while the men are the hunters. This is shown today in the different ways men and women go about buying things. The gals "shop" which is a trip through the entire store or mall in search of things to buy. They may not actually buy (gather) anything. The guys on the other hand know what they are after, and then seek it out (hunts it down) and buys it, usually then taking it home right away.

This is where Taubes was helpful. Wade and Schneider's research supported our alternative hypothesis which said that it's not that women need fat in order to be fertile; rather, it's the availability of proper metabolic fuels which is the determinant. In other words, "it would be expected that ovulatory cycles would be inhibited by treatments that direct circulating metabolic fuels away from oxidation and into fat storage in adipose tissue." We already know that one can be fat and still on a zero-carb diet. That alone should not hamper their fertility just because they couldn't gain weight.

Stimulating fat storage is obviously what insulin does and they've shown that infusing insulin into animals will shut down their reproductive cycles. If "an excessive portion of available calories" is locked away in fat tissue, then the animal will act as if its starving. There will be insufficient calories to support both the reproductive and the other physiological processes essential for survival. Reproductive activity shuts down until more food is available to compensate.

Interestingly enough, obesity is only an association in these cases. I know of many women who are infertile and they are in no way obese. Of course, there are also many obese women who are infertile as well.

Like so much good science, this metabolic-fuel hypothesis of fertility has escaped the attention of clinicians. We've discussed this in this thread with relation to pregnant and nursing mothers and I firmly believe that if one consumes a healthy zero-carb diet, their children will also be healthy. Moreover, a
pregnant zero-carb mother doesn't have to worry that her child will grow to need braces in their teenage years! That would be enough to make me rejoice!

Regards,

Charles

RE: Zero Carb / Meat and Water - lynn hopes - 09-08-2008 02:38 PM

I remember quoting that to you before Charles. I do think the Bear has a point here. Men don't have the same hormonal fluctuations that women have so I can follow his logic that ZC would be easier for a man.

Like everything though it all depends on the person as clearly there are a lot of happy ZC women here.

RE: Zero Carb / Meat and Water - deedum - 09-08-2008 03:32 PM

Charles Wrote:
What you're describing makes me want to explore creating my own pemmican all the more. You need some portable food that is good for you, that fills you up, and that is entirely healthy. I think this week will be my week to do it. Several of our posters, in conjunction with Stefansson's book have made it sound terribly easy.

Regards,

Charles

Charles, if you could come up with an easy way to make pemmican I would be forever grateful. I really stress about traveling or being out and not having anything to eat. Eating room temp hamburger patties that have been in my purse all day is just so gross!

Deanna

RE: Zero Carb / Meat and Water - daveo - 09-08-2008 03:52 PM

One thing I have discovered is that at Carl's Jr, you can order the Big Hamburger plain, which has a pretty big, un-salty patty. Then they will add as many extra patties as you want for $1.25 each. I've been eating the triple 😁

RE: Zero Carb / Meat and Water - daveo - 09-08-2008 03:56 PM

deedum Wrote:
Charles Wrote:
What you're describing makes me want to explore creating my own pemmican all the more. You need some portable food that is good for you, that fills you up, and that is entirely healthy. I think this week will be my week to do it. Several of our posters, in conjunction with Stefansson's book have made it sound terribly easy.
Regards,

Charles

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Deanna

It IS easy, but it is time consuming and messy 😊

A batch can last a long time though.

RE: Zero Carb / Meat and Water - LindaSue - 09-08-2008 04:42 PM

Welcome to the forum, Bk_Metro.

Nicola, what is a himalayan sole?

Charles Wrote:
This is where Taubes was helpful. Wade and Schneider's research supported our alternative hypothesis which said that it's not that women need fat in order to be fertile; rather, it's the availability of proper metabolic fuels which is the determinant.

I was very thin when I got pregnant with my son back in my late 20's. I weighed less than I do now but wasn't eating low carb by any stretch of the imagination. I was without a doubt VERY fertile and got pregnant the first time that I didn't take precautions. Unless a woman is anorexic, she should have enough fat on her body to be fertile if she isn't starving herself.

Everything changed for me after I had my son. Even though he was breast fed for about two years, I was never one of those women who could return to their pre-pregnancy weight just by nursing. It was an uphill battle from that point on for me and that's what got me to try futile diets like Weight Watchers only to find that I couldn't lose any weight no matter how little I ate or how strictly I followed the diets. Obviously my hormones had changed in some way during my pregnancy. I finally was able to get back down to the weight I was when I got married (119) after I started a low carb diet a few years ago. If I'd known about low carb or zero carb all those years ago, I could have saved myself a heck of a lot of grief.

RE: Zero Carb / Meat and Water - FatGirlOnAtkins - 09-08-2008 05:30 PM

Living_healthy Wrote:
FatGirlOnAtkins Wrote:
Living_healthy Wrote:
FatGirlOnAtkins Wrote:
Oh, wow... I don't come on here for 5 days and look how far behind I am! I'm trying to catch up. The stupid cut on my finger turned out to be a staph infection and I kept getting worse and worse until the doctor put me on antibiotics. I have been eating terribly this week, but I did get on the scale this morning anyway. Up 4 pounds, ugh. I am back on it today, getting ready to go running. Feeling SO much better!
Some antibiotics like Bactrim or Septra (drug of choice for Staph) can cause a drop in your blood sugar. Resulting in that unwanted four pound gain.

I wish it were that simple!!! I'm fairly sure all the frankenfoods I ate for 5 days resulted in the weight gain. Ugh. I am doing much better today.

I guess I should have elaborated, but that is what I was saying. I just left a bunch of words out. The sugar dropped, the insulin spiked, cravings abound, and the rest is history. Glad you are better.

In that case, then, yes, you were correct

RE: Zero Carb / Meat and Water - Daryl - 09-08-2008 06:40 PM

A couple of Bear links:

http://www.sfgate.com/cgi-bin/article.cgi?file=/c/a/2007/07/12/MNGK0QV7HS1.DTL


RE: Zero Carb / Meat and Water - sean - 09-08-2008 07:36 PM

If I could offer my 2 cents on the BEAR.

He is a genius. That is very evident. He is far from an angry old man. He has responded to every one of my emails and from what I understand he gets quite a few. This is the guy that invented LSD (right or wrong who knows just a fact), and he takes the time to respond to some dope's (me) questions.

Ive talked to a guy that has dealt with him and he looks basically like a 40 something athlete.

Now the guy is 75, had bypass surgery and throat cancer, did 3 years in the federal clink and hasn't aged. Yet people want to debate him, insult him, and basically spill their emotional problems to defend their silly ways and claim it is science. He put up with way too much nonsense before bailing from that other forum.

Just think, Charles is a Godsend who has been at it only a year. BEAR has been at it for 50 years. I can certainly understand his lack of patience when he has to explain for the millionth time the Vitamin C scare or maybe even the Vit D nonsense. 50 years of answering the same silliness has got to get old.

I think Charles will thoroughly enjoy the read, and I am fascinated he hasnt read it yet as I thought certainly that is where the bulk of his information came from. Incredible.

One point that I know Charles will love is that the BEAR actually corresponded with Steffanson, who has clearly had a dramatic impact on Charles and most others familiar with his works. BEAR's knowledge base comes from the man himself and there simply is no greater authority. We are all stuck reading the works of the guy that actually mentored the BEAR in the truth.
Remember this guy invented the 60's. He was surrounded with the bulk of the vegetarian, peace, love, dont kill, animals are our friends nonsense yet he remained a true carnivore. He knows more about the vegetable/herb kingdom than any living human and refuses to eat them.....Interesting

Finally the song "Purple Haze" is a tribute to him and his product, what else does anyone need to know?????

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**RE: Zero Carb / Meat and Water - daveo - 09-08-2008 08:54 PM**

I would agree. Bear is a good guy who always takes the time to answer my questions. In fact I just got an email from him an hour or so ago with some great ideas on preparing liver (I had asked him if he thought I would want to supplement Vit A or take Cod Liver Oil since I don't like liver).

By the way, if you haven't tried his "tasty chook" recipe he mentions near the beginning of his thread, you need to. It's been a staple in my house for a long time now 😊

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**RE: Zero Carb / Meat and Water - suzanneeya - 09-09-2008 02:10 AM**

Quote: Interestingly enough, obesity is only an association in these cases. I know of many women who are infertile and they are in no way obese. Of course, there are also many obese women who are infertile as well.

Fertility has been a big issue for me. When trying to get pregnant I was not getting a cycle and was not underweight, the endocrinologist said my diet was way too low in fat, but I had been so programmed to eat low fat at that point it was very hard for me too change. Now, I am so much thinner and older and I get a cycle every 28 days.

I do not know why this diet is so much harder for some. It has been so easy for me to stick with, so it just cannot be hormones. I see lots of men who struggle with zero carb and I just breeze through.

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**RE: Zero Carb / Meat and Water - cbnebraska - 09-09-2008 06:45 AM**

First, let me apologize, I had not taken the time to read any of the BEAR's writings when I made the comment about him. I should be more careful what I say. I read the one post made here where he was, in my opinion, quite flippant and a bit condescending. I did not know his background. I have since read a half hour's worth of his condensed thread. Wish I had more time...... How interesting that he actually communicated with Steffansen. I would love to see a picture of him since he looks like he's 40 but he's actually 70+? That's amazing. Has anyone ever seen one? If I had time, I would google it myself, but I don't.

I want to comment on a post that was made quite a few pages back about hunger. I wish I could keep up with you people and jump in when something is actually being discussed, but life doesn't always allow it, plus, I'm definitely a ponderer, which doesn't always set well with these forums that move at rocket pace. There was a discussion at one point about some people getting hit hard with acute hunger and some saying they can forget to eat, how long each can go between meals, etc... My only comment is on the feeling of hunger. Is it possible that hunger feels different in each of us? It seems to me that for some reason I, as well as many people, associate hunger with something coming from the stomach. I am always waiting for something to go on in my stomach before I will admit I am truly hungry. I used to do this to the point of letting myself become so ravenous that I finally gave up and ate anything I could get my hands on - I felt out of control and nearly animal like in my behavior. I would just shove things in -
hence all the binging. This happened even on low carb. I shoved in oodles of "low carb" food, which added up to......... too many carbs. I think I am realizing, finally, that hunger to me isn't in the gut, it is in my energy level. Once I start to feel tired, it is time to eat. Actually, I would prefer to eat before I get to that point, so I need to establish more of a schedule. Now I know that I have to be sure to eat plenty of fat or I will not ever get the energy I'm so badly needing and some protein to feed my muscles and organs so they'll want to keep moving and working for me. I don't think I've found the right mix of the two for me yet because my energy is way to erratic at this point. Too many highs and lows, but I'm working on it.

Anyways, that's the "ah-ha" moment I wanted to share. It's not the stuff of science, but I thought maybe somebody could relate to it.

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RE: Zero Carb / Meat and Water - Living_healthy - 09-09-2008 07:28 AM

I'm feeling better as long as the hunger/cravings go. I'm beginning to think that this was a hormonal fluctuation that we women get. Although, I am in perimenopause, I feel this was the cause. I stuck to my zero carb plan and today I'm better. I'll keep this in mind for next month.

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RE: Zero Carb / Meat and Water - Lauren - 09-09-2008 07:29 AM

cbnebraska Wrote:
I want to comment on a post that was made quite a few pages back about hunger. I wish I could keep up with you people and jump in when something is actually being discussed, but life doesn't always allow it, plus, I'm definitely a ponderer, which doesn't always set well with these forums that move at rocket pace. There was a discussion at one point about some people getting hit hard with acute hunger and some saying they can forget to eat, how long each can go between meals, etc... My only comment is on the feeling of hunger. Is it possible that hunger feels different in each of us? It seems to me that for some reason I, as well as many people, associate hunger with something coming from the stomach. I am always waiting for something to go on in my stomach before I will admit I am truly hungry. I used to do this to the point of letting myself become so ravenous that I finally gave up and ate anything I could get my hands on - I felt out of control and nearly animal like in my behavior. I would just shove things in - hence all the binging. This happened even on low carb. I shoved in oodles of "low carb" food, which added up to......... too many carbs. I think I am realizing, finally, that hunger to me isn't in the gut, it is in my energy level. Once I start to feel tired, it is time to eat. Actually, I would prefer to eat before I get to that point, so I need to establish more of a schedule. Now I know that I have to be sure to eat plenty of fat or I will not ever get the energy I'm so badly needing and some protein to feed my muscles and organs so they'll want to keep moving and working for me. I don't think I've found the right mix of the two for me yet because my energy is way to erratic at this point. Too many highs and lows, but I'm working on it.

Anyways, that's the "ah-ha" moment I wanted to share. It's not the stuff of science, but I thought maybe somebody could relate to it.

I am working on this as well. I too have erratic energy levels and trouble getting in touch with hunger. What I really like about your post is using energy levels to determine when to eat. I'm a painter and while I'm working, I don't feel hungry but I can tell when I need to eat because I stop being able to focus on my work.
"THE BEAR" I have known many personalities like his and it is easy to misconstrue his actual intentions. From reading most of his thread I believe him to be "the real deal" !! for a personality like his you have to admire his patience. Sean and others have experienced the good side - having said that I don't blame him for not participating in another thread. As he said I said all I have to say. The link between Steffanson thru the Bear to all of us is an amazing thing and I think we should be grateful. I believe if you read those two and this thread you have all the answers you need to at least start your journey to amazing health!!

Chris m

Charles Wrote:
Bk_Metro Wrote:
As my body gets more adapted to this WOE will I be able to go longer between meals? Thanks

Thanks for the kind words, Bk-Metro and welcome to our forum!

Yes, I think you will be able to go longer between meals.

What you're describing makes me want to explore creating my own pemmican all the more. You need some portable food that is good for you, that fills you up, and that is entirely healthy. I think this week will be my week to do it. Several of our posters, in conjunction with Stefansson's book have made it sound terribly easy.

Regards,

Charles

Thanks for your suggestions. Fast food probably won't work for me, I've always dislike the burgers there, but I think Pemmican might be a real solution. I looked online and found a company that makes a version with only meat and fat (a lot of the commercially prepared ones seem to have berries, sugar and other stuff added). I'm going to order some today.

This thread is great, there is such exciting discussion here. I have read much of Bear's writings in the past. I don't much care for his characterization of women, but other than that he has a lot of helpful and wise things to say about this WOL.

Bk_Metro Wrote:
I looked online and found a company that makes a version with only meat and fat (a lot of the commercially prepared ones seem to have berries, sugar and other stuff added). I'm going to order some today.

Would you mind sharing that link? I want to try making my own, but I'd like to check out what they have.
Charles Wrote:

When I cut out breakfast, I just noticed that it didn't take very much food in the morning to make me full. I found it easy to eat too much at breakfast plus I noticed that on the weekends, I only ate twice per day. That made it pretty simple to cut it out. I was slightly hungry for 5 minutes the first two days I did without it, but the feeling went away and I found I could skip it pretty easily. It seems to be all a matter of conditioning.

Regards,

Charles

So Charles, you no longer eat breakfast? Just 2 meals a day? I do that on the weekends, primarily do to my schedule. I am not up as early and I do just fine. Coincidentally, my lowest weigh ins are always on the weekends. Hmmmrmrmmrmmrmmmmmmmmmmmmmm? ?????????????????????????

RE: Zero Carb / Meat and Water - daveo - 09-09-2008 07:59 AM

cbnebraska Wrote:
I would love to see a picture of him since he looks like he's 40 but he's actually 70+? That's amazing. Has anyone ever seen one? If I had time, I would google it myself, but I don't.

Here is a picture of him circa 1999, so he would have been about 64.


RE: Zero Carb / Meat and Water - Charles - 09-09-2008 08:05 AM

Angela Wrote:
So Charles, you no longer eat breakfast? Just 2 meals a day? I do that on the weekends, primarily do to my schedule. I am not up as early and I do just fine. Coincidentally, my lowest weigh ins are always on the weekends.

This was my experience for the most part. Breakfast really complicated my weekday routine as well. I have a group of co-workers who I enjoy socializing with. The lunchroom conversation and the visits to area restaurants are quite fun from a social perspective. I don't get at all hungry or envious of what they eat.

Most of the time, I am never hungry when they are ready to eat so usually I just go out with them and just talk while they all eat and I would eat later when I got hungry which wouldn't be until almost 3:00 in the afternoon. Now, that I skip breakfast, I'm ready to eat around noon so it works out perfectly.

Some days, like yesterday, I don't get around to eating until 1:00 because I get busy and just put it off. It's not all difficult to do.

Having said all that, I don't encourage anyone to skip breakfast by going hungry. However, if you find
that you don't need very much food in the morning, it might be a good idea to keep tapping into that long-term energy supply a little longer.

I also prefer to eat earlier in the evening. In my family, we would typically eat dinner at 8:00 or 9:00 (sometimes later on gym nights) and I didn't like doing that either. Now we try to eat around 7:00 which makes for a better night sleep for all and it extends our hypophagia period during the night.

Regards,

Charles

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**RE: starting meat and eggs today - DebbieDoesAtkins - 09-09-2008 08:19 AM**

I would advise you not to think too much about goal weight and that sort of thing.

I know this isn't a 12 Step Forum, but we do have a saying in OA that covers this idea and the longer I'm in program, the more I see it's value:

If you focus on weight, you'll lose your recovery; if you focus on recovery, you'll lose weight.

If I'm focusing on goal weight, what I'm eating/not eating, I'm right back "in the food" as far as obsessing goes, whether I'm eating or not. My aim is to define a food plan (right now, Atkins), stick to it one day at a time, and live in between meals...wisdom from a foodie and just my $.02.

Peace y'all,

carrie

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**RE: Zero Carb / Meat and Water - Charles - 09-09-2008 08:36 AM**

Okay, I have been reading throughout all of last evening and more this morning and I have to tell you, I have the greatest respect for the Bear. This guy was all over it for sure. I wish I had the intestinal fortitude to answer some of the questions in the matter of fact way that he does. It's funny, people think I'm an angry black men when I get slightly agitated by certain questions and suggestions. I think I'm pretty docile compared to the Bear! He is voracious! You can certainly tell his level of frustration at times with the attackers, especially when he was only there to help. I can certainly identify and have considered ending my participation many times. However, when I get a PM from someone asking for help, there is just no way I can turn away from that if there is a chance I can help.

I would also say that I tend to agree with 90% of all that he writes, for sure. Some of the differences will become apparent to all of you when we start the book discussion of Not by Bread Alone. There are a few of Stefansson's comments that were misquoted and the rammifications are significant.

I'm not sure I was ever correct about the glucose burning associated with exercise. He may indeed be correct in his assertions even though he can't find the studies. I don't mind being wrong about those and I sincerely hope he's correct because it impacts my own athletic pursuits.

On the other hand, he does drop down into some of the dogma from time to time when he mentions things like basal metabolism and burning calories. These two theories have been clearly shown to be bogus but this is not at all important in the grand scheme of things.
It's now obvious to me that the leader of the raw-paleo forum did not read Stefansson's book. Rather, he read the Bear's thread and he quotes Bear's comments concerning Stefansson. For instance, the Bear says that the Inuit preferred and ate mostly raw food and did not eat boiled fish.

However, Stefansson says the following:

Not By Bread Alone (NBBA) at 44 Wrote:
From knowledge of other white men, the Eskimos considered the trout most suitable for me and would cook them specially, roasting them against a fire. They themselves ate boiled fish

and this:

NBBA at 44 Wrote:
Against my expectation, and almost against my will, I was beginning to like the baked salmon trout when one day of perhaps the second week I arrived home without the children having seen me coming. There was no baked fish ready but the camp was sitting around troughs of boiled fish. I joined them and, to my surprise, liked it better than the baked. Thereafter the special cooking ceased and I ate boiled fish with the rest.

As I've written before, it's very difficult to single out the Inuit and say they do this or that because there were many groups of Inuit and they had their own practices. For each group of Inuit who ate a particular thing, there was another that rarely or ever ate that particular food. The more important thing was that ALL of them were in perfect health and there were no signs of the diseases of civilization:

NNBA at 39 Wrote:
If we compare the whole diet of a strictly carnivorous group of Eskimos with the carnivorous portion of our diet, they would be found to eat, on the average, a higher percentage of raw or rare meat than we do. But if we compare our whole diet with theirs, remembering that our milk and cream are sometimes raw, our fruit and vegetables frequently raw, our eggs usually soft-cooked while Eskimos invariably cook theirs hard, and that our roasts are more rare than theirs though their boiled meat is more rare than ours—

**if we consider the whole picture, we doubtless use nowadays a far higher percentage of uncooked food than did the prewhite Eskimo world.** The Eskimos cooked whenever convenient.

If they breakfasted on raw food it was either because the group did not want to waste time in cooking or else because they awoke with too keen an appetite—pre-white cooking was usually slow, requiring two or three hours. The same would be true for lunch. At dinner time, in the Eskimo way of life, there was ample leisure, and this meal was seldom eaten raw. The fourth meal of the day, just before going to bed, normally
consisted of cold boiled food left over from dinner.

Some Eskimos eat a good deal of dried food and others never taste it for years or decades; there are also pronounced variations of diet in other ways. Some groups, for instance, hardly ever have any appreciable amount of food except fish, while others seldom taste fish, living chiefly on the flesh of mammals.

No frying was ever practiced before Europeans came—apparently frying is a rare form of cooking among primitive people everywhere. Roasting was occasional, and usually by Eskimos who lived in forested districts. Even in the woods, boiling is the normal method, while on sea coasts or at sea it is practically the only form.

The next difference comes with the way the particular Inuit who ate caribou divided the food that they ate and what was given to the dogs. On the one hand, the Bear seems to suggest that liver is good and that the Inuit ate it, but in other places he correctly identifies it as not so good.

NBBA at 171 Wrote:
We traveled a few miles inland, established a camp, hunted caribou (there were two of us well, out of four), and began the all-meat cure. Fuel was pretty scarce, so we cooked only one meal a day; besides, I thought raw food might work better. We cooked the breakfast in a lot of water. The patients finished the boiled meat while it was hot, drank some of the broth warm and kept the remainder to drink cold during the rest of the day. For their other meals they ate slightly frozen raw meat, with normal digestion and good appetite. We divided up the caribou in ordinary Eskimo style, so the dogs got organs and entrails, hams, shoulders, and tenderloin, while the invalids and we hunters got heads, briskets, ribs, pelvis, and the marrow from the bone.

As you can see in the quote, the raw food was only taken on the move when there wasn't time to cook. There were times when this was appropriate but you can easily see that the preference was to cook.

The Inuit ate certain livers occasionally, but not the "vitamin-containing ones" that one would think. Those who did eat livers were careful to stay away from certain livers entirely, like the ones from polar bears.

NBBA at 33 Wrote:
The cause of the trouble with bear liver is unknown, but there have been many theories. One of these is that the symptoms are produced by an overdose of vitamins, in which these livers are known to be rich. There is in them, no doubt, as in other vitamin-bearing livers, a great variation in amounts contained, which has been offered as an explanation of why one may eat half a dozen livers with complete
satisfaction and become violently ill at the seventh. There would be a greater danger if a second liver were eaten immediately after the first: the danger of vitamin overdosage.

The liver of caribou and moose is eaten by the family occasionally; that of mountain sheep frequently, and that of the seal nearly always, for it is the favored part. The flipper is liked, too, and the leg above the flipper, fore and aft.

Apart from this, there seem to be no strong preferences; and that is probably true also for the walrus, but I have never lived where they were hunted.

Now, by showing these differences, I am not at all suggesting that anything is materially wrong with what the Bear says and the outstanding advice he provides. I think this is important because based on reading the Bear, one might conclude that raw meat is the way to go in every case as our brothers and sisters at raw paleo seem to believe.

So what's the answer? Charles is not 100% right, nor is the Bear, and nor is Stefansson. Why? Because although Stefansson had the right outlook, he did not trust his perceptions enough to remain on the all-meat diet. It is noteworthy that he returned to this way of eating later in life when he ran into trouble, but one wonders if he stayed on it more than the 10 years he did, would he have ever developed the health issues he did.

You have the main text in your own hands so you will be able to read it for yourself and make your own determinations of what is true and what is not. I do, however, believe that between our thread here, the Bear's thread and Stefansson's book, you certainly have all the answers necessary to understand how to keep yourselves as healthy as possible without fear of ANY deficiency or the diseases of civilization.

It is appropriately said that those who do not learn their history are destined to repeat it. I can think of no other material area in life where this dictum is more true. Rather than relying on one of us to tell you, you have the tools to make the choice for yourself.

Regards,

Charles

RE: starting meat and eggs today - pamela702 - 09-09-2008 08:49 AM

DebbieDoesAtkins Wrote:
I would advise you not to think too much about goal weight and that sort of thing.

I know this isn't a 12 Step Forum, but we do have a saying in OA that covers this idea and the longer I'm in program, the more I see it's value:

If you focus on weight, you'll lose your recovery; if you focus on recovery, you'll lose weight.

If I'm focusing on goal weight, what I'm eating/not eating, I'm right back "in the food" as far as obsessing goes, whether I'm eating or not. My aim is to define a food plan (right now, Atkins), stick to it one day at a time, and live in between meals...wisdom from a foodie and just my $.02.

Peace y'all,
carrie
Hi Pamela, I have been doing meat/eggs now for almost a month now and have never felt better. I no longer track my calories, thinking I was going to be too low - obsessing about it, I never was. No more. I've also taken to heart Charles' words, eat when hungry, don't when not. It was amazing to me to actually FEEL hunger - I was an emotional eater. I am not obsessed with having to lose #'s every week - , but have been doing ok and losing the inches too.

I have found eating 2x's a day has been sufficient for me and not that I hold to that forcefully, that's just what my body is telling me. There are days when I can't seem to eat enough - and then I eat until satiety. I know when that happens too - that uncomfortable feeling of overstuffing myself has left also. Just listening. Food doesn't seem to have that hold on me now at this point. I'm happy for that transformation.

Trust in your own body's signals and go with them.

I truly believe in what Charles has extensively written here.

😊's, Patti

Charles Wrote:
I'm not sure I was ever correct about the glucose burning associated with exercise. He may indeed be correct in his assertions even though he can't find the studies. I don't mind being wrong about those and I sincerely hope he's correct because it impacts my own athletic pursuits.

What do you mean Charles? Can you elaborate further on this? Are you saying glucose is or is not burnt during exercise?

Bk_Metro Wrote:
I don't much care for his characterization of women, but other than that he has a lot of helpful and wise things to say about this WOL.

The only statement regarding women I have seen him make is that he thinks women may find ZCing harder. I actually agree with him on this as women are more prone to hormonal fluctuations. What else has he said that is offensive to women? I am currently working my way through the Bear thread at ALCF.

lynnhopes Wrote:
Bk_Metro Wrote:
I don't much care for his characterization of women, but other than that he has a lot of helpful and wise things to say about this WOL.
The only statement regarding women I have seen him make is that he thinks women may find ZCing harder. I actually agree with him on this as women are more prone to hormonal fluctuations. What else has he said that is offensive to women? I am currently working my way through the Bear thread at ALCF.

He said women's role is as a gatherer and men are hunters. Something like that.

---

**RE: Zero Carb / Meat and Water** - chris m. - 09-09-2008 09:49 AM

**THIS IS FUNNY:**

Charles says "I wish I had the intestinal fortitude to answer some of the questions in the matter of fact way that he does. It's funny, people think I'm an angry black men when I get slightly agitated by certain questions and suggestions."

top of page 111 on the condensed post:
Bear says "IF THIS BS KEEPS UP I AM OUT OF HERE, I AM NOT KIDDING" !! yes, you can here him shouting.

Now there is a matter of fact way !!!!

Chris m

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**RE: Zero Carb / Meat and Water** - lynnhope - 09-09-2008 09:53 AM

MAC Wrote:
He said women's role is as a gatherer and men are hunters. Something like that.

I don't consider that offensive. Surely that was the way it was in caveman times? What's offensive about that?

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**RE: Zero Carb / Meat and Water** - cbnebraska - 09-09-2008 10:11 AM

Charles Wrote:
I'm not sure I was ever correct about the glucose burning associated with exercise. He may indeed be correct in his assertions even though he can't find the studies. I don't mind being wrong about those and I sincerely hope he's correct because it impacts my own athletic pursuits.

Regards,

Charles

Well, you sparked my interest here Charles......... Please explain and apply. I would like to see how it might impact me as well. I have a 6 hour or more Adventure Race this weekend and I am trying very hard to plan out my eating. I just don't know how I will manage to stay on plan. The pemmican idea is tempting, but I simply don't have the time to prepare it. I am leaning towards some energy bars that are
mostly nuts and towards taking along some low sodium bacon. Unfortunately, I can't eat like I train for such a long race because I never train that long, I simply go for it - relying on my body to pull me through. It usually does, but I've never done such a long one with zero carb. I am worried about going without any food for such a long time. I know the African Tribes do it, but I am not African and am not so conditioned!!

Thanks!!

RE: Zero Carb / Meat and Water - MAC - 09-09-2008 10:13 AM

lynnhopes Wrote:
MAC Wrote:
He said women's role is as a gatherer and men are hunters. Something like that.

I don't consider that offensive. Surely that was the way it was in caveman times? What's offensive about that?

Here is the exact quote:

"If you ask an Aboriginal man what traditional food is, he will name all the animals he can hunt. If you ask him about other food, he will than tell you about the 'bush tucker' you can eat when you can't find any animals. Both men and women will hunt, but men rarely gather. The Aborigines are modern hunter-gatherers, their prehistory (dreamtime) is not known to science."

RE: Zero Carb / Meat and Water - lynnhopes - 09-09-2008 10:14 AM

Still not offensive to me............

RE: Zero Carb / Meat and Water - DebbieDoesAtkins - 09-09-2008 10:37 AM

Actually, I kinda like having a scientific reason to justify my shopping behavior....

c

RE: Zero Carb / Meat and Water - Nicola - 09-09-2008 10:44 AM

Some interesting information about protein and fat:

http://www.uswellnessmeats.com

Here's a couple articles from this week:

Al Sears, MD
Author of The Doctor's Heart Cure

The Importance of Protein
If you want to shed pounds and build lean muscle you should eat protein at every meal.

Protein is the only daily essential macronutrient. Fat is also essential, but you can survive longer without fat than you can without protein. Carbohydrates, the third macronutrient, are completely inessential to your diet. In other words, your body can make whatever carbs it needs on its own.

Quality protein is your single most important nutritional concern. It's composed of 20 amino acids, eight of which you can't make and must consume. To be optimally healthy, you must consume all eight of these essential amino acids every day.

Protein is an important component of every cell in your body. Hair and nails are mostly made of protein. Your body uses protein to build and repair tissues. You also use protein to make enzymes, hormones, and other body chemicals. It is an important building block of bones, muscles, cartilage, skin, and blood.

But unlike fat and carbohydrates, the body does not store protein, and therefore has no reserve to draw on when it needs a new supply. Over consuming protein actually programs your body to burn fat. It throws on a "metabolic switch" and tells your body that it's okay to burn fat.

Here's why: Your body is not a machine. It's a living, sentient being that makes decisions based on the challenges it faces everyday.

Your body's number one priority is survival. And protein is your body's most prized power source. Under normal circumstances, your body keeps fat on reserve for one reason: to prevent starvation.

But when your body has more protein than it needs, its survival is not threatened. It then feels "safe" enough to start burning off its fat stores.

Over-consuming protein is one of the easiest, most reliable ways of triggering high-speed fat loss. In addition, you'll guarantee your body has the building blocks it needs for optimum health.

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Love the Bear thread, and glad to see it getting some play here! That thread is what turned me on to all-meat as healthy. I came on the ALC forum just after the thread was closed (May '06) and I figured anything that inspired that much vehement opposition must have something to it! I figure that for pretty much everything I don't agree with everything he says, but then I don't agree with everything anyone says. He had so much info to offer, and it's too bad he was treated the way he was -- though he could dish it out as good as he took it.

Anyone here eating eggs and cheese - his 'cheese eggwich' is frickin amazing. Or 'egg cheesewich'. Whichever 'wich you like. Haven't tried the chook one yet but I hear rave reviews.

This WOE appealed to me immediately, especially after learning about my own food sensitivities and how common they are. Not that I think all veg matter is 'poison' (though some of it certainly is), but there's something about this WOE that, IMO, appeals to some inner knowing, some deep primal cellular
memory we carry around. I remember the first time I really went all-meat...it was the first time I really felt GOOD, as opposed to good. I'm not totally all-meat now, fairly close, but the best I ever felt was on all-meat/fat.

Re: hunger feelings -- I feel them in my throat (a sensation I can't describe), or I just start to feel kinda tired and/or empty. Not unpleasant at all, nor urgent. Nice change from how it used to be!

RE: Zero Carb / Meat and Water - daveo - 09-09-2008 11:14 AM

waywardsister Wrote:  
I came on the ALC forum just after the thread was closed (May '06) and I figured anything that inspired that much vehement opposition must have something to it!

Anyone here eating eggs and cheese - his 'cheese eggwich' is frickin amazing. Or 'egg cheesewich'. Whichever 'wich you like. Haven't tried the chook one yet but I hear rave reviews.

"Whenever you find yourself on the side of the majority, it's time to pause and reflect." - Mark Twain

When I was eating eggs and cheese, I tried a few times to make the cheese eggwich. I couldn't flip the friggin thing without the top eggs just sliding off, but it still tasted pretty good. Oddly, the thought of eating eggs now kind of nauseates me.

RE: Zero Carb / Meat and Water - Charles - 09-09-2008 11:16 AM

lynhopes Wrote:  
What do you mean Charles? Can you elaborate further on this? Are you saying glucose is or is not burnt during exercise?

On zero-carb, I know that it's not generally burned because insulin levels are low which means there is nothing to move any glucose into muscle cells to be burned. Low insulin primes the muscles to only burn fatty acids and spare glycogen in the muscles and in those tissues that need it in the body.

The common view, which I've always ascribed to was that when you push your heart rate about 85% of capacity, then you get into anaerobic exercise where you can deplete muscle glycogen. I've been skeptical about this because I know what it feels like when our muscles get glucose to eliminate. It generally results in a burning sensation. Anyone who has ever run the 400 meters in high school knows exactly what I'm talking about.

However, when I run a hard 400 meters now, I never get that burn even though I get thoroughly wiped out by my effort.

The Bear says that even on high carb diets, the muscles do not burn glucose at all. He counters that the energy boost they feel is more related to insulin. He does acknowledge that glycogen does get replenished but it happens naturally and the body does it on its own. He rejects the idea that one can replenish glycogen using carbohydrates.

He also advised that it is best to provide two or three days between weight training workouts, and I have found that to be the best thing for zero-carb athletes as well.
Dr. Groves says that glucose gets converted to pyruvate and it is burned in the muscles with lactic acid as a byproduct. I tend to believe Dr. Groves because this dovetails with my experience. It's also obvious that there are many high-carb athletes who have no visible body fat and they tend to metabolize carbohydrates very well. I also think it's been conclusively demonstrated in Taubes that the muscles are the first repository for dietary glucose once in triglyceride form (after being assimilated in fat tissue).

However, the Bear does not believe that fatty acids go into fat tissue at all. He believes them to just circulate when glucose is absent from the body. That has been effectively disproved by David Rittenberg and Rudolf Shoenheimer when they were able to tag molecules with deuterium. They were able to follow fatty acids, protein and glucose as it traveled through the body. They learned that a considerable portion of the calories we consume in all forms, first goes to adipose tissue before being assimilated for fuel by the rest of the body. Carbohydrates were the surprise finding, but the same was found to be true with regard to fatty acids and proteins as well. This has been known since 1948 and caused the great scientist Ernst Westheimer to conclude that "the classical theory that fat is deposited in the fat tissue only when given in excess of the caloric requirement has been finally disproved."

Fatty acids only accumulate in fat tissue when they are trapped there for some reason (carbohydrates).

I tend to agree with the Bear when he says that the process of "burning carbs is only the process of converting them into fat which puts a severe load on the body during exercise." It is true that many studies (especially Phinney's) show that endurance is increased on the high-fat diet.

Regards,
Charles

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**RE: Zero Carb / Meat and Water - Charles - 09-09-2008 11:19 AM**

lynnhopes Wrote:

I don't consider that offensive. Surely that was the way it was in caveman times? What's offensive about that?

For one thing, it's not even true. Stefansson says in *Adventures in Diet* that a considerable portion of the women went out to gather food and work with the men and only some stayed behind for the care of children and work in the camp. These Inuit women were obviously quite capable and kept up with the men just fine.

Regards,
Charles

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**RE: Zero Carb / Meat and Water - Charles - 09-09-2008 11:28 AM**

daveo Wrote:

When I was eating eggs and cheese, I tried a few times to make the cheese eggwich. I couldn't flip the friggin thing without the top eggs just sliding off, but it still tasted pretty good. Oddly, the thought of eating eggs now kind of nauseates me.

Yeah, I can't go with the Bear on some of his dietary choices. He loves the cream and eggs and he even
enjoys a little nastytame with one of his concoctions. Never in a million years! It's amazing he doesn't feel any palatable signs of hunger because if I ate some of the things he does, I would definitely feel hunger.

It's highly possible that salt was my downfall when I did include eggs. I didn't like eggs without salt so who knows, maybe today I would like them and they could stay. However, they are certainly not something I miss. I prefer to keep it simple.

Charles

RE: Zero Carb / Meat and Water - Charles - 09-09-2008 11:30 AM

ebnebraska Wrote:
Well, you sparked my interest here Charles........ Please explain and apply. I would like to see how it might impact me as well. I have a 6 hour or more Adventure Race this weekend and I am trying very hard to plan out my eating. I just don't know how I will manage to stay on plan. The pemmican idea is tempting, but I simply don't have the time to prepare it.

I haven't read anything in the Bear's thread that will help you with this one, Cynthia. I wouldn't even do a six-hour Adventure Race so I won't be much help there either.

But I can tell you this. If there was any sort of event that I couldn't do unless I included carbohydrates, then that's one event I would not participate in.

Did I sound Bear-like with that? 😊

Regards,
Charles

RE: Zero Carb / Meat and Water - ebnebraska - 09-09-2008 11:38 AM

Nicola Wrote:
Over-consuming protein is one of the easiest, most reliable ways of triggering high-speed fat loss. In addition, you'll guarantee your body has the building blocks it needs for optimum health.

Interesting......... you scientists, agree or disagree?

RE: Zero Carb / Meat and Water - Richard - 09-09-2008 11:47 AM

Nicola Wrote:
...But when your body has more protein than it needs, its survival is not threatened. It then feels "safe" enough to start burning off its fat stores.

Over-consuming protein is one of the easiest, most reliable ways of triggering high-speed fat loss. In addition, you'll guarantee your body has the building blocks it needs for optimum health.
This brings up a question. I have seen and used the online protein calculators and they say I should have anywhere from 80-120 grams of protein per day.

Currently I shoot for 120 grams per day but this is not a pin and paper, keep the record thing.

What IS the best method for figuring a 'ball park' protein intake...if necessary.

RE: Zero Carb / Meat and Water - MAC - 09-09-2008 11:48 AM

cbnebraska Wrote:
Nicola Wrote:
Over-consuming protein is one of the easiest, most reliable ways of triggering high-speed fat loss. In addition, you'll guarantee your body has the building blocks it needs for optimum health.

Interesting......... you scientists, agree or disagree?

What is the definition of overconsuming? Your body is only going to use the amino acids it needs for repair for that day. Protein is not stored like fat. Glucose gets converted to glycogen but the body only holds so much. After that glucose is converted to triglycerides and those get put into fat storage. Protein is inherently more metabolically costly to use for fuel than fat or glucose. Protein is anabolic (meaning muscle building) but I don't know if overconsumption is going build more muscle just because you over consume it. The body uses what is needs. If you were protein deficient you may build some muscle.

RE: Zero Carb / Meat and Water - MAC - 09-09-2008 11:50 AM

Richard Wrote:
Nicola Wrote:
...But when your body has more protein than it needs, its survival is not threatened. It then feels "safe" enough to start burning off its fat stores.

Over-consuming protein is one of the easiest, most reliable ways of triggering high-speed fat loss. In addition, you'll guarantee your body has the building blocks it needs for optimum health.

This brings up a question. I have seen and used the online protein calculators and they say I should have anywhere from 80-120 grams of protein per day.

Currently I shoot for 120 grams per day but this is not a pin and paper, keep the record thing.

What IS the best method for figuring a 'ball park' protein intake...if necessary.

Use the calculator found on this page. It is approximate and errrs on the high side.

Charles Wrote:
But I can tell you this. If there was any sort of event that I couldn't do unless I included carbohydrates, then that's one event I would not participate in.

Did I sound Bear-like with that? 😊

I know, I know. I won't mention it again. I find it fun and I'm not beating my body up that badly, really. It's not like I crawl across the finish line. I sleep well that night and am a little lethargic the next day, but that's about it. I don't really know if I need the carbs, but I am going to bring along the low carb energy stuff. It's mostly about portability, not so much anything else. I think my body will survive one or two nut based energy bars 6 times a year. To each his own I guess. Sorry to bring it up.

Nicola Wrote:
...But when your body has more protein than it needs, its survival is not threatened. It then feels "safe" enough to start burning off its fat stores.

Over-consuming protein is one of the easiest, most reliable ways of triggering high-speed fat loss. In addition, you'll guarantee your body has the building blocks it needs for optimum health.

If by this you mean, "fatty protein" then I would tend to agree somewhat. If you mean lean protein, then I strongly disagree.

MAC Wrote:
Richard Wrote:
Nicola Wrote:
...But when your body has more protein than it needs, its survival is not threatened. It then feels "safe" enough to start burning off its fat stores.

Over-consuming protein is one of the easiest, most reliable ways of triggering high-speed fat loss. In addition, you'll guarantee your body has the building blocks it needs for optimum health.

This brings up a question. I have seen and used the online protein calculators and they say I should have anywhere from 80-120grams of protein per day.

Currently I shoot for 120grams per day but this is not a pin and paper, keep the record thing.

What IS the best method for figuring a 'ball park' protein intake...if necessary.

Use the calculator found on this page. It is approximate and errs on the high side.
The results...187.8 grams of protein!

I guess I better start eating!!!!!!!

RE: Zero Carb / Meat and Water - Charles - 09-09-2008 11:56 AM

cbnebraska Wrote:
I know, I know. I won't mention it again.

Don't be like that. You should mention it. I didn't say anything was wrong with the race. I just said that if you have to resort to carbs, it's not the best thing to do. What else could I possibly say? If I said anything different, you wouldn't believe me anyway.

It does sound like fun and if you enjoy it that's a very good thing. Don't be afraid to share what happened just because I don't think it's the best thing in the world. Who am I? I'm not that important... 😊

Regards and Good Luck!

Charles

RE: Zero Carb / Meat and Water - Charles - 09-09-2008 12:03 PM

Richard Wrote:
This brings up a question. I have seen and used the online protein calculators and they say I should have anywhere from 80-120 grams of protein per day.

What IS the best method for figuring a 'ball park' protein intake...if necessary.

You're making this far too complicated. What is going on in your body? When you eat your food, do you feel strong and energetic, or are you lethargic and lazy? You should be able to tell whether you are getting leaner and more muscular or if there any muscle definition in your body. If you don't eat enough protein your body will take the protein it needs from your muscle. You should be able to tell if this is happening. Too much protein weakens us and if there is not enough fat to go along with that protein, you will build up ammonia in your blood and this will weaken you and could kill you in short order.

Just find some fatty protein and eat it with every meal. If you're hungry, then eat more of it. That's the simplest way. If you eat a little too much your body will get rid of the extra and all will be fine. However, this shouldn't be lean protein. If your protein is fatty protein then it's difficult to really know how much protein and fat is actually in it. The counters are typically using trimmed meat and it's an average. You have to look at meat to determine how much fat and protein is present. Most of the red stuff is water and protein and the white stuff is fat. Get a lot of white stuff and if you feel nausea after a little bit of fat, then eat more lean. When you're full, stop eating. Don't try to eat according to some number on a chart.

Regards,
RE: Zero Carb / Meat and Water - **MAC** - 09-09-2008 12:03 PM

Richard Wrote:
MAC Wrote:
Richard Wrote:
Nicola Wrote:

...But when your body has more protein than it needs, its survival is not threatened. It then feels "safe" enough to start burning off its fat stores.

Over-consuming protein is one of the easiest, most reliable ways of triggering high-speed fat loss. In addition, you'll guarantee your body has the building blocks it needs for optimum health.

This brings up a question. I have seen and used the online protein calculators and they say I should have anywhere from 80-120 grams of protein per day.

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What IS the best method for figuring a 'ball park' protein intake...if necessary.

Use the calculator found on this page. It is approximate and errs on the high side.


The results...187.8 grams of protein!

I guess I better start eating!!!!!!!

I got 129. But then I am in ketosis. The usual rule of thumb is 1 g per kg of LEAN body mass. That is everything BUT your body fat. If you are zero carbing then you need protein to convert to gluconeogenesis at the rate of 1 g protein for every .58 g of glucose. You need 30 grams of glucose from gluconeogenesis on a zero carb diet or about 52 additional grams of protein. Add more protein to err on the high side. Every gram of carb you ingest reduces this amount. If you are not in ketosis then you need a lot more protein until you do if you are eating less than 50 g of carbs a day. But this calculator does this all for you. I just want people to understand what is underneath the calculations.

RE: Zero Carb / Meat and Water - **Charles** - 09-09-2008 12:12 PM

MAC Wrote:
If you are zero carbing then you need protein to convert to gluconeogenesis at the rate of 1 g protein for every .58 g of glucose. You need 30 grams of glucose from gluconeogenesis on a zero carb diet or about 52 additional grams of protein. Add more protein to err on the high side. Every gram of carb you ingest reduces this amount. If you are not in ketosis then you need a lot more protein until you do if you are eating less than 50 g of carbs a day. But this calculator does this all for you. I just want people to understand what is underneath the calculations.
The Bear says, No. He says we have the gluconeogenesis all wrong and I tend to agree with him.

the Bear Wrote:
This is a fact and is history, so all the conjecture and theorising in
the world will not change it. If the body was able to create glucose on demand from ripping he core out
of protein,
then why is 100% protein so deadly it can kill you in about a week to ten days? Adding dietary fat or
carbs
prevents this poisoning. The fact is gluconeogenesis is rare except under two conditions, severe fasting
and
recovery from starvation-induced bodyfat depletion on a zero carb diet. Then the adipose tissues are re-
built by
diverting a small amount of blood sugar which stimulates mild gluconeogenesis.

The conversion rate you cite happens during fasting and people have extrapolated that to mean it
happens all the time and I disagree. Even Dr. Eades admits that he took the figures from fasting in his
Ketosis and Metabolism article. The Bear makes a solid point:

the Bear Wrote:
Gluconeogenesis is a fasting process that only begins after the point where there are NO more ketones
OR
glycogen available. The body always spares protein, and it is only under severe conditions that protein is
ripped
apart for the glucose spine it contains.

When glucose is required beyond that from glycogen, or to replenish glycogen, it is produced by
GLYCEROL
CONVERSION (ketones and glycerol are derived from triglycerides, the standard 'fuel' of the body-
they have
nothing to do with gluconeogenesis). This is not conjecture. I have definitely said there are some
structures in the
body that are dependent of glucose, and cannot use ketones (read the thread).

It's certainly clear that even on a zero-carb diet, we still have some triglycerides. They are significantly
lower than before, but nonetheless they do exist. I always kind of wondered why we need any
triglycerides once the dietary glucose is removed, but the Bear's explanation makes a lot of sense to me.

Regards,

Charles

RE: Zero Carb / Meat and Water - Richard - 09-09-2008 12:18 PM

I have been ZC except for a cups of coffee over the last week with some heavy cream and some cheese
(really not that great after 10 days on ZC).

Using Charles notation I do need to eat more. I am finding I can only go 4-5 hours now (when I first
started 2-3 hours) before hunger sets in. I am having mostly 25-27% fat burgers with some sausage
thrown in here and there. I have also just (3 days ago) added coconut oil.
I don't think I have found the perfect balance yet.

RE: Zero Carb / Meat and Water - MAC - 09-09-2008 12:20 PM

I also have my doubts about gluconeogenesis and when it occurs but I can never seem to find a definitive answer. All seems to be a guessing game. I sure wish BEAR would have cited his sources which he was reluctant to do as he said he had misplaced them. No one but no one seems to have a definitive answer to this question or can cite the proof.

Some cells must run on glucose. The amount of glucose necessary for this is 30 g glucose per day according to Dr. Mary C. Vernon. So if you are eating zero carbs, where does the glucose come from?

The only plausible explanation is the glycerol in tryglycerides as all fat consumed is in the form of triglycerides. We do not consume free fatty acids that are not part of triglycerides. It takes 10 g of fat to provide 1 g of glucose. Something even Eades says provides part of our glucose needs.

Even in true starvation your body is going to use your fat stores and break down triglycerides into free fatty acids and glycerol. So why does the body need to convert actual protein to glucose in real starvation if it has glycerol from TG? The body gets very sparing of protein in true starvation and reuses it.

RE: starting meat and eggs today - pamela702 - 09-09-2008 12:22 PM

PatTee Wrote:
Hi Pamela , I have been doing meat /eggs now for almost a month now and have never felt better . I no longer track my calories , thinking I was going to be too low - obsessing about it , I never was . No more , I've also taken to heart Charles' words , eat when hungry , don't when not . It was amazing to me to actually FEEL hunger - I was an emotional eater . I am not obsessed with having to lose #'s every week - , but have been doing ok and losing the inches too .

I have found eating 2x's a day has been sufficient for me and not that I hold to that forcefully , that's just what my body is telling me . There are days when I can't seem to eat enough - and then I eat until satiety. I know when that happens too - that uncomfortable feeling of overstuffing myself has left also . Just listening . Food doesn't seem to have that hold on me now at this point . I'm happy for that transformation . Trust in your own body's signals and go with them . I truly believe in what Charles has extensively written here . 😊's , Patti

Hi Patti ,
I have been feeling good too. And i am working on listening to my body. We get into this cycle where you think you 'have' to eat breakfast , lunch, and dinner. But i used to not eat breakfast at all, then when i started dieting i just 'had' too. I don't feel hungry in the mornings, but i noticed if i don't eat something i feel nauseated. And it goes away after i eat. But i usually only eat a little at breakfast anyway, unless i am starving.

RE: Zero Carb / Meat and Water - Charles - 09-09-2008 12:46 PM
MAC Wrote:  
Some cells must run on glucose. The amount of glucose necessary for this is 30 g glucose per day according to Dr. Mary C. Vernon. So if you are eating zero carbs, where does the glucose come from?

We learned from Francis Benedict's starvation studies that this initial requirement of glucose only lasts for 7 days. After that, the body doesn't use glucose at all. That's pretty clear to me.

Taubes relates Harper's studies on 319 that the liver increases its synthesis of ketones to supply the necessary fuel for the brain and central nervous system. This supplies 3/4th of 100 grams that the IOM report says is necessary (even though this report acknowledges that those carbohydrates are not necessary. The 130 figure was just to allow for error.) That leaves the 25 grams, not 30 that Dr. Vernon speaks of.

The Bear claims that the liver can convert enough ketones to handle this last 25 grams. Taubes says that in addition to protein and the breakdown of muscle, glycerol comes from triglycerides broken down from fat tissue. There is always fat tissue even on a zero-carb diet so this explanation seems highly plausible to me in addition to the following.

MAC Wrote:  
The only plausible explanation is the glycerol in tryglycerides as all fat consumed is in the form of triglycerides. We do not consume free fatty acids that are not part of triglycerides. It takes 10 g of fat to provide 1 g of glucose. Something even Eades says provides part of our glucose needs.

This is what the Bear is saying as well. If fat is the major component of our diet then the glycerol must come from here which means it's not coming from gluconeogenesis. The body doesn't differentiate getting triglycerides from fat tissue or the circulation. All fats start in adipose tissue and then they are incorporated into the stream. It's not surprise that the liver grams some of them to ramp up its production of triglycerides when necessary.

MAC Wrote:  
Even in true starvation your body is going to use your fat stores and break down triglycerides into free fatty acids and glycerol. So why does the body need to convert actual protein to glucose in real starvation if it has glycerol from TG? The body gets very sparing of protein in true starvation and reuses it.

Agreed, although it would go after your muscles if there was not enough fat. I don't think it would until it exhausted your fat tissue and the muscles as the Bear says.

Regards,

Charles

RE: Zero Carb / Meat and Water - daveo - 09-09-2008 12:52 PM

MAC Wrote:
Even in true starvation your body is going to use your fat stores and break down triglycerides into free fatty acids and glycerol. So why does the body need to convert actual protein to glucose in real starvation if it has glycerol from TG? The body gets very sparing of protein in true starvation and reuses it.

Quote:
Agreed, although it would go after your muscles if there was not enough fat. I don't think it would until it exhausted your fat tissue and the muscles as the Bear says.

Regards,

Charles

The science of all this is over my head, but it is possible that there is a limit to the amount of body fat that can be mobilized in a given period of time? If so, in the case of true starvation perhaps the body can't get everything it needs from the fat stores even if that's what it tries to do first. Just a guess...

RE: Zero Carb / Meat and Water - MAC - 09-09-2008 12:54 PM

Charles Wrote:
We learned from Francis Benedict's starvation studies that this initial requirement of glucose only lasts for 7 days. After that, the body doesn't use glucose at all. That's pretty clear to me.

Hmm. I wonder if Benedict's studies are in PubMed? Would like to see those studies.

So why the claims then that certain cells MUST run on glucose if the req is only for 7 days? E.g. the rods in your eyes.

For me this is all an intellectual exercise to further my knowledge. I eat enough protein and fat so it is not of grave concern.

Maybe that is why Stefansson would eat his fat first before his protein. So as to get the glycerol from the fat. Too much lean protein w/o fat causes issues because of the excessive nitrogen from the protein. Rabbit starvation. So why if you eat excessive amounts of protein with adequate amounts of fat do you not get rabbit starvation? One can assume you can eat just as much fatty protein as too lean protein with the same protein amount.

RE: Zero Carb / Meat and Water - Charles - 09-09-2008 01:10 PM

MAC Wrote:
Hmm. I wonder if Benedict's studies are in PubMed? Would like to see those studies.

I'm sure we could e-mail Taubes and ask him if he has the study. The bibliography notes that the report was in 1915.

MAC Wrote:
So why the claims then that certain cells MUST run on glucose if the req is only for 7 days? E.g. the rods in your eyes.

That's the question Taubes asked on page 385. He said that nutritionists still insisted on the 130 grams despite Benedict's finding. They rejected the idea that fat had such a prominent role in the body.

MAC Wrote:
So why if you eat excessive amounts of protein with adequate amounts of fat do you not get rabbit starvation? One can assume you can eat just as much fatty protein as too lean protein with the same protein amount.

Dr. Groves would say that the only time proteins are used for energy is in the absence of dietary fats:

Quote:
Proteins, however, also contain nitrogen and other elements. When proteins are used to provide energy, these must be got rid of in some way. This is not only wasteful, it can put a strain on the body, particularly on the liver and kidneys.

When the protein is broken down for energy, the nitrogen is released. When there is plenty of dietary fat, this simply doesn't happen. This also would explain why gluconeogenesis would not be something that the body would ordinarily do as it would produce too much nitrogen.

I like it!

Regards,

Charles

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RE: Zero Carb / Meat and Water - Charles - 09-09-2008 01:16 PM

daveo Wrote:
The science of all this is over my head, but it is possible that there is a limit to the amount of body fat that can be mobilized in a given period of time? If so, in the case of true starvation perhaps the body can't get everything it needs from the fat stores even if that's what it tries to do first. Just a guess...

I don't think so because fatty acids are always on the move. The body will sacrifice all the muscles to get fat and glycerol and I think that gluconeogenesis is just the last straw due to increased nitrogen that would result from using too much protein. Therefore, if Benedict is right, the body stops this practice altogether after 7 days. Most accounts of rabbit starvation state 10 days and they start getting really weak when dietary fat is inadequate.

Stefansson says that fat-hunger can be so violent that it prompted the canibalists to eat human corpses looking for fat. And we thought only carbohydrates made us crazy. Protein is some serious poison under the right conditions.

Regards,

Charles

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RE: Zero Carb / Meat and Water - MAC - 09-09-2008 01:20 PM

Charles Wrote:
Proteins, however, also contain nitrogen and other elements. When proteins are used to provide energy, these must be got rid of in some way. This is not only wasteful, it can put a strain on the body, particularly on the liver and kidneys.
When the protein is broken down for energy, the nitrogen is released. When there is plenty of dietary fat, this simply doesn't happen. This also would explain why gluconeogenesis would not be something that the body would ordinarily do as it would produce to much nitrogen.

I like it!

I love deductive reasoning. Very nice Charles. I guess the missing piece is that nitrogen is NOT produced when breaking up protein sources for ordinary protein needs but is when used for fuel. The only thing would be to see diagramatically the chemical sequence of gluconeogenesis and that of protein used for energy to confirm it. One could have gluconeogenesis w/o nitrogen creation I guess.

I would bet the farm that the extraction of amino acids from the stream only occurs in the absense of fatty acids. All of these nutrients are available in the stream at all times and via the stream they make their rounds and are offered to every organ and tissue in the body. The organs take the nutrients that they can use directly from the stream. This part is clear from the *Handbook of Physiology*.

I e-mailed Gary Taubes and asked about the Benedict source study. Hopefully, he will say go to http://www.whatever and download it, or maybe he'll even provide a copy.

Interestingly enough, Taubes implies that Cahill and Owen were aware of this study when they insisted on the 130 figure in 1968, as well as Newsholme and Start in 1973. Maybe we can find their studies and see what their reasoning was.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - Charles - 09-09-2008 01:45 PM**

Here you go, information from the master:

Hi Charles,


Regrettably, I didn't include the page number (and I do mean regrettably, since the book is 400-odd pages long). If you can't get the book from a local library, a reprint can be be purchased for a reasonable price -- $28 -- from Amazon:

[http://www.amazon.com/Study-Prolonged-Fasting-Francis-Benedict/dp/1428663517%3FSSubscriptionId%3D1NNRF7QZ418V218YP1R2%26tag%3Dbookfinderc](http://www.amazon.com/Study-Prolonged-Fasting-Francis-Benedict/dp/1428663517%3FSSubscriptionId%3D1NNRF7QZ418V218YP1R2%26tag%3Dbookfinderc)
At the moment they say they have one in stock.
I hope this helps.
Best,
Gary

---

**RE: Zero Carb / Meat and Water - MAC - 09-09-2008 01:52 PM**

Charles Wrote:
Here you go, information from the master:

Hi Charles,
Regrettably, I didn't include the page number (and I do mean regrettably, since the book is 400-odd pages long). If you can't get the book from a local library, a reprint can be purchased for a reasonable price -- $28 -- from Amazon:


At the moment they say they have one in stock.
I hope this helps.

May not be a need
Best,
Gary

Tell Gary thanks but one can find it on Google Books:

[http://books.google.com/books?id=rs8EAAAAYAAJ&pg=PP7&dq=Benedict+1915+A+Study+of+Prolonged+Fasting.&ei=jOHGSM6wLIfMtAPQyYjYD](http://books.google.com/books?id=rs8EAAAAYAAJ&pg=PP7&dq=Benedict+1915+A+Study+of+Prolonged+Fasting.&ei=jOHGSM6wLIfMtAPQyYjYD)

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**RE: starting meat and eggs today - waywardsister - 09-09-2008 02:03 PM**

Hi Pamela - just wanted to tell you that if you like sausage patties, there's a great recipe in the recipe section here. Breakfast sausage, I think it's called. It's on the first page. I just made a batch and it's really good! You can add fat to the ground meat before you make the patties too.

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**RE: Zero Carb / Meat and Water - Charles - 09-09-2008 02:38 PM**

It's some hard reading MAC, but it seems clear to me that carbohydrate combustion pauses at day 7 for
two days and then it continues at a reduced rate for a few days and then completely stops at Day 13.

However, the body uses more and more fat as the fast goes along. This would indicate to me that on a zero-carb diet, as the person gets ketoadapted, the body uses more and more fat and less glucose, which may be less than what is commonly thought. The subjects who were involved in the fast were obviously high-carb eaters prior to the fast. In order to get anything definitive for our purposes, we would need to have the subjects be ketoadapted zero-carb subjects so they could observe the changes in their bodies. I would bet that the changes during the fast are similar but not nearly so pronounced as they were in these subjects. The 100 grams are clearly recommended for a person coming from a high-carb background. When my PDF stops recognizing the text, I want to check the table to see how much carbohydrate was actually used during the first two days. Either way, some protein is broken down but not that much and it drops off considerably as well as the fast goes along. This would seem to re-enforce the Bear's opinion that gluconeogenesis is something that just doesn't happen very much, nor does it happen very long.

The greatest loss of heat falls upon the fat, with the greater part of the remainder. As a matter of fact, the carbohydrate (glycogen) is rapidly drawn upon and available supply is quickly depleted, sufficient glycogen for the first day of the fast to furnish somewhat more heat than the protein on that day. After the first 3 days, the heat is almost wholly from a fat-protein katabolism, with a minimum of glycogen. The combustion of glycogen ceases after the

Regards,

Charles

RE: Zero Carb / Meat and Water - lynnhopec - 09-09-2008 02:49 PM

Nicola Wrote:
But when your body has more protein than it needs, its survival is not threatened. It then feels "safe" enough to start burning off its fat stores. Over-consuming protein is one of the easiest, most reliable ways of triggering high-speed fat loss. In addition, you'll guarantee your body has the building blocks it needs for optimum health.

I have not found that to be the case at all. I did low carb (under 50 carbs) for nine months and felt like hell. I just thought I couldn't do it so switched to more moderate carb (60-80 carbs). Then I got talking with Charles and he said I needed to figure out WHY I felt like hell on VLC. I did some reading and realised that I needed more fat. I thought I was okay as I was never low fat but it still wasn't enough fat for me.

So I started consuming a moderate amount of protein but a lot of fat and I finally understood what others
were talking about. I felt good. Overconsuming protein does not automatically lead to weight loss and it FEELS horrible (especially to my body).

**RE: Zero Carb / Meat and Water - MAC - 09-09-2008 02:54 PM**

lynnhopes Wrote:
Nicola Wrote:
But when your body has more protein than it needs, its survival is not threatened. It then feels "safe" enough to start burning off its fat stores. Over-consuming protein is one of the easiest, most reliable ways of triggering high-speed fat loss. In addition, you'll guarantee your body has the building blocks it needs for optimum health.

I have not found that to be the case at all. I did low carb (under 50 carbs) for nine months and felt like hell. I just thought I couldn't do it so switched to more moderate carb (60-80 carbs). Then I got talking with Charles and he said I needed to figure out WHY I felt like hell on VLC. I did some reading and realised that I needed more fat. I thought I was okay as I was never low fat but it still wasn't enough fat for me.

So I started consuming a moderate amount of protein but a lot of fat and I finally understood what others were talking about. I felt good. Overconsuming protein does not automatically lead to weight loss and it FEELS horrible (especially to my body).

As Charles has said this source is all nonsense. Insulin levels control whether or not you burn fat. Yes you need enough protein for your needs but insulin levels are the determinant of fat storage and fat release.

Carbs drive insulin and insulin drives fat storage. The one sentence summary of GCBC.

**RE: starting meat and eggs today - pamela702 - 09-09-2008 03:14 PM**

waywardsister Wrote:
Hi Pamela - just wanted to tell you that if you like sausage patties, there's a great recipe in the recipe section here. Breakfast sausage, I think it's called. It's on the first page. I just made a batch and it's really good! You can add fat to the ground meat before you make the patties too.

Yes, i love sausage patties, lol. Thanks!😊

**RE: Zero Carb / Meat and Water - abnormalslc - 09-09-2008 03:17 PM**

I for one...am SO GLAD there are folks like Charles that actually understand all this science and chemical process that is going on inside our miraculously made bodies.

Most of the time...in this thread...my eyes glaze over because I only kind of, sort of, understand what is being talked about.....

....it makes me brain hurt...

I need some fatty chunk of meat to help my brain stop hurting....😊
Hi, I'm brand new here...I'm also starting meat and eggs today. I've read all of the advice and I will let you all know how I do. I think the most difficult part for me will be figuring out whether I need more fat or less fat. Charles, I read your advice on that too, hopefully I can figure it out!

I do have a question about butter though....should it be avoided except to cook in?

Welcome, chiara.

Well, I don't want your eyes to glaze over or your head to hurt. We do tend to delve into the esoteric sometimes but it makes a huge difference when it comes to the treatment of this metabolic disorder. There are many opinions out there when it comes to raw meat or too much protein, etc, and it's my hope that all of us will independently be able to weigh whether the opinions are valid or not. It doesn't have to be very complicated when you think of the Inuit, but I think that when we study the Bellevue experiment and the Second Pemmican war, you'll see that this isn't complicated at all.

As my favorite Heath Ledger movie said, many of these ideas have "been weighed and found wanting."

Regards,

Charles

cnebraska Wrote:  
My only comment is on the feeling of hunger. Is it possible that hunger feels different in each of us? It seems to me that for some reason I, as well as many people, associate hunger with something coming from the stomach. I am always waiting for something to go on in my stomach before I will admit I am truly hungry. I used to do this to the point of letting myself become so ravenous that I finally gave up and ate anything I could get my hands on - I felt out of control and nearly animal like in my behavior. I would just shove things in - hence all the binging. This happened even on low carb. I shoved in oodles of "low carb" food, which added up to......... too many carbs. I think I am realizing, finally, that hunger to me isn't in the gut, it is in my energy level. Once I start to feel tired, it is time to eat. For me hunger is a gnawing feeling in my stomach. My energy doesn't flag and I don't get tired when I'm hungry. Unless I'm doing very strenuous labor, I rarely feel tired at all during the day. I always assumed that hunger was that rumbling feeling in my stomach. I guess I never feel hungry then if the signal is something else entirely.

waywardsister Wrote:  
Anyone here eating eggs and cheese - his 'cheese eggwich' is frickin amazing. Or 'egg cheesewich'. Whichever 'wich you like. Haven't tried the chook one yet but I hear rave reviews.  
How do you make a cheese eggwhich?
abnormalslc Wrote:
Most of the time...in this thread...my eyes glaze over because I only kind of, sort of, understand what is being talked about.....

....it makes me brain hurt...
I can totally relate. My brain is kind of numb right now.

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**RE: Zero Carb / Meat and Water - Charles - 09-09-2008 06:25 PM**

I've been moving along through the Bear's thread and I'm 3/4's of the way there.

I finally figured out what he meant by "never being hungry." What he said is that "hunger comes when smelling the food." He's saying that if he is not around food then he never gets hungry. He has the same phalic insulin response as the rest of us, but he doesn't get insulin secretions at other times.

This simply means that his insulin is controlled and I would say the same thing. When I am not smelling food, I am not the least bit hungry. The thought of it can be nauseating. However, if you walk by with a piping hot steak, then I might get a sensation of hunger which I can easily ignore if I choose to. The zero-carb diet, over time, should keep your blood glucose steady and equal to your fasting glucose number without much variation, according to the Bear, and I see no reason to disagree with that.

Those with severe hyperinsulinemia will spend inordinate amounts of time hungry. These are times they should be running on their own fatty acids yet they cannot due to hypersecretion.

As the Bear says, "meat-eaters never get hungry" (unless they are in the prescence of the meat).

I agree with the Bear!

Regards,

Charles

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**RE: Zero Carb / Meat and Water - Bk_Metro - 09-09-2008 07:20 PM**

jeepifer Wrote:
Bk_Metro Wrote:
I looked online and found a company that makes a version with only meat and fat (a lot of the commercially prepared ones seem to have berries, sugar and other stuff added). I'm going to order some today.

Would you mind sharing that link? I want to try making my own, but I'd like to check out what they have.

Here's the link. They have quite a lot of other products that look good too.


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**RE: Zero Carb / Meat and Water - Bk_Metro - 09-09-2008 07:35 PM**
He said women's role is as a gatherer and men are hunters. Something like that.

I don't consider that offensive. Surely that was the way it was in caveman times? What's offensive about that?

Here is the exact quote:

"If you ask an Aboriginal man what traditional food is, he will name all the animals he can hunt. If you ask him about other food, he will than tell you about the 'bush tucker' you can eat when you can't find any animals. Both men and women will hunt, but men rarely gather. The Aborigines are modern hunter-gatherers, their prehistory (dreamtime) is not known to science."

He's made a number of flippant comments about women and our role as gatherers. I have a PhD in Anthropology and studied bio anthro as well as archaeology extensively. Perhaps these comments disturbed me because I feel he made a lot of assumptions about what male and female roles must have been like in the past based on his own sense of gender roles in the present. It can be dangerous as an academic to do this because it clouds the actual evidence. It just made me read what he's written with a grain of salt. I don't mean to discount all he's written, it's just something I noticed.

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**RE: Zero Carb / Meat and Water - suzanneyea - 09-10-2008 02:18 AM**

Everything I have read has been pretty clear that the men did the hunting, woman took care of children and the home, are you saying that you think woman were hunting? In what society? Also, I never get the too much protein thing. How could you control your protein or limit it on an all meat diet? Mine is always above 300 grams a day and I have no clue how it could be lower unless I just ate less.

---

**RE: Zero Carb / Meat and Water - Richard - 09-10-2008 05:32 AM**

suzanneyea Wrote:

... I never get the too much protein thing. How could you control your protein or limit it on an all meat diet? Mine is always above 300 grams a day and I have no clue how it could be lower unless I just ate less.

I have to fight for 150 grams!!!

Maybe that is why the weight loss has stalled...need more protein and fat!!!

Pass the hamburgers and hold the bun....

---

**RE: Zero Carb / Meat and Water - chris m. - 09-10-2008 05:44 AM**

I too am about 3/4 of the way through "The Bear" one question that keeps nagging me though is:
I get the zero carb - adequate protein and the rest fat
The Bear suggests that over-cooked meat is almost worthless. I've been cooking mine more rare but frankly, just like my meat cooked. I know the nutrients are more available as you move toward raw.

This is why jerky - produced under 104 degrees - is so good for you as the dehydration process is considered raw. Then when you add back the fat to produce pemmican - you have almost a perfect food.

The old trapping companies bought it by the ton from the indians to feed the trappers. They also paid a premium for it if made from marrow inside the bones.

I can't wait til we get into the book for this subject alone!!!!

Chris m

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**RE: Zero Carb / Meat and Water**

Suzannneyea Wrote:
How could you control your protein or limit it on an all meat diet? Mine is always above 300 grams a day and I have no clue how it could be lower unless I just ate less.

I am not recommending cutting one's protein but what one would do is basically figure that each oz of meat contains roughly 7 g protein. So eat whatever ounces of meat to give one a protein target, say 6 oz, which is 42 grams of protein more or less. Then cook strips of fat for additional calories.

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**RE: Zero Carb / Meat and Water**

Bk.Metro Wrote:
jeepifer Wrote:
Bk.Metro Wrote:
I looked online and found a company that makes a version with only meat and fat (a lot of the commercially prepared ones seem to have berries, sugar and other stuff added). I'm going to order some today.

Would you mind sharing that link? I want to try making my own, but I'd like to check out what they have.

Here's the link. They have quite a lot of other products that look good too.

http://www.grasslandbeef.com/Detail.bok?no=600

That's the one we were talking about earlier. It's not just meat and fat though, there is a lot of salt in it.

---

**RE: Zero Carb / Meat and Water**

suzannneyea Wrote:
How could you control your protein or limit it on an all meat diet? Mine is always above 300 grams a day and I have no clue how it could be lower unless I just ate less.
Suzanne, would you post a sample of your daily menu. I'm curious to see how you're getting so much protein. I can very easily get in between 100-150 grams per day but I don't think I could eat much more than that.

RE: Zero Carb / Meat and Water - MAC - 09-10-2008 06:10 AM

LindaSue Wrote:
suzanneyea Wrote:
How could you control your protein or limit it on an all meat diet? Mine is always above 300 grams a day and I have no clue how it could be lower unless I just ate less.
Suzanne, would you post a sample of your daily menu. I'm curious to see how you're getting so much protein. I can very easily get in between 100-150 grams per day but I don't think I could eat much more than that.

If Suzanne is eating > 300 g of protein/day then she is eating 300/7 or 43 oz meat or nearly 3 lbs meat or about a 16 oz steak for breakfast, lunch, & dinner.

RE: Zero Carb / Meat and Water - lynnhopes - 09-10-2008 06:34 AM

I'm sure steak is the vital clue. If I let myself I can easily eat an 18oz steak sometimes. That adds up to 126g right there 😁

RE: Zero Carb / Meat and Water - jeepifer - 09-10-2008 07:38 AM

Mmm, steak. Leftover ribeye for me for lunch!

Sorry, not on the current topic, but I loooooooooove a good steak. LOL

RE: Zero Carb / Meat and Water - daveo - 09-10-2008 07:42 AM

jeepifer Wrote:
Mmm, steak. Leftover ribeye for me for lunch!

Sorry, not on the current topic, but I loooooooove a good steak. LOL

Maybe I'm weird. I love steak, but I can't stand leftover steak. Maybe I don't know how to reheat it without making it nasty 😁

RE: Zero Carb / Meat and Water - nyteez - 09-10-2008 07:43 AM

Bk_Metro Wrote:
He's made a number of flippant comments about women and our role as gatherers. I have a PhD in Anthropology and studied bio anthro as well as archaeology extensively. Perhaps these comments disturbed me because I feel he made a lot of assumptions about what male and female roles must have been like in the past based on his own sense of gender roles in the present. It can be dangerous as an
academic to do this because it clouds the actual evidence. It just made me read what he's written with a grain of salt. I don't mean to discount all he's written, it's just something I noticed.

You really need to read his thread to understand him. He is in no way insulting or degrading women. The man is a genius. He has studied Anthropology extensively and knows this subject VERY well.

RE: Zero Carb / Meat and Water - jeepifer - 09-10-2008 07:47 AM

daveo Wrote:
Maybe I'm weird. I love steak, but I can't stand leftover steak. Maybe I don't know how to reheat it without making it nasty 😞
I nuke it for 30 seconds or so, just enough to get the cold off. I wish I had a toaster oven at work, since I like the way that reheats better, but oh well.

OTOH, reheating hamburger patties... Blech. I'd love someone to give me a way to do that, cuz they're just gross to me.

RE: Zero Carb / Meat and Water - nyteez - 09-10-2008 07:47 AM

daveo Wrote:
Maybe I'm weird. I love steak, but I can't stand leftover steak. Maybe I don't know how to reheat it without making it nasty

I am having leftover ribeye right now. I put it in a hot frying pan w/ butter or fat and fry it just to warm it up & get the fat crispy again. Takes about 5 mins or so, 2-3 mins per side.

RE: Zero Carb / Meat and Water - Bk_Metro - 09-10-2008 08:06 AM

Quote:
http://www.grasslandbeef.com/Detail.bok?no=600

On the website they said they were offering the Pemmican without honey or cherries because customers requested it. Maybe if you asked for it without salt they would produce it? We could all write in one day and just request a salt-free product. If 50+ people asked, I would be surprised if they didn't comply...

RE: Zero Carb / Meat and Water - daveo - 09-10-2008 08:08 AM

Bk_Metro Wrote:
On the website they said they were offering the Pemmican without honey or cherries because customers requested it. Maybe if you asked for it without salt they would produce it? We could all write in one day and just request a salt-free product. If 50+ people asked, I would be surprised if they didn't comply...

It's possible, I'll shoot them an email today. They should be able to unless it would violate some USDA guideline or something.

RE: Zero Carb / Meat and Water - MAC - 09-10-2008 08:25 AM
Daveo Wrote:
It's possible, I'll shoot them an email today. They should be able to unless it would violate some USDA guideline or something.

I wonder if they don't use the salt as an additional means of preservation. Since the meat is dehydrated I don't know if this would be necessary but who knows.

---

**RE: Zero Carb / Meat and Water - daveo - 09-10-2008 08:38 AM**

MAC Wrote:
Daveo Wrote:
It's possible, I'll shoot them an email today. They should be able to unless it would violate some USDA guideline or something.

I wonder if they don't use the salt as an additional means of preservation. Since the meat is dehydrated I don't know if this would be necessary but who knows.

Well, if they do, it doesn't work very well. This pemmican, unlike homemade which can be left out for long periods of time, grows mold extremely easily. This may be due more to the water though. Pemmican is supposed to be made with completely dehydrated beef and tallow with the water completely rendered out, but for some reason, Grasslands adds water as an ingredient.

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**RE: Zero Carb / Meat and Water - LindaSue - 09-10-2008 09:08 AM**

lynnhopes Wrote:
I'm sure steak is the vital clue. If I let myself I can easily eat an 18oz steak sometimes. That adds up to 126g right there

I love steak but I get tired of chewing it after a while so I could never eat more than about 1/2 pound in one sitting. I eat a half pound of ground beef every morning and that's much easier to get down because there's not much chewing involved. When I'm done I'm stuffed and couldn't squeeze in another bite of food. If I ate those three times a day, that would only be 1 1/2 pounds of meat. Like I said, three pounds of meat per day is way out of my league.

jeepifer Wrote:
OTOH, reheating hamburger patties... Blech. I'd love someone to give me a way to do that, cuz they're just gross to me.

I'm careful not to over cook my patties when I fry them so that they don't get too well done when I reheat them in the microwave later. I reheat my half pounders (6 ounces cooked weight) for 2 minutes on 40% power in the microwave and they come out perfect. I don't like my meat too hot. I reheat my steaks about the same as you do. Just long enough to warm them a little without cooking them more.

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**RE: Zero Carb / Meat and Water - nyteez - 09-10-2008 09:14 AM**

I'm going try making some this week. I am getting some lean meat today and make the jerky tonight. (in my nuwave oven LOL) I already have 3 jars of tallow, so I figure if I put the jerky in my food processor and just pour some melted tallow over it until is is the consistancy of brownie mix then I will have pemmican? I think I will add a pinch of sea salt. That's my plan, I'll let ya'll know how it turns out.
LindaSue Wrote:
How do you make a cheese eggwhich?
Crack two eggs in a fry pan, put cheese on top, then crack two more eggs on top and move them around to cover. Works better if you break the yolks bc it's hard to flip - you can finish it under the broiler, much easier. If you have a really small pan, you could do one egg per layer.

Charles Wrote:
I finally figured out what he meant by "never being hungry." What he said is that "hunger comes when smelling the food." He's saying that if he is not around food then he never gets hungry. He has the same phalic insulin response as the rest of us, but he doesn't get insulin secretions at other times.

This simply means that his insulin is controlled and I would say the same thing. When I am not smelling food, I am not the least bit hungry. The thought of it can be nauseating. However, if you walk by with a piping hot steak, then I might get a sensation of hunger which I can easily ignore if I choose to. The zero-carb diet, over time, should keep your blood glucose steady and equal to your fasting glucose number without much variation, according to the Bear, and I see no reason to disagree with that.

I'd agree too! I don't feel actual hunger until I smell cooking, usually meat. I'll know that I can eat, but until I smell that ribeye cooking I'm not aware of the sensation of hunger or any urgency to eat.

There's a French saying that translates to 'hunger comes from eating', and I've experienced that as well -- not feeling hungry until I start to eat.

MAC Wrote:
Daveo Wrote:
It's possible, I'll shoot them an email today. They should be able to unless it would violate some USDA guideline or something.

I wonder if they don't use the salt as an additional means of preservation. Since the meat is dehydrated I don't know if this would be necessary but who knows.

The salt may be just for taste.
I don't know why the water? I can't think of any reason for it.
I do know the cost is prohibitive [$14.00/lb. for the 2.5lb pail].
Out of reach.
chris m

Charles Wrote:
I'm still getting through the Bear, and I think I'm pretty close because now he's just repeating himself to the poor souls who won't bother to read the thread before asking questions.

Perhaps today we can slay a couple of low-carb forum dragons that persist despite no evidence they exist.
One of those is the idea that glucose is used for exercise. Gary Taubes has graciously provided me a copy of the notes he took as he reviewed the studies involved with fasting and this has truly been some eye-opening reading.

They've known since the turn of the century that fat is the body's primary fuel even though you won't read this in too many popular publications. In 1956, Dole, Gordon, and Cherkes in the United States, and Laurell in Sweden, independently described the turnover of fatty acids in the body. While these guys were hard at work, Zierler and his group in Baltimore did a study on the utilization of glucose across the resting human forearm, suggesting that glucose played a very minor role in oxidative metabolism by muscle in the basal state and later studies by this same group reported that basically, the average man only uses 30 grams of carbohydrate in 24 hours. This estimate was likely very high for muscle because the major proportion of this glucose being extracted are merely ethrocytes in transit through the muscle.

This idea that I use gluconeogenesis to run my half-marathons is simply not founded.

This is significant because we already know that after 66 hours of fasting, there is no marked decrease in glucose disappearance. However, there is production of lactate from glucose consumed, but even that is diminished during fasting.

This suggests to me that glucose (after undergoing glycolysis gets converted to pyruvate and it burnt in the mitochondria) is only eliminated slowly through the mitochondria and is not at all an "energy source."

This is important to those who consider "carb-loading" for exercise or for quick energy. You may get an energy boost, but it's not from the glucose you're consuming and as the Bear states so many times, this glucose is only going to fat storage because the muscles do not use it. If that's the case, this boost is coming from insulin and that is about as unhealthy as it sounds.

The clinician is too well aware that insulin and exercise work in concert. An excess of one may replace a partial lack of the other, or more problematical to the patient, an excess of one may cause severe hypoglycemia in the face of normal amounts of the other. (Joslin: 1959).

What does this mean? This means that exercise makes you hungry!!!!

People continue to rely on Morgan and Sanders' studies in the mid-sixties that said that vigorous muscle activity accelerates glucose utilization. This suggests that glucose is the preferred fuel for exercise. However, the limited amount of carbohydrate in the body could only provide minimal fuel for prolonged exercise, and fat both brought to muscle from adipose tissue as free fatty acids or endogenous lipolysis provides the greatest proportion of fuel.

This is from Cahil, who still believes that people are fat because they eat too much!

I am getting hungry for lunch (I can smell others' lunch) so I'll deal with the brain and the 120 number after lunch!

Regards,

Charles
waywardsister Wrote:
There's a French saying that translates to 'hunger comes from eating', and I've experienced that as well -- not feeling hungry until I start to eat.

In the 1890's, Pavlov wrote:

Quote:
It is often said and not without reason that hunger is the best sauce."

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RE: Zero Carb / Meat and Water - nyteez - 09-10-2008 09:48 AM

Charles Wrote:
If that's the case, this boost is coming from insulin and that is about as unhealthy as it sounds.

I believe the Bear mentions this several times as a few in that thread vehemently denied that this was the case. (boost is from insulin response to carbs, not the carbs as fuel)

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RE: Zero Carb / Meat and Water - daveo - 09-10-2008 10:05 AM

Thought I would pass this along. During the discussion a few pages back about Vitamins, I got thinking that I would like to take cod liver oil. I figured it might be a good way to get Vitamin A since I never eat liver, and some Vitamin D since I don't a lot of sun. Also, although I don't totally buy the grassfed beef thing, I thought maybe it couldn't hurt to add some omega 3, so CLO would kill 3 birds with one stone. Even The Bear told me I might want to supplement Vit A if I don't eat liver.

There was mention of synthetic vitamins and whatnot, and since Carlson's is the brand I can find locally, I shot them an email. Here was the response:

In reply to your E-mail, Carlson's Cod Liver Oil contains only natural Vitamins A & D from the liver of the cod fish. Synthetic Vitamins A & D are not added.

If we can be of any further assistance, please let us know.

Sincerely,
Eileen Collins
Customer Service

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RE: Zero Carb / Meat and Water - Angela - 09-10-2008 10:18 AM

Charles Wrote:
Well, I don't want your eyes to glaze over or your head to hurt. We do tend to delve into the esoteric sometimes but it makes a huge difference when it comes to the treatment of this metabolic disorder. There are many opinions out there when it comes to raw meat or too much protein, etc, and it's my hope that all of us will independently be able to weigh whether the opinions are valid or not. It doesn't have to be very complicated when you think of the Inuit, but I think that when we study the Bellevue experiment and the Second Pemmican war, you'll see that this isn't complicated at all.
As my favorite Heath Ledger movie said, many of these ideas have "been weighed and found wanting."

Regards,

Charles

I have a BIG SMILE 😊 on my face because as I read the exchange I fully understood what was being said. I have come a long way!!!!

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**RE: Zero Carb / Meat and Water** - Angela - 09-10-2008 10:28 AM

LindaSue Wrote:
lynhopes Wrote:
I'm sure steak is the vital clue. If I let myself I can easily eat an 18oz steak sometimes. That adds up to 126g right there

I love steak but I get tired of chewing it after a while so I could never eat more than about 1/2 pound in one sitting. I eat a half pound of ground beef every morning and that's much easier to get down because there's not much chewing involved. When I'm done I'm stuffed and couldn't squeeze in another bite of food. If I ate those three times a day, that would only be 1 1/2 pounds of meat. Like I said, three pounds of meat per day is way out of my league.

I am just the opposite. At one point I was eating over 32 ounces of steak a day and could eat more. Ground beef, I can barely eat 6 ounces at a time. For me the steak had much more flavor then the ground beef. Plus with the ground beef I was always looking for something to add to it to make it taste better. The steak just needed a little sea salt and that was it!

---

**RE: Zero Carb / Meat and Water** - cbnebraska - 09-10-2008 10:34 AM

Charles Wrote:
This is important to those who consider "carb-loading" for exercise or for quick energy. You may get an energy boost, but it's not from the glucose you're consuming and as the Bear states so many times, this glucose is only going to fat storage because the muscles do not use it. If that's the case, this boost is coming from insulin and that is about as unhealthy as it sounds.

So, you're saying, if you're looking for a boost, you do so only at the expense of your health, since insulin is the only thing that will give it to you? How about adrenaline or cortisol? Is there a way to force your body to give up some of that for a boost? Ha ha. So how about the old "fight or flight" response that gives such a surge of energy without food? Insulin again somehow? Or, is the boost all a state of mind?

Charles Wrote:

The clinician is too well aware that insulin and exercise work in concert. An excess of one may replace a partial lack of the other, or more problematical to the patient, an excess of one may cause severe hypoglycemia in the face of normal amounts of the other. (Joslin: 1959).

What does this mean? This means that exercise makes you hungry!!!!
Only AFTER we exercise or during as well? If I feed that hunger with fat and protein how long until it becomes part of the flow of fatty acids and gives me a boost? I'm feeling like the answer is "there is no such thing as a boost".

Or.......... do I have it all wrong again?

And, one very ridiculous question, but I have to ask it. If insulin is the poison it so seems to be, does every tiny secretion of insulin over the span of a lifetime push us closer and closer to our demise? Or, can the body truly overcome some of these insulin surges, like those needed for self-preservation and for catching food (exercise).

This is all scaring me a bit into thinking that I should eliminate exercise from my life and just strive for never, ever secreting even a hint of insulin. What kind of life is that? For me, as an athletic individual, it sounds like my own personal version of hell.

Now, you may get a hint of why my husband says I "over react" to everything! I prefer to call myself "engaged with the new information". I can just see all you scientists shaking your heads at me.

RE: Zero Carb / Meat and Water - DavidBurchall - 09-10-2008 10:43 AM

I'm coming up on two weeks Friday. I started at 260 lbs. I went down to 253 and since the weekend I'm at 255. I can't imagine that I've packed on two pounds of muscle as I haven't even been exercising that much. So, I'm thinking this is just fluid changes.

What concerns me is that this will be like the last two times I went low carb: lose water weight the first week and stay at that weight even after a month. I'm not seeing any difference between no carbs and low carbs so far.

So I'm wonder what others here have typically experienced when starting out..?

RE: Zero Carb / Meat and Water - Charles - 09-10-2008 11:14 AM

daveo Wrote:
I thought maybe it couldn't hurt to add some omega 3, so CLO would kill 3 birds with one stone. Even The Bear told me I might want to supplement Vit A if I don't eat liver.

Well, that's one of the very few things that Bear got wrong, in my opinion, because the Inuit didn't eat many livers either yet they never had a vitamin A deficiency and many never ate fish either.

Regards,

Charles

RE: Zero Carb / Meat and Water - Kristi31 - 09-10-2008 11:38 AM

But, if I remember correctly, The Bear admitted that he wasn't so sure that liver was needed and that he had gone more than 2 years (or about that time) without eating liver and experienced no problems. He suggested liver, JUST in case and very little of it.
cbnebraska Wrote:
So, you're saying, if you're looking for a boost, you do so only at the expense of your health, since insulin is the only thing that will give it to you?

I'm saying that oftentimes we deplete ourselves to the point of needing an artificial boost when the true answer is that we need to allow for more rest and better training methods. The body will replenish what was lost to exercise, such as microfractures in muscle tissue and depleted muscles, but it takes time. We find the same thing with regard to fasting and exercise. Our bodies bring all of our levels back to where they need to be over time and our bodies usually come back stronger for the effort.

It's like shining shoes. If you use a lot of polish and begin to rub in a circular fashion, the wax will eventually shine, but only to a point. Once you rub beyond the saturation point, the shine will fade.

Lifting weights can make you stronger if you give your body two or three days between sessions. However, if you lift every day, you'll deplete yourself so far that you won't get stronger. Instead, you get weaker and the issue can become psychological.

A little bit of running strengthens your immune system. Too much running will weaken your immune system.

Cynthia Wrote:
How about adrenaline or cortisol? Is there a way to force your body to give up some of that for a boost?

Adrenaline is a hormone that mobilizes fatty acids. When you need the flight or fight response, adrenaline drives all nutrients from your bloodstream and fills your bloodstream and muscles with free fatty acids (yes, the opposite of insulin) This gives you the most speed and power possible. When you tow the line for your race, adrenaline will likely power you to get started quickly. Cortisol will attempt to calm you by slowing the rate of fatty acids which provides a calming effect.

What disrupts the action of these powerful hormones?

Insulin! Too much, and neither can work as powerfully as it should. Why would someone want to eat carbohydrates, which require insulin to process, which will slow the mobilization of fatty acids which should be powering the muscles?

Cynthia Wrote:
Only AFTER we exercise or during as well? If I feed that hunger with fat and protein how long until it becomes part of the flow of fatty acids and gives me a boost? I'm feeling like the answer is "there is no such thing as a boost".

You're getting there. I get a boost just by arriving at the starting line and standing there with the other participants. At big races like the Rock-n-Roll Half Marathon, someone sings the national anthem and there are thousands of people all standing around. This prompts a big adrenaline rush. At the Shamrock half last year, they even had two fighter jets roar past just as the singer was completing the national anthem. That made me tremble.

If you are healthy and strong, the thrill of competition should provide all the "boost" you need. You shouldn't have to artificially create this boost.
We learned from Greenwood that during exercise LPL activity in the muscles increases whereas in the fat tissue, it decreases. When exercise is over, LPL activity increases in fat tissue and decreases in muscle tissue. This means that fat tissue reclaims the lost fatty acids when exercise is finished.

Food (especially fat) should be taken when one is tired to provide a boost. The object of physical exertion is actually a race towards depletion. We were designed to cover long distances and exhibit great feats of strength and speed but we were also designed with a need to adequately recover after these events. The recovery is key to performing the act again.

If I had some long event to prepare for, I would just try to overeat on fat and protein to the point where I could cover the entire activity without stopping for food. I forget this sometimes and don't eat prior to races. I will abolish that practice in my own life. For my next half-marathon in two weeks, I will eat something the morning of the race. A steak or burger about an hour to an hour and a half before sounds about right. I don't have to be hungry to eat something.

Cynthia Wrote:
And, one very ridiculous question, but I have to ask it. If insulin is the poison it so seems to be, does every tiny secretion of insulin over the span of a lifetime push us closer and closer to our demise?

Well, every secretion and every action you undertake brings you closer to your demise if you think of it that way. Insulin is a very normal thing. What is abnormal is chronically-high levels of insulin because our bodies weren't designed to withstand too much of that. Getting hungry and things like that are very normal. Trying to manipulate the insulin levels with poor fuel and over-doing it is what brings us that much closer to death and aging.

Cynthia Wrote:
This is all scaring me a bit into thinking that I should eliminate exercise from my life and just strive for never, ever secreting even a hint of insulin.

I'm beginning to think your husband is a very smart man! 😅 Just kidding.

Listen, I don't read anything of what I wrote today as suggesting that you shouldn't exercise or that you should be fearful. However, we all have to be sensible.

There are many athletic events that we can participate in that don't have the health risk of marathons and full triathlons. These are elite distances which, in my opinion, should only be attempted by elite athletes, perhaps a very few times in their lives. I am not at all fond of this craze people have that as soon as they drop a little weight, they want to go out and run 26 miles or whatever to prove they can do it. This is craziness.

As the Bear said, the original marathon man died after his first and only marathon and today we want to do it for sport. (I'm not talking about you or anyone in particular. You can substitute any event in place of "marathon" in what I wrote.)

There is nothing wrong with 5k's and 10k's or short bike races or swims. Why does everyone have to run the farthest or climb the tallest mountain to have fun? There are so many other things that are just as fun and just as challenging, yet do not compromise our health in the process.

Okay, I'm ranting...
Regards,

Charles

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**RE: Zero Carb / Meat and Water** - Charles  - 09-10-2008 11:45 AM

Kristi31 Wrote:
But, if I remember correctly, The Bear admitted that he wasn't so sure that liver was needed and that he had gone more than 2 years (or about that time) without eating liver and experienced no problems. He suggested liver, JUST in case and very little of it.

I remember that too, Kristelle. I've noticed as I've worked through the thread, he might have said certain things early on and then clarified his comments or gave more information to let you know what he was really thinking.

For instance, he claimed that fatty acids never enter adipose tissue which is not true because Rittenberg and Schoenheimer watched it do just that. However, he does acknowledge that free fatty acids circulate and are not impeded by glycerol on a zero-carb regimen. This is absolutely true so it doesn't matter in the grand scheme of things whether the fatty acids go through fat tissue or not.

Regards,

Charles

---

**RE: Zero Carb / Meat and Water** - Charles  - 09-10-2008 11:50 AM

DavidBurchall Wrote:
What concerns me is that this will be like the last two times I went low carb: lose water weight the first week and stay at that weight even after a month. I'm not seeing any difference between no carbs and low carbs so far.

Hello David and welcome to our forum.

Two weeks is not enough time to come to any conclusions. However, it does suggest that perhaps you're a little too concerned about the weight-loss aspect instead of your health. Stefansson said that it can take six months to determine whether or not a person will stay on an all-meat regimen or not.

What you're really treating is the metabolic disorder that causes all the chronic diseases of civilization. Of which, obesity is just a symptom. Don't get sidetracked by the symptom. Instead, focus on the real culprit and the weight loss will take care of itself. Weight is very similar to blood pressure, pulse rate, body temperature, etc. They are all regulated by your body. If you have body fat to lose, your body will discard the extra body fat if you eat a proper diet.

Make sure to eat fat and protein to appetite and drink water. Eat only when you are hungry and don't eat when you're not. Do this, and everything will take care of itself.

Regards,

Charles
Chiara Wrote:
Hi,
I've just started zero carb...i want to make sure that i do it right. anyone out there on zero carb long
term...do you take several multivitamins a day ( i know that may be a silly question)?
also, what are the suggestions on condiments? none? some?
thanks!

Please welcome Chiara to the forum and you all can respond to this here.

Charles Wrote:

Great info and this is what I will do. I have a race Saturday that should take 5-6 hours. I plan to rest
Thursday and Friday and not lift a finger. I've trained in all the things I need to do. I plan to take along
my own really fatty breakfast and will do the entire thing without food. I can go that long without eating
during the week, I should be able to do it in a race. My only concern now will be to not overdrink water
and make myself sick again. My mouth gets dry from all the wind on the bike so I'll have to practice
swishing and holding the water in my mouth instead of swallowing.

Thanks again for the further explanation.

daveo Wrote:

Well, that's one of the very few things that Bear got wrong, in my opinion, because the Inuit didn't eat
many livers either yet they never had a vitamin A deficiency and many never ate fish either.

Regards,

Charles

They didn't eat many but I never do. You are probably right and I probably don't need it, but I figure
there probably is no harm in taking some and maybe some benefit. It isn't expensive and a bottle will
last a long time.
Kristi31 Wrote:
But, if I remember correctly, The Bear admitted that he wasn't so sure that liver was needed and that he had gone more than 2 years (or about that time) without eating liver and experienced no problems. He suggested liver, JUST in case and very little of it.
I think he said you store vit A for 3 years - so you need very little of it.
Chris m

RE: Zero Carb / Meat and Water - MAC - 09-10-2008 12:56 PM

daveo Wrote:
Charles Wrote:
daveo Wrote:
I thought maybe it couldn't hurt to add some omega 3, so CLO would kill 3 birds with one stone. Even The Bear told me I might want to supplement Vit A if I don't eat liver.

Well, that's one of the very few things that Bear got wrong, in my opinion, because the Inuit didn't eat many livers either yet they never had a vitamin A deficiency and many never ate fish either.

Regards,
Charles

They didn't eat many but I never do. You are probably right and I probably don't need it, but I figure there probably is no harm in taking some and maybe some benefit. It isn't expensive and a bottle will last a long time.

Interesting that you should say that. Dr. Eades in PPLP says that once you open a bottle of CLO you should consume it in 2-3 weeks to avoid the oxidation of the oils. The CLO is packed with an inert gas in order to avoid oxidation of the oil before being opened.

RE: Zero Carb / Meat and Water - DavidBurchall - 09-10-2008 01:31 PM

Charles Wrote:
Two weeks is not enough time to come to any conclusions. However, it does suggest that perhaps you're a little too concerned about the weight-loss aspect instead of your health.

Thanks, Charles. I hear you on that. However, weight loss is why I'm changing the way I eat - not health. By every marker other than weight I'm healthy - thyroid function, blood pressure, lipid panel, blood glucose levels, etc. And I've lost weight with other ways of eating - none of which worked in the long run because they just made me hungry and weak.

Thinking about great health doesn't give me the mental 'umph' I need to be consistent. At least not yet.

So the truth is, I'm not doing this for my health. This is all vanity, baby! I wanna look good again. And I wanna keep a great looking bod! This is what is driving me forward. I think that's good enough.
If it were to take 6 months to see any real weight loss, why would anyone choose this? Who could keep going without some confirmation that it's working for that long? All I'm looking for right now is if my results so far are typical - a little reassurance that this won't be the same as my past failure with low carb. Throw the guy who's trying to get his footing a bone. :-)

**RE: Zero Carb / Meat and Water - cbnebraska - 09-10-2008 01:34 PM**

Something new. Today at lunch one of my friends and colleagues asked if I am just eating meat now. I told her yes and just a few basics about how good I feel and how I've been so glad to get rid of the cravings and constant thoughts of food. She asked me if I missed the variety and I was able to say no - and really mean it. I told her I was very glad to give up food as a leisure activity. I shared a few other things, including a few words about my goal of keeping my insulin low. Then, I became tongue tied.

Now, my question for you all. I have read GCBC and am planning to read FOTL with Charles (although I have read 1/2 way through it already), but I just don't like recommending either of these to someone as an introduction or overview of our WOE. Can any of you recommend a book or a web article or anything that I could recommend to someone who shows interest and doesn't start off their response with "I could never...". GCBC is way too heavy of a read and it has scared off the 2 people to whom I have recommended it. All the forums are too choppy and don't present this WOE in an organized manner. I have Charles' recommended books, but I'm just not sure which ones would be appropriate to recommend to a "beginner". Maybe there's a website out there that presents it with a bibliography? Wishful thinking?

Thanks to anyone who can help.

**RE: Zero Carb / Meat and Water - Richard - 09-10-2008 01:47 PM**

DavidBurchall Wrote:
Charles Wrote:
Two weeks is not enough time to come to any conclusions. However, it does suggest that perhaps you're a little too concerned about the weight-loss aspect instead of your health.

Thanks, Charles. I hear you on that. However, weight loss is why I'm changing the way I eat - not health. By every marker other than weight I'm healthy - thyroid function, blood pressure, lipid panel, blood glucose levels, etc. And I've lost weight with other ways of eating - none of which worked in the long run because they just made me hungry and weak.

Thinking about great health doesn't give me the mental 'umph' I need to be consistent. At least not yet.

So the truth is, I'm not doing this for my health. This is all vanity, baby! I wanna look good again. And I wanna keep a great looking bod! This is what is driving me forward. I think that's good enough.

If it were to take 6 months to see any real weight loss, why would anyone do choose this way of eating? All I'm looking for right now is if my results so far are typical - a little reassurance that this won't be the same as my past failure with low carb. Throw the guy who's trying to get his footing a bone. ;-)

In the log run your health will be the winner.

Eventually the thyroid will have problems (not if but when) and worse there is a VERY STRONG
chance that your testosterone level will drop and do it so slowly you will not notice. (If you want to hear the story I'll related it!).

I could continue but I think the last one would be enough for any man to throw away the twinkies and pick up the protein and fat. AND, the good thing is 4-6 weeks and things will change and you'll feel 10 years younger.

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**RE: Zero Carb / Meat and Water - Charles - 09-10-2008 01:48 PM**

Okay, now back to this 120 grams of glucose for the brain business, with all due respect to Dr. Mary C. Vernon.

Francis Benedict's study from 1915 was on a subject who fasted for 31 days. This study remains the most complete of all balance studies in spite of many inadequate analytical methods. He demonstrated that for the first 5 or 6 days of fasting, a small component to the fuel of respiration was provided by carbohydrate and then none at all. After that, it was all about fat and protein. Fat contributed 85% and protein 10%. Benedict remarked that fat was the most abundant and and possibly expendable.

Many problems were unexplained and the general belief in gluconeogenesis was directly under fire. The brain supposedly requires 120-130 grams of glucose daily, although the IOM report that Taubes cited says that really only 100 grams are required. The extra 30 was set as a precaution. Everyone agrees that ketones can provide 75 grams, but they dispute is over the last 25 grams.

Total carbohydrate stores are barely adequate for 1 day's supply for cerebral function and gluconeogenesis must provide this amount. However, data shows that gluconeogenesis falls far short. Nitrogen (protein) excretion in several days decreases to 10 grams per day and in more prolonged fasting, it decreases to levels approaching 3 grams per day.

We all know of people who have fasted considerable longer than 7 days.

This renders impossible rendering more than several grams of glucose even if all amino acids were glucose producing.

The body doesn't use up the limited supply of protein it has making glucose for those tissues that need it which means that the brain has to be using something else. The 100 grams of glucose requirement is more a belief than it is science since it obviously has not been shown in rigorous testing.

Let's put this gluconeogensis from too much protein idea to rest. If you are gaining weight on your zero-carb diet, it has absolutely nothing to do with the amount of protein you're eating. Protein conversion is too expensive and can be toxic since that results in more nitrogen which would build ammonia in the blood and kill you. I was under the impression that the muscles didn't use ketones but indeed they do. They use more than what reserchers thought.

The next problem that is equally frustrating to researchers is the very one that MAC and I were discussing just the other day. What is the signal that mobilizes just the quantity of free fatty acid needed by the liver and carcass from fat tissue and likewise, what is the signal to muscle which directs mobilization of muscle protein as amino acid into the blood to be removed by liver (and kidney) during gluconoeogenesis? In other words, when the liver "goes after the muscles" to get protein, what gets rid of the nitrogen that's left over?

There are two schools of thought. The first is that insulin (its level) is the primary mediator (not
surprising) and some think it is something in the brain which signals the release of peripheral fuel using neural pathways via the central nervous system. This means that the only time that the body would convert protein for energy would be if there were no fat or ketones available, so one would have to be fasting for more than nine months before this would occur. Again, the Bear is very astute.

The researchers tend to equate fasting and diabetes because in one case, insulin is low. In the other case, insulin is not effective due to the high level. This makes a huge difference to me, but the researchers seem to think they are somehow equivalent. The Bear also noted that these two cases were in no way similar.

Taubes provided David Kipnis's studies showing how fat tissue is exquisitely sensitive to insulin and we know that insulin facsitilates release of free fatty acids in response to the changing levels. The Randle cycle, which describes the glucose-fatty acid metabolism informs us how insulin levels effect the release of free fatty acids. This is well-known to all of us zero-carbers because we have no dietary glucose (or very little) and our fatty acids are not inhibited from circulating by insulin. Yet we all know that if we provide a glucose load, the fatty acids will decrease in circulation and the majority of the glucose will be stored.

Another note I found interesting, was that Benedict determined that if a man has enough fatty acids at the start, he may survive a fasting period of 6 to 9 months and probably even longer. At the end of 30 days of fasting, fat provides 90 percent of calories and protein only provides 10%. On an 8 day fast, fat provides 86% and protein provides 14%. On a 40-day fast, fat provides 95-97% and protein only provides 3%. The subjects on the 40-day fast were all obese.

For a man to survive a fast, protein conservation is critical, particularly in a primeval setting where maintaining muscle mass would be necessary. This is why we zero-carbers don't have to live in the gym. If we go once or twice per week, we are not in danger of losing our muscle mass. One-third to one-half loss of total body nitrogen is barely compatible with survival. This is the same for all the animals in the kingdom.

This leaves open the question as to what fuel supplies the gluconogenic precursor to provide the brain its necessary fuel. The probable answer is that the brain gradually decreases its utilization of glucose and uses ketones and hydroxybutyrate to become the most important fuels.

In conclusion, the question of how much the brain needs really depends on the state of the body at the time and the availability of peripheral fuels just as it does with regard to weight management. Insulin is the primary regulator of most of these processes so when contemplating your zero-carb regimen, it's important and prudent to focus on insulin first. If you do this, you will enjoy great health regardless of weight loss.

Regards,

Charles

RE: Zero Carb / Meat and Water - Charles - 09-10-2008 02:04 PM

DavidBurchall Wrote:
Thanks, Charles. I hear you on that. However, weight loss is why I'm changing the way I eat - not health. By every marker other than weight I'm healthy - thyroid function, blood pressure, lipid panel, blood glucose levels, etc. And I've lost weight with other ways of eating - none of which worked in the long run because they just made me hungry and weak.
Hey, at least you're honest. I like that, actually! The point is that it's not fair to judge zero-carb in relation to low-fat or semi-starvation diets because they both work in vastly different ways. If you semi-starve yourself, it is certain that you will lose weight. Of this, there can be no doubt. Ghandi has shown us the way. If you read my latest post, you'll see that you probably have enough fat in your body to last 6 to 9 months on a total fast.

However, this isn't the weight loss that you want. You want to burn fat and Keckwick and Pawan demonstrated quite conclusively in my opinion that one can lose twice as much body fat eating a high-fat diet than eating nothing at all, and the high-fat eater can preserve all of their lean muscle mass. No other "reducing" plan can make this claim.

David Wrote:
If it were to take 6 months to see any real weight loss, why would anyone choose this? Who could keep going without some confirmation that it's working for that long?

I'm not saying it would take 6 months to see any real weight loss. I said that it would take 6 months to determine whether you could overcome your acculturation (the Bear's term) and succeed on an all-meat diet. This is a very difficult thing to do.

A person would choose this because they recognize that insulin is the primary regulator of fat tissue and that it's important to regulate insulin levels if health is to be achieved or maintained. They realize that obesity is only a symptom and the body will regulate it if the proper diet is consumed. Every animal in the kingdom wants to be lean and muscular. No animal fattens for no reason. Correcting this "reason for fattening" is why someone would choose zero-carb.

Chronically-high insulin levels are responsible for all the diseases of civilization and it is a very slow-moving process. Obesity did not begin in our 20s. It began when we were children and we overconsumed refined and easily digestible carbohydrates. We set the groundwork and did the major damage before we saw our fat stick out over our belts.

This led to insulin resistance and our pancreas began excreting too much insulin to do the job. This is the thing that causes our bodies to store fatty acids as opposed to mobilizing them which results in a slow metabolism and great muscle loss.

Therefore, in order to be the leanest and strongest, a person has to regulate their insulin levels and eat the proper diet which will enable them to be their healthiest and strongest. They will stop erectile dysfunction, hair loss, bad teeth, bad body odor (both inside and out), cravings, and a major slowing of all aging-related maladies. And they should lose weight in the process.

Weight loss generally depends on how long one has been obese. If you were only obese for a decade or two in your life, it's highly possible that you will lose weight rapidly. If you were obese most of your life, it's possible your fat tissue has become exquisitely responsive to insulin and even the smallest excretions of insulin will cause you to store fat at a time you should be mobilizing fat. This means you have to get your insulin under control and the weight loss will take much longer.

Therefore, I can only guarantee that your body will look and continue to function as healthy as possible if you consume the proper diet, which I believe the all-meat diet is.

Regards,
cbnebraska Wrote:
Something new. Today at lunch one of my friends and colleagues asked if I am just eating meat now. I told her yes and just a few basics about how good I feel and how I've been so glad to get rid of the cravings and constant thoughts of food. She asked me if I missed the variety and I was able to say no - and really mean it. I told her I was very glad to give up food as a leisure activity. I shared a few other things, including a few words about my goal of keeping my insulin low. Then, I became tongue tied.

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Thanks to anyone who can help.

I DO NOT think there is one!!
I have all of Atkins books , Life Without Bread, Neanderthin, Protein Power and a shelf full of of manila folders on articles I have printed.
Aside from what you mentioned there is no good easy concise read on zero carb - thus the admonition that we NEED a book !!!!
Chris m

RE: Zero Carb / Meat and Water - Charles - 09-10-2008 02:09 PM

cbnebraska Wrote:
Maybe there's a website out there that presents it with a bibliography? Wishful thinking?

I hate to say it but diet and nutrition can be complicated when you're explaining it to a sophisticated mind. I think it's easy to explain to children because they get it more readily. That said, I love Gary Taubes' article, "What if it's all been a big fat lie?" This is GCBC lite and should get the fires stoked if they're really interested.

Regards,

Charles

RE: Zero Carb / Meat and Water - MAC - 09-10-2008 02:14 PM

chris m. Wrote:
cbnebraska Wrote:
Something new. Today at lunch one of my friends and colleagues asked if I am just eating meat now. I told her yes and just a few basics about how good I feel and how I've been so glad to get rid of the cravings and constant thoughts of food. She asked me if I missed the variety and I was able to say no - and really mean it. I told her I was very glad to give up food as a leisure activity. I shared a few other things, including a few words about my goal of keeping my insulin low. Then, I became tongue tied.

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Chris m

Life without Bread by Lutz not Stefansson is relatively straight forward and covers the basics of low carbing. Dr. Lutz does not recommend less than 70 carbs per day. He has his reasons for this so his slant is slightly different but he is all about low carb. There is one technical chapter in the book which can be skipped.

http://www.amazon.com/Life-Without-Bread-Christian-Allan/dp/0658001701/ref=sr_1_1?ie=UTF8&s=books&qid=1221080970&sr=8-1

It is shorter and more concise than Protein Power or Atkins. Use the link and you can read the first chapter and decide for yourself its level of detail.

RE: Zero Carb / Meat and Water - MAC - 09-10-2008 02:20 PM

Charles Wrote:

cbnebraska Wrote:

Maybe there's a website out there that presents it with a bibliography? Wishful thinking?

I hate to say it but diet and nutrition can be complicated when you're explaining it to a sophisticated mind. I think it's easy to explain to children because they get it more readily. That said, I love Gary Taubes' article, "What if it's all been a big fat lie?" This is GCBC lite and should get the fires stoked if they're really interested.

Regards,

Charles
Here is low carb in one sentence, "carbs drive insulin which drives fat storage". All of GCBC boils down to this.

RE: Zero Carb / Meat and Water - con - 09-10-2008 02:32 PM

Charles Wrote:
a person has to regulate their insulin levels and eat the proper diet which will enable them to be their healthiest and strongest. They will stop erectile dysfunction, hair loss, bad teeth, bad body odor (both inside and out), cravings, and a major slowing of all aging-related maladies. And they should lose weight in the process.
CHARLES,
Many men, at least 90% in this country, get enlarged prostates also---is this connected to diet/insulin issues also?

RE: Zero Carb / Meat and Water - Charles - 09-10-2008 02:33 PM

MAC Wrote:
Here is low carb in one sentence, "carbs drive insulin which drives fat storage". All of GCBC boils down to this.

This is why I say it's easier to explain this to children than it is to adults. If I say that statement to my children, they instantly get it and push the vegetables away.

An adult will say, well, where did that come from?

Personally, I was interested in the philosophy first, and then the diet came second. The truth is that if a person cuts out flour, white rice, bread, flour, and sugar and their products, they will likely lose weight, cut down their cravings, and feel better than they have in years.

If they agree with the basic philosophy which Taubes encapsulates well in his article, then the Atkins Induction is the best place to start, in my opinion. It has all the rules and provides a good transition with the limited amounts of vegetables.

Once they finish the two weeks, then it's time to talk!

Regards,
Charles

RE: Zero Carb / Meat and Water - Charles - 09-10-2008 02:35 PM

con Wrote:
Many men, at least 90% in this country, get enlarged prostates also---is this connected to diet/insulin issues also?

I definitely think so. All of these are diseases of civilization; meaning that isolated populations that don't eat as we do don't get these things. There are many, many maladies that go under this tag.
Regards,

Charles

RE: Zero Carb / Meat and Water - abnormalslc - 09-10-2008 02:55 PM

Charles Wrote:
con Wrote:
Many men, at least 90% in this country, get enlarged prostates also—is this connected to diet/insulin issues also?

I definitely think so. All of these are diseases of civilization; meaning that isolated populations that don't eat as we do don't get these things. There are many, many maladies that go under this tag.

Regards,

Charles

I wonder if there ever will be real, believable, mainstream accepted studies regarding these maladies of civilization and diet.

Wouldn't it be interesting if ZC/VLC was at least a long term treatment for and potential cure for things like the various cancers that kill so many of us in the human species.

I do believe there is something to this insulin control thing that involves a WHOLE LOT MORE than weight management.

RE: Zero Carb / Meat and Water - Richard - 09-10-2008 03:21 PM

chris m. Wrote:
cbnebraska Wrote:
Something new. Today at lunch one of my friends and colleagues asked if I am just eating meat now. I told her yes and just a few basics about how good I feel and how I've been so glad to get rid of the cravings and constant thoughts of food. She asked me if I missed the variety and I was able to say no—and really mean it. I told her I was very glad to give up food as a leisure activity. I shared a few other things, including a few words about my goal of keeping my insulin low. Then, I became tongue tied.

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Aside from what you mentioned there is no good easy concise read on zero carb - thus the admonition that we NEED a book !!!
Chris m

Here is a deal...and it's free. I have 2 websites (free-bees actually) which are non commercial. If, no pressure Charles, someone or a group wants to put together 2 or 3 pages which boil down ZC I will publish it. The whole idea is that it will be information for those seeking it.

RE: Zero Carb / Meat and Water - daveo - 09-10-2008 03:23 PM

MAC Wrote:
daveo Wrote:
Charles Wrote:
daveo Wrote:
I thought maybe it couldn't hurt to add some omega 3, so CLO would kill 3 birds with one stone. Even The Bear told me I might want to supplement Vit A if I don't eat liver.

Well, that's one of the very few things that Bear got wrong, in my opinion, because the Inuit didn't eat many livers either yet they never had a vitamin A deficiency and many never ate fish either.

Regards,
Charles

They didn't eat many but I never do. You are probably right and I probably don't need it, but I figure there probably is no harm in taking some and maybe some benefit. It isn't expensive and a bottle will last a long time.

Interesting that you should say that. Dr. Eades in PPLP says that once you open a bottle of CLO you should consume it in 2-3 weeks to avoid the oxidation of the oils. The CLO is packed with an inert gas in order to avoid oxidation of the oil before being opened.

I'll have to check that out. What I read said it was ok 4-5 months in the fridge after opening, and the unopened bottle I am looking at is good till 7/11. Still, even if it was only good for a few weeks, the 8 oz bottle I have was only $12.

RE: Zero Carb / Meat and Water - Kristi31 - 09-10-2008 03:26 PM

I really enjoy reading this thread, it only gets better...fascinating subject, fascinating studies...I'm lovin' every moment of it!

For those of you that stall on zero-carb, assuming you're only eating fatty protein (excluding dairy and eggs) and drinking water, consider reducing somewhat fat intake and see what happens. If suddenly, your ketones show no more or you are feeling better, have more energy, feel less hungry overall, etc.,
then too much fat may be the culprit. Just something I recently discovered through my journey and thought I'd share with others.

This also challenges the notion that protein automatically converts to glucose because the more protein I eat and the less fat I eat, the slimmer I am. I've been on this path for a little more than one year and this is crystal clear now. If this theory were right, the opposite should happen. Suzanne's experience also corroborates this.

But, please don't take this to mean I'm against fat...far from it. Fat is super important and should be the main nutrient but one can sometimes overdo it. I thought nausea happened when fat was overindulged in but before this happens, others symptoms can also occur such as abdominal cramps, fatigue, constipation, bloating, etc. I didn't realize that until recently.

RE: Zero Carb / Meat and Water - Richard - 09-10-2008 03:28 PM

abnormalslc Wrote:
I wonder if there ever will be real, believable, mainstream accepted studies regarding these maladies of civilization and diet.

Wouldn't it be interesting if ZC/VLC was at least a long term treatment for and potential cure for things like the various cancers that kill so many of us in the human species.

I do believe there is something to this insulin control thing that involves a WHOLE LOT MORE than weight management.

I do know one woman that has cancer and now has Type II diabetes. Her Dr explained to her that he wanted her to go on a low carb diet so she could control the diabetes and 'starve' the cancer cells of the sugar they fed off of.

If there is 1 doctor doing this can there be many more to follow.

RE: Zero Carb / Meat and Water - Kristi31 - 09-10-2008 03:30 PM

Great to hear! There is still hope...

RE: Zero Carb / Meat and Water - nyteez - 09-10-2008 03:44 PM

Quote:
If I had some long event to prepare for, I would just try to overeat on fat and protein to the point where I could cover the entire activity without stopping for food. I forget this sometimes and don't eat prior to races. I will abolish that practice in my own life. For my next half-marathon in two weeks, I will eat something the morning of the race. A steak or burger about an hour to an hour and a half before sounds about right. I don't have to be hungry to eat something.

I would do the same thing...not eat. The body uses a lot of energy in digestion, I would not want my performance to suffer from eating. I can't even imagine exercising w/ food in my stomach. But then again, I can't even imagine a 5-6 hour competition....unless it was golf. LOL!
**RE: Zero Carb / Meat and Water - nyteez - 09-10-2008 04:02 PM**

davidburchall Wrote:
If it were to take 6 months to see any real weight loss, why would anyone choose this? Who could keep going without some confirmation that it's working for that long? All I'm looking for right now is if my results so far are typical - a little reassurance that this won't be the same as my past failure with low carb. Throw the guy who's trying to get his footing a bone. :-)

I have been eating this way for almost 8 months now. I am not losing weight as fast as I had hoped, but I am steadily losing weight and I look and feel so much better. I have stayed on this diet because, although I was not dropping pounds, I noticed other changes that made me stay on the diet.

I also eliminated foods all along the way that I thought were causing problems w/ weight loss. Eggs made a big difference. I have been off eggs for a month, and my weight loss now is faster. I started out on Atkins induction and am now down to just meat, water & wine. I know if I cut out the wine I would probably lose faster. But, as long as I am losing, I am keeping my wine! 😊

Another reason I stay on this diet. Over 4th of July weekend I ate green salads & veggies. I felt terrible! Gassy, bloated, cramping, tired. I figured, why would I ever want to eat another vegetable if it was going to make me feel like that! I have no digestive problems at all on this diet. I had digestive problems my whole life!

Also, I look like I have lost more than I have. My skin no longer has that "puffy" look. In fact my skin looks at least 10 years younger! About 2-3 weeks into the diet, I noticed the puffyness gone. Carbs make me look puffy & older. That's also a reason for me to keep eating this way.

So even though you may not be dumping 10lbs a week, just stick with it for a while. You will see positive changes.

**RE: Zero Carb / Meat and Water - chiara - 09-10-2008 04:11 PM**

okay, this is day two of meat eggs and water...so far so good! i've been trying to read through this thread...i've gotten to page 50. it's fantastic! charles, your knowledge is amazing.
yesterday, i had been cooking all of my meat on the george forman grill. but after reading, i realized that was really dumb. so, now i cook all my meat in a pan and then pour the fat on top. my husband almost threw up when he saw me do it 😊

i am confused on how much water to drink though...i know there is no magical amount. if i only drink when i'm thirsty, i would probably just have a dixie cup of water a day. i've been trying to drink my height in fl. ounces of water. should i stop?

**RE: Zero Carb / Meat and Water - suzanneyea - 09-10-2008 04:17 PM**

Most of us agree that we only drink when thirsty.

**RE: Zero Carb / Meat and Water - Charles - 09-10-2008 04:29 PM**

abnormalsle Wrote:
I wonder if there ever will be real, believable, mainstream accepted studies regarding these maladies of civilization and diet.

I think there is plenty of information available. It's just going to take either a grass-roots movement of successful people or it's going to take someone who will objectively view the entire evidence without prejudice or an agenda. Epidemiology is rock solid but people don't give it the proper credence because their scientific beliefs don't conform to the many observations.

It makes me sick to think how many sailors went to sea relying on the so-called evidence that lime juice cured scurvy. These ships were losing entire crews to scruvy and when they would return, they were told that their lime juice just wasn't fresh enough or some other stupid reason. They just keep adjusting the treatment hoping to find something that fits rather than looking at populations that don't get the disease.

Vitamin D used to only be about calcium and bones. Hell, now they are promoting it for all the diseases of civilization. How about fiber? That crap was originally supposed to be the cure for all the diseases. When studies couldn't show that it worked, then they changed it and now it's heart healthy and good for digestion. Then, it became good for losing weight since you can get full without digesting it. It just keeps bobbing and weaving and no one will call it for the BS that it is.

The Abnormal One Wrote:
Wouldn't it be interesting if ZC/VLC was at least a long term treatment for and potential cure for things like the various cancers that kill so many of us in the human species.

Well, I can't speak for anyone else, but for me, it already is!

The Abnormal One Wrote:
I do believe there is something to this insulin control thing that involves a WHOLE LOT MORE than weight management.

Amen, brother!

Regards,

Charles

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chiara Wrote:
i've been trying to drink my height in fl. ounces of water. should i stop?

Oh yes, please stop. Suzanne is right, just drink when you're thirsty.

Regards and welcome again to our forum,

Charles

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nyteez Wrote:
Also, I look like I have lost more than I have. My skin no longer has that "puffy" look. In fact my skin
looks at least 10 years younger! About 2-3 weeks into the diet, I noticed the puffiness gone. Carbs make
me look puffy & older. That's also a reason for me to keep eating this way.

So even though you may not be dumping 10lbs a week, just stick with it for a while. You will see
positive changes.

Amen!! I have only lost 6-7 lbs. in about 6 weeks, but it looks like WAY more! I have dropped an entire
pant size and my arms and legs have become more defined than I've ever seen them. The puffiness is
gone and I just look so much "leaner and meaner". I truly can't believe it's only this much weight I've
lost. I still do coffee with cream 2 x a day, salt (when I can't avoid it) and a few glasses of wine a week,
so I absolutely know I could lose more if I gave up some of those. I was not and am not overweight
though, so my motivation has simply been my health and getting rid of the stupid food cravings and
obsessions, which I have accomplished. Since I don't have cravings I feel like I must have my insulin
tackled fairly well. I'm still trying to decide if I'm willing to go all out. Mostly because I'm trying to ease
my husband into this whole thing. He's getting used to it and I'm still settling into it myself.

RE: Zero Carb / Meat and Water - DavidBurchall - 09-10-2008 04:52 PM

nyteez Wrote:
I have been eating this way for almost 8 months now. I am not losing weight as fast as I had hoped, but I
am steadily losing weight and I look and feel so much better. I have stayed on this diet because,
although I was not dropping pounds, I noticed other changes that made me stay on the diet.

Thanks Dana! I got some dietary preaching and fear mongering instead of answers to my question. (I've
had a life time of that in other circles.) You answered with your experience...exactly the kind of thing I
was asking for.

nyteez Wrote:
So even though you may not be dumping 10lbs a week, just stick with it for a while. You will see
positive changes.

10 lbs a week?!!? Yikes! I think I was sick if I lost weight that fast. As long as I lose is the point. Six
months with no change in weight...I wouldn't wait that long before deciding to do something else.

RE: Zero Carb / Meat and Water - nyteez - 09-10-2008 05:13 PM

Oh yea, that's another thing, Cynthia mentioned, food cravings. When you eat this way you don't think
about food anymore. If you eat enough fat you are not hungry. My life used to revolve around food.
Eating every three hours, figuring out what I can and can't eat, shopping for ingredients, worrying about
fat content and calories or points. What a waste of time! I even bought a watch with 3 alarms on it to
remind me to eat every 3 hours!

Now, I have so much more free time and money. I no longer have to shop for ingredients! I basically
just buy meat. It is so liberating!

davidburchall Wrote:
Thanks Dana! I got some dietary preaching and fear mongering instead of answers to my question. (I've had a life time of that in other circles.) You answered with your experience...exactly the kind of thing I was asking for.

No problem that's what we are here for!

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**RE: Zero Carb / Meat and Water - [daveo](#) - 09-10-2008 05:56 PM**

nyteez Wrote:

I also eliminated foods all along the way that I thought were causing problems w/ weight loss. Eggs made a big difference. I have been off eggs for a month, and my weight loss now is faster. I started out on Atkins induction and am now down to just meat, water & wine. I know if I cut out the wine I would probably lose faster. But, as long as I am losing, I am keeping my wine! 😊

I'm with you. I'm hanging on to my wine and coffee like grim death 😊

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**RE: Zero Carb / Meat and Water - [Daryl](#) - 09-10-2008 06:04 PM**

cbnebraska Wrote:

Can any of you recommend a book or a web article or anything that I could recommend to someone who shows interest and doesn't start off their response with "I could never..."? GCBC is way too heavy of a read and it has scared off the 2 people to whom I have recommended it. All the forums are too choppy and don't present this WOE in an organized manner. I have Charles' recommended books, but I'm just not sure which ones would be appropriate to recommend to a "beginner". Maybe there's a website out there that presents it with a bibliography? Wishful thinking?

Thanks to anyone who can help.

What I always use:  

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**RE: Zero Carb / Meat and Water - [Living healthy](#) - 09-10-2008 06:20 PM**

Richard Wrote:

abnormalslc Wrote:

I wonder if there ever will be real, believable, mainstream accepted studies regarding these maladies of civilization and diet.

Wouldn't it be interesting if ZC/VLC was at least a long term treatment for and potential cure for things like the various cancers that kill so many of us in the human species.

I do believe there is something to this insulin control thing that involves a WHOLE LOT MORE than weight management.

I do know one woman that has cancer and now has Type II diabetes. Her Dr explained to her that he
wanted her to go on a low carb diet so she could control the diabetes and 'starve' the cancer cells of the sugar they fed off of.

If there is 1 doctor doing this can there be many more to follow.

My sister died recently of cancer. The dietician told her that cancer loved sugar, but, unfortunately, she didn't tell her to totally eliminate it. She said it would be okay to eat it with a meal because of the body processing everything at one time. What????? I tried to get her to stop sugar, but I wasn't successful. She was never a so called meat eater. Ate very little of it and it had to be lean. One strand of fat was was pulled off and discarded. She was never overweight. Always, looked liked she was in good health.

RE: Zero Carb / Meat and Water - cbnebraska - 09-10-2008 06:54 PM

Thanks for all the pointers to Gary Taubes' article. I read the first few pages of it and I will use that one as well. I think most people are willing to accept LC, it's just the jump to ZC and in particular, the elimination of vegetables that gets everyone in a wad. I would love a link to something that explains why we really don't need them at all - unless I didn't read far enough into the article? I would love to just copy and paste some of the discussions that go on here, but somehow the officialness of a book or medical website adds validity. I like to explain that vegetation only came into the human diet when meat was unavailable, meaning in times of desperation, so the hunters could survive until they could find meat. I explain that we are omnivores in the sense that we can ingest a variety of things and they won't kill us, but that we will not thrive on them, only survive on them. I hope that's an accurate description. Oh well, I don't often talk about my eating, but do like to have something to offer up whenever someone truly shows interest.

Thanks to everyone for your leads. I will look into Not By Bread Alone as well. I do have quite a few Atkins books and could use some of them too.

RE: Zero Carb / Meat and Water - BeeDub - 09-10-2008 07:06 PM

Charles Wrote:
abnormalslc Wrote:
I wonder if there ever will be real, believable, mainstream accepted studies regarding these maladies of civilization and diet.

I think there is plenty of information available. It's just going to take either a grass-roots movement of successful people or it's going to take someone who will objectively view the entire evidence without prejudice or an agenda. Epidemiology is rock solid but people don't give it the proper credence because their scientific beliefs don't conform to the many observations.

It makes me sick to think how many sailors went to sea relying on the so-called evidence that lime juice cured scurvy. These ships were losing entire crews to scruvy and when they would return, they were told that their lime juice just wasn't fresh enough or some other stupid reason. They just keep adjusting the treatment hoping to find something that fits rather than looking at populations that don't get the disease.

Vitamin D used to only be about calcium and bones. Hell, now they are promoting it for all the diseases of civilization. How about fiber? That crap was originally supposed to be the cure for all the diseases. When studies couldn't show that it worked, then they changed it and now it's heart healthy and good for
digestion. Then, it became good for losing weight since you can get full without digesting it. It just keeps bobbing and weaving and no one will call it for the BS that it is.

It's killing you that you couldn't find a single study, isn't it?

Still waiting on that study, Charles 😢

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**RE: Zero Carb / Meat and Water - MAC - 09-10-2008 08:45 PM**

Charles,
See the following link. Note the reference to lactate as a substrate for gluconeogenesis during heavy exercise. The Cori cycle occurs during oxygen debt. Seems to imply that glucose is used in the muscle.

http://www.ches.ua.edu/departments/nhm/faculty/neggers/nhm362/gluconeogenesis%207.pdf

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**RE: Zero Carb / Meat and Water - waywardsister - 09-10-2008 08:47 PM**

abnormalslc Wrote:
Wouldn't it be interesting if ZC/VLC was at least a long term treatment for and potential cure for things like the various cancers that kill so many of us in the human species.

I do believe there is something to this insulin control thing that involves a WHOLE LOT MORE than weight management.

Me too! And I believe, based on my research, that food intolerances have a lot to do with it also. We've only been eating grains for approx 10,000 years (less depending on geographic location) and not only can we not handle the glucose load from a grain-based diet, we can't handle the proteins in those grains. They cause a ton of autoimmune problems. I think both issues go hand in hand.

chiara Wrote:
so, now i cook all my meat in a pan and then pour the fat on top. my husband almost threw up when he saw me do it 😳

i am confused on how much water to drink though...i know there is no magical amount. if i only drink when i'm thirsty, i would probably just have a dixie cup of water a day. i've been trying to drink my height in fl. ounces of water. should i stop?

Hi chiara! My fella almost barfed when he watched me eat a steak yesterday. It was a chunk I'd cut from a roast, a really fatty end piece. He just can't stand the texture of fat!

Drink to thirst, like others have said. The 8oz/day thing is a myth. I looked in to this when I started my cats on a raw diet -- all the advice I read also stated that cats eating raw meat will drink less, and not to worry bc they're getting a lot of water from the meat they eat. I know we're not cats, but I'd betcha it's applicable to us as well. We get water from most foods.

Also you'd asked about vitamins...not to rehash an earlier vitamin discussion, but I take them sporadically. Actually, I just stopped taking D and fish oil, bc I came down with a cold a few weeks after I started taking them regularly (this has happened before, to me and to a friend of mine who always gets sick when she starts taking D). I can tell, for example, if I'm low on Vit C bc my gums will bleed
when I brush them. On VLC, my gums never bleed. They used to bleed all the time. I don't take any extra C, so this leads me to believe my body is using the C I am getting much better than it was before.

BeeDub Wrote:
It's killing you that you couldn't find a single study, isn't it?

Still waiting on that study, Charles 😞

Really this is getting out of hand. At first I found your post interesting, but after that I noticed your only subsequent posts here are to Charles, even though others have answered you and provided some info that would make for interesting, productive, intelligent discussion. To me, it looks as if you're here simply to argue with Charles. Debate is fine (and you'll see plenty of it in this thread, though you may not notice it bc it's friendly), arguing is not. Start a Vitamin D thread and discuss it with EVERYONE. If you have information to share, SHARE IT. Undoubtedly, there will be people here who will benefit from it. Additionally, Charles is not endangering anyone. We all have our own minds. We're ok. You do not need to save us from Charles, nor Charles from himself, nor the world from Charles or from a lack of Vitamin D. Amen and hallelujah.

I suspect you won't read this post, bc you pick through this thread to find Charles, bc you secretly love Charles but can only express this love via Vitamin D arguments. Hell, we all secretly love Charles. He's totally loveable. We don't blame you. Just send Charles that love you so deeply feel, go tell it from the mountains (over the fields, and everywhere) and all will be well. Love increases Vitamin D absorption. It's the truthiness. (ok I need sleep)

Charles -- interesting posts! Thanks! (see, I'm loving you right now. It's so easy. Shucks, I love you all! Feel the Vitamin D flow!)

RE: Zero Carb / Meat and Water - suzanneyea - 09-11-2008 02:14 AM

I love hearing all the different opinions too, but I just do not want this to become a debate and attack type thing. That is what happened with The Bear and we all lost focus on the true issues of health and it became a "who is right situation." Both points of view have been made on this issue and now I am asking, on behalf of the viewing audience, to end it. I will ask politely once. This is the once. If it helps, Charles is not the Pied Piper of the board, we will not all walk off a cliff after him. I respect his opinion, just like the majority of the people here, but do I follow his diet? Nope. Does everyone here follow all of his ideas? Nope. We are just taking in information here and coming to our own choices. We are not a bunch of morons and are completely capable of making our own choices about food, supplants, and our lives.

RE: starting meat and eggs today - AuntieeM - 09-11-2008 04:24 AM

Good morning. This is my first post here. Here's a short synopsis of my weight loss journey. In January '07 I started the Medifast program which I followed until this past January. I started at 220 and was able to get down to 150. I'm a 53 yo woman who isn't menopausal. I was, naturally, thrilled with the results but couldn't see myself eating rehydrated meals 5 times a day plus a Lean and Green meal for the rest of my life. Don't know if any of you know about Medifast but you eat 5 of their products (soup, oatmeal, shakes, pudding, bars - your choice) and one L&G meal consisting of 5-7 ounces of protein and veggies. My calories never went over 1000 (usually around 900) and carbs were around 75. Since January, I've been trying many different low carb ways of eating and have found myself with a 7 pound weight gain. I've tried '72 Atkins, DANDR, Stella Style, etc. I am very close to my goal weight of 140 - 145 and can
only figure that the reason I've gained instead of loosing is that I'm consuming too many calories. Can someone please explain for me the "rules" of Meat and Eggs or even point me to where I can find the information. Any help, ideas, suggestions will be greatly appreciated! I thank you all in advance. 😊

RE: Zero Carb / Meat and Water - usmaid - 09-11-2008 04:28 AM

con Wrote:
LindaSue,
This part of a column in LowCarbExaminer San Francisco on August 25th, 2008--Cleochatra's column--it's much simpler using ground beef. Extra fat could still cover the dried meat. She has more info and variations on her site including info on the jerky extruder.

MAKE YOUR OWN BEEF JERKY
Must-have: Jerky extruder. Don't use Pla-Dough toys. Basic beef jerky

1 pound ground beef
1 tsp pepper
1 tsp salt

Mix hamburger with seasonings until well blended (I use my Kitchenaide mixer with the dough paddle) about 1-2 minutes.

Using an extruder, pipe jerky onto trays.

Food dehydrator: Let dry for 6-7 hours or just before meat snaps in half. Practice with this method will show that you can dry slightly less than the snap-point for more tender jerky.

Oven: On the lowest setting possible, and with the door ajar ever so slightly, let dry on racks for or until meat is close to breaking when bent in half.

Store in a ziploc bag.

Each pound makes 8 ounces of dried beef jerky. The beauty of this method is that the carb count is 0, and your caloric count is only as high as the amount you consume of, essentially, only ground beef.

Just wanted to post that I made this "Jerky" a few days ago. It's actually very good and EASY!! You could season how ever you like! Like others here; I don't eat breakfast but I do start to get some "rumblings" around 10am. I don't get lunch at work until 12:30. I put a couple pieces of my "Jerky" in a zip lock for those times. So far so good. I don't know how long it would last out of the frig but it certainly seems like it would be OK for a whole day for those looking for a zero carb, take along option.

Beth

RE: Zero Carb / Meat and Water - poo123 - 09-11-2008 04:57 AM

Well I am not dead and did not fall off the face of the planet. I did have a bunch of family things come up in the last 2 weeks. And I did go off my new way of life. In 2 weeks I have gained 5 lbs, but I am happy because I really could of put on much, much more. I did not do any emotional eating and I was so proud of myself. I am back home and back on meat and water only. I still have to catch up on the thread,
but I am really happy to be back. The thing I was surprised about was when I was eating off meat and water, "regular foods" I didn't feel sick, or foggy or anything like that. I guess I was hoping I would so I would, so I would remember how bad I felt but it was no problem eating. I am not still doing it and like I said back on meat and water, so the 5 lbs should hopefully come off in the next 2 weeks and then back to normal. I really missed reading what has been going on with all of you.....alison

RE: Zero Carb / Meat and Water - chia - 09-11-2008 05:24 AM
thanks for the advice on the water, everyone. I'm glad about it because i was forcing it down!!

i DO need advice on microwaving burgers because i have real problems with the pan. haha in the morning, even with a lid, fat splashes up everywhere and then i have fat on my clothing (it somehow avoids the apron 😁)

so is there a decent way to microwave a burger without spraying fat everywhere? mine are usually chuck if it matters.

RE: starting meat and eggs today - MAC - 09-11-2008 05:27 AM
AuntieeM Wrote:
Good morning. This is my first post here. Here's a short synopsis of my weight loss journey. In January '07 I started the Medifast program which I followed until this past January. I started at 220 and was able to get down to 150. I'm a 53 yo woman who isn't menopausal. I was, naturally, thrilled with the results but couldn't see myself eating rehydrated meals 5 times a day plus a Lean and Green meal for the rest of my life. Don't know if any of you know about Medifast but you eat 5 of their products (soup, oatmeal, shakes, pudding, bars - your choice) and one L&G meal consisting of 5-7 ounces of protein and veggies. My calories never went over 1000 (usually around 900) and carbs were around 75. Since January, I've been trying many different low carb ways of eating and have found myself with a 7 pound weight gain. I've tried '72 Atkins, DANDR, Stella Style, etc. I am very close to my goal weight of 140 - 145 and can only figure that the reason I've gained instead of loosing is that I'm consuming too many calories. Can someone please explain for me the "rules" of Meat and Eggs or even point me to where I can find the information. Any help, ideas, suggestions will be greatly appreciated! I thank you all in advance. 😊

Welcome to the forum AuntieeM. The only basic rules of 'Meat & Eggs' is that the base of what you eat is 'Meat & Eggs'. This is opposed to ONLY Meat which is another thread in this forum. Some people prefer to have eggs in their diet and not eat only meat. Eggs have a bit of carbs in them but if that is the only carbs one is ingesting it should not matter.

IMO the reason you have gained weight is that you were on a restricted calorie diet and perhaps lost muscle mass previously. If you are currently consuming a bit more calories your body is making up for the lost muscle mass.

RE: Zero Carb / Meat and Water - suzanne - 09-11-2008 05:38 AM
Put your burgers in a regular pan and put them in the oven on broil. No mess and they are still juicy.

RE: Zero Carb / Meat and Water - tweety - 09-11-2008 05:44 AM
suzanneyea Wrote:
Put your burgers in a regular pan and put them in the oven on broil. No mess and they are still juicy.

That is how I fixed my burgers this morning. Used just the bottom of the broiler pan. They were yummy. I still find it strange to spoon some of the fat from the bottom onto the burgers, but I did. Ate one for breakfast and brought 2 to work for lunch.

I cook mine about 20 mins - 10 per side - so I go do other things while they are cooking. About the time I'm ready for work, they were ready to eat.

T

RE: Zero Carb / Meat and Water - chris m - 09-11-2008 06:18 AM

suzanneyea Wrote:
I love hearing all the different opinions too, but I just do not want this to become a debate and attack type thing. That is what happened with The Bear and we all lost focus on the true issues of health and it became a "who is right situation." Both points of view have been made on this issue and now I am asking, on behalf of the viewing audience, to end it. I will ask politely once. This is the once. If it helps, Charles is not the Pied Piper of the board, we will not all walk off a cliff after him. I respect his opinion, just like the majority of the people here, but do I follow his diet? Nope. Does everyone here follow all of his ideas? Nope. We are just taking in information here and coming to our own choices. We are not a bunch of morons and are completely capable of making our own choices about food, supplements, and our lives.
AMEN SISTER !!!!
You said it BEST!!!!!!!
chris m

RE: Zero Carb / Meat and Water - chris m - 09-11-2008 06:57 AM

chiara Wrote:
thanks for the advice on the water, everyone. I'm glad about it because i was forcing it down!!

i DO need advice on microwaving burgers because i have real problems with the pan. haha in the morning, even with a lid, fat splashes up everywhere and then i have fat on my clothing (it somehow avoids the apron 😕)

so is there a decent way to microwave a burger without spraying fat everywere? mine are usually chuck if it matters.

I microwave mine at work:
I put the hard fat and a pat of butter in the bottom of a bowl which I then cover with the hamburger patty. I then drape a WET paper towel over the top which keeps things in the bowl and off the sides of the microwave oven. About 70 seconds and you are ready to eat.
Hope this helps.
Chris m

RE: Zero Carb / Meat and Water - LindaSue - 09-11-2008 07:02 AM
Thanks for the review of the ground beef jerky recipe, Beth. I may give it a try when I get my NuWave oven. It's due to arrive sometime today. The only problem for me would be the extruder. I don't have one. What does the meat look like when it comes out and can the effect somehow be simulated using common kitchen utensils perhaps?

Glad to have you back, poo123. I hope you don't have any trouble getting the weight back off. It used to be easy for me to get back on track and lose those few pounds but now it takes months and even years for me to lose anything. Don't waste time getting back on track because you never know when things might change like that for you too. I always had a feeling that the day would come for me when I would no longer be able to lose weight but it still caught me by surprise when it happened.

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**RE: Zero Carb / Meat and Water** - LindaSue - 09-11-2008 07:05 AM

I started reading The Bear yesterday and I'm finding it fascinating. Does anyone know if the Bear ever had a weight problem? He hasn't mentioned weight at all in the part I've read so far. He seems to only be eating zero carb for his health.

---

**RE: Zero Carb / Meat and Water** - Richard - 09-11-2008 07:21 AM

chris m. Wrote:
chiara Wrote:
thanks for the advice on the water, everyone. I'm glad about it because i was forcing it down!!

i DO need advice on microwaving burgers because i have real problems with the pan. haha in the morning, even with a lid, fat splashes up everywhere and then i have fat on my clothing (it somehow avoids the apron 😃)

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Hope this helps.
Chris m

One of the things I do is after cooking let them start to cool. I load them up with coconut oil or butter on them. As they cool they will not loose moisture and compress down as much. With butter or C.Oil this is 'sucked into' the meat as the lost moisture from heat is replaced with the butter or oil. When you reheat they are not as dry and not as 'compact'

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**RE: starting meat and eggs today** - Kristi31 - 09-11-2008 07:31 AM

Don't worry about calories, stick with meat and eggs only, eat as much as your appetite dictates, eat enough fat and if weight still doesn't budge after a few weeks, drop the eggs. Best of luck!

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**RE: Zero Carb / Meat and Water** - Beth - 09-11-2008 07:51 AM
LindaSue Wrote:
Thanks for the review of the ground beef jerky recipe, Beth. I may give it a try when I get my NuWave oven. It's due to arrive sometime today. The only problem for me would be the extruder. I don't have one. What does the meat look like when it comes out and can the effect somehow be simulated using common kitchen utensils perhaps?

Sorry- I should have said that I don't have an extruder either. I patted it as thin as I could on an aluminum foil lined pan, scored it with a knife (pushed down on the meat- didn't pull it through the meat), and threw it in my oven on 170 with the door ajar for 10 hours. When it came out it snapped at the score lines. Taste great- not too salty as some commercial varieties. It's about the same thickness as the store bought brands but not stringy- since there no strings! Like I said it is EXTREMELY EASY. I would think you wouldn't even have to use a whole pound of hamburger to try or use more to stock up! Just adjust the seasonings. I'm going to try some tomorrow with alith garlic or maybe a southwest seasoning and leave the salt out. My guess is that it would last pretty long in the frig. A great Grab-N-Go food!

Beth

RE: starting meat and eggs today - AuntieeM - 09-11-2008 08:03 AM

Thanks all for your replies. Not to seem dense, but what exactly am I allowed to eat? I get the meat and eggs but how about mayo, butter, heavy cream and do I have to give up my decaf tea or decaf coffee? And how long should I do it? At this point, I'm so frustrated I really don't know what to do... 😞

RE: Zero Carb / Meat and Water - chiara - 09-11-2008 08:05 AM

waywardsister Wrote:

Hi chiara! My fella almost barfed when he watched me eat a steak yesterday. It was a chunk I'd cut from a roast, a really fatty end piece. He just can't stand the texture of fat!

HaHa...it's so strange to eat the fat on the meat. it goes against everything i was ever taught!

RE: starting meat and eggs today - MAC - 09-11-2008 08:11 AM

AuntieeM Wrote:

Thanks all for your replies. Not to seem dense, but what exactly am I allowed to eat? I get the meat and eggs but how about mayo, butter, heavy cream and do I have to give up my decaf tea or decaf coffee? And how long should I do it? At this point, I'm so frustrated I really don't know what to do... 😞

You can have what ever you want to have. Mayo, butter, heavy cream, coffee. What you have is up to you. If you are losing weight leave them in. If you stall for more than 4 weeks eating them, then consider eliminating one of them and see if you start losing weight again. There is no right or wrong approach. It is what ever works for YOU. Everyone is different.

Some people consider the following stall items: eggs, heavy cream, artificial sweeteners, coffee. and even butter. Some people eliminate the preceeding and it makes no difference. For some eliminating one of them restarts their weight loss. Everyone is different and what works for one may not work for
another. All you can do is find out what works for you. No reason to be frustrated. There are no right answers. Just what works via trial and experimentation.

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**RE: Zero Carb / Meat and Water - chris m. - 09-11-2008 08:18 AM**

Richard Wrote:
chris m. Wrote:
chiara Wrote:
thanks for the advice on the water, everyone. I'm glad about it because i was forcing it down!!
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I will try that on my batch this weekend but will spoon the melted fat over the top as they cool. I cook mine in one complete patty filling to the sides of the pan. When cooled they are easy to separate into squares and store in fridge til you need to re-heat them.
Chris m

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**RE: Zero Carb / Meat and Water - daveo - 09-11-2008 08:19 AM**

LindaSue Wrote:
I started reading The Bear yesterday and I'm finding it fascinating. Does anyone know if the Bear ever had a weight problem? He hasn't mentioned weight at all in the part I've read so far. He seems to only be eating zero carb for his health.

In one of his posts, if I remember correctly, he mentions that in his early 20s he gained about 50 lbs before he started his zero carb lifestyle.

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**RE: Zero Carb / Meat and Water - chris m. - 09-11-2008 08:32 AM**

daveo Wrote:
LindaSue Wrote:
I started reading The Bear yesterday and I'm finding it fascinating. Does anyone know if the Bear ever had a weight problem? He hasn't mentioned weight at all in the part I've read so far. He seems to only be eating zero carb for his health.

In one of his posts, if I remember correctly, he mentions that in his early 20s he gained about 50 lbs before he started his zero carb lifestyle.

I read on one page about 3/4 thru that he was proud of his "fat stomach and 6 pack" [he had a lot of typos so I'm sure he meant FLAT. The one pic I saw he was "LEAN".

chris m

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RE: Zero Carb / Meat and Water - cbnebraska - 09-11-2008 08:33 AM

Good morning all! I have yet another question that I'm sure is answered somewhere in this monster thread, but I'm sure someone will benefit from me asking it again anyways. It has to do with the time we are asleep, when our bodies are something phagic? (hyper, hypo? Sorry, Charles, I will never be the star science student.)

My question is multifold. How does our body get the signal to kick into this mode? Is it the darkness, some hormone (melatonin, by chance?), the state of being asleep, REM,...? Are those of us who sleep less hours at a disadvantage? How about those don't sleep "soundly"? Dreaming? When does our body know to kick out of this? The first spikes of insulin, the state of waking, light.......?

Charles commented that he is now taking advantage of this state by not breaking his fast til lunch time. I believe this goes against something he said not too long ago about "getting the motor running" and the importance of breakfast. I cannot take the time to locate it, or verbatim it, but he had a good analogy at the time. Charles, I'm guessing you've done a reversal on this?

I just purchased a glucose monitor. I am interested in finding out if a few things raise my blood sugar. My coffee with cream, low carb dairy, eggs, wine, vodka, etc... just to help me tweak my diet. I do understand that glucose is not the same as insulin, so maybe someone can help me figure out when to take the readings and how to relate them to whether or not a food is inducing insulin or blocking fatty acid mobilization. I know this may seem a bit bizarre to some of you but I am curious. I do have diabetes in my family history, as well as obesity - although I suffer from neither.

Thanks a ton!

---

RE: Zero Carb / Meat and Water - MAC - 09-11-2008 08:47 AM

cbnebraska Wrote:
Good morning all! I have yet another question that I'm sure is answered somewhere in this monster thread, but I'm sure someone will benefit from me asking it again anyways. It has to do with the time we are asleep, when our bodies are something phagic? (hyper, hypo? Sorry, Charles, I will never be the star science student.)

My question is multifold. How does our body get the signal to kick into this mode? Is it the darkness, some hormone (melatonin, by chance?), the state of being asleep, REM,...? Are those of us who sleep less hours at a disadvantage? How about those don't sleep "soundly"? Dreaming? When does our body know to kick out of this? The first spikes of insulin, the state of waking, light.......?
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Thanks a ton!

The word you are looking for is hyperphagic. We eat during the day so as to have fuel when we are asleep.

Insulin is the gatekeeper to the fat cells. If insulin levels are too high then the fat has a hard time exiting to fuel your body. By the time you go to sleep your base insulin levels have pretty much leveled out for the day. Since insulin levels are lower when you sleep the fatty acids can escape from the fat cells to fuel your body.

A blood glucose meter can only tell you what your blood glucose levels are. However, glucose levels track insulin levels. Protein causes much less of a rise in blood glucose than do carbs and is counteracted by glucagon. Carbs do not induce the same counter action of glucagon that protein does. Fat is not supposed to raise glucose levels at all.

First of all do finger tip pricks with your meter. The finger tips are more sensitive to changes in blood glucose than say your forearm. Take a reading right before you eat something and then at 45 minutes to an hour after starting to eat something. This is generally when blood glucose peaks. If you are not diabetic then your blood glucose level should return to the value of your blood glucose before you started eating about 2 hours after you started eating. Your pre-prandial (or before you eat) levels should be in the 70s or 80s. That is considered normal. Prandial levels should go no higher than 120.

See this link for where to prick yourself to take a meter reading:

See this link to find out more than you probably want to know about blood sugar:
http://www.phlaunt.com/diabetes/

I would take my blood glucose readings (for other than the effect of food on blood glucose) in the morning RIGHT after I wake up. If you do it later then your blood glucose may rise up to 10 mg/dl due to something known as Dawn Phenomenom. For diabetics Dawn Phenomenom is much higher than 10 mg/dl. Your blood glucose level at this time of day is called your fasting blood glucose level or FBG for short.
I DO need advice on microwaving burgers because I have real problems with the pan. Haha in the morning, even with a lid, fat splashes up everywhere and then I have fat on my clothing (it somehow avoids the apron 😜)

so is there a decent way to microwave a burger without spraying fat everywhere? mine are usually chuck if it matters.

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Chris m

I love grilling so mine tend to be dryer than pan or oven broiling but after cooking and while cooling let then sit in the dripping (so to speak) and this will make them juicer.
mountains (over the fields, and everywhere) and all will be well. Love increases Vitamin D absorption. It's the truthiness. (ok I need sleep)

Well said! Thank you wayward! 😊

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RE: Zero Carb / Meat and Water - Bk_Metro - 09-11-2008 09:57 AM

nyteez Wrote:
davidburchall Wrote:
If it were to take 6 months to see any real weight loss, why would anyone choose this? Who could keep going without some confirmation that it's working for that long? All I'm looking for right now is if my results so far are typical - a little reassurance that this won't be the same as my past failure with low carb. Throw the guy who's trying to get his footing a bone. :-)

Also, I look like I have lost more than I have. My skin no longer has that "puffy" look. In fact my skin looks at least 10 years younger! About 2-3 weeks into the diet, I noticed the puffyness gone. Carbs make me look puffy & older. That's also a reason for me to keep eating this way.

This is heartening to hear. I have had allergies, eczema and puffiness all my life. I definitely notice my hay fever is totally gone on this WOL. My eczema is still an issue, but maybe it will take more time to clear up. I am looking forward to the day that my under eyes and ankles are no longer puffy😊

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RE: Zero Carb / Meat and Water - LindaSue - 09-11-2008 10:04 AM

Thanks, Beth. I'm glad that I can try the jerky without having to have an extruder. Would you believe that I've never tried store bought jerky so I'll have nothing to compare it to when I make my own? I also like the idea that you can mix whatever seasonings you like into the ground beef. It sounds like my kind of fun.

Thanks, daveo. I guess that I either missed it or haven't gotten to that part of the Concise Bear thread yet. I edited it to remove the narrow formatting and saved the thread as a PDF file so that I can zoom in to make the text larger. So, my copy is a lot more condensed than the original forum thread. I got my copy down to 35 pages instead of over 100.

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RE: starting meat and eggs today - con - 09-11-2008 10:09 AM

AuntieeM Wrote:
In January '07 I started the Medifast program which I followed until this past January. I started at 220 and was able to get down to 150... Since January, I've been trying many different low carb ways of eating and have found myself with a 7 pound weight gain. I've tried '72 Atkins, DANRD, Stella Style, etc. I am very close to my goal weight of 140 - 145 and can only figure that the reason I've gained instead of loosing is that I'm consuming too many calories.

Wow congratulations on losing 70 lbs.!!!!!!!!!!!!!

And you are so fortunate to realize that LC is probably the only way to keep it off long term. I believe like others that you will have a short term small weight gain as the body heals itself from the semi-
starvation diet you were on. Muscles and other tissues will now begin to restore themselves—but you can't regain the fat as long as you only eat M&Es.

I wish I understood this fact when I got off Optifast—I regained 50 lbs. in just a few months. 😞

Be patient—eat to appetite—you'll do it!

RE: Zero Carb / Meat and Water - ANOVA - 09-11-2008 10:56 AM

Jusy an FYI for those wanting studies on zero carbs. A VLC study was done with a small sample of people who suffer from neuro degenerative disorders. The original study proved hopeful and it was my read that they were going to perform the study again with zero carbs. I think the mainstream will come around and start to challenge its own dogma. I forgot who it was who claimed that extreme diet studies would not be passed by an ethics committee. Why wouldn't it?

Lovin this board

RE: Zero Carb / Meat and Water - Charles - 09-11-2008 10:58 AM

BeeDub Wrote:
It's killing you that you couldn't find a single study, isn't it?

No, but it's obviously killing you that I don't care!

You won't get a study from me, BeeDub. If you want to take pills, then go ahead, you'll get no argument from me and I will certainly not be taking them. I hope they provide you the long life you're looking for.

Regards,

Charles

RE: Zero Carb / Meat and Water - Charles - 09-11-2008 11:43 AM

MAC Wrote:
Charles,
See the following link. Note the reference to lactate as a substrate for gluconeogenesis during heavy exercise. The Cori cycle occurs during oxygen debt. Seems to imply that glucose is used in the muscle.

This isn't helpful at all, MAC. As I wrote yesterday, it's all about "state." These observations happen in a high-carb environment. Lactic acid is produced in the mitochondria when pyruvate is burned. This only happens in the presence of elevated insulin levels. Glucose cannot go there without first undergoing glycolysis which produces pyruvate. This causes the burning in the muscles that athletes are very familiar with. That does not, however, mean that the muscles are using pyruvate for fuel. This is for elimination.

Baltzan, et al, found in 1962 that the average man can only store about 30g of glucose in a 24-hour period. This estimate is considered high for muscle proper because the major proportion of this glucose being extracted may be by erythrocytes in transit through the muscle. This hypothesis is supposed by the
fact that 68 hours of fasting describe no marked decrease but a thoichiometric production of lactate from the glucose consumed, suggested that the muscle might normally even extract of the lactate produced by the red cells, and this extraction is diminished in fasting.

Studies across heart muscle of man provided similar results, namely a minimal or even an absence of a demonstrable uptake of glucose. (Goodale et al, 1964) and a respiratory quotient of fat oxidation. In fact, heart of a normal man usually exhibits a net extraction of lactate and pyruvate, the two remaining proportion to their ratio in arterial blood.

The only other two events other than anoxia activate glucose uptake by muscle. One has been studied in extenso, insulin, and the other is muscular activity.

During fasting, we already know that carbohydrate does not get used beyond seven days, similar to the brain. Just because certain tissues use them at some point does not mean that they require glucose to function, or even that they function most efficiently.

The studies by Sanders, et al in 1964 and many others have demonstrated directly that glucose utilization is accelerated by vigorous muscular activity. Yet, it is obvious that the limited amount of carbohydrate present in the body, as described by the caloric content of the average man, could provide only minimal fuel for prolonged exercise and again, fat, both brought to muscle from adipose tissue as free fatty acids or endogenously produced by intracellular lipolysis, provides the greatest proportion of fuel.

This association of glucose uptake and muscular activity does not prove that the muscles "use" glucose. If anything, it provides a means of elimination. The only way that glucose even passes through muscles is due to insulin. In a ketoadapted individual, this would not happen at all because (1) insulin would be low; and (2), the muscles would be precluded from even taking up glycerol.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - jeepifer - 09-11-2008 11:59 AM**

Beth Wrote:
LindaSue Wrote:
Truth for the review of the ground beef jerky recipe, Beth. I may give it a try when I get my NuWave oven. It's due to arrive sometime today. The only problem for me would be the extruder. I don't have one. What does the meat look like when it comes out and can the effect somehow be simulated using common kitchen utensils perhaps?

Sorry- I should have said that I don't have an extruder either. I patted it as thin as I could on an aluminum foil lined pan, scored it with a knife (pushed down on the meat- didn't pull it through the meat), and threw it in my oven on 170 with the door ajar for 10 hours. When it came out it snapped at the score lines. Taste great- not too salty as some commercial varieties. It's about the same thickness as the store bought brands but not stringy- since there no strings! Like I said it is EXTREMELY EASY. I would think you wouldn't even have to use a whole pound of hamburger to try or use more to stock up! Just adjust the seasonings. I'm going to try some tomorrow with allith garlic or maybe a southwest seasoning and leave the salt out. My guess is that it would last pretty long in the frig. A great Grab-N-Go food!
Beth

I was browsing dehydrators online and one comes with a "jerky gun" -- now, don't laugh, but the darn thing looks *just* like one of those cookie press guns. Seriously! I'm gonna dig up my cookie press and choose the one with the slit and I betcha I can make jerky strips with it!

Gonna try this tonight with the ground beef I have in my fridge.

RE: Zero Carb / Meat and Water - Charles - 09-11-2008 12:13 PM

cnebraska Wrote:
Charles commented that he is now taking advantage of this state by not breaking his fast til lunch time. I believe this goes against something he said not too long ago about "getting the motor running" and the importance of breakfast. I cannot take the time to locate it, or verbatim it, but he had a good analogy at the time. Charles, I'm guessing you've done a reversal on this?

MAC superbly answered the first part of your question and I have nothing to add to it.

I don't remember "getting the motor running" but if anything my advice was to never go hungry. When Dawn's phenomenon hits a person with high insulin (such as a diabetic) they will feel hunger far more acutely than someone who secretes the normal amount (or at least a more normal amount) of insulin. The higher circulating insulin will cause their fatty acids to stay out of circulation longer than it should.

For others, such as myself, I don't get hungry first thing in the morning. I don't usually experience any feeling of hunger until around 10:00 a.m. This usually lasts for about 3 minutes, and then I'm fine. I eat around noon and this lasts until about 7 or 8 in the evening. I eat dinner and that's it for the day.

I used to eat breakfast at 7 or 8 a.m., but this would make me not hungry until 3 in the afternoon. That would push dinner back to 9 or 10 (or make it very small) and this just didn't work for my schedule.

No matter how often a person eats, I recommend eating as soon as hunger strikes in the daytime. I also recommend eating early in the evening if possible so you sleep better and you can take advantage of hypophagia (you're not storing fat). Weigh yourself in the morning at least 8 to 10 hours after your previous night's meal and you should find an accurate weight.

Regards,
Charles

RE: Zero Carb / Meat and Water - Charles - 09-11-2008 12:18 PM

Bk Metro Wrote:
This is heartening to hear. I have had allergies, eczema and puffiness all my life. I definitely notice my hay fever is totally gone on this WOL. My eczema is still an issue, but maybe it will take more time to clear up. I am looking forward to the day that my under eyes and ankles are no longer puffy 😊

My 11-year-old daughter has found some success battling eczema. It's been really bad for years and we've been to specialist after specialist and have been unable to find any relief. She started zero-carb
earlier this year and her skin looks miraculously better. It's not perfect yet, but it's much better than any medicine has done. She even went to the beach this year in a bathing suit. Usually, this is a traumatic experience for her. Her asthma is much better controlled and we don't have to worry about her allergies because she doesn't eat nuts, certain fish or eggs. It always amazed me how people could be allergic to certain things...

Regards,

Charles

RE: Zero Carb / Meat and Water - Charles - 09-11-2008 12:20 PM

ANOVA Wrote:
Jusy an FYI for those wanting studies on zero carbs. A VLC study was done with a small sample of people who suffer from neuro degenerative disorders. The original study proved hopeful and it was my read that they were going to perform the study again with zero carbs. I think the mainstream will come around and start to challenge its own dogma. I forgot who it was who claimed that extreme diet studies would not be passed by an ethics committee. Why wouldn't it?

Lovin this board

Thanks, Anova and welcome to our forum! They could save money by just going to study the Masai who have no neuro degenerative diseases or any of the others for that matter. But then again, that would make too much sense. Yep, let 'em spend money!

Regards,

Charles

RE: Zero Carb / Meat and Water - chris m. - 09-11-2008 12:20 PM

jeepifer Wrote:
Beth Wrote:
LindaSue Wrote:
Thanks for the review of the ground beef jerky recipe, Beth. I may give it a try when I get my NuWave oven. It's due to arrive sometime today. The only problem for me would be the extruder. I don't have one. What does the meat look like when it comes out and can the effect somehow be simulated using common kitchen utensils perhaps?

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Gonna try this tonight with the ground beef I have in my fridge.

Please let us know how this comes out. Ground beef jerky.
The Paleo Diet website has a link to Pemmican [more than you ever wanted to know!!!]
Chris m

**RE: Zero Carb / Meat and Water - jeepifer - 09-11-2008 12:23 PM**

Well, the fundamental problem with studying the Masai or similar is that people want results from those that are "just like themselves" or ordinary people living in our modern times. Otherwise there will be selective reasoning as to why they are different, even though biologically, it's not the case.

**RE: Zero Carb / Meat and Water - Charles - 09-11-2008 12:24 PM**

jeepifer Wrote:
Otherwise there will be selective reasoning as to why they are different, even though biologically, it's not the case.

Good point! Let them spend the money!

**RE: Zero Carb / Meat and Water - jeepifer - 09-11-2008 12:25 PM**

chris m. Wrote:
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The Paleo Diet website has a link to Pemmican [more than you ever wanted to know!!!]
Chris m

I will be so stoked if this works with my 75/25 ground beef. I can't stand reheated patties.

**RE: Zero Carb / Meat and Water - chris m. - 09-11-2008 12:36 PM**

jeepifer Wrote:
chris m. Wrote:
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The Paleo Diet website has a link to Pemmican [more than you ever wanted to know!!!]
Chris m

I will be so stoked if this works with my 75/25 ground beef. I can't stand reheated patties.
I have an old round dehydrator I am going to try with some 80/20 I have left. I'll let you all know how it turns out.
Chris m

RE: Zero Carb / Meat and Water - Richard - 09-11-2008 12:38 PM

jeepifer Wrote:
I was browsing dehydrators online and one comes with a "jerky gun" -- now, don't laugh, but the dam thing looks *just* like one of those cookie press guns. Seriously! I'm gonna dig up my cookie press and choose the one with the slit and I betcha I can make jerky strips with it!

Gonna try this tonight with the ground beef I have in my fridge.

The ones for jerky are made to hold up to the force necessary to push the meat out. They are worth the money and they are made to withstand the use. Check out Bass Pro Shop website. I got one from them last year and it is a dream to use.

Also, don't get a dehydrator that is a 'plug and forget'. You want one with an adjustable temp control. The cost will be a little higher but it will save in the long run. The others will burn out easy and if you get 2 in 1 years it is cheaper to get the good one first. Bed Bath and Beyond had one that looked good when I was in there last week.

Also, Bass Pro had a real good hamburger meat press (good heavy metal) that will do 1/4 inch to close to 1 inch burger.

RE: Zero Carb / Meat and Water - jeepifer - 09-11-2008 12:57 PM

Richard Wrote:
The ones for jerky are made to hold up to the force necessary to push the meat out. They are worth the money and they are made to withstand the use. Check out Bass Pro Shop website. I got one from them last year and it is a dream to use.

Also, don't get a dehydrator that is a 'plug and forget'. You want one with an adjustable temp control. The cost will be a little higher but it will save in the long run. The others will burn out easy and if you get 2 in 1 years it is cheaper to get the good one first. Bed Bath and Beyond had one that looked good when I was in there last week.

Also, Bass Pro had a real good hamburger meat press (good heavy metal) that will do 1/4 inch to close to 1 inch burger.

We have a Mills Fleet Farm here (farm/sporting supply store) and they carry stuff like that. I'll have to cruise by and browse.

RE: Zero Carb / Meat and Water - Beth - 09-11-2008 01:25 PM

jeepifer Wrote:
I was browsing dehydrators online and one comes with a "jerky gun" -- now, don't laugh, but the dam thing looks *just* like one of those cookie press guns. Seriously! I'm gonna dig up my cookie press and choose the one with the slit and I betcha I can make jerky strips with it!
Gonna try this tonight with the ground beef I have in my fridge.

I thought about the cookie gun but thought what the heck- let's just press in the pan. I think maybe it helped to "compact" it really well. It was pretty greasy when I took it out of the oven but like I said it broke nicely where I had scored it, put it on some paper towel, then the frig. I poured the extra fat into my FAT jar in the frig. Wouldn't dare get rid of that!! Then toss the foil- No mess. Cookie gun or extruder would just be another thing to clean!

Good luck! I'll be watching for what flavorings and or recipes everyone uses.

Beth

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**RE: Zero Carb / Meat and Water** - [FormerDonutJunkie](https://www.example.com/FormerDonutJunkie) - 09-11-2008 01:33 PM

jeepifer Wrote:

chris m. Wrote:

Please let us know how this comes out. Ground beef jerky.
The Paleo Diet website has a link to Pemmican [more than you ever wanted to know!!!]

Chris m

I will be so stoked if this works with my 75/25 ground beef. I can't stand reheated patties.

Ron...who's anxiously awaiting Jeepifer's results of her Maiden Jerky Voyage!

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**RE: Zero Carb / Meat and Water** - [Nicola](https://www.example.com/Nicola) - 09-11-2008 01:42 PM

I would just like to share a few questions I asked Dr. Groves (the first question is a statement from the "Saturated Fat For Health" Yahoo group, the next one is a statement from the paleoforum). Perhaps someone will benefit from me asking...

Hello Dr. Groves

Is this right?

The reason any fat (including butter) alone or butter without carbs will cause you to be hungry shortly afterwards is that, without glucose (usually from carbs), the fat cannot be metabolized! If it is not metabolized, it cannot be oxidised. It is the oxidation of the fat that produces ENERGY! Glucose activates the citric acid (fat-burning) cycle. It is in the citric acid cycle that the fatty acids are oxidized (for energy).

and...

I believe the idea is that cooked-food contains no enzymes so it needs to be broekn up by chewing so as to allow a great surface-area, and therefore greater contact with the hydrochloric acid in the human stomach. With rawists, the enzymes are already within the food, so chewing is unnecessary. I'm not sure of the exact mechanism, I can only go by what myself and others state, which is that we find we digest raw animal food better if we just bolt it down with minimal chewing;
Ptyalin in your saliva retards the action of protein digesting enzymes so you should expose the least amount of surface area of your food to saliva in your mouth for optimum digestion, which translates to minimal chewing.

Hello Nicola

Eating fat causes you to feel hungry shortly afterwards? Not in my experience. Indeed I find that fat is the best food to prevent feeling hungry for several hours.

There was a belief in the 19th century that 'fat burns only in the flame of carbohydrates'. It was thought that fat and carbs were literally burned in the lungs as they would be in a fire. Just as that was proved to be wrong, so was the belief that carbs were needed to burn fats. Let's face it, if it were true, how would Inuit and Maasai survive?

The 'enzymes' question is actually really simple. All enzymes are proteins. The hydrochloric acid and proteases in the stomach are there to break down proteins. So I doubt that any enzymes in foods make it through the stomach. The only possible exception to this would be enzymes within plant cells. We have no way to break down plant cell walls to release the nutrients within, other than chewing, which is extremely inefficient. Even juicing leaves 50% or more of plant cells intact. So enzymes within these cells would survive - but only to finish up in the toilet.

Ptyalin (better known as amylase) is an enzyme used to break down amylose (starch). As this amylase is produced in the mouth, it has a very short life (It's neutralised in the stomach). The pancreas produces another form of amylase to break down starches in the small intestine. This is where most of the digestion of starch takes place.

I find that lack of salt is more likely to cause muscle cramps than too much.

I try to source my meat from grass-fed animals. It isn't always possible, but as I don't buy meat from supermarkets, only from farmers, I can be sure about most of it.

regards

Barry
Author: Natural Health and Weight Loss
Co-producer: Be Slim Without Dieting (Video / DVD)
http://www.second-opinions.co.uk
http://www.diabetes-diet.org.uk
http://www.cholesterol-and-health.org.uk

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**RE: Zero Carb / Meat and Water - chiara - 09-11-2008 03:08 PM**

Alright, Day 3 of M and E is coming to a close 😊

So far so good. I had a ton of energy this morning...I ate at 7:30am and then got hungry at noon. Unfortunately my lunch was chicken with butter on it and a hard boiled egg. I got hungry again in about an hour, so that stunk. Tomorrow I'm going to bring fatty beef to work 😊

I stopped off at the grocery store and bought a bunch of premade 80/20 patties that were going to go bad in a few days so they were cheaper (LindaSue I stole that idea from you!). I cooked them all and then
poured the fat on top (my husband is at class so there was no barfing this time).

I forgot to mention earlier...I had cholesterol labs done on yesterday, so I will let you know what they are. I'm going to do them again in 6 months...see what happens.

Thank you everyone for your support and interesting reading!

RE: Zero Carb / Meat and Water - nyteez - 09-11-2008 03:15 PM

I found some lean looking hunk of beef yesterday, sirloin tip round roast, or something like that. Didn't have time to dry it last night, so I'm gonna try today. Anybody know how thin I should slice the meat for making jerky?

RE: Zero Carb / Meat and Water - suzanneyea - 09-11-2008 03:47 PM

I have mine super thin for jerky, the butcher can slice it for you with his handy machine.

RE: Zero Carb / Meat and Water - nyteez - 09-11-2008 05:34 PM

Quote:
I have mine super thin for jerky, the butcher can slice it for you with his handy machine.

Thanks suzanna!

RE: Zero Carb / Meat and Water - sean - 09-11-2008 05:44 PM

No, but it's obviously killing you that I don't care!

AMEN Charles. Looks like a little of the BEAR has rubbed off. This is exactly why I wrote what I did a few posts back. The high on self esteem low on intelligence types always seem to hijack forums that have actually found the truth and aren't ashamed to stand by it no matter the amount of "acculturation" of the reader.

You were a phenom before Charles, but now with your interpretations of BEAR's forum you're a damn lethal weapon. Thank you very much for all you are doing.

Another recent post that caught my eye was this gem:

He's made a number of flippant comments about women and our role as gatherers. I have a PhD in Anthropology and studied bio anthro as well as archaeology extensively. Perhaps these comments disturbed me because I feel he made a lot of assumptions about what male and female roles must have been like in the past based on his own sense of gender roles in the present. It can be dangerous as an academic to do this because it clouds the actual evidence. It just made me read what he's written with a grain of salt. I don't mean to discount all he's written, it's just something I noticed.

Please Doctor Bk name one flippant comment by the BEAR. If this paragraph isn't a case study in
feminist neurosis......

If primitive women gathering is offensive you, prepare yourself for this one... Ready, they also raised their children, no nannies, no daycare, no clinics. The horror, can you imagine. Not only is it a fact they gathered they had the most important job of all, raising strong sons. As a Phd in anthropology you must have covered oh I don't know the Guachos, Comanches, Mongols, Masai etc etc. Who do you think produced such strong healthy dominant cultures, you got it, those oh so unprogressive gathering women. WOW...Ironically enough I don't think the BEAR has ever had to assume anything about a man's role. It actually comes quite naturally to people that don't live in academia.

Charles, as far as eczema:

A few years back my first go at all meat I did all lean. Had rabbit starvation that probably should have killed me. 2-3 pounds of lean and 4 tablespoons of Cod liver oil (as per Dr R Schmid) per day and after 2 weeks I had so much ammonia running through me my urine smelled like turpentine. I developed eczema from my ankles to my ears. Believe it or not the cure is quite simple and for me permanent.

It is nothing more than acids leaving though the skin as the digestion is not keeping up with the amount of acid waste being produced.

Prepare a bath for your daughter with the water as hot as she can stand it, but it must be hot enough that she sweats. The amounts of the following can vary, but this is what I was told to use and it worked magic. Pour in 2 pounds of epsom salts (magnesium eats acid like candy) and I used 16 oz of Braggs apple cider vinegar. The first time I got in it was the classic high school volcano experiment of acid meeting alkaline. The water actually started sizzling and bubbling.

The ACV will give a good amount of nutrients to repair the skin while the heat opens the pores and lets the epsom salts do their job. In one week the scabs were gone. In 2 weeks my skin healed completely and it never returned. Now I also stopped the absurd diet, but theses baths are magic for skin conditions. You can also use some hydrogen peroxide to add some Oxygen to the mix.

When she gets out after 5-10-15-20 minutes, whatever she can stand she will be dizzy from the stirring up of the acids in her lymphatic system. She must take a very cold shower for 1-2 minutes to stop the acid circulation.

With the diet you have her on and these baths she should kiss any skin condition goodbye.

PS Dana Nyteez, how dare you call BEAR a genius, he didn't even get through one year of college....

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**RE: Zero Carb / Meat and Water** - [Charles](#) - 09-11-2008 07:50 PM

Thanks, Sean. I'm printing your post now for the Mrs.....It looks pretty good!

Regards,

Charles

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**RE: Zero Carb / Meat and Water** - [montmorency](#) - 09-12-2008 04:04 AM

Catching up here, after a period of re-reading and re-re-reading Taubes:
Charles Wrote:
"It's certainly clear that even on a zero-carb diet, we still have some triglycerides. They are significantly lower than before, but nonetheless they do exist. I always kind of wondered why we need any triglycerides once the dietary glucose is removed, but the Bear's explanation makes a lot of sense to me.
"

Sorry if this is old news, but here is a partial answer from GCBC, Page 388, para 2:

"Some of these free fatty acids will be taken up by the tissues and organs and used as fuel. Perhaps as much as half of them will not. These will be incorporated in the liver back into triglycerides, loaded onto lipoproteins [footnote: The VLDL particles we discussed when we talked about heart disease] and shipped back again to the fat tissue. And so fatty acids are continuously being reconverted to triglycerides and transported back to the fat tissue for storage."

OK, so that is one situation in which even a zero-carber will have triglycerides in the bloodstream - on the return path from the liver to the fat cells.

I think there may be another: On Page 387, para 2, Taubes tells us that the fatty acids stored in our food are actually in the form of triglycerides, i.e, we actually ingest triglycerides initially. Now what happens to them after that, I personally do not know; I don't think Taubes spells it out, unless I missed it. Someone here may well know. They could be split up into free fatty acids before passing into circulation, or they could be transported as triglycerides. If the latter, then that is another source of triglycerides in the bloodstream, although it may be short-lived.

Going back to the triglycerides that are shipped back to the liver, I think then the part of GCBC that talks about LPL is interesting:

Page 397, para 3: "[...]When a triglyceride-rich lipoprotein passes by in the circulation, the LPL will grab on, and then break down the triglycerides inside into their component fatty acids. This increases the local concentration of free fatty acids which flow into the cells - either to be fixed as triglycerides if these cells are fat cells, or oxidized for fuel if they're not."

Thus some of those triglycerides being shipped back from the liver won't make it into fat cells, they will be used as fuel, provided that the appropriate LPL activity is taking place, and they won't be burned directly as fuel, but only after "de-esterification" into FFAs.

So when MAC says:

MAC Wrote:
"The only plausible explanation is the glycerol in tryglycerides as all fat consumed is in the form of triglycerides. We do not consume free fatty acids that are not part of triglycerides. "

that would not quite tie in with my reading of GCBC. From the way I read it, all of the fat used as fuel is in the form of FFAs, some of which has come from circulating triglycerides, which have to be broken up, some of which has come from freely circulating FFAs. There certainly seem to be plenty of references to freely circulating FFAs in GCBC, and given that triglycerides are apparently too big to cross cell membranes, and have to be split up in order to enter, I can't quite see why they'd have to be esterified again in order to be burned as fuel; for storage yes.
There are some other references in GCBC that seem to point to direct burning of freely circulating FFAs for fuel, but I am a little pushed for time at this moment to assemble them, and maybe this is enough to be going on with.

I am intrigued by Bear's statement that triglycerides are the standard fuel. If that is the case then I don't think that is the way GCBC expresses it; maybe it's a question of emphasis. As MAC says, it would be good if Bear had stated his sources.

I am also rather intrigued by the issue of gluconeogenesis. Even if it doesn't happen in the case of long-standing zero-carbers like Bear, I wonder if it still happens with relatively recent near-zero-carbers who still have excess body fat and probably are hyperinsulinemic. Either way, it seems we are sometimes capable of actually gaining weight without external carb intake.

Charles: I may get back to you in a later post on the hunger issue which still intrigues me, and is why I've spent the last few days with my head in GCBC (again for the nth time). Although the big picture is clear enough and elegantly simple, it's made up of a complex interlocking jigsaw pieces, and the way they all fit together is not quite clear yet.

RE: Zero Carb / Meat and Water - MAC - 09-12-2008 04:15 AM

Montmorency Wrote:
that would not quite tie in with my reading of GCBC. From the way I read it, all of the fat used as fuel is in the form of FFAs, some of which has come from circulating triglycerides, which have to be broken up, some of which has come from freely circulating FFAs. There certainly seem to be plenty of references to freely circulating FFAs in GCBC, and given that triglycerides are apparently too big to cross cell membranes, and have to be split up in order to enter, I can't quite see why they'd have to be esterified again in order to be burned as fuel; for storage yes.

That discussion was about the source of glucose in a zero carb person not where do triglycerides (free fatty acids) come from in a zero carb eater. Each triglyceride is composed of 3 fatty acids and one glycerol molecule. It is the glycerol that gets turned into glucose at the rate of 10 g fat to 1 g of glucose from triglycerides.

In any case, all the fat you ingest is as triglycerides. One does not ingest free fatty acids.

RE: starting meat and eggs today - AuntieM - 09-12-2008 04:24 AM

Good morning all. I've decided today's the day. I'm going to start meat and eggs. Unfortunately where I live here on Long Island, we don't have any Super Walmart's so I won't be able to purchase those rolls of fatty ground beef you all rave about but I do plan to make a run to BJ's where I know they have big, beautiful, fatty boneless rib steaks. I also plan on getting lots of chicken thighs and some Pernil (pork) in a local hispanic market. It has lots of fat and they leave the skin on. I'm planning on roasting it so the skin will get nice and crispy. Speaking of that, if I have plain pork rinds, can I use them as a coating for my chicken thighs? Oh, I have so many questions! If I decide to leave heavy cream in, which I probably will, can I whip it with some liquid sweetner if want something sweet? I know this is my "WOE" and I can try what I want and see if it works but I guess I'm just looking for some guidelines. As a lifetime "dieter", I think I'm brainwashed into thinking there are only right and wrong ways to do this. Also, is there some formula to figure out what percentage of fat to protein I should be consuming? This morning I weighed 157 which is a gain of 7 pounds since I went off Medifast and starting L/C'ing. That's why I'm so freaked out by this whole thing. I'm terrified that if I start eating lots of fatty meat and eggs fried in
butter, I'm going to keep gaining instead of loosing. And while my ultimate end result is to be healthy, I also want to lose 15 pounds.

So here's my meal plan for today so far:

B - two (2) 1/3 pound 80/20 burgers and 2 extra large eggs fried in butter
L - not sure since I have errands to run and don't know where I'll be
D - one of those beautiful steaks from BJ's or perhaps some pork belly ribs from the Hispanic market

Perhaps it might help me if some of you post what you eat daily so I can get an idea. I should add that I always drink at least 136 ounces of water daily.

I'd also like to say how terrific I think you all are. I greatly appreciate all the support and advice you give so freely. I feel truly blessed to be a part of this community. Thank you all so much!

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RE: starting meat and eggs today - Charles - 09-12-2008 06:17 AM

AuntieeM Wrote:
Good morning all. I've decided today's the day. I'm going to start meat and eggs.

Congratulations and welcome to our forum!

AuntieeM Wrote:
Speaking of that, if I have plain pork rinds, can I use them as a coating for my chicken thighs?

Generally speaking, that should be okay. Make sure they are not the store-bought ones that contain dextrose or too much sodium. Some people fry pork rinds in vegetable oils which I would avoid. You have to be careful with products, no matter how good they appear.

AuntieeM Wrote:
Oh, I have so many questions! If I decide to leave heavy cream in, which I probably will, can I whip it with some liquid sweetener if I want something sweet?

This is the real issue, the "taste for the sweet". The problem you're trying to counteract is not "too many carbohydrates". That is truly a secondary concern. What you're after is controlling your insulin responses to both perceived tastes and the actual food itself. When you go to consider that sweetened cream, you are secreting insulin so regardless of the true carb count, you are working against your efforts because insulin secretions mean that fatty acids are being stored in your fat tissue and not mobilized. Therefore, it will behoove you on this way of eating to lose your taste for the sweet and over time, with great effort, you'll find that you won't miss it.

This is a very difficult endeavor and not something you want to take lightly. It's very difficult for people to overcome their "aculturation" as the Bear would phrase it. You grew up liking and believing certain things because that is what you were taught to like and believe. It takes a great effort to overcome this and not everyone can. Things like fat, that one may dislike today, can be very enjoyable once you get used to them over time.

There is no formula per se, but you are going to have to listen to your own body. Many people do things
that work for them but you have to find what works for you.

Signs of success are being able to achieve satiety from your meals for a period of 6 hours or more. You should sleep through the night, and you should have a relatively positive outlook on life and good energy levels. If fat makes you nauseas, then eat more lean meat. If you are lethargic, then you need to eat more fat. Follow your appetite and eat only when hungry. Do not eat if you are not hungry. Don't eat according to some calorie number or some ratio. Eat according to your unique needs which will vary widely from one day to the next. Some days you'll spend more energy and some days you won't do much. Why should we expect our calorie needs will be the same each day?

The same goes for water. Drink when you are thirsty and don't drink when you're not. Follow these guidelines and you should have no problem. It sounds simple, but it can very difficut especially at the start. It does get easier once you are ketoadapted and your energy levels will go through the roof.

Regards,

Charles

RE: Zero Carb / Meat and Water - FatGirlOnAtkins - 09-12-2008 06:44 AM

Charles, I don't know about all the eczema stuff above, but my daughter suffered from severe eczema for a couple of years as well. I didn't see if you had checked her for food allergies, but that's what it turned out to be with my daughter. She cannot have any milk product or she will have another flare-up. It's been a 3 or 4 years since she had one now that she's not been drinking milk. Just a thought!

RE: Zero Carb / Meat and Water - Loops - 09-12-2008 07:05 AM

Hi -

I totally healed up my eczema on low carb high fat - it took a total of 2 years to completely heal it, and I was eating a lot of cream, butter and cheese, but not milk. I think it is to do with grains and carbs, and in some people, maybe even vlc dairy products don't help - but for me they actually seemed to help it get better. Before I was low-carb, some fruits really made it flare up. I still get really bad hay-fever though when I go to visit my family in England - the pollen is crazy there now in the early Summer. Even on VLC I get terrible hay-fever - but no eczema. Cats also used to cause my eczema to get worse, but now I am absolutely fine with them.

RE: Zero Carb / Meat and Water - Loops - 09-12-2008 07:11 AM

I forgot to mention - the first time I did Atkins, my eczema actually got worse. I was eating a lot of protein, a few vegetables and quite a bit of soybean mayo (ugh), lots of olive oil and no dairy products. So go figure. I noticed that when I was taking magnesium chloride drops in concert with a high animal fat diet it healed up very fast - mostly fats from dairy plus pork fat was very helpful.

My eczema was at its peak doing a low-fat vegan diet - it spread all over my body and itched like crazy every night. I now believe it is a fatty acid deficiency coupled with sensitivities to a lot of different plants (vegetables and fruits, beans and grains) - as that was what I was eating. It probably also has to do with insulin as well.
montmorency Wrote:
"Some of these free fatty acids will be taken up by the tissues and organs and used as fuel. Perhaps as much as half of them will not. These will be incorporated in the liver back into triglycerides, loaded onto lipoproteins [footnote: The VLDL particles we discussed when we talked about heart disease] and shipped back again to the fat tissue. And so fatty acids are continuously being reconverted to triglycerides and transported back to the fat tissue for storage."

No, this doesn't answer my query. This quote that you've taken from page 388 is from the description of Sir Randle's triglyceride/fatty acid cycle that we've discussed. This whole sequence begins after a meal containing carbohydrates as it states on Page 386 when the sequence begins:

Quote:
First, the body will burn carbohydrates for fuel as long as blood sugar is elevated and the reserve supply of carbohydrates stored as glycogen in the liver and muscles is not being depleted. As these carbohydrate reserves begin to be tapped, however, or if there's a sudden demand for more energy, then the flow of fatty acids from the fat tissue into the circulation accelerates to take up the slack."

The Handbook of Physiology was attempting to counteract the widely-held notion that carbohydrates were the body's main fuel source. It was recently discovered (by most people) in 1956 that fat was the body's primary fuel even though many knew it at the turn of the century. The Handbook came out in 1965 and it presented what was considered the latest research on adipose tissue metabolism.

As zero-carbers, we're not too concerned about this, except for the few triglycerides that are present in muscle meat which we eat. MAC is quite correct in that we don't consume any free fatty acids. Those triglycerides are broken down in the gut and the fatty acids and glycerol molecules go to adipose tissue initially, according to the Handbook.

The glycerol molecules are esterified upon entering and upon exiting adipose tissue. They do not just sit there as something does in a repository. Because they are part of the stream, they must be esterified upon entering and exiting fat tissue during each pass they make. This slows down the stream (the metabolism) by a very small percentage, yet it is this percentage that is responsible for obesity. That's why Taubes presenting the triglyceride/fatty acid cycle. The Bear correctly observes that in keto-adapted individuals, there is no slow-down of fatty acids. They remain freely circulating. Based on this, he opined that free fatty acids do not enter adipose tissue. However, we learned that they actually do enter adipose tissue, they just don't get "trapped" which is the name for the phenomena that describes the 001% slow down that occurs in obesity.

Mike Wrote:
I think there may be another: On Page 387, para 2, Taubes tells us that the fatty acids stored in our food are actually in the form of triglycerides, i.e, we actually ingest triglycerides initially. Now what happens to them after that, I personally do not know; I don't think Taubes spells it out, unless I missed it. Someone here may well know.

Again, this isn't talking about zero-carb at all. This is talking about what happens in obesity generally. The whole point of the exchange on 387 is to inform us of the "primary control mechanism in obesity." He wants us to:

Quote:
"appreciate the differences between free fatty acids and triglycerides" and how they are tied directly to the way the oxidation and storage of fats and carbohydrates are regulated."

Mike Wrote:
I am intrigued by Bear's statement that triglycerides are the standard fuel. If that is the case then I don't think that is the way GCBC expresses it; maybe it's a question of emphasis. As MAC says, it would be good if Bear had stated his sources.

The Bear is not saying that triglycerides are the standard fuel. He says that free fatty acids are and that our muscles do not use glucose at all. MAC is saying that when you eat fat of animals, you are consuming some triglycerides because that's how fat would have been stored in the animal. The Bear's statement is the thing that would seem to be at odds with Taubes.

However, Gary Taubes himself e-mailed me his notes on the subject the other day and he has a reference to Baltzan, et al 1962, where they found that glucose actually plays a very minor role in oxidative metabolism (burning) by muscle in the basal state and later studies by this same group reported that approximately 0-65 mole of glucose was consumed each minute by 100 grams of muscle. For an average man, that is approximately 30 grams in a 24 hour period. They suggested that even this meager usage is high for muscle because the major proportion of this glucose being extracted is the erythrocytes in transit through the muscle. So much for carbo-loading!

What supports this theory is the fasting study that we've been talking about which says that after 66 hours, there is no marked decrease of glucose but there was a stoichiometric production of lactate from the glucose suggesting that muscle might normally even extract some of the lactate by the red cells and this extraction is what is diminished in fasting.

This is all very important because if that's true, the Randle cycle makes the correct observation concerning glucose; however, the inference that we read from it is incorrect. We always viewed the action of muscles as "burning glucose" and indeed, we say that because we recognize the lactic acid buildup from strenuous exercise.

This is the reason I went very low carb in the beginning. Dr. Groves said that burning glycerol (pyruvate) in the mitochondria was the reason for the lactic acid. He said that fatty acid burns clean with no byproducts except water and carbon dioxide which are easily excreted and don't cause the burn, which I have found to be true. However, this comes and teaches us that there is not a burning, but an extraction of lactate by the red cells. The muscles only facilitate the transport of glycerol through them. The heart does the same thing. It doesn't take up glucose but it extracts pyruvate and lactate. This puts a load on muscles and organs.

This is wildly consistent with the Bear's statements that glucose is not burned for fuel in the muscle and that carbohydrates only put a strain on the body.

This is groundbreaking! This means that a much greater percentage of glucose is stored than previously thought and the muscles and every organ take up lactic acid and pyruvate for cleanup which supports my theory that if glucose is taken up by tissues and organs in our bodies, it must be for elimination. Indeed, this seems to be the case. There is no adaptation for carbohydrates and therefore we should not consume them.

Mike Wrote:
Either way, it seems we are sometimes capable of actually gaining weight without external carb intake.
Well, this shouldn't surprise us. Weight gain is brought about by hormonal action on fatty acid storage which is primarily regulated by insulin. However, the body has to have other ways in which it can induce weight gain. Pregnancy is the major one that comes to mind. Other hormones may regulate the flow of free fatty acids as they act upon insulin to accomplish what they would. For instance, in psych patients, they tend to be very thin. Some people gain weight at the beginning of depression as they decrease their activity. When activity is decreased, the body can change the rate of fat mobilization which will cause weight gain. When we get sick, we typically lose weight, but all of us can attest to the fact that once we've healed, our weight returns very rapidly, regardless of how little we eat.

Hormones of psych patients act on the internal environment to keep things stable. They respond by mobilizing fatty acids at a very high rate which keeps them lean. The same is true of an anorexic. The response to food is only happening to keep balance in the internal environment.

Illness and reduced energy intake will cause the body to slow the rate of fatty acids such that weight can be gained. The same is true of the sex hormones. Teenagers and older women know all too well the effects of hormones on fat metabolism. The teens eat voraciously yet they don't gain weight. Older women gain weight regardless of their diet as menopause sets in.

Hormones play a major part and this is why I maintain that a person will only be as lean as their hormones allow.

Regards,
Charles

**RE: Zero Carb / Meat and Water - sean - 09-12-2008 07:17 AM**

But even the food allergies come from poor digestion. There is no such thing as food allergies when your return your liver and intestines to normal. Charles' diet is an exceptional way as well as fasting. Until you heal these organs your flareups will always come and go. Once healed you'd be amazed at what foods you thought you were allergic to you can eat with no problems (if you choose to return to the foods that caused it all).

You have to deal with the cause not the symptoms.

At one point in my life if I ate bread the entire contents of my GI tract emptied almost immediately and violently. After some fasting and flushes I could eat a loaf with no problem whatsoever. Did I become non allergic all the sudden????? Of course not. The GI tract was again working and it could deal with any "food".

Just a tip as I ve seen so many people do these elimination diets, adding one food back at a time nonsense on and on.

I've done every test. flush, protocol you can imagine, and when the organs heal you can eat concrete if you like. No allergies including hay fever. I used to react allergically to getting out of bed in the morning. NowI can cut my grass and roll around in it and not even a sniffle. Clean the fermented waste (undigested carbohydrate) out of your system and everything resets.

Once this happens you'd be wise to pay attention to every word printed by CHarles and the BEAR as they have found the truth in diet. Fatty meat and water is simply the easiest way to health.
RE: Zero Carb / Meat and Water - **Charles** - 09-12-2008 07:24 AM

FatGirlOnAtkins Wrote:
I didn't see if you had checked her for food allergies, but that's what it turned out to be with my daughter.

Yes, she is allergic to eggs, nuts, certain fish and pet dander (although not our pet for some reason...) The zero-carb diet changed her little life and she looks better than she ever has. She no longer has any scabs or sores and her face is radiant. I'm very happy for her.

Regards,

Charles

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RE: Zero Carb / Meat and Water - **jeepifer** - 09-12-2008 08:05 AM

I'm desperately trying to zero carb my oldest. She has ADHD and I believe it would help tremendously. Unfortunately, they eat tons of carbs at daycare, and I can't afford to give her a special diet there. So I do the best I can when she's home.

She's turned into quite the rare steak eater!!! 😊

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RE: Zero Carb / Meat and Water - **nyteez** - 09-12-2008 08:09 AM

sean Wrote:
PS Dana Nyteez, how dare you call BEAR a genius, he didn't even get through one year of college....

LOL! Whats college got to do with being a genius?

Another great post! I tend to hold back from speaking my mind, because I got reprimanded by a mod once here for doing so. Your posts are great, thanks sean!

Since eating zero carb I have noticed or realized, that my body is detoxing and healing. This is another reason I stayed with this. It took me 40 years to mess up my body, I know it's going to take years to fix it. I too believe in time I could eat veggies or soy and not feel horrible, because my system will be healthy, but why would I want to. I will never go back to eating that way.

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RE: Zero Carb / Meat and Water - **nyteez** - 09-12-2008 08:30 AM

Quote:
Charles: I may get back to you in a later post on the hunger issue which still intrigues me, and is why I've spent the last few days with my head in GCBC (again for the nth time). Although the big picture is clear enough and elegantly simple, it's made up of a complex interlocking jigsaw pieces, and the way they all fit together is not quite clear yet.

Speaking on the hunger issue. I think for many people hunger is a mind set. They really don't know what hunger is. People think they are hungry at the times they are used to eating. Or they think they should be
hungry because they haven't eaten in 5 hours. Hunger is regulated by blood sugar, but on zero carb it is not. I am not hungry on this diet. I have fasted many times in my life and have learned that hunger was mostly in my head, not real physical hunger. I eat every 12 hours. I am not hungry every 12 hours, I just eat to fuel up.

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**RE: Zero Carb / Meat and Water** - nyteez - 09-12-2008 08:33 AM

Quote:
pet dander (although not our pet for some reason...)

Your pet eats low carb and fresh meat. Most pets are fed high carb food which they are allergic to and which causes the pet dander.

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**RE: Zero Carb / Meat and Water** - chris m. - 09-12-2008 09:05 AM

If ya'll want to read the best article on "FATS" I have come across you can go to [theskinnyonfats Mary Enig] just google it in. Everything you wanted to know and then some. It's part of my collection of articles. It goes into detail on why butter is good for you. There is a link in the article on Chris Masterjohns piece about Vitamin K. Very detailed and interesting as it applies to cardiovascular disease. Hope this was helpful.

Chris m

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**RE: Zero Carb / Meat and Water** - Charles - 09-12-2008 09:07 AM

That's right, Chris, that's one of the best articles I've ever seen. It's lengthy, but it's everything you ever wanted to know about fats and was written by a master. That's on my Recommended Reading List as well!

Regards,

Charles

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**RE: starting meat and eggs today** - AuntieeM - 09-12-2008 09:17 AM

Charles: Thank you so much for answering my post. I was hoping you would as I can already tell that you are a wealth of information! So far, so good. This morning, around 8 AM I had my two burgers and two eggs fried in butter and while it's only 12 PM here, there are absolutely no signs of hunger. I can absolutely understand the need to get away for the need for "something sweet" and will definitely pay attention to how I feel after I eat dinner this evening. I was easily able to get two packages of beautiful, fatty rib steaks in BJ's and was also able to get two boxes of Bubba Burgers which are 1/3 pound and have 35 grams of fat each. So the way I can tell I'm eating enough is if I feel great? Also, I guess I have to let go of the ingrained notion that eating all these fatty foods is going to make me gain weight? I also have another question and I hope it's not a stupid one, but where do we get our fiber and should I actually be worried about that? Oh boy, I hope you all won't get tired of me and my questions!

---

**RE: starting meat and eggs today** - Charles - 09-12-2008 09:35 AM

RE: starting meat and eggs today
AuntieeM Wrote:
Charles: Thank you so much for answering my post. I was hoping you would as I can already tell that you are a wealth of information!

You're welcome and thanks for the kind words.

AuntieeM Wrote:
So the way I can tell I'm eating enough is if I feel great?

Yes. I know it goes against all you've been taught, but controlling hunger and having good energy are the true benchmarks for success. People think thin people are that way because they eat less. The truth is, they eat less because they are not hungry.

AuntieeM Wrote:
Also, I guess I have to let go of the ingrained notion that eating all these fatty foods is going to make me gain weight?

That's correct. You always had fat in your system but your cells can't get to it because of the other stuff that was trapping it in your fat tissue. Once you get rid of the toxins, you'll find that your fat will circulate readily and your body will only store the little bit it wants. Every animal in the kingdom wants to be lean and your body is no exception.

AuntieeM Wrote:
I also have another question and I hope it's not a stupid one, but where do we get our fiber and should I actually be worried about that?

There are no stupid questions and I don't mind answering questions time and again because that's why I'm here!

Fiber is all a ruse. Dennis Burkitt (Burkitt's Lymphoma) and Hugh Trowell were poop specialists who scoured the sub-Sahara looking at poop samples from isolated peoples who did not suffer from the chronic diseases of civilization. They reported that these people were so much healthier than us because they ate more fiber. Fortunately for us, Dr. Weston Price went along as well and he reported that:

Quote:
Price noted that all healthy African groups had good sources of animal fat, and that the healthiest groups consumed less, not more, of plant foods

and

Quote:
Drs. Williams and Gelfand stress that the likely culprit in the slow emergence of dental caries and diabetes is not animal fat, but refined sugar. Nevertheless, their articles form part of a collection whose editors are firmly committed to the lipid hypotheses, namely that animal products and saturated fat contribute to the Western plague of atherosclerosis, diabetes, hypertension and obesity.

Eating fiber is like putting sandpaper in your digestive tract. Eating fat is like oiling it. You will soon find out how much better your system works when you eliminate carbohydrates altogether!

Regards,
That article is a classic. Believe me I've read everything Enig and Sally Fallon have ever printed. I've talked to Fallon twice in person at two of her presentations. Amazing stuff.

The only thing I want to say is if you can find the exchange between Enig and Ray Peat it is priceless. The Price Foundation pushes Cod Liver Oil and "essential Fatty Acids", although it may work for some temporarily, Peat's science and experiments leave Enig's rebuttal very very weak.

Im not taking sides, believe me I couldn't care less, I only seek truth, but as a recent article on this subject stated the "essential fatty acid" craze (PUFA's) of today is identical to the Crisco vegetable oil of the 60's, and everyone knows where that led....

If I can find some of this stuff and figure out how to include it in a link I will.

---

sean Wrote:
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Here is Enig's reply to Peat: [http://www.apinchofhealth.com/resources/lowcarb/Ray-Peat-Essential-Fatty-Acid-Deficiency.html](http://www.apinchofhealth.com/resources/lowcarb/Ray-Peat-Essential-Fatty-Acid-Deficiency.html)

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I like Dr. Enig's science as well, but I don't buy the Price foundation's conclusions. I agree with them on the "whole foods" notion but I can't go with them on the vegetable and nutrient stuff. They take it much too far.

They can't change what Dr. Price saw with his own eyes. The healthiest groups in the sub-Saharan ate less of vegetable matter, not more.

Regards,

Charles
There is a guy that uses the name montygram that has a rebuttal of the article you cited MAC, but I can't find Peats. Who knows the truth of the matter, but I did speak to a girl who was being consulted by Peat and she was told if PUFA's are in trace amounts in all foods why on earth would anyone supplement and add more??? This I think falls right back into what Charles and the BEAR continually say, nothing extra is needed with an all fatty meat diet.

Some recent posts talk about supplements but after reading Not By Bread Alone a second time it seems the most strenuous work being done from 15 - 18 hours daily was being done by the guys on pemmican. All in complete health. It would seem that they would be the most depleted of vit/min from their labor, yet they ate only dried muscle meat and fat. No organs in the pemmican. I think it makes sense then fresh rare met/fat really doesn't need anything more. Im not saying organs are bad, just not mandatory.

Charles I dealt with some Masai in Tanzania one time. Dr. Price's work doesn't begin to describe the bone structure of these guys. Dont get me wrong Price's book is my bible, but reading it and then seeing a couple red silk robes coming my way at about midnight in a place I dont think "whitey" was supposed to be in Tanzania is quite an experience.

I quoted somewhere that even Eades says that the amount of omega 3's in grass fed beef versus omega 3's corn fed beef doesn't amount to much.

Charles I dealt with some Masai in Tanzania one time. Dr. Price's work doesn't begin to describe the bone structure of these guys. Don't get me wrong Price's book is my bible, but reading it and then seeing a couple red silk robes coming my way at about midnight in a place I don't think "whitey" was supposed to be in Tanzania is quite an experience.
HEY Sean,
Are you going to leave us with a cliffhanger.............??????????

RE: Zero Carb / Meat and Water - sean - 09-12-2008 04:15 PM

Not my intention at all. I never even thought I would post period, but Charles really has something going on here so I got into it when I saw some people trying to mess up his incredible forum as these same types did to BEAR.

I've been around the world twice and seen all sorts of things. I certainly don't want to bring any of my mayhem to this forum, I only was giving a brief eyewitness account backing up much of what Price's works showed. I could also write about the Alaskan natives on a refuel and what their teeth and bone structure looked like compared to the average American.

In a very condensed version a couple "local" Tanzanian gals took me to a spot in downtown Tanzania where you wont see a soul with my complexion. We went into a local hotspot and after a few minutes I figured my time had come, oh well. Anyway after some back and forth this Masai leaned into my ear and in perfect english said, "I want some p---y (slang for a cat). I laughed so hard it may have saved my life as he started laughing as well. ANyway the point is this guy had teeteh so white it was absurd. Perfectly straight and all in tact. His wrists had to be 12 inches around and he had baseball gloves for hands. His buddy was no different. They were both of the warrior class because of the garb they were wearing. Not an ounce of fat on them. So again their diet was soured milk, meat and blood. It is impressive to read about it, but when you see it face to face it sort of saddens you to think of the lost human potential. Every kid I see in America (atleast where ive lived), has braces, a pinched nose, mouth wide open trying to breath, glasses, an inhaler in one hand and a video game in the other. IF people only knew....

RE: Zero Carb / Meat and Water - Kristi31 - 09-12-2008 10:38 PM

Since protein gluconeogenesis was mentioned in this thread a few times, I thought this belonged here...very interesting stuff!

From [http://www.nutritionandmetabolism.com/content/3/1/16](http://www.nutritionandmetabolism.com/content/3/1/16)

"Amino acids derived from protein are converted to glucose through gluconeogenesis. In 1915, Janney reported that 3.5 g of glucose were produced from 6.25 g of ingested meat protein [11]. Thus, theoretically and actually, for every 100 g protein ingested, 56 g of glucose can be produced. For other proteins the range of glucose produced was 50–84 g.

However, in 1924, Dr. MacLean in England gave 250 g meat, which contains ~50 g protein to a subject with type 2 diabetes whose fasting glucose concentration was ~280 mg/dl [12]. Following ingestion of the beef, the glucose concentration remained stable for the 5 hours of the study. When the subject was given 25 g glucose on a separate occasion, the amount of glucose that theoretically could have been produced from the 50 g protein in the 250 g meat, the glucose concentration increased to nearly 600 mg/dl.

With this [12] and other information [13-18], several years ago, we determined the glucose and insulin responses to 50 g of protein given in the form of lean beef to 8 normal subjects [19] and 7 subjects with type 2 diabetes [20]. When normal subjects ingested the 50 g protein, the plasma glucose concentration
remained stable during the 4 hours of the study. When subjects with type 2 diabetes ingested 50 g protein, not only was the glucose stable, it actually decreased (Figure 2).

Figure 2. Glucose (left panel) and insulin (right panel) response to 50 g protein, given in the form of very lean beef to 8 normal subjects (bottom, broken lines) and 7 subjects with type 2 diabetes (top, solid lines).

In normal subjects there was a modest increase in insulin concentration. However, when subjects with type 2 diabetes ingested protein, the insulin concentration increased markedly (Figure 2).

In normal subjects, the insulin increase was only 30% of that to 50 g glucose [19], but in people with type 2 diabetes, it was equal, i.e. 100% [20]. In addition, ingestion of 50 g beef protein had very little effect on glucose production either in normal subjects [21] or in people with type 2 diabetes [22].

The studies cited above were single meal studies testing the effect of dietary protein alone. From these and other studies we concluded that in people with type 2 diabetes, dietary protein is a potent insulin secretagogue. In addition, protein does not increase blood glucose. Protein actually decreases blood glucose, even though amino acids derived from digestion of the protein can be used for gluconeogenesis. Subsequently we demonstrated that dietary protein acts synergistically with ingested glucose to increase insulin secretion and reduce the blood glucose response to the ingested glucose in people with type 2 diabetes [20,23].

In order to determine the effect of substituting protein for carbohydrate in mixed meals over an extended period of time we designed a study in which we increased the protein content of the diet from 15% in the control diet to 30% in the test diet, i.e. we doubled the protein content of the diet [24]. To accommodate the increase in protein, we decreased the carbohydrate content from 55% in the control diet to 40% in the test diet. Since 56 g of glucose could be produced from each 100 g protein ingested [11], the carbohydrate in the diet, plus the glucose produced from the additional protein, would represent a potential carbohydrate content of 48%. The fat content was 30% in both groups. Twelve people with untreated type 2 diabetes were randomized in a crossover design in which they were on each diet for 5 weeks with a washout period in between. The diets were isocaloric, the subjects were weight stable, and all food was provided.

The plasma glucose concentrations during the 24-hour period at the end of the 5 weeks on the control diet, or 5 weeks on the high protein diet, are shown in Figure 3. The blood sampling was started at 8 am. Breakfast, lunch, dinner and snack are shown on the X-axis. The differences appear modest. However, when these data are integrated over 24 hours, using the fasting glucose concentration as baseline, the integrated glucose area actually was reduced by 38% on the high protein diet (Figure 4).

Figure 3. Plasma glucose response in 12 subjects with type 2 diabetes. The response to the control diet (15% protein) is shown in the top, dotted red line. The response to the test diet (30% protein) is shown in the bottom, solid black line.

Figure 4. Net 24-hour integrated glucose (left) and insulin area responses (right) to ingestion of a 15% protein (red bar) or 30% protein (black bar) diet in 12 subjects with type 2 diabetes.

In spite of the lower integrated glucose area, the integrated insulin area response was increased by 18% when compared to the control (15% protein) diet results.

Most importantly, with the 30% protein diet, the % total glycohemoglobin (%tGHb) decreased from 8.1
Figure 5. % total glycohemoglobin response to a 15% protein diet, (top, broken red line) and a 30% protein diet (bottom, solid black line) in 12 people with type 2 diabetes.

In summary, increasing dietary protein from 15% to 30% of total food energy at the expense of carbohydrate resulted in an increased integrated insulin concentration, a decreased 24 hour integrated glucose concentration, and a decreased %tGHb.

These data were presented in 2004 at the Kingsbrook Conference on Nutritional and Metabolic Aspects of Low Carbohydrate Diets [25], and an adaptation of that presentation was later published [26].

From http://www.biomedcentral.com/content/pdf/1743-7075-1-6.pdf

"This lack of increase in blood glucose concentration following the ingestion of protein was confirmed by Conn and Newburgh in 1936 [3]. These investigators fed a relatively enormous amount of beef, i.e. 1.3 pounds of beef, which is the equivalent of ~136 g of protein and which should yield 68 g of glucose, to a normal subject with a fasting blood glucose of 65 mg/dl and to a subject with diabetes whose fasting blood glucose concentration was 150 mg/dl. In neither case was there an increase in blood glucose concentration over the 8 hours of this study. However, when the same subjects were given 68 g of glucose, there clearly was an increase in glucose concentration in both cases. That ingested protein did not raise the blood glucose was largely ignored, in spite of this evidence in the scientific literature. Indeed, in his textbook in 1945 [4], Dr. Joslin, one of the most influential diabetologists at that time, was still counseling dietitians and patients to consider 56% of dietary protein as if it were carbohydrate."

From http://jcem.endojournals.org/cgi/content/full/86/3/1040

"As expected, when the subjects ingested only water (fasting controls) there was a gradual decrease in serum glucose concentration over the 8 h of the study (33). When the subjects ingested 50 g beef protein there was a small initial and transient increase in glucose, but by 2.5 h the glucose concentration had decreased and continued to decrease until the end of the study. Over the last 5.5 h, the concentration was slightly less than when only water was ingested (Fig. 1)."

"As indicated previously, it has been reported several times that protein ingestion does not raise the circulating glucose concentration or raises it only modestly (3, 4, 5, 6, 7, 8, 9, 10). The reason for this has been unclear.

In 1971, it was suggested that protein ingestion did not raise the circulating glucose concentration because an increased production and release of glucose from the liver was balanced by an increased uptake and utilization of glucose by peripheral tissues (34). The mechanism proposed was that an increased circulating glucagon concentration, resulting from the ingestion of protein, would stimulate
glucose production from amino acids in the liver. The increased insulin concentration resulting from the ingestion of protein then would stimulate peripheral tissues, primarily skeletal muscle, to remove the glucose produced and to store it as glycogen (34). The latter is a well known effect of high concentrations of insulin. However, using direct hepatic vein catheterization techniques, a significant increase in glucose production in the splanchnic bed after protein ingestion could not be demonstrated either in dogs (35) or in humans (36)."

**RE: Zero Carb / Meat and Water - suzanneyea - 09-13-2008 02:03 AM**

**Quote:**
Every kid I see in America (atleast where ive lived), has braces, a pinched nose, mouth wide open trying to breath, glasses, an inhaler in one hand and a video game in the other. IF people only knew....

And even those who know have a hard time! I certainly do my best to keep Andrew on meat, but he is 5 and living in a high carb world. Plus, I didn't really realize the importance of low carb until he had already started to eat carbs and had a taste for them. Now Andrew probably eats 1/3 less carbs tha the average kid, may even less. But, compared to my diet it looks like he eats a TON of carbs ( I am meat only).

When I pick him up at school each day I am so saddened to see so many overweight 5 year olds. You know these parents are not doing this intentionally, people just do not know.

**RE: starting meat and eggs today - AuntieeM - 09-13-2008 05:32 AM**

Good morning: So today is my second day of M&E. I woke up this morning with absolutely no hunger whatsoever. Yesterday, I posted what I had for breakfast but wasn't sure about the rest of the day. For lunch I had two Bubba Burgers which are the most delicious burgers I've ever had. That was about 2:30 PM, then I wasn't really hungry until about 8:30 PM at which time I broiled up one of the rib steaks I purchased at BJ's (mind you, they are huge!). I was only able to eat about a third and wrapped the remainder up to have for breakfast today. I guess I'll have to save it to have for lunch! I will confess however that I did cave in and had about 1/4 cup of whipped heavy cream with 2 drops of Sweetzfree. With the two eggs and cream I think that would bring my carbs for the day to 6? Anyhow, I'm looking forward to today and hope I'll be able to repeat my good progress from yesterday.

Wishing everyone a great day!

**RE: starting meat and eggs today - pamela702 - 09-13-2008 06:05 AM**

Good morning everyone,

And hi and welcome to you AuntieeM. I also started the meat and eggs recently. It sounds like you are getting the hang of things. I use to eat 3 times a day because i thought i was 'supposed' to. Now i just listen to my body and eat when i am hungry, which has been about twice a day.

I also wanted to update how things are going for me...since i started (Sept. 5 2008) on m/e, i have lost 3.8 pounds. I have fibromaylgia and have sleep problems, but recently i have been sleeping through the night!

Ok, i have another question for everyone. I know our weight fluctuates throughout the day, but what time of the day is my 'accurate' weight. For example, yesterday morning i weighed 205.2 pounds. That evening, (of course) i was heavier, 207.4 pounds. I'm pretty sure we go by the first thing in the morning weight, but just wanted to get some feedback. Thanks, Pamela
pamela702 Wrote:
Good morning everyone,
And hi and welcome to you AuntieeM. I also started the meat and eggs recently. It sounds like you are getting the hang of things. I use to eat 3 times a day because i thought i was 'supposed' to. Now i just listen to my body and eat when i am hungry, which has been about twice a day.
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Hi Pamela: I only weigh myself once a week, first thing in the morning, butt naked and after peeing. It's my opinion (and only that) that weighing yourself daily will make you crazy, especially as women. I do think tho, that once I get to my "goal" weight, I will weigh more frequently to ensure that those pesky pounds don't start creeping back. 😊

RE: Zero Carb / Meat and Water - Jeff - 09-13-2008 06:45 AM
Thanks for those studies, Kristelle, Very interresting stuff!

RE: starting meat and eggs today - pamela702 - 09-13-2008 07:12 AM

AuntieeM Wrote:
pamela702 Wrote:
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And hi and welcome to you AuntieeM. I also started the meat and eggs recently. It sounds like you are getting the hang of things. I use to eat 3 times a day because i thought i was 'supposed' to. Now i just listen to my body and eat when i am hungry, which has been about twice a day.
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It does drive me crazy, lol. But i do it to keep and eye on things and make sure what i am doing is working. I am so close to being in 'onederland' (as everyone else calls it), and i honestly can not remember the last time i weighed under 200 pounds. Even as a teenager i was heavy. I wish i could have done things differently when i was younger, and i would not be in this situation....but i cant turn back time. I get so angry at myself for what i have done to my body over the years. I'm just glad that now i
have finally seen the light, so to speak. So far i have lost 160 pounds, and now i am having loose skin issues 🫶. I just try to take one day at a time, and move forward. I know that i will never go back to the old way of eating.

Pamela

RE: starting meat and eggs today - AuntieeM - 09-13-2008 08:40 AM

pamela702 Wrote: 
AuntieeM Wrote: 
pamela702 Wrote: 
Good morning everyone,
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Pamela

Pamela: Wow!! Congratulations on your 160 pound loss. That's truly amazing. You should be so very proud of all you've accomplished. Now that you've seen the light, stay focused and try, even tho I know how difficult it is, to take one day at a time. We can only go forward. It's an incredibly long and arduous journey, but thankfully we have this community and all the support and education it provides.

RE: starting meat and eggs today - pamela702 - 09-13-2008 10:12 AM

AuntieeM Wrote: 
pamela702 Wrote: 
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pamela702 Wrote:
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I also wanted to update how things are going for me...since i started (Sept. 5 2008) on m/e, i have lost 3.8 pounds. I have fibromyalgia and have sleep problems, but recently i have been sleeping through the night!
Ok, i have another question for everyone. I know our weight fluctuates throughout the day, but what time of the day is my 'accurate' weight. For example, yesterday morning i weighed 205.2 pounds. That evening, (of course) i was heavier, 207.4 pounds. I'm pretty sure we go by the first thing in the morning weight, but just wanted to get some feedback. Thanks, Pamela

Hi Pamela: I only weigh myself once a week, first thing in the morning, butt naked and after peeing. It's my opinion (and only that) that weighing yourself daily will make you crazy, especially as women. I do think tho, that once i get to my "goal" weight, i will weigh more frequently to ensure that those pesky pounds don't start creeping back. 😊

It does drive me crazy, lol. But i do it to keep and eye on things and make sure what i am doing is working. I am so close to being in 'onederland' (as everyone else calls it), and i honestly can not remember the last time i weighed under 200 pounds. Even as a teenager i was heavy. I wish i could have done things differently when i was younger, and i would not be in this situation....but i cant turn back time. I get so angry at myself for what i have done to my body over the years. I'm just glad that now i have finally seen the light, so to speak. So far i have lost 160 pounds, and now i am having loose skin issues 😁. I just try to take one day at a time, and move forward. I know that i will never go back to the old way of eating.
Pamela

Pamela: Wow!! Congratulations on your 160 pound loss. That's truly amazing. You should be so very proud of all you've accomplished. Now that you've seen the light, stay focused and try, even tho I know how difficult it is, to take one day at a time. We can only go forward. It's an incredibly long and arduous journey, but thankfully we have this community and all the support and education it provides.

Thanks so much. And yes, this forum is so supportive and helpful. I learn something new everyday!
Take care...Pamela

RE: Zero Carb / Meat and Water - Charles - 09-13-2008 12:30 PM

Kristi31 Wrote:
"As indicated previously, it has been reported several times that protein ingestion does not raise the circulating glucose concentration or raises it only modestly (3, 4, 5, 6, 7, 8, 9, 10). The reason for this has been unclear.

It would have really baked their noodles if the people in these studies were ketoadapted and were on zero-carb diets. Everyone assumes that ingesting protein would do something or other but they are always surprised when they actually test their theories. How smart the Bear is!

Regards,

Charles
Charles:

With endurance training and meat eating: Is there no lactate threshold? What is happening to the muscle (biochemically) of a meat eater when the load switches from aerobic to anaerobic? All contemporary training talks of lactate threshold training to up the amount of work the muscles can do before lactate build up causes fatigue. What should a carnivore train for in order to shift the level at which the muscles are working aerobically?

Thanks,

John

GO TEAM CARNIVORE

ANOVA Wrote:

I do not get the lactic burn in my muscles that I used to get when I ate carbohydrates. Lactic acid is merely a byproduct of fuel use in cells. The muscles transport the glycerol molecule, but it seems to siphon the lactic acid and pyruvate for elimination and this seems to cause the lactic burn and thus the lactic threshold.

ANOVA Wrote:

I agree about contemporary training and that's why it's so largely ineffective. I like the Bear's explanation where he says that:

Quote:
Muscle cells run on ATP-ADP conversion. The re-conversion is done with free fatty acids. It makes no difference whether the exercise is aerobic or anaerobic, similar to a car that is in first gear or overdrive. The fuel source is the same. Mitochondria mediates ADP to ATP conversion which is why there are two types (fast-twitch vs slow-twitch) of muscle cells. Fiber bundles with more mitochondria have a different response to the two types of work, aerobic or anaerobic. The way you train can alter the mix.

For instance, work that is done at or below 85% of heart-rate threshold is normally what is considered the cutoff and the most improvement happens in this zone. However, above 85% is where the oxygen gets depleted faster and this is obviously the zone where you want to spend the least amount of time, except for short bursts and allow plenty of rest. Let's rename the "lactate threshold" to the oxygen-debt threshold. You still can experience oxygen debt in the muscle but you don't feel the burning that used to accompany it and for that, I'm very grateful!
You can train to the limit, but don't overtrain as so many of today's athletes do. I just read today how Usain Bolt, the world's fastest man (that we know of today) only runs 1 in 10 races all-out. If he is winning, he wants to conserve energy. That is very smart and he will probably be the fastest man for a long time with this type of thinking.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - FatGirlOnAtkins - 09-13-2008 01:40 PM**

jeepifer Wrote:
I'm desperately trying to zero carb my oldest. She has ADHD and I believe it would help tremendously. Unfortunately, they eat tons of carbs at daycare, and I can't afford to give her a special diet there. So I do the best I can when she's home.

She's turned into quite the rare steak eater!!! 😏

I know how hard it is when they're not with you all the time to make sure they're eating well. My oldest son has severe attention problems and cutting the carbs has helped him focus so much more. I can tell the difference after one meal with too many processed carbs. I hate it that my kids are given candy and cookies wherever they go!

---

**RE: Zero Carb / Meat and Water - Charles - 09-14-2008 05:56 AM**

You all should have seen the look on our pediatrician's face when she gave my children their physical on Thursday. They did all the checks like blood pressure and weight. Theirs was 100/60 and 97/60 which is very similar to mine, 105/62. They had to get some shots that are the law, but we declined the flu and HPV nonsense. Anyway, the doctor then began to inquire as to their diet.

Doctor: So, do you drink milk?
Children: No.

Doctor: No eggs or cheese?
Children: Cheese sticks.

Doctor: Okay, but you do eat fruit?
Children: No, just meat.

Doctor: Just meat?
Children: Just meat.

Doctor: Well, how are they so healthy?
Me: They eat an artery-clogging high-fat diet.

Doctor: I see. Well, let's hope they stay healthy.
Me: Do you know of some reason why they shouldn't?

Doctor: No answer.
Me: Priceless!

RE: Zero Carb / Meat and Water - Charles - 09-14-2008 06:10 AM

John Wrote:
What should a carnivore train for in order to shift the level at which the muscles are working aerobically?

John, I also encourage you to check out this thread where we give some examples of world-class athletes on a very low carb diet.

Regards,

Charles

RE: Zero Carb / Meat and Water - ANOVA - 09-14-2008 08:17 AM

Charles:

Much thanks for the links.

John

RE: Zero Carb / Meat and Water - nyteez - 09-14-2008 01:27 PM

Well, I made beef jerky in my nuwave oven. I didn't put any seasoning at all on it and it was delicious. But, the nuwave cooks it and dries it. The lowest setting is 195 degrees. I want raw dried beef for pemmican. So, now I might hit the thrift shops for a dehydrator. Leaving it in the oven for 10 hours is just not an option right now, it is too hot! Maybe in december, but I don't want to wait that long.

I am sure the pemmican would be good w/ the cooked dried beef, I just want to make it the way the Indians did. I think if the beef is raw dried, it may make for a juicier pemmican.

RE: Zero Carb / Meat and Water - Richard - 09-14-2008 03:25 PM

Here is a Jerky site I ran across.

http://www.beefjerky.com/make.html

Invest in a dehydrator. Less cost than running an oven for 10-12 hours.

RE: Zero Carb / Meat and Water - jeepifer - 09-14-2008 06:01 PM

I agree with looking in the thrift shops. I'm also asking around at work, maybe someone has one taking up space in their cupboards that they never use!
RE: Zero Carb / Meat and Water - HaloStatue - 09-14-2008 09:07 PM

All...

Didja happen to catch this article in the "Times of India"? Entitled Eating veggies shrinks the brain. Seemed apropos to this thread...

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RE: Zero Carb / Meat and Water - suzanneeya - 09-15-2008 01:52 AM

Look on Craigslist or ebay

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RE: Zero Carb / Meat and Water - cbornebraska - 09-15-2008 02:55 AM

Hi all--

I'm just wondering if any of you who AREN'T diabetic have ever tracked your glucose levels? I just purchased a cheap little meter from Wal-Mart and have started tracking mine a bit. I am curious to see how certain things affect my glucose levels - things like caffeine, sleep, exercise, butter, etc... Have any of you ever done this? My assumption is that insulin levels will follow glucose levels? Theoretically, shouldn't my fasting (ie morning) glucose level be lower now that I zero carb? And, if I eat a zero carb meal (meat only), I shouldn't see any rise in the glucose, right?

I tested both my husband and myself before we went out to eat at a Mongolian grill for supper. I ate only meat and water and tried to avoid carbby sauces. My husband ate lower carb by not having rice, noodles or dessert, but other than that he ate whatever he wanted - sauces, veggies, a few breaded meats, diet soda, etc... My glucose was at 48 before the meal and went to 84 45 minutes after we ate. His was at 90 before the meal and CAME DOWN to 71 45 minutes after the meal. WHAT the heck?

Are glucose levels valuable for tracking insulin secretion or not?

Thanks!!

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HaloStatue Wrote:
All...

Didja happen to catch this article in the "Times of India"? Entitled Eating veggies shrinks the brain. Seemed apropos to this thread...

Should be sent to the moms of America!

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RE: Zero Carb / Meat and Water - lowcarbrun - 09-15-2008 04:33 AM

Charles Wrote:
I do not get the lactic burn in my muscles that I used to get when I ate carbohydrates.

Fat appears to be a superior fuel source for endurance running 😊

http://www.cosmosmagazine.com/node/1682

Quote:
WASHINGTON, DC: Geneticists have engineered a line of "mighty mice" whose human equivalent would have similar abilities to the U.S. bicycling champion Lance Armstrong, they say.

The breed of mice can run at a speed of 20 meters per minute for up to six hours without stopping – covering six kilometres – said biochemist Richard Hanson of Case Western Reserve University in Cleveland, Ohio.

"They are metabolically similar to Lance Armstrong biking up the Pyrenees; they utilise mainly fatty acids for energy and produce very little lactic acid," said Hanson, the senior author of the article which was published in the Journal of Biological Chemistry.

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RE: Zero Carb / Meat and Water - nyteez - 09-15-2008 07:12 AM

Richard Wrote:
Here is a Jerky site I ran across.

http://www.beefjerky.com/make.html

Invest in a dehydrator. Less cost than running an oven for 10-12 hours.

Thanks richard! I am going to check out a few thrift shops today. I always see those dehydrators at thrift shops. Now, that I am looking for one, I probably won't find one LOL!

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RE: Zero Carb / Meat and Water - Wendyoh - 09-15-2008 07:19 AM

cbnebraska Wrote:
Hi all--

I'm just wondering if any of you who AREN'T diabetic have ever tracked your glucose levels? I just purchased a cheap little meter from Wal-Mart and have started tracking mine a bit. I am curious to see how certain things affect my glucose levels - things like caffeine, sleep, exercise, butter, etc... Have any of you ever done this? My assumption is that insulin levels will follow glucose levels? Theoretically, shouldn't my fasting (ie morning) glucose level be lower now that I zero carb? And, if I eat a zero carb meal (meat only), I shouldn't see any rise in the glucose, right?

I tested both my husband and myself before we went out to eat at a Mongolian grill for supper. I ate only meat and water and tried to avoid carbby sauces. My husband ate lower carb by not having rice, noodles or dessert, but other than that he ate whatever he wanted - sauces, veggies, a few breaded meats, diet soda, etc... My glucose was at 48 before the meal and went to 84 45 minutes after we ate. His was at 90 before the meal and CAME DOWN to 71 45 minutes after the meal. WHAT the heck?
Are glucose levels valuable for tracking insulin secretion or not?

Thanks!!

Your blood sugar was 48? That's scary hypoglycemic low. Are you sure this isn't a mistake? Were you feeling very confused?

84 after a meal is great. 83 is ideal, at least according to Dr. Bernstein.

What happened to your husband is that he oversecreted insulin after eating, which made his glucose dip a bit low afterwards.

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**RE: Zero Carb / Meat and Water - MAC - 09-15-2008 07:31 AM**

cbnebraska Wrote:

Hi all--

I'm just wondering if any of you who AREN'T diabetic have ever tracked your glucose levels? I just purchased a cheap little meter from Wal-Mart and have started tracking mine a bit. I am curious to see how certain things affect my glucose levels - things like caffeine, sleep, exercise, butter, etc... Have any of you ever done this? My assumption is that insulin levels will follow glucose levels? Theoretically, shouldn't my fasting (ie morning) glucose level be lower now that I zero carb? And, if I eat a zero carb meal (meat only), I shouldn't see any rise in the glucose, right?

I tested both my husband and myself before we went out to eat at a Mongolian grill for supper. I ate only meat and water and tried to avoid carbby sauces. My husband ate lower carb by not having rice, noodles or dessert, but other than that he ate whatever he wanted - sauces, veggies, a few breaded meats, diet soda, etc... My glucose was at 48 before the meal and went to 84 45 minutes after we ate. His was at 90 before the meal and CAME DOWN to 71 45 minutes after the meal. WHAT the heck?

Are glucose levels valuable for tracking insulin secretion or not?

Thanks!!

Although Wal-mart meters are supposed to be reliable I have to wonder about the results you are getting with your meter. Your husband's reading seem like they could be right but the lower score after eating is open to question. Your 48 before eating does not sound right at all.

---

**RE: Zero Carb / Meat and Water - cbnebraska - 09-15-2008 08:08 AM**

Well, my morning fasting level registered as 84 today, which I know sounds more normal, but that's exactly what it was 45 minutes after dinner last night. Last Friday it tested at LO or "less than 20" when I woke up and went up to 48 after my morning coffee. Hmm... I will track it a few more days and then maybe I'll take it back if it is repeatedly testing low. For the record, I was not at all out of sorts with the "less than 20" or the 48 reading.

I will try to convince my husband to let me poke his finger a few more times to see if his habitually goes down after a meal. Does that mean his insulin response is very effective at getting the glucose out of the blood and back to the business of using fatty acids? The insulin hits hard and fast and then it's back to
business as usual? It wouldn't surprise me because he maintains his trim weight very easily eating low rather than no carb and doesn't suffer cravings. He is athletic and muscular, so he's maintaining muscle for sure.

---

**RE: Zero Carb / Meat and Water - Charles - 09-15-2008 08:52 AM**

HaloStatue Wrote:
Didja happen to catch this article in the "Times of India"? Entitled [Eating veggies shrinks the brain](https://www.timesofindia.indiatimes.com/Health/Health-News/Eating-veggies-shrinks-the-brain/articleshow/2613071.cms).

Thanks for posting that article, HaloStatue! The problem is that because of specialization, those outside of the specialty of those researchers may never see their work and apply it to their research. It's clear from the article how so much of these things are related but people still fail to get it. Will the Alzheimer's researchers take notice that veggies are shrinking brains and realize that high insulin makes it impossible to destroy the amyloids necessary to keep Alzheimer's at bay? Probably not.

It's sad!

Regards,
Charles

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**RE: Zero Carb / Meat and Water - Charles - 09-15-2008 08:57 AM**

cbnebraska Wrote:
Are glucose levels valuable for tracking insulin secretion or not?

No. The glucose levels are valuable for testing the "effectiveness" of your insulin but not insulin itself. You have more insulin resistance than your husband does. His insulin effectively moves that glucose into his cells whereas some of your cells reject the insulin which would mean that your glucose would go to fat storage and his would go for storage and elimination.

Plus, on zero-carb, we would have a lower-glucose tolerance (at least initially) because our bodies will stop making the enzymes necessary to process the glucose. Don't think that zero-carb will improve your ability to handle blood sugar. If anything, it will make it worse. Zero-carb makes blood sugar a non-issue because it bypasses insulin resistance by not giving insulin anything to do. I don't believe insulin resistance is reversible. I think it's controllable by ignoring it, but you won't ever be able to return to high-carb meals as you did when you were a youth.

Regards,
Charles

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**RE: Zero Carb / Meat and Water - MAC - 09-15-2008 09:06 AM**

cbnebraska Wrote:
I will try to convince my husband to let me poke his finger a few more times to see if his habitually goes down after a meal. Does that mean his insulin response is very effective at getting the glucose out of the blood and back to the business of using fatty acids? The insulin hits hard and fast and then it's back to business as usual?
If the meter is reliable, and this is a big IF, it means he hyper secretes insulin in response to carbs. Normal blood glucose levels do not go below the level before you start eating. Even 2-3 hours after eating blood glucose does not usually go below the level before one starts eating. Glucose after eating looks like a bell shaped curve more or less. And insulin has the same bell shaped curve with a time shift delay. Insulin is there to take glucose out of the bloodstream. Some glucose gets stored and some gets used immediately. It takes hours after a meal with carbs to bring the body back to using stored fatty acids.

---

**RE: Zero Carb / Meat and Water - chris m. - 09-15-2008 09:29 AM**

Hi All,

Need a little help here. Couple of things have occured to me on zero carb vs. low carb. One is - I'm still having some muscle cramping even though my weight work outs are light weight. I'm also experiencing some dizziness even though eating about every 4 to 6 hours. [this just started occuring] I've been strict for about 3 weeks now and losing moderately [1to3# week]. Do these fall under the heading of "what to expect"?

Does anyone have a good definition of keto-adaptation?

I think "the Bear" suggested it might take any where from 3-6 weeks. One of the markers was an increase in energy. I do not have that yet and in fact have periods of time [3 to 4 hours at a time] when my energy level is very low.

Any suggestions would be helpful !!!!

chris m

---


I had dizziness, nausia, and cramps, for several months when I initailly dropped my carbs. I had to get off the treadmill many times cause I thought I would pass out. Not to mention if I had to get up in the middle of the night to pee, I walked like a drunk person. Some people take a longer time to adjust. The leg cramps were also a problem for me. First I cut out salt, but I was still haveing a lot of tightness in my legs, so I cut out all my vitamins. No more leg cramps.

I think the main answer to your problem will be time.

---


Charles Wrote:

You all should have seen the look on our pediatrician's face when she gave my children their physical on Thursday. They did all the checks like blood pressure and weight. theirs was 100/60 and 97/60 which is very similar to mine, 105/62. They had to get some shots that are the law, but we declined the flu and HPV nonsense. Anyway, the doctor then began to inquire as to their diet.

Doctor: So, do you drink milk?
Children: No.

Doctor: No eggs or cheese?
Children: Cheese sticks.

Doctor: Okay, but you do eat fruit?
Children: No, just meat.
Doctor: Just meat?
Children: Just meat.

Doctor: Well, how are they so healthy?
Me: They eat an artery-clogging high-fat diet.

Doctor: I see. Well, let's hope they stay healthy.
Me: Do you know of some reason why they shouldn't?

Doctor: No answer.
Me: Priceless!

Ha ha ha! Charles... I enjoyed that!


I had the low energy periodically as well. I upped my fat and after a few meals, I felt much better. Is your fat ratio plenty high? Do you feel nausea set in as you're taking your last few greasy bites? At first, this is what I had to do until I could eyeball how much fat was enough.

I had one bout with a calf cramp, but it was during an intense ride. I don't know what I did differently to combat it. I did lower my salt intake as everyone advised, so maybe it was that.


chris m. Wrote:
Hi All,
Need a little help here. Couple of things have occured to me on zero carb vs. low carb. One is - I'm still having some muscle cramping even though my weight work outs are light weight. I'm also experiencing some dizziness even though eating about every 4 to 6 hours. [this just started occuring]
I've been strict for about 3 weeks now and losing moderately [1to3# week].
Do these fall under the heading of "what to expect"?
Does anyone have a good definition of keto-adaptation?
I think "the Bear" suggested it might take any where from 3-6 weeks. One of the markers was an increase in energy. I do not have that yet and in fact have periods of time [3 to 4 hours at a time] when my energy level is very low.
Any suggestions would be helpful !!!!
chris m

I'm exactly like this right now, too... I guess it just takes longer to be adapted for some people. I've also been at it for a little over 3 weeks.

I agree with the others, Chris. Salt, time and more fat. Energy levels are directly tied to fat. I used to think I had enough energy but after reading Stefansson, I realized that perhaps I didn't. The ratio is 1/2 pound of fat to 2 pounds of lean per day. If that ratio is correct, regardless of the amount of calories, you should have great energy.

I had the cramps until I cut out the salt. Even when I'm at restaurants, I ask them not to season the meat at all. They look at me funny, but it works.

Also, don't drink too much water. Make sure you just drink to thirst. That is a big one for me. If I drink too much water, then I dilute my electrolytes and I don't feel so good. I raced yesterday in 94-degree heat without any cramping so it's possible.

Regards,

Charles

---

**RE: Zero Carb / Meat and Water - cbnebraska - 09-15-2008 01:30 PM**

Oh yes! I forgot all about the water. The race I cramped in was one where I drank quite a bit of water (per everyone's urging!) and am guessing I diluted my electrolytes.

---

**RE: Zero Carb / Meat and Water - waywardsister - 09-15-2008 01:59 PM**

Making sure I understand. Being a visual learner, I am not science-y! So I have to go through this painstakingly and work it out as I go. Forgive me.

Charles Wrote:

However, Gary Taubes himself e-mailed me his notes on the subject the other day and he has a reference to Baltzan, et al 1962, where they found that glucose actually plays a very minor role in oxidative metabolism (burning) by muscle in the basal state and later studies by this same group reported that approximately 0-65 mole of glucose was consumed each minute by 100 grams of muscle. For an average man, that is approximately 30 grams in a 24 hour period. They suggested that even this meager usage is high for muscle because the major proportion of this glucose being extracted is the erthrocytes in transit through the muscle. So much for carbo-loading!

Okay - so on average, our muscles only use 30g glucose in a day, and part of this isn't actually being used by the muscle but is passing through the muscle via red blood cells?

Charles Wrote:

What supports this theory is the fasting study that we've been talking about which says that after 66 hours, there is no marked decrease of glucose but there was a stoichiometric production of lactate from the glucose suggesting that muscle might normally even extract some of the lactate by the red cells and this extraction is what is diminished in fasting.

Lactate is a by product of glucose? So muscle is extracting the lactate - from the glucose? not the glucose itself, and in fasting this is not happening as much? Is this because in fasting the muscle is using fatty acids? Oh god, I feel like I'm in Grade 9 again. Where's that frog on a tray...

Charles Wrote:
This is all very important because if that's true, the Randle cycle makes the correct observation concerning glucose; however, the inference that we read from it is incorrect. We always viewed the action of muscles as "burning glucose" and indeed, we say that because we recognize the lactic acid buildup from strenuous exercise.

We feel the 'burn' in our muscles because our muscles have taken up the lactic acid/lactate, which is a by-product of glucose? They haven't taken up the glucose itself. So where is the glucose? Has it gone on to be stored in the fat?

Charles Wrote:
This is the reason I went very low carb in the beginning. Dr. Groves said that burning glycerol (pyruvate) in the mitochondria was the reason for the lactic acid. He said that fatty acid burns clean with no byproducts except water and carbon dioxide which are easily excreted and don't cause the burn, which I have found to be true. However, this comes and teaches us that there is not a burning, but an extraction of lactate by the red cells. The muscles only facilitate the transport of glycerol through them. The heart does the same thing. It doesn't take up glucose but it extracts pyruvate and lactate. This puts a load on muscles and organs.

So the 'burn' is our muscles excreting the lactic acid from the lactate they extracted from glucose? I think I need this explained to me in cartoon form. The muscles (incl. the heart) don't take up/burn glucose, they allow glycerol to be transported through them (to where? to the adipose tissue?) and they extract the by-products (why?) and this puts a strain on them. They excrete them later, hence the lactic acid burn?

Charles Wrote:
This is groundbreaking! This means that a much greater percentage of glucose is stored than previously thought and the muscles and every organ take up lactic acid and pyruvate for cleanup which supports my theory that if glucose is taken up by tissues and organs in our bodies, it must be for elimination. Indeed, this seems to be the case. There is no adaptation for carbohydrates and therefore we should not consume them.

So...we eat carbs, glucose is formed in the blood. It goes through the muscles into the fat, and organs/muscles extract lactic acid and pyruvate in order to clean up the glucose? Does that help them eliminate the glucose or glycogen or whatever? So it only appears that the muscles are taking up glucose/glycogen, but really it's whizzing through and being stored in adipose tissue and what we feel as the burn is the by-product of this whizzing through, bc the muscles etc are taking up the lactate to help clean up the glycogen etc and then excreting it as lactic acid?

sean Wrote:
But even the food allergies come from poor digestion. There is no such thing as food allergies when your return your liver and intestines to normal. Charles' diet is an exceptional way as well as fasting. Until you heal these organs your flareups will always come and go. Once healed you'd be amazed at what foods you thought you were allergic to you can eat with no problems (if you choose to return to the foods that caused it all).

At one point in my life if I ate bread the entire contents of my GI tract emptied almost immediately and violently. After some fasting and flushes I could eat a loaf with no problem whatsoever. Did I become non allergic all the sudden?????? Of course not. The GI tract was again working and it could deal with any "food".

Ive done every test. flush, protocol you can imagine, and when the organs heal you can eat concrete if
you like. No allergies including hay fever. I used to react allergically to getting out of bed in the morning. Now I can cut my grass and roll around in it and not even a sniffle. Clean the fermented waste (undigested carbohydrate) out of your system and everything resets.

But poor digestion can come from food intolerance 😞 Though I get what you're saying, bc when I was healing from gluten damage I reacted to other foods, and those reactions went away after a while, or changed. Thing is, you can "reset" but that doesn't mean you won't accumulate damage again. It's just that the symptoms might start out very slight (like you can eat bread again without immediately experiencing insane D). Eventually, the reactions progress...or the damage progresses, and expresses itself in an autoimmune disease, which very few doctors will link to food intolerance. Intestinal villi can and does heal, but return to eating the foods that damaged it in the first place and...

nyteez Wrote:
Your pet eats low carb and fresh meat. Most pets are fed high carb food which they are allergic to and which causes the pet dander. 😞

My pussies eat raw, and one still has dander. They haven't slimmed down as much as I thought they would either, and they still get what I think are herpes flare-ups (runny eyes, sneezing). One of my cats is a really bog boy and rock solid - I wonder if it's inflammation (like how I had a rock solid belly when I was eating wheat etc)? They prefer beef to any other meat, and I wonder if beef is really the best thing for them based on their weight etc.

sean Wrote:
Charles I dealt with some Masai in Tanzania one time. Dr. Price's work doesn't begin to describe the bone structure of these guys. Don't get me wrong Price's book is my bible, but reading it and then seeing a couple red silk robes coming my way at about midnight in a place I don't think "whitey" was supposed to be in Tanzania is quite an experience.

Such a cool story. Hope I get to travel like this one day! My mum has, and she met Masai in Kenya (spent time in a village with them) - the pictures are amazing, and certainly back up what you said about their appearance. Gleaming teeth, tall, strong, amazing bone structure. Gorgeous babies as well. On that note, I visited a Bedouin tribe in Egypt, and found the total opposite.

nyteez Wrote:
Thanks richard! I am going to check out a few thrift shops today. I always see those dehydrators at thrift shops. Now, that I am looking for one, I probably won't find one LOL!

Try a Freecycle group (in Google groups, they may have one for your town/city)

RE: Zero Carb / Meat and Water - Charles - 09-15-2008 02:29 PM

waywardsister Wrote:
Okay - so on average, our muscles only use 30g glucose in a day, and part of this isn't actually being used by the muscle but is passing through the muscle via red blood cells?

Right. This is the amount that can be stored in all muscles during a 24-hour period. When they did a "forearm study" they found that not very much of this glucose was taken up at all and that the muscle was solely using fatty acids despite the presence of the glucose. There are various mitochondria for slow-twitch and fast-twitch muscles and when certain cells burn the pyruvate, they produce lactic acid as a byproduct and this lactic acid gets taken up by the muscle cells which provides the burning sensation.
Waywardsister Wrote:
Lactate is a by product of glucose? So muscle is extracting the lactate - from the glucose? not the glucose itself, and in fasting this is not happening as much? Is this because in fasting the muscle is using fatty acids? Oh god, I feel like I'm in Grade 9 again. Where's that frog on a tray...

Glucose cannot be burned in cells directly. It has to undergo glycolysis where it is converted to pyruvate than it can be burned in the mitochondria. The byproduct of this burning is lactic acid. The mitochondria can accept fatty acids directly and they burn clean. The only byproducts are CO2 and water which is easily excreted.

Waywardsister Wrote:
So...we eat carbs, glucose is formed in the blood. It goes through the muscles into the fat, and organs/muscles extract lactic acid and pyruvate in order to clean up the glucose? Does that help them eliminate the glucose or glycogen or whatever?

All nutrients get absorbed in the bloodstream, which carries them to every organ and tissue of the body. When an organ, tissue or muscle needs fuel, they reach into the bloodstream and pull it out as it floats by. Studies on muscles, tissues and organs reveals that they are not using glucose directly. Glucose always has to be converted to pyruvate and when the pyruvate gets burned in the mitochondria, it releases lactic acid. The muscles burn this lactic acid to remove it.

Regards,
Charles

RE: Zero Carb / Meat and Water - daveo - 09-15-2008 04:49 PM

Here is an article I read today that you can reference if anyone questions your meat eating ways 😃


RE: Zero Carb / Meat and Water - waywardsister - 09-15-2008 06:46 PM

Charles - thanks! I think I've got it. Appreciate your patience and thoroughness. This forum is a great resource thanks to you, Mac and countless others. Wish you'd been my Grade 9 science teacher 😃

RE: Zero Carb / Meat and Water - SLD - 09-15-2008 09:33 PM

I find that I tend to eat a lot of salad veggies before eating fatty protein because I'm afraid that I'll be overeating on fatty protein unless I fill up my stomach first. I did try zero carbing on fatty protein where 80% of calories came from fat and continuously gained weight. I don't have any hormonal or metabolic problem that I know of though. Even if I eat slowly, it takes LOTS of meat to satiate me. I'm afraid of more weight gain that I'm eating several cups of leafy vegetables to stuff myself before even starting on meat. I would really love to go totally carb-free, but zero carbing isn't helping me with weight control. Do you have any advice for me?
RE: Zero Carb / Meat and Water - suzanneyea - 09-16-2008 02:16 AM

How long did you go zero carb? Cause the "trick" you are doing with the veggies won't work either. Give us all some more info on you, your age, weight, weight history, and an example of what you eat in a day. I also need to eat large quantities to feel full, I am often over 3000 calories a day, I always eat 300 to 400 grams of protein a day, so I understand the need to eat a lot.

RE: Zero Carb / Meat and Water - Nicola - 09-16-2008 03:34 AM

I don't know if this is a good place to post this message...but it is some good info for those interested:

Dear prof. Groves,
and what if I play a sport where I push over the anaerobic thresold for more than 2 or 3 hours? Like a mountainbike race? Or 5-6 hours daily on a tour de france?
I know that over the anaerobic thresold is impossible to burn fat but we use glycogen stores and consequently we start to produce lactic acid the same. At a certain point... Our glycogen stores will finish...
What do you suggest to eat in the pre work out, during an endurance event and immediatly before for a cyclist racing in a tour de France 5-6 h/d?
Dr. Cordain wrote a book about this things: "paleodiet for athletes". Do you agree with him or not? And, if not, why?
Thanks a lot.

You are right that fat requires oxygen - and lots of it in endurance sports. This is what you have to train for, so that you don't cross that threshold.

We have little glucose readily available for prolonged endurance events. There is only approximately 5 grams of glucose in the bloodstream, and about 1/2 kilo of glycogen stored in the liver and muscles. A total of, say, 2,000 kcals available. On top of this, anaerobic exercise where glucose is used is very inefficient. Fat, on the other hand is abundant. Even the leanest athlete will have something like 40,000 kcals at his disposal.

The problems with aerobic fat metabolism comes when the athlete who normally carboloads runs out of glycogen and his body switches to using fats. This change from one source of energy to the other brings about the 'hitting the wall' condition so familiar to long-distance cyclists and marathon runners.

But this only happens when the athlete's body is not properly attuned to using fats. This is because fat and glucose metabolisms use different enzymes and it takes a while for the body to rid itself of one set of enzymes and manufacture the other.

What I suggest you eat, not just pre-work out, but all the time, is a diet that derives around 60% to 80% of energy from fats. Your body must attune itself to working with the new fuel; this diet allows that to happen. But it can take several months to achieve.

I haven't read Cordain's book, so can't really comment on it.
By the way, I'm not a professor. 'Barry' is fine. But thanks for the title.

Barry Groves, PhD
Author: Natural Health and Weight Loss
Trick and Treat: how 'healthy eating' is making us ill
Co-producer: Be Slim Without Dieting (Video / DVD)
http://www.second-opinions.co.uk
http://www.diabetes-diet.org.uk
http://www.cholesterol-and-health.org.uk

RE: Zero Carb / Meat and Water - Richard - 09-16-2008 05:17 AM

suzanneyea Wrote:
...I also need to eat large quantities to feel full, I am often over 3000 calories a day, I always eat 300 to 400 grams of protein a day, so I understand the need to eat a lot. You still amaze me with 300-400gr! I tried to consciously hit 200 this last Saturday but I felt like I ate the whole cow by the end of the day and my estimate was only 180gr. HOW DO YOU DO IT!!!!!

And, on a side note, could this be why my weight loss has stalled? I figure I average 150gr protein and around 180gr fat with 4-5carbs from heavy cream in coffee.

Do I need more protein and fat?

RE: Zero Carb / Meat and Water - Kristi31 - 09-16-2008 07:35 AM

I think if people gain weight on zero-carb or stall, it would be a good idea to drop the fat content a little, increasing the protein in the process. See what happens. But keep the fat % above 60%.

RE: Zero Carb / Meat and Water - suzanne3eya - 09-16-2008 07:36 AM

Quote:
4-5carbs from heavy cream in coffee.

Good Lord! How much coffee and cream are you having in a day? BTW, you fat level looks great and so does your protein, as long as you are not stuffed or feeling hungry I wouldn't worry about it. The cream however...

RE: Zero Carb / Meat and Water - Richard - 09-16-2008 07:47 AM

suzanne3eya Wrote:
Quote:
4-5carbs from heavy cream in coffee.

Good Lord! How much coffee and cream are you having in a day? BTW, you fat level looks great and so does your protein, as long as you are not stuffed or feeling hungry I wouldn't worry about it. The cream however...

Here I am taking some 'round up' liberty here. One cream I get (Walmart Heavy Cream) I get shows 0 carb but a competitor (Shepps) shows 1 carb per oz. So I am figuring high even though the rest of the
I remember reading that if something is <1g they can list 0 on the label. It shows just cream and no sugar added and I have looked on the web and I can't find a solid number to use.

I don't feel hungry so I figure that is OK. I'm always looking for ways to 'tweak'.

RE: Zero Carb / Meat and Water - jeepifer - 09-16-2008 08:14 AM

I believe it's considered:
<.5g can be 0
<1g can be .5

But you may be right, that even if it's .9g, they can say 0.

Anyone know the real rule on this?

RE: Zero Carb / Meat and Water - Charles - 09-16-2008 08:22 AM

SLD Wrote:
I would really love to go totally carb-free, but zero carbing isn't helping me with weight control. Do you have any advice for me?

Like Suzanne said, we really need more information. Welcome to our forum, by the way.

If you are gaining weight when eating totally zero-carb and water for two months, then there must be a reason and I assure you, it's not your diet. What other medications do you take, do you sleep through the night, what exactly were you eating and often? What do you weigh now and how tall are you. Plus, are you male or female? Not only that, but what other health issues do you have?

These answers will go a long way to possibly identifying what's happening. However, for you to be gaining weight on a zero-carb diet, regardless of the fat content, is a problem.

Regards,

Charles

RE: Zero Carb / Meat and Water - MAC - 09-16-2008 08:26 AM

jeepifer Wrote:
I believe it's considered:
<.5g can be 0
<1g can be .5

But you may be right, that even if it's .9g, they can say 0.

Anyone know the real rule on this?

Find it here: http://www.fda.gov/ora/inspect_ref/igs/nleatxt.html
RE: Zero Carb / Meat and Water - Charles - 09-16-2008 08:27 AM

Richard Wrote:
I remember reading that if something is <1g they can list 0 on the label. It shows just cream and no sugar added and I have looked on the web and I can't find a solid number to use.

I don't feel hungry so I figure that is OK. I'm always looking for ways to 'tweak'.

You have to understand that the total grams of carbohydrate in a product is IRRELEVANT. It really makes not a single solitary difference whether there are 20 grams or less than 1. If you perceive this drink to be sweet then you are secreting insulin in response to it and trapping your lipids for longer periods of time than what is normal.

You have to shake this urge for the sweet and once you do, I would imagine your weight loss would continue.

I know you are not hungry, but do you have plenty of energy? How much do you weigh and how tall are you?

Regards,

Charles

RE: Zero Carb / Meat and Water - Richard - 09-16-2008 09:42 AM

Charles Wrote:
You have to understand that the total grams of carbohydrate in a product is IRRELEVANT. It really makes not a single solitary difference whether there are 20 grams or less than 1. If you perceive this drink to be sweet then you are secreting insulin in response to it and trapping your lipids for longer periods of time than what is normal.

You have to shake this urge for the sweet and once you do, I would imagine your weight loss would continue.

I know you are not hungry, but do you have plenty of energy? How much do you weigh and how tall are you?

Regards,

Charles

I have been able to reduce the artificial sweetener to 2 packet of stevia. But this is just in 1 cup (mug) of coffee in the morning.

My energy does not seem to be a problem. I usually put in a long day (10-12 hours) at work and still going till bed time. For the past 5-6 years I can only sleep about 5-6 hours due to a back injury. I'm 5'8" and currently 228 (was 240 2 months ago before starting back on Atkins then switching to ZC 3 1/2 weeks ago).
Things have been stable for about 6-7 days so I am wonder if I am at a plateau for a while or if I need to add or remove something to spark the losing again.

I am due to have blood work done in about 2-3 weeks so I am anxious to see how the thyroid and other levels are. I figure I will have 6 weeks on ZC by that time.

RE: Zero Carb / Meat and Water - **Wendyoh** - 09-16-2008 10:32 AM

Richard, when you have your thyroid levels checked, make sure that they also test your FREE T3 and T4 levels as well. Many docs only test TSH which doesn't tell the whole story.

RE: Zero Carb / Meat and Water - **Richard** - 09-16-2008 10:44 AM

The last run they made was more detailed than the first which was to just 'take a look'. I believe that the thyroid and the testertone levels which were low on the last 2 runs are directly related to the insulin resistance issues. I read up on the Metabolic Syndrome (Syndrome X) issue which can screw up all the bodies hormones. If, as I believe, my levels on everything have come up to normal or above and the triglycerides have gone down (was 199 and 207 on previous test) I am curious to see the doctors face. In the spirit of full disclosure the 2 previous blood test were when I was on weight Watchers and not losing but gaining (I have become a Weight Watchers dropout!!!!).

My goals are:
1. Get all the hormone levels to normal or above and the other stuff (HDL/LDL etc...) to normal also.
2. Lose weight to feel better and live healthier.
3. See the look on the doctors face when I tell him how it was done without pill and HOW I DID IT!!!

RE: Zero Carb / Meat and Water - **cbnebraska** - 09-16-2008 10:52 AM

Richard Wrote:
I have been able to reduce the artificial sweetner to 2 packet of stevia. But this is just in 1 cup (mug) of coffee in the morning.

My energy does not seem to be a problem. I usually put in a long day (10-12 hours) at work and still going till bed time. For the past 5-6 years I can only sleep about 5-6 hours due to a back injury. I'm 5'8" and currently 228 (was 240 2 months ago before starting back on Atkins then switching to ZC 3 1/2 weeks ago).

Things have been stable for about 6-7 days so I am wonder if I am at a plateau for a while or if I need to add or remove something to spark the losing again.

I am due to have blood work done in about 2-3 weeks so I am anxious to see how the thyroid and other levels are. I figure I will have 6 weeks on ZC by that time.

Stevia has carbs and two packets in one cup? Wow, that is some sweet coffee!! I'd say you need to desensitize your sweet tooth. It is so true that if you have one, you will salivate and secrete insulin just upon looking at something sweet.

I too still drink coffee, but I have learned to drink it without sweetener, with 1 TBSP of cream only. My
sweet tooth is gone as this is a very bitter concoction! I'll eventually remove it totally, if I see myself stall.

**RE: Zero Carb / Meat and Water - Charles - 09-16-2008 11:00 AM**

Richard Wrote:
I have been able to reduce the artificial sweetner to 2 packet of stevia. But this is just in 1 cup (mug) of coffee in the morning.

This doesn't matter. You have to lose the "amount" from your mind. Our bodies always overcompensate in every system because it will never be unprepared. Do you really think that you burn all those fatty acids that you consume in a given day?

Think about this. The fasting study showed that we humans can fast for 9 months or longer. During this fast, the principle fuel will be fatty acids. Think about that. If we burn them up each day, where does this come from?

Our bodies simply overcompensate so that it will always be prepared. That should tell you something about weight loss. I have lost 73 pounds of fatty acids, yet my body still feels like it can go 9 months or longer without any additional food. You have to provide your body with that same confidence so it can shrink your fat tissues and not that there is a steady stream of nutrients. The single mug can disrupt the process just enough to keep your body overcompensating.

When you drink that single mug of coffee, you have secreted way too much insulin even before you pick up the cup to put it to your lips. Not only that, but you use a good bit of Stevia and your body will secrete insulin even relative to that.

Don't be seduced by the "this little bit won't hurt" mindset. It dooms many.

Regards,

Charles

**RE: Zero Carb / Meat and Water - Charles - 09-16-2008 11:01 AM**

Wendyoh Wrote:
Richard, when you have your thyroid levels checked, make sure that they also test your FREE T3 and T4 levels as well. Many docs only test TSH which doesn't tell the whole story.

Welcome back, Wendy. I missed you!

Regards,

Charles

**RE: Zero Carb / Meat and Water - suzanneyea - 09-16-2008 11:02 AM**

I have my morning coffee with one equal and less than half a teaspoon heavy cream. Now, I used to drink
4 or 5 cups a day with 4 equals and cream! I first reduced the amount of coffee, then when I was down to one cup I started to reduce the equal and cream. Baby steps.

RE: Zero Carb / Meat and Water - FormerDonutJunkie - 09-16-2008 11:14 AM

Charles Wrote:

Don't be seduced by the "this little bit won't hurt" mindset. It dooms many.

Shout that from the rooftops brother! That "little bit won't hurt" mentality is what made me look like a beach ball with little pudgy legs! And one must constantly guard your mind from enablers who constantly bombard us with that same deceptive, destructive thought.

RE: Zero Carb / Meat and Water - DebbieDoesAtkins - 09-16-2008 11:27 AM

Charles Wrote:

If you perceive this drink to be sweet then you are secreting insulin in response to it and trapping your lipids for longer periods of time than what is normal.

You have to shake this urge for the sweet and once you do, I would imagine your weight loss would continue.

Regards,

Charles

Charles and ALL Y'all,

I am so glad YOU read the science and dumb it down for chicks like me. Something I read last week really got to me and although I haven't given them up completely, I am down to 2 diet cokes/day. I want to stop them entirely, along with all artificial sweeteners. I realize reading the above, that even if it's stevia, my ANTIPATION of wrapping my lips around something sweet alone causes my poor little ...not sure what organ insulin comes from...but that thing (does it come out of the pancreas?) organ to start putting out the fat-accumulating juice. Bleah...doesn't really sound very nice at all does it?

I have a question about coffee. I have stopped using cream of any kind, and have even learned to like it a lot without any sweetener. My question is, does coffee, all by it's-lovely-self cause insulin surges?

What other things do this?

I apologize in advance if these are silly questions, but I have never been exposed to this kind of info, or if I have, I sure as heck didn't understand it, and I SERIOUSLY believe that my issue is insulin.

I dropped 5 lbs on the scale, but it's back up to 220 this morning so I effectively didn't lose any weight during week one on this plan. That being said, I should probably take this to another forum (?) as I am still having around 20 g of carbs per day in the form of veggies.

I'm 5'7", weigh 220 (highest weight ever was 330 - this is why I think I may at some point have sprained
my pancreas), and I'm 47 years old.

Thanks to all for ANY help at all.

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RE: Zero Carb / Meat and Water - Charles - 09-16-2008 11:30 AM

Even some of the advertisements on this forum are annoying me as well. Some people seem to think that "low-carb" is just finding low-carb alternatives to the crap they used to eat on their high-carb diets. This is absolutely the wrong way to think. I used to see some value in it, but now I just don't. Sure, I didn't start out zero-carb, but that's because I didn't have someone to tell me. I had to come to it through my own research and examination. I'm trying to spare some of you this nonsense. I would have been at my body-regulated weight much sooner had I known better.

Carbs are not the enemy. High levels of insulin will kill you. You must suck it up and make every effort to control your insulin response in anticipation of, and in response to, food.

As the Bear said, stop measuring and calculating. This is about your lives. Measuring is what dieters do. You all told me that you're in this for your health. If that's true then you must know that it's as simple as finding a piece of fatty meat and drinking a glass of water. Rinse and repeat several hours later when and if you get hungry. These days I find that I feel low on energy and that's when I know it's time to eat. It works like a charm!

Please, don't get mad at me, but take my advice and get this under control. High insulin will send you to your grave much quicker than you should be going. I want you all to be happy and healthy and you're not going to get there taking shortcuts.

If you're overweight or obese, then find a piece of meat and eat it exclusively. Don't worry about variety. This is the time to be bored. Yes, I want some of you to hate your food and hate eating. I don't care about socialization or any of that nonsense. You can be social when you lose the weight. Ladies, you can wear that two piece and host a pool party showing off your great body. I guarantee you will find reasons to be social! Guys, same goes for you. When you conquer this and you can show off that six-pack, you will be plenty social.

I don't want to see most of you on these computers for very long. I want you to go and live life and eventually forget about this forum and all these things. The only time you should bring it up is to tell someone how you did it and perhaps direct them to do the same thing.

I'm very sorry to be so blunt, but someone has to tell the truth. Insulin will kill you and it will rob you of your hopes and dreams. It's time to get tough and control it. Whose body is it anyway?

Regards,

Charles

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RE: Zero Carb / Meat and Water - suzanneyea - 09-16-2008 11:33 AM

Perfectly said Charles!

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RE: Zero Carb / Meat and Water - bracon - 09-16-2008 11:48 AM
Charles Wrote:
As the Bear said, stop measuring and calculating. This is about your lives. Measuring is what dieters do.

If you're overweight or obese, then find a piece of meat and eat it exclusively.

Charles,
I like the direct way you always write what you are feeling. I don't post much... because a true Zero-Carb doesn't have much to say or write after a while, it gets boring to repeat the same stuff.

It is so simple to eat meat and wash it down with water and beside, everything has already been written before me.

Quote from The Bear:

'Anyone on an 'all meat diet' (i.e.-zero-carbs) who is hungry, is eating carbs, it is as simple as that. 'Hunger' indicates low bloodsugar, and once keto-adapted on a strict meat diet the bloodsugar never varies. Therefore, you will not become hungry, even after several days without food. At first, I had to remind myself to eat and it still is a problem on busy days- evening comes and I might realize I haven't eaten since daybreak. I'm never hungry.'

Take care

---

RE: Zero Carb / Meat and Water - Charles - 09-16-2008 11:54 AM

DebbieDoesAtkins Wrote:
I realize reading the above, that even if it's stevia, my ANTIPATION of wrapping my lips around something sweet alone causes my poor little ...not sure what organ insulin comes from...but that thing (does it come out of the pancreas?) organ to start putting out the fat-accumulating juice. Bleah...doesn't really sound very nice at all does it?

Pancreas. Insulin is not normally an enemy. It performs many useful functions and is directly involved with other hormones that perform their functions. It's only a problem when it is present in high levels. Blaming insulin is like blaming the fireman who comes to put out the fire. Insulin didn't start the problem but it sure squirted water all over the place. The water damage is enough to make your house uninhabitable.

DebbieDoesAtkins Wrote:
I have a question about coffee. I have stopped using cream of any kind, and have even learned to like it a lot without any sweetener. My question is, does coffee, all by it's-lovely-self cause insulin surges?

That's the thing. Coffee, in an of itself is probably pretty harmless. It all depends on you and how you perceive it. Some people can drink coffee and it has no effect. Others will drink it even though they have no sweetener in it and they will react negatively to it. Some people used to be the kind that put so much milk and sweetener in the coffee, it could easily be mistaken for hot chocolate. If this is you, then it's possible that even though you've removed all the whipped cream and chocolate sprinkles, you will still perceive that drink as sweet and secrete insulin in anticipation.

There should be no food or drink that absolutely cannot do without or your day will not start right or whatever. This is called an addiction and it has no place in your life, period! If coffee is so harmless,
then you should be able to skip it for the next month and not even miss it. That's how I am with all my food.

Not only that, but any food or drink that you have to season or in any way modify so that it tastes like something else, that is probably a food that needs to go as well. Look, if you're already at a reasonable weight for your height and weight and these things don't bother you, then perhaps that is something you can allow. If you have weight to lose, why not just keep it clean for six months and allow your body to heal without any distractions?

DebbieDoesAtkins Wrote:
What other things do this?

It can be anything and the food or drink in question does NOT have to contain any carbohydrates. It's all about perception. Some people only eat meat if it is heavily seasoned or have some high-carb sugary sauce on it. If this is someone's experience, they are going to have a hard time with this cruel regimen I have devised. However, they have to suck it up and get over it if they want to have success.

I realize that the stuff I'm talking about is even more strict than the Bear, but that's just the way I see it.

DebbieDoesAtkins Wrote:
I apologize in advance if these are silly questions, but I have never been exposed to this kind of info, or if I have, I sure as heck didn't understand it, and I SERIOUSLY believe that my issue is insulin.

No apology necessary. There are no silly questions and if anyone has a question, they should ask it and I promise to answer you even if the question has been answered 50 times already. We need a highly educated zero-carb community because when you people start looking fabulous, everyone is going to want to know how you did it. I'll be very gratified if you answer with the words of Nobel-prize winning scientists who have sacrificed their careers and professional reputations to bring it to you. Your doctor probably hasn't consider insulin's role in the fattening process, but if you inform him or her that Rosalyn Yalow and Solomon Berson won the Nobel for discovering insulin's role in fat metabolism, that might get their attention.

I promise you, I am not that smart. I am just relaying to you what I've learned from the greatest minds of the past 100 years.

Regards,
Charles

RE: Zero Carb / Meat and Water - nyteez - 09-16-2008 12:05 PM

Quote:
I dropped 5 lbs on the scale, but it's back up to 220 this morning so I effectively didn't lose any weight during week one on this plan. That being said, I should probably take this to another forum (?) as I am still having around 20 g of carbs per day in the form of veggies.

One week on what plan? Zero carb means zero carbs, no veggies at all. Why are you eating veggies?

It is hard to go from lowcarb to no carb cold turkey. You should try eliminating more carbs each week. If that doesn't work, then try eliminating other problem foods like nuts, cheese & eggs. You will
eventually lose weight once you eliminate the carbs.

Coffee can cause insulin release in some people, has something to do with the oils in coffee. One or 2 cups may be ok, but if you drink a pot of coffee a day that could be a problem.

RE: Zero Carb / Meat and Water - nyteez - 09-16-2008 12:14 PM

And just like Charles said (great post Charles!) any food that you are addicted to has to go. If you HAVE to have coffee in the morning then that is a problem. Even if you don't put sweetener or fake sweetener, your body is addicted to this food/drink and secretes insulin in anticipation of it.

RE: Zero Carb / Meat and Water - suzanneyea - 09-16-2008 12:38 PM

I am addicted to coffee and have zero desire to end my addiction right now! LOL Coffee addicts unite!!!!!!!!!!!!!!!

RE: Zero Carb / Meat and Water - Charles - 09-16-2008 12:43 PM

If I looked like Suzanne, I might drink coffee too! LOL 😊

RE: Zero Carb / Meat and Water - nyteez - 09-16-2008 12:55 PM

Quote:
I am addicted to coffee and have zero desire to end my addiction right now! LOL Coffee addicts unite!!!!!!!!!!!!!!!

LOL! It is weird how some people have a problem w/ it. I only drink it when there is heavy cream in the house. I have gone years w/ no coffee. I used to think it was the cause of my stomach problems. (was actually all the fruit & veggies I ate) Since I learned I can have whole cream in it I drink it sometimes. I will drink it most every day until the cream is gone, then forget to buy cream and not have it for a few weeks. I don't notice any negative effect at all from drinking coffee.

I would not drink it ever, if my husband didn't make it every morning. I don't even know how to make it! LOL!

RE: Zero Carb / Meat and Water - suzanneyea - 09-16-2008 12:57 PM

I cannot believe i am able to drink my one cup, I am usually an all or nothing type person.

RE: Zero Carb / Meat and Water - DebbieDoesAtkins - 09-16-2008 01:37 PM

Ok, so...if we feel we absolutely cannot live without it, it makes our insulin go. The end-result of the insulin is that we accumulate fat. My Overeater's Anonymous group is going to love this info...

Thanks y'all,
carrie
RE: Zero Carb / Meat and Water - daveo - 09-16-2008 01:46 PM

Charles Wrote:
Richard Wrote:
I have been able to reduce the artificial sweetener to 2 packet of stevia. But this is just in 1 cup (mug) of coffee in the morning.

When you drink that single mug of coffee, you have secreted way too much insulin even before you pick up the cup to put it to your lips. Not only that, but you use a good bit of Stevia and your body will secrete insulin even relative to that.

Don't be seduced by the "this little bit won't hurt" mindset. It dooms many.

Regards,

Charles

Charles,

When you say you excrete insulin before you even pick up the mug, you are referring to the sweetness of the coffee and not the coffee itself right? I ask because I drink black coffee (so definitely not sweet) at about 3 or 4 cups a day, and I am losing weight steadily.

Edit: Never mind, you already answered this in a later post. By the way, I'm with Suzanne. I'm an addict 😊

RE: Zero Carb / Meat and Water - cbnebraska - 09-16-2008 02:48 PM

Me too!! My one cup in the morning hot and one in the afternoon over ice are very enjoyable to me. Physically addicted - I don't know, but I do enjoy it. I love the meat I eat too, and I don't "forget" to eat it either. My energy or motivation gets low and I feel like it's time to eat. Maybe that's not really true and I'm just not busy enough.... Interesting to think about....

RE: Zero Carb / Meat and Water - FormerDonutJunkie - 09-16-2008 03:21 PM

southern-dahlin Wrote:
Ron.....your avatar is smiling at me and telling me one won't hurt.......😊 I'm just gonna picture a doggy doodle on top of it ......he he

I gotta' change it to something a little more carb friendly!

RE: Zero Carb / Meat and Water - FormerDonutJunkie - 09-16-2008 03:40 PM

southern-dahlin Wrote:
FormerDonutJunkie Wrote:
southern-dahlin Wrote:
Ron.....your avatar is smiling at me and telling me one won't hurt........😊 I'm just gonna picture a doggy doodle on top of it ......he he

I gotta' change it to something a little more carb friendly!

Ron.....please don't take that seriously..........there is temptation all around. I am giving you a hard time.....

I feel as though finding this support is a Godsend.

Really, it was getting to be a distraction. And I don't keep the same avatar a long time anyhow. I like to change it up a bit. I cycle through them sometimes. Gotta keep this a little fun.

RE: Zero Carb / Meat and Water - nyteez  - 09-16-2008 04:12 PM

southern-dahlin Wrote:
Wow am I learning a lot!

I am insulin resistant with PCo's.....

I nevah knew coffee did all that and made you store fat!

Ron.....your avatar is smiling at me and telling me one won't hurt.......😊 I'm just gonna picture a doggy doodle on top of it ......he he

I did Atkins with the veggies,cream,cheese and so forth and stalled after 100 pound loss.........

Then did the Kimmer thing and lost fast..but got into trouble doing that. No fat is not good with no carbs.............just now scared, i will not loose if i eat to much meat with fat. Don't calories matter even if no carb? I can eat 3 chicken breasts in one sitting.

I know this is a long thread, but if you read through it you will understand why calories don't matter on no carb and why you need to eat more fat. No chicken breasts, not enough fat, eat thighs w/ skin on wrapped in bacon & cooked in butter. 😊

RE: Zero Carb / Meat and Water - chiara  - 09-16-2008 06:32 PM

Charles Wrote:
This is the time to be bored. Yes, I want some of you to hate your food and hate eating.

Thank you Charles, well said!! I used to adore eating...and now I can't stand eating. I just do it so I don't fall over (maybe every nine or ten hours). Bring on the chuck and ribeyes 😊
Good morning! I would like to join you please.

My history - briefly !!! - I've been overweight almost my whole life though I work out frequently & heavily and have been on many 'starvation' diets where I did lose weight but could never keep it off. I finally lost about 50 pounds on Atkins at end of 2006/start 2007. My son (who was 2 at the time) was in an accident in June 2007 where he had 3rd degree burns to his arms and had to have skin transplants, etc. While we were in the isolation room at the hospital with him we were fed massive quantities of high calorie (starchy of course) food to keep his calorie levels as high as possible. Well, that was the end of my diet!

A few months ago I decided that a liquid diet was the route to take as then I didn't have to 'think' about food and I could deal with all my food issues at the same time. About 3 weeks after I started this liquid diet, I picked up Gary Taubes book. All of a sudden, the YEARS of telling my doctors "but I AM on low calorie, low fat" and "I am NOT cheating" and "I GAIN weight on Weight Watchers even WITH exercise" were explained. As I began feeling worse and worse on this very low calorie diet, I started re-evaluating what I should be doing - for life...

That led me to this forum.... And after a few weeks of contemplating it I'm ready to do a 'reverse' induction. I don't know yet that I want to eat only meat or meat/eggs forever. I DO know that I don't know what my body would like or not like. I've abused it for way too long. So, with that said, I'm going to cut back to the absolute basics. Meat, a few eggs, maybe a tiny bit of cheese. Trying for under 5 carbs a day including those items. Once I start losing again, and get going on this, then I will try to add back in an item at a time and see what stalls me, what makes me feel awful, what works, what doesn't.

So, hopefully you don't mind if I join you ladies on that road!

I am an American living in Denmark so some things will be slightly different for us in terms of food, cuts of meat, etc. but generally I'd say food here is 'healthier' in that they don't add a bunch of junk to good things like Bacon!

I'm also on thyroid meds - which helped lift the fog I was living in for a few years but did absolutely nothing for my weight! So, it wasn't my thyroid even though I HOPED for that as an answer...

I felt great on Atkins before so I'm ready to do this again. I started yesterday - and well, frankly, I feel like )(*^*&% ! Major, major nausea. Hopefully that will pass today or tomorrow. It isn't like I've been eating loads of carbs, I've been on a liquid diet that was fairly low in carbs, high in fiber, but VERY low in fat so maybe that is why I feel so awful.

I look forward to feeling better and being thinner. ALOT thinner! (I have about 70 pounds to lose)

Best regards -
Kacey

Just one more comment about my 'food issues'...

After reading Gary Taubes book, I'm wondering if the whole 'emotional eating', being overweight
because you have 'issues' with food - maybe from your childhood, etc. is all just a BIG FAT LIE. Excuses given to us to use so that we can say why it is we can't lose weight. I'm not saying that there aren't people who have food issues - but I have never been a binge eater. I've never massively overeaten. (I've been on starvation diets but that was the only way I could lose weight)

As I was reading his book, I thought 'Hey, maybe I don't have a FOOD problem which is mental, maybe???? I have a carb/insulin problem which is driven by my bodies needs?? If that is true, then getting my body into a healthy, regulated state is going to 'fix' my 'eating problems' which maybe I don't even really have.

Just think, since I was a child I've been told that being fat is just mind over matter (food) and obviously I was weak minded since I couldn't win the fat war. What if that is all just not true??? That might just change my life!

Kacey

RE: Zero Carb / Meat and Water - suzanneyea - 09-17-2008 02:49 AM

Food to me can be two things. There are times I make an amazing steak and just love every single juicy bite. But, there are times I am out and about for the day and food is nothing but fuel to me. If I am at six flags with my family, we are there to play and have fun, not to eat. I will pack our lunch and we eat in line and it is usually cold ground beef. It is not a tasty treat, but it is the food that will gives us the energy for the day, it has the fat and calories we need to enjoy the day. If I am paying $200 a for a day of family fun I am certainly not wasting a minute of that day eating, we get to eat everyday, but six flags is once a year.

RE: starting meat and eggs today - suzanneyea - 09-17-2008 03:05 AM

Hey Kacey,

So many of us have the same story as you. I was always heavy despite huge amounts of exercise or super low calories. Plus, I was a binge and closet eater, among other things. All I know is I started Atkins (always stayed under 20 grams) and nevr had the urge to binge again. Now, I know I didn't suddenly deal with all my emotional issue over night, the only thing that changed was my carb intake. I am now zero carb, but I got to the point one step at a time. I had a lot of unhealthy habits to change, like drinking soda and too much coffee. Then I started to reduce various carbs, like cheese. One at a time. Now I eat my meat and drink my water (and one coffee) and love my body, physically and emotionally. And, I too had a horrible induction period, I felt like death, so just hang in there and it will pass.

RE: starting meat and eggs today - kacey - 09-17-2008 03:19 AM

suzanneyea Wrote:
So many of us have the same story as you. I was always heavy despite huge amounts of exercise or super low calories.

HURRAHH!!! If YOU were always heavy (after looking at your pic here) - then I truly, truly have some hope!!! 😋:P万人次

At least I know that under all the fat there are some pretty good muscles! Hope I see them soon... 😊
Thank you for the response! I hope to get past these WAVES of nausea soon....

P.S. I have started with the 1 tsp of coconut oil in my one daily coffee. Could this be aggravating the nausea? Or should I just suck it up?

RE: starting meat and eggs today - suzanneyea - 09-17-2008 03:20 AM

The coconut oil won't make change the nausia, but make sure you are eating enough fat in your meat. What are you eating in a typical day?

RE: starting meat and eggs today - kacey - 09-17-2008 03:35 AM

My daily eating looks appx like this:

Breakfast - 2 or 3 pieces of bacon, 1 or 2 eggs fried in butter
Lunch - ground beef or pork with a little cucumber and/or tomato (if i have it from the garden) or just a hamburger patty with a little cheese
Snack - Egg drop soup (chicken bouillon, 1 egg, teeny bit of onion)
Dinner - last night - steak, bernaise sauce (2 tbsp. 2 carbs), 5 pieces of feta cheese

Bacon in Denmark is nitrate free - so no worries there. I have a few basic veggies in the garden that I use occasionally but I'd say less than 1/8 cup in total all day. Sauce on meat? I do like this! 😊

Today same except I couldn't gag down an egg so only ate bacon. Lunch will be hamburger patty. Dinner will be ham. Dijon as a 'dipping' sauce.

1 cup of coffee in the mornings. Can take it or leave it honestly. Green tea during day (3 or 4 cups) organic. 1 or 2 liters of water depending on how I feel.

I may have had too many eggs? I also like - occasionally - a flax roll (1/4 cup of flax, 1 egg, 1 tsp baking powder, 1 tablespoon of butter). This gets me by any traveling or meetings where I have to bring my own food.

But up til last Friday I was doing shakes/soups (liquid diet). Then I ate mostly meat this weekend (oh and a few glasses of wine😊) and from Monday menu as above. Since Monday night I have been so 'pukey' that I nearly can't look at the food I'm eating. No headache though. Maybe it will pass! I mostly want to wave some MAJOR HUGE signs at my fat cells and tell them I'm not going to abuse them anymore so they can just 'let go and be free' 😄😄!

Since my whole family has weight problems - this is going to be a major show-and-tell project !!! (and my mother for example, eats 4 bowls of bran cereal a day - that's it and is 100 pounds overweight)

Thank you thank you for any help! (sorry for the length)

Kacey

Just checked... yesterday, for example, was 67% fat, 31% protein, 2% carbs.

RE: Zero Carb / Meat and Water - Richard - 09-17-2008 03:49 AM
nyteez Wrote:
I know this is a long thread, but if you read through it you will understand why calories don't matter on no carb and why you need to eat more fat. No chicken breasts, not enough fat, eat thighs w/ skin on wrapped in bacon & cooked in butter.

I have started working with butter on the meat(unsalted) and I also have gotten more serious about a tablespoon of coconut oil (not hydrogenated!) at each meal. I figure this will up my percentages.

RE: starting meat and eggs today - pamela702 - 09-17-2008 04:20 AM
Hi Kacey, I am also doing meat and eggs. I started about 2 weeks ago. I never really had that nausea or 'flu-like' feeling. But it was one of my worries when i started because i easily get nauseated (especially in the mornings). I'm sure yours will go away soon 😊.
Pamela

RE: Zero Carb / Meat and Water - suzanneeya - 09-17-2008 05:35 AM
My advice is to just eat fattier meat and there will be no need to add butter or oil to your food. I try to think like a cave woman when I eat, they certainly did not add butter or oil to their food and it worked, no obese cavemen. My fat levels go up and down, depending on what I eat, do not worry about it too much.

RE: starting meat and eggs today - suzanneeya - 09-17-2008 05:39 AM
Looks good. Always make sure you are not hungry. Obviously I will tell you to stop the sauces on your meat. I used to have to have salt on my steak and when I first cut it out it di dnot taste as good, but now I love the taste. Make the changes slowly and when you are ready. I relied heavily on eggs for many years, then I was finally ready to lose them.

RE: Zero Carb / Meat and Water - cbnebraska - 09-17-2008 06:19 AM
suzanneeya Wrote:
Food to me can be two things. There are times I make an amazing steak and just love every single juicy bite. But, there are times I am out and about for the day and food is nothing but fuel to me. If I am at six flags with my family, we are there to play and have fun, not to eat. I will pack our lunch and we eat in line and it is usually cold ground beef. It is not a tasty treat, but it is the food that will gives us the energy for the day, it has the fat and calories we need to enjoy the day. If I am paying $200 a for a day of family fun I am certainly not wasting a minute of that day eating, we get to eat everyday, but six flags is once a year.

Very true Suzanne! I've never thought of it that way, but I think it's true for me as well. If I am busy doing something I thoroughly enjoy, I forget about it. If it's a run of the mill day, I don't forget about the yummy meat I have waiting for me at each meal time. I wish I could get totally away from even that, but my life just doesn't seem to be busy enough. It just sounds crazy to say this, but I have worked hard to learn to be of a calmer demeanor, to unclutter our days to enjoy time just being together as a family and to limit our social schedule a bit to accommodate my husband's need to refuel at home, with me and the kids. Granted, my kids are each in 2 sports, I work full time, exercise every morning, have numerous
hobbies, tons of friends and train for races, but somehow, I still manage to have time to get "bored or unmotivated" enough to look forward to my meals. What's a person to do once all the carbs are gone to justify true hunger?

Anyone else see any patterns in their life?

**RE: starting meat and eggs today** - **AuntieeM** - **09-17-2008 06:55 AM**

Hi kacey:

Welcome! I'm fairly new here also, having started M&E on 9/12/08. Yesterday I started a thread titled "Feely yucky" because I was feeling headachy and just not myself. Today. I feel much better. Just hang in there, it'll pass. Isn't it nice though not feeling hungry all the time? I love the fact that I eat dinner at 6:30 PM and then don't feel like eating again until around 12 PM THE NEXT DAY!! The other evening I actually had to force myself to eat because I really wasn't hungry. I figured while I was preparing something to bring to work for the next day I should just make another Bubba Burger and enjoy it with home made mayonnaise.

The folks on this board are really nice and have so much information to share which they do most willingly. It's a terrific community that I'm thrilled to be a part of. Best of luck on your journey and remember we're all here to help you in our own way.

**RE: Zero Carb / Meat and Water** - **chris m.** - **09-17-2008 07:00 AM**

Charles Wrote:

Even some of the advertisements on this forum are annoying me as well. Some people seem to think that "low-carb" is just finding low-carb alternatives to the crap they used to eat on their high-carb diets. This is absolutely the wrong way to think. I used to see some value in it, but now I just don't. Sure, I didn't start out zero-carb, but that's because I didn't have someone to tell me. I had to come to it through my own research and examination. I'm trying to spare some of you this nonsense. I would have been at my body-regulated weight much sooner had I known better.

Carbs are not the enemy. High levels of insulin will kill you. You must suck it up and make every effort to control your insulin response in anticipation of, and in response to, food.

As the Bear said, stop measuring and calculating. This is about your lives. Measuring is what dieters do. You all told me that you're in this for your health. If that's true then you must know that it's as simple as finding a piece of fatty meat and drinking a glass of water. Rinse and repeat several hours later when and if you get hungry. These days I find that I feel low on energy and that's when I know it's time to eat. It works like a charm!

Please, don't get mad at me, but take my advice and get this under control. High insulin will send you to your grave much quicker than you should be going. I want you all to be happy and healthy and you're not going to get there taking shortcuts.

If you're overweight or obese, then find a piece of meat and eat it exclusively. Don't worry about variety. This is the time to be bored. Yes, I want some of you to hate your food and hate eating. I don't care about socialization or any of that nonsense. You can be social when you lose the weight. Ladies, you can wear that two piece and host a pool party showing off your great body. I guarantee you will find reasons to be social! Guys, same goes for you. When you conquer this and you can show off that six-pack, you
will be plenty social.

I don't want to see most of you on these computers for very long. I want you to go and live life and eventually forget about this forum and all these things. The only time you should bring it up is to tell someone how you did it and perhaps direct them to do the same thing.

I'm very sorry to be so blunt, but someone has to tell the truth. Insulin will kill you and it will rob you of your hopes and dreams. It's time to get tough and control it. Whose body is it anyway?

Regards,

Charles

BRAVO !!!!
No doubt one of your best posts !!!!!!!
Be blunt - tell it like it is -
I have a brother - 270# insulin resistant 55 years old - I want him to come to this thread TO SAVE HIS LIFE -

I do think we need a simple set of rules with a simple set of explanations - which can be referred to in Charles reading recommendations - it could answer some of the repeated questions - why we do this - what to expect - etc. this would take the place of having read the entire thread which I have done but I know many newbies aren't going to do. The Bear ran into that all the time and he did have his set of rules although more abbreviated than I have in mind.
What do ya'll think?
Chris M
Chris

RE: Zero Carb / Meat and Water - cbnebraska - 09-17-2008 07:43 AM

But yet, here I still am, seeking out camaraderie and further information. I tend to obsess over things for a while and then move on once they are part of "business as usual". Hopefully it won't take too long...

RE: Zero Carb / Meat and Water - chris m. - 09-17-2008 09:14 AM

southern-dahlin,
welcome to this thread!!
I did Atkins which took me from 200+ to 160 # - succumbed to the complex carb low fat BS - went back over 200 - then like you was a Kimkins survivor but did get to 160 again - then back to 190 # - back to low carb and found this thread [thank God] now at 178 - you will find support, patience and plenty of anecdotal evidence as to how and why this may be the best approach.
Kimkins - although I never did go as low calorie as they wanted - can you believe chicken breasts and egg whites and 500 calories a day or less !!!!
Once you get keto-adapted you should find zero carb a real breeze and more than worth the effort.

chris m

RE: starting meat and eggs today - Charles - 09-17-2008 09:23 AM

AuntieeM Wrote:
I love the fact that I eat dinner at 6:30 PM and then don't feel like eating again until around 12 PM THE NEXT DAY!! The other evening I actually had to force myself to eat because I really wasn't hungry. I figured while I was preparing something to bring to work for the next day I should just make another Bubba Burger and enjoy it with home made mayonnaise.

I eat similar to this. Don't force yourself to eat when you're not hungry. That's a big thing. Only eat when hungry and do not eat when you are not. I eat at around 12 noon and at about 8 or 9 in the evening and that's it.

When you can go long periods of time without eating and feeling hunger, that's a terrific sign that your body is mobilizing fatty acids and using them for energy. This is also a sign that you are losing weight and using your stored fat.

When you have low energy, that is a sign to eat especially fatty protein to provide the lift you need. After a while, you may not feel palatable "hunger" per se, but you'll eat in accordance with your energy levels.

Some days you'll eat more than others just as some days you do more activities that you do on other days.

This is entirely normal and very good. Don't force it, just live. Don't calculate and measure, just listen to your body and all will be well!

Regards,

Charles

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**RE: starting meat and eggs today** - waywardsister - 09-17-2008 09:44 AM

kacey Wrote:
After reading Gary Taubes book, I'm wondering if the whole 'emotional eating', being overweight because you have 'issues' with food - maybe from your childhood, etc. is all just a BIG FAT LIE. As I was reading his book, I thought ' Hey, maybe I don't have a FOOD problem which is mental, maybe???? I have a carb/insulin problem which is driven by my bodies needs'?? If that is true, then getting my body into a healthy, regulated state is going to 'fix' my 'eating problems' which maybe I don't even really have.

I was ready to go to OA, seriously, before I went low carb. My weird eating behaviours were all linked to the foods I was eating and my body's reaction to them. The day I realized I'd gone all day long without thinking of food and eating, without battling insane urges to stuff crackers into my mouth, without needing to leave the house after dinner so I wouldn't eat more - baby, that was freedom day! The first time I noticed that I'd put my fork down mid-meal, oh man! I couldn't believe it! I can't tell you how eating this way changed my life in this respect. Emotional eating? Nope...it was all about biology.

I'm so excited for you to discover this too 😊 You'll love it!

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**RE: Zero Carb / Meat and Water** - chris m. - 09-17-2008 10:25 AM

southern-dahlin Wrote:
chris m. Wrote:
southern-dahlin,
welcome to this thread!!
I did Atkins which took me from 200+ to 160 # - succumbed to the complex carb low fat BS - went back over 200 - then like you was a Kimkins survivor but did get to 160 again - then back to 190 # - back to low carb and found this thread [thank God] now at 178 - you will find support, patience and plenty of anecdotal evidence as to how and why this may be the best approach.
Kimkins - although I never did go as low calorie as they wanted - can you believe chicken breasts and egg whites and 500 calories a day or less !!!!
Once you get keto-adapted you should find zero carb a real breeze and more than worth the effort.

chris m
Hi Chris.........I did the egg whites and fish....I got to where some days I didn't want to eat. I will nevah do it again as I got very sick for a while and it scared me.
Chris, I am hoping perhaps the fat will work if i eat very clean like Charles explains.

Today is officially day ONE for me since yesterday i had coffee with cream.
No coffee today...........boy can i feel it.......call me mopey.........lol
I am making chicken wings in the convection oven with no spices.
Do you guys take any vitamin s? How do we get our vitamin C?

The Bear uses 200mg caffein tablets for a pick-up when he needs it -although he still has a cup of coffee a day.
Some use no supplementation at all - some take a multi-vit low dose.
The need for supplements is not near as great [if at all] when you are eating correctly to start with.
Someone else can answer to the need for "c"
The first 3-6 weeks will be the biggest challenge. Be sure to report often so the members can respond to any problems.

chris m

RE: Zero Carb / Meat and Water - Charles - 09-17-2008 10:57 AM

southern-dahlin Wrote:
Do you guys take any vitamin s? How do we get our vitamin C?

Hello Southern-dahlin and welcome to our forum. I'd like to think our way of eating is perfect for a Kimkins survivor. We're not into laxitives and stuff, but I think in a way Kimmer was on to something. One can't throw out the baby with the bathwater. If you did fine on fish and eggs, then you can certainly handle some fatty protein and water.

The fat is the real trick and that's where most Kimkins folks have problems. Chicken wings are good but chicken thighs are better. Honestly, the best meat anyone can eat is beef, period. If you can eat 73/27 ground beef every day and drink water, that's probably the best diet known to man. An upgrade would be ribeyes and water. Just don't overcook the meat.

Now, about vitamin C. Meat does indeed have vitamin C in it but it's not very much. The truth is, we don't need very much vitamin C at all. Carbs are what causes you to lose vitamin C. You don't get deficiency diseases on an all-meat diet. The "experts" simply refuse to tell us that fresh meat cures scurvy 100% of the time and vitamin C only does it half the time. That's just the truth.
Therefore, I don't take any vitamins or supplements of any kind. I eat fatty protein and I drink water.

Again, welcome to our forum and if you haven't read it, get a copy of Stefansson's *Not by Bread Alone* and join our book discussion which is currently happening in the GCBC thread. If you need the book, e-mail me and I will send you a free PDF.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - mlcondiff - 09-17-2008 11:42 AM**

Hi. I'm new to the forum and new to this way of living. I was on a high carbohydrate diet for most of my life and have the damage it does; in my case it wasn't so much gaining weight, but extreme anxiety, bad skin, and I weighted much less than I should have. Since increasing the healthy fat content I have noticed much improvement, and when I got down to 50-80 grams of carbs a day I started noticing that whenever I ate carbs I would feel bad. Right now, I'm getting under 10 grams with eggs being my only source of carbs. I'm mostly eating 75-25% grass fed beef with suet and egg yolks. The only thing that is holding me back from dropping the eggs is the fact beef seems to be missing vitamins A, D, and Manganese. I've read that you can get all the vitamin D you need from the sun, but I don't know if its wise to risk it. I might end up dropping the eggs, and going for some organs instead since they provide these vitamins without the carbs (at least some of them). Any input about the lack of these vitamins?


For me Carbs, Fiber, and PUFAs are the most important to avoid.

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**RE: Zero Carb / Meat and Water - LindaSue - 09-17-2008 11:50 AM**

Welcome to the forum, mlcondiff.

I just read what you posted in the zero carb thread at LCF, Southern-Dahlin, and cracked up.

Southern-Dahlin at LCF Wrote:
I just toss a big bullfrog in a blender............drink that sucker down..eyeballs and all.......oh yummy

No judgments either way!!!!!!!

I see that Fawn is still putting in her two cents but she's "not trying to debate". Yeah, right. Go, Suzanne!

Fawn at LCF Wrote:
If you're consuming strictly animal protein, I sure hope it's free range or at the very least, organic. Hormones, antibiotics and the like settle in the adipose tissue of the animal. What steps are you all taking to support your systems in the processing of these xenobiotics? It is a known fact that the ratio of omega 6-3 is far too high and causes disease as well.....namely, heart disease. Just helping to educate not trying to debate.

Fawn at LCF Wrote:
Suzanne, I do know my facts. I have spent the last year in a nutrition program. I'm not sure what you think is not necessary? I mentioned the toxins given to our cattle as settling in the adipose tissue of the animal which in turn when consumed settles in YOUR adipose tissue many times mimicking estrogens. We call this xenobiotics. Are you familiar with this term? As well, my knowledge of the 3:6 ratio is readily available all over the internet and when cattle are fed primarily grain, there is no omega 3 value. Without higher omega 3 ratios, the body has a great deal of inflammation which in turn has been attributed to heart disease. Hence c-reactive protein.

You've made your mind up. I'm not here to change it, rather to help folks who have not completed their own research a heads up on the consumption of animal proteins strictly. Then there is the acidic state in which you could potentially be in. but that's a big debate so I'll keep it on the low.

RE: Zero Carb / Meat and Water - Charles - 09-17-2008 12:13 PM

mlcondiff Wrote:
The only thing that is holding me back from dropping the eggs is the fact beef seems to be missing vitamins A, D, and Manganese. I've read that you can get all the vitamin D you need from the sun, but I don't know if its wise to risk it. I might end up dropping the eggs, and going for some organs instead since they provide these vitamins without the carbs (at least some of them). Any input about the lack of these vitamins?

Now I know why the Bear always chastised people for not reading the thread as we've been through these arguments many, many times. I get it.

But still, the thread is so long we want people to get the help they need, so Mlcondiff, welcome to the forum.

You cannot analyze your body's absorption of vitamins solely from an analysis of foods. We've examined many cultures who did not seem to get adequate nutrients in their bodies upon simple examination of the foods they ate. However, none of these healthy populations ever suffered from deficiency disease. Most of these "essential vitamins" that people mention have been stripped from the body by carbohydrate consumption.

Some nutritionists have known since the late 1930s that B vitamins are depleted from the body by the consumption of carbohydrates. As Theodore Van Itallie of Columbia University (who is by no-means a supporter of carbohydrate restriction) testified at the McGovern hearings, "There is an increased need for vitamins when more carbohydrate in the diet is consumed."

Therefore, when you remove these carbohydrates, you will find that your levels will be just fine, regardless of what you see in the meat. The same it true for all the vitamins, minerals and the omega 3 and 6's.

The most famous example happens to be in the book we are currently discussing where Stefansson and Anderson undertook the year-long all-meat trial. They only ate two pounds of sirloin per day with the fats and this was purely from muscle meats.

As Dr. DuBois wrote at the conclusion of the trial, "The only dramatic part of the study was the surprisingly undramatic nature of the findings. Both men were in good physical condition at the end of the observation. There was no subjective or objective loss of physical or mental vigor and vitamin
deficiencies did not appear."

There were many dire predictions that these two men would suffer terrible maladies in the first few weeks and that they might possibly die within the first month.

Now this is something that I didn't quite understand the first time I read this, but Stefansson was on a mixed diet for many years prior to entering the Bellevue experiment. Therefore, it's safe to assume that he actually needed many of the vitamins and mineral supplements due to his former diet. However, one year on the meat diet and he lost six pounds even though they were very sedentary. His blood pressure remained low at 105/70 (mine is 105/62), and Anderson's blood pressure dropped from 140/80 to 120/80.

The diet only contained a quarter of the calcium usually found in mixed diets and the acidic nature of the meat-rich diet was supposed to increase calcium excretion and so deplete the body of calcium. None of this happened.

Therefore, you can eat ground beef or ribeyes all your days and drink water and I am more than confident that you nor any of us will suffer from a deficiency disease. However, those who take supplements have to worry about over-supplementation which would be much worse.

Regards,

Charles

RE: Zero Carb / Meat and Water - mlcondiff  09-17-2008 12:32 PM

Charles Wrote:
But still, the thread is so long we want people to get the help they need, so Mlcondiff, welcome to the forum.

I actually have read through most of the thread, but I didn't know how to search for specific pages that might contain this information. I suppose it is just better to try something out for yourself, rather than overanalysing it. Once my eggs are gone, I'll stick to just the ground meat with suet and see how that works out. Thanks.

RE: starting meat and eggs today - kacey  09-17-2008 12:33 PM

Thanks to everyone for their support! I was thinking about this while 'sneaking' some fried (in olive oil) cabbage tonight to go with my ham. WOW! I've 'sunk' to a new level of cheating. I've cheated by having cabbage. (only a few bites I promise)

NO ONE IS GOING TO BELIEVE ME!

Here's to a VERY VERY low carb day tomorrow! 🍗

RE: Zero Carb / Meat and Water - suzanneyea  09-17-2008 12:58 PM

I take no vitamins. I used to take a ton, then stopped. I no longer have muscle tightness or extra tartar build up on my teeth. Not to mention all the money I am saving on vitamins.
And yea, I dropped out of the debate with Fawn. Not to mention the moderators gave me a warning for being rude, lol.

RE: Zero Carb / Meat and Water - daveo - 09-17-2008 01:39 PM

suzanneyea Wrote:
I take no vitamins. I used to take a ton, then stopped. I no longer have muscle tightness or extra tartar build up on my teeth. Not to mention all the money I am saving on vitamins.
And yea, I dropped out of the debate with Fawn. Not to mention the moderators gave me a warning for being rude, lol.

You gave up the Vitamin C too?

RE: Zero Carb / Meat and Water - Charles - 09-17-2008 01:41 PM

mlcondiff Wrote:
I actually have read through most of the thread, but I didn't know how to search for specific pages that might contain this information. I suppose it is just better to try something out for yourself, rather than overanalyzing it. Once my eggs are gone, I'll stick to just the ground meat with suet and see how that works out. Thanks.

Oh, don't worry, I'm not mad at you. I was trying to kind of address the suggestion made by another member that we should have a FAQ section some place that provides answers to common questions and he makes a good point. On the other hand, it's just as easy for me to just rattle off the info again to someone new rather than having them look through this long thread.

I may work on the FAQ thing when I get a free moment; maybe after the book discussion which I encourage you to join. There, we will slay many myths and beasts of nutrition science. Most of the arguments against our zero-carb lifestyle were made in the 1920s and they were no more true then than they are today.

When you use the search tool, you have to click the little checkbox that says read "posts" instead of "threads". The "threads" option is not at all helpful because it just points you to the thread without telling you which part satisfies your query. However, the "posts" one will generally lead you to the post but I don't always have great success with it.

You're right, however, about not overanalyzing things. I know it's difficult not to when you've heard so much about the need for vitamins, minerals, phytonutrients, anti-oxidants, etc. With zero-carb, you can literally "set it and forget it!"

Besides, if the new folks don't ask these questions, many people are not going to read and not get their questions answered and that would be the biggest problem, in my view.

Regards,

Charles

RE: Zero Carb / Meat and Water - Charles - 09-17-2008 01:45 PM
daveo Wrote:
You gave up the Vitamin C too?

That's the first thing I would give up. Meat has very little vitamin C so it's clear to me that we don't need very much of it. Too much vitamin C seems very possible when there is no glucose uptake in the diet.

On the other hand, I don't know what happens when a person has too much vitamin C. I do know that the experts aren't so certain any more that oversupplementation will just be excreted out of our bodies.

Regards,

Charles

RE: Zero Carb / Meat and Water - mlcondiff - 09-17-2008 02:07 PM

Charles Wrote:
daveo Wrote:
You gave up the Vitamin C too?

That's the first thing I would give up. Meat has very little vitamin C so it's clear to me that we don't need very much of it. Too much vitamin C seems very possible when there is no glucose uptake in the diet.

On the other hand, I don't know what happens when a person has too much vitamin C. I do know that the experts aren't so certain any more that oversupplementation will just be excreted out of our bodies.

Regards,

Charles

Two years ago I was on a fruitarian type diet (Wai Diet) and was probably taking in 10x the recommended daily amount of Vitamin C. I started developing all sorts of problems that I never even had on a normal high carb diet (temporary hair loss, body mass loss, and flu like symptoms). It was either from the fiber (which I tried to limit anyway), vitamin C, or fructose. It is certainly possible it could have been from the vitamin C, because of the fact that throughout history most humans had little access to fruit.

It seems like that what most nutritionists deem essential, such as carbs, fiber, and PUFAs (even omega-3s) can be the most harmful. Perhaps you can add vitamin C to this list, although I could be wrong and it is just an observation.

RE: Zero Carb / Meat and Water - Charles - 09-17-2008 02:21 PM

mlcondiff Wrote:
It seems like that what most nutritionists deem essential, such as carbs, fiber, and PUFAs (even omega-3s) can be the most harmful. Perhaps you can add vitamin C to this list, although I could be wrong and it is just an observation.

Actually, I think you're more protected on a high-carb diet from too much vitamin C. In 1997, Julie Will
and Tim Byers of the CDC (Centers for Disease Control) reported that it was "biologically plausible and empirically evident" that high blood sugar and high insulin both work to increase our need for vitamin C. The vitamin C molecule is similar to glucose in that they both compete in the same "cellular uptake" process. Glucose wins the contest so the cells get "globally inhibited" from taking up vitamin C when blood sugar levels are elevated.

Glucose also impairs reabsorption of vitamin C by the kidney so the higher the blood sugar, the more vitamin C will be lost in the urine. When they infused insulin into experimental subjects, they found a "marked fall" in vitamin C levels in the circulation.

On a zero-carb regimen, the insulin levels will be low so if one is taking a supplement, then nothing would stop us from absorbing it and it's highly likely that we would ingest far more vitamin C in this concentrated form than we would from a piece of fruit which would have to compete with the insulin that would rise due to the sweetness. The fruit will use fructose instead of glucose, but the kidney would still excrete a good bit of it due to the insulin surge.

So it again appears clear that how much we ingest is not the salient factor. It's how much the starches and sugar flush the vitamin C from our systems while simultaneously inhibiting our systems to use it.

This hypothesis hasn't been proven, but it sure looks good to me! Whenever I think of this, I think of Tropicana Orange Juice loaded with vitamin C but it also contains 26 grams of sugar. Talk about throwing your money into the toilet!

Regards,
Charles

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RE: Zero Carb / Meat and Water - suzannevea - 09-17-2008 02:53 PM

I so did not deserve a warning, there have been much, much ruder posts than mine, but such is life.
Yes,
I gave up vitamin C too. I am so much an all or nothing person. I was taking like 10 vitamins a day, then just stopped. The only changes I have felt are the ones I stated before. My whole way of thinking is going back to cave man times, they ate meat, drink water, and took no vitamins. I want to be a natural as possible. Another reason I do not care how much fat, calories, or protein I eat, I just eat whatever.

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RE: Zero Carb / Meat and Water - chiara - 09-17-2008 03:24 PM

Sorry about the warning Suzanne.
I went to my primary care earlier this week for a checkup...my total cholesterol dropped 50 points...woohoo!!
Not to mention, she was very excited and in favor of the zero carb diet.
I also stopped the multivitamins. So far so good...

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RE: Zero Carb / Meat and Water - nyteez - 09-17-2008 03:37 PM

Quote:
I do think we need a simple set of rules with a simple set of explanations - which can be referred to in Charles reading recomendations - it could answer some of the repeated questions - why we do this -
what to expect - etc. this would take the place of having read the entire thread which I have done but I
know many newbies aren't going to do. The Bear ran into that all the time and he did have his set of
rules although more abbreviated than I have in mind.
What do ya'll think?
Chris M

A simple set of rules would be great, but people will still have questions about this seemingly radical
diet.

Rule#1 For the best health and weight loss eat only meat & water.

Rule #2 See rule #1

It is just not that simple. If people truly want to find out how to be healthy and lose weight, they will
take the time to read through this whole thread and then read the Bears thread. There is so much
valuable information in these threads that explains why zero carb is the best way to eat for optimum
health. It would be hard to condense all this great information.

Don't get me wrong, it does not bother me at all when new people ask questions that have already been
discussed. I just think people are missing out on some important information by not reading the whole
thread.

RE: Zero Carb / Meat and Water - nyteez - 09-17-2008 03:50 PM

Quote:
suzanne Wrote:
And yea, I dropped out of the debate with Fawn. Not to mention the moderators gave me a warning for
being rude, lol.

That is the exact reason I won't post over there. The people and mods are so rude & argumentative!

I was thinking today about how people think suzanne eats so much. Charles also eats quite a bit more
than me. I wonder if this is because Charles & Suzanna are already at or around their ideal weight, they
don't have the fat stores, that I do, so they NEED to eat more. I am still packing around 35lbs of fuel!
LOL! I really don't need to eat much and I don't. I probably eat about 1lb of meat & fat per day and I am
not hungry.

RE: Zero Carb / Meat and Water - cbnebraska - 09-17-2008 04:29 PM

nyteez Wrote:
I probably eat about 1lb of meat & fat per day and I am not hungry.

Wow! I wish... I'm guessing I eat more like 2 lbs. give or take. It varies a bit from day to day though.
Interesting concept on being at or around ideal weight...

Who is Fawn and where is "over there"?
RE: Zero Carb / Meat and Water - nyteez - 09-17-2008 05:29 PM

Over there is another lowcarb forum. Fawn is some poster from "over there"

RE: Zero Carb / Meat and Water - jeepifer - 09-17-2008 05:34 PM

I grind my teeth reading some of those posts, LOL. Better for me to just stay silent and hang out with you guys, that luuuuuuuu meat as much as I do. 😊

Speaking of which, time to reheat my ribeye. Yum!

RE: Zero Carb / Meat and Water - Charles - 09-17-2008 06:06 PM

Dana

I'm not so sure I eat so much anymore, especially since I gave up breakfast. I'm just not really hungry for longer periods of the day now. Some mornings, I might get a little hungry at 10:30 and I think, I'm not going to make it until noon, then I seem to get distracted and by the time I actually eat, it's closer to 1:00 like today. I think the reason is because I ran this morning and that made me hungry a little sooner, but the feeling quickly passed and I still had high energy today.

So I ate a ribeye that came in package of two for $12. I don't know the size but for that price, it couldn't have been that big, right? They both had a lot of fat on them and that's probably why they were so cheap.

Tonight, I ate about 8:30 and I had some really fatty roast. I always eat a big piece of fat with the lean at the same time and I can only eat so much until I'm about nauseas and then I stop. I would be surprised if I ate more than a pound and a half of meat today and I am stuffed.

I've been eating mainly beef for the past couple of weeks and I am back at 147 (which is what I weighed after completing the Rock-n-Roll Half Marathon). I don't know what it is about beef and beef fat, but that stuff is potent. I think if anyone wants to gain weight, they should eat some pork. If you want to lose faster, confine yourself to beef and hold on tight!

Regards all,

Charles

RE: starting meat and eggs today - kacey - 09-17-2008 09:49 PM

Good morning all. Well I have a nice headache now... So SOMETHING is happening to my body.

I talked with my mother last night (the one who eats 4 bowls of bran flakes a day and is 100 lbs overweight). Her Dr wants her on cholesterol meds because her cholesterol is 220. She doesn't want to go on meds so she's going to 'fix' her diet for the better. She's going to eat 2 bowls of Cheerios and 1 low fat microwave dinner per day.

I am NOT MAKING THIS UP!

I said, "Um mom - is it possible that it could be your diet making you feel bad and affecting your body
in a negative way" (I was tiptoeing... as she knows I lost weight on Atkins)?
Me: "Maybe you could try a few days without so many carbs?"
Her: "I eat VERY FEW IF ANY CARBS PER DAY!"
Me: (with great tact and restraint) "Um, what do you think is in the LOW FAT meal if there is only
LOW FAT? And the, um, cheerios? What is that made up of?"
Her: "Well there are no BAD carbs if THAT is what you are talking about - and I know what works
because the Dr said so."

And - well - how can you argue with 'the Dr said so'????

Which got me thinking... (always a scary thought)... I've read the zero carb forum but when I tried to
explain it to someone (NOT MY MOTHER), I got lost after just a few minutes...

Me: "Well you don't have any glucose running around if you don't eat carbs. So your insulin is wayyyy
low."
Friend: "Yeah. OK. Where does the fat come in? Or how does it get out?"
Me: "Well when you feed your body fat with no glucose then the fat cells (ummm making this up at this
point) say We don't need that fat, so it just runs out of your body and then your fat cells just decide to
release some of their fat too - just to be nice and cooperative."

I think I lost the general scientific argument in there somewhere! So, the question is - "How DO you
explain this in a non-scientific way to someone that is interested, open minded, but not a scientist???

Thanks all!
Kacey

RE: starting meat and eggs today - suzanneya - 09-18-2008 02:05 AM

I just asked Charles and Mac this question yesterday, lol. I think the best thing when Talking low or zero
carb with people is jsut to use the knowledge you have. I totally do not understand the science side of
low carb, so for me touse that in my arguement wouldn't work, but I do get the practical side. I talk
about how man lived in the caveman type days, how our bodies are made to eat meat only. I ask my
friends to look around at the side effects of eating carbs, the obesity, the disease, the depression. Just
watch tv for an hour and look at all the commercials for medications. Then, I have my strongest
arguement, me, and my body. After peolp espend some time with me, share a meal and see my attitude
and energy level, kinda hard to say it doesn't work.

RE: Zero Carb / Meat and Water - Richard - 09-18-2008 04:15 AM

Charles Wrote:
... I don't know what it is about beef and beef fat, but that stuff is potent. I think if anyone wants to gain
weight, they should eat some pork. If you want to lose faster, confine yourself to beef and hold on tight!

Regards all,
Charles

I think I have slowly come to the same conclusion. My recent plateau on weight loss I believe is due to
the fact I was having too much pork sausage. I was having some every few evening for variety. It has
been about 5 days from the last sausage and I have started moving down again.
This brings up a question about nitrates. Could part of the problem in sausage be linked to the nitrates?

RE: Zero Carb / Meat and Water - FormerDonutJunkie - 09-18-2008 04:35 AM

Richard Wrote:
Charles Wrote:
... I don't know what it is about beef and beef fat, but that stuff is potent. I think if anyone wants to gain weight, they should eat some pork. If you want to lose faster, confine yourself to beef and hold on tight!

Regards all,

Charles

I think I have slowly come to the same conclusion. My recent plateau on weight loss I believe is due to the fact I was having too much pork sausage. I was having some every few evening for variety. It has been about 5 days from the last sausage and I have started moving down again.

This brings up a question about nitrates. Could part of the problem in sausage be linked to the nitrates?

Interesting question for us sausage eaters!

RE: Zero Carb / Meat and Water - suzanneyea - 09-18-2008 05:17 AM

When my weight was too low I started to eat the pork fat that came with my steaks. I had thought it was beef fat since it was wrapped around beef, but then I read the label and it said "round steak wrapped in pork fat." I did gain 5 or so pounds. But, I eat ground pork almost everyday and that does not seem to effect my weight.

RE: starting meat and eggs today - kacey - 09-18-2008 05:41 AM

suzanneyea Wrote:
Then, I have my strongest arguement, me, and my body. After peopl espend some time with me, share a meal and see my attitude and energy level, kinda hard to say it doesn't work.

Hi Suzanne - I really hope I can say that sometime soon! I agree that it is all about your health - because who would care how fat they were (or were not) if they were going to die rather soon. On the other hand, if you have a plan to live a while, then like most of us struggling with weight problems you'd like to be healthy AND lean! Damn but I want that! So, I hope, hope, hope, that on top of at some point feeling better (because today I feel lousy!) that I am also going to be lean. Let's see...

In the meantime, I get to listen to my husband say things like: ARE YOU GOING TO EAT THAT??? It is ALLLLL FAIt! It is DRIPPING with fat! MY GOD - you have lost your mind!

Which given that I was last only eating shakes and soups I can totally 100% understand. So, please oh please - let this be the last diet I ever do. (Prayed DIRECTLY to the whoosh fairy - picture on Out, out Damn Scale thread! 😁)
I want to thank those of you that ARE doing this and HAVE succeeded for helping those of us that are trying! I enjoy your journals and threads and they give me hope! Thank you for that!

Kacey

RE: Zero Carb / Meat and Water - Loops - 09-18-2008 06:28 AM

Charles Wrote:
So it again appears clear that how much we ingest is not the salient factor. It's how much the starches and sugar flush the vitamin C from our systems while simultaneously inhibiting our systems to use it.

Hi Charles -

I wouldn't disagree with this apart from it isn't only sweet fruits that contain vitamin C, so I don't think you can use that argument about the sugar. There are sour fruits as well that contain a lot more vitamin C I think, and some vegetables contain a significant amount - and I don't think you can say they raise insulin very much at all (obviously depending on carb content).

From my own experience - I have had issues with easy bruising on meat only. But my lifestyle isn't perfect - as you know I'm a nicotine junky and I do imibe in alcohol - both of these things do nasty things to vitamin C levels in the body. What that tells me (apart from quitting these things lol) is that meat only might provide everything you need - but don't eff up the system with anything else!

I don't have easy bruising on VLC with vegetables. It could also just be the vitamin K for me - alcohol destroys it in the gut (the gut bacteria makes it in a healthy person).

Loops

RE: starting meat and eggs today - AuntieeM - 09-18-2008 06:35 AM

Good morning all! kacey, I hope you don't mind my asking, but were you doing Medifast before you started M&E? I ask because you've mentioned that you were having shakes and soup and it sounds like what I was doing. From Jan'07 to Jan'08 I did Medifast and lost 60 pounds which naturally, was great. But I couldn't imagine myself eating nothing but reconstituted food for the rest of my life so I started LC'ing and I gained 7 pounds! I guess my guardian angel was surfing the web with me one night because I found this forum and this thread. As I've said before, I started this WOE last Friday and I am thrilled to report that I've already lost 4 pounds. I think I have to pinch myself because I can't really believe yet that I can eat something I really love like juicy, fatty rib steaks or nice, fatty pork belly ribs and loose weight. And on top of that, I can go hours and HOURS without being hungry. I know I must sound like a broken record but I'm just flabbergasted!! And as far as your headache goes, it will pass. On Tuesday I felt the same way. By yesterday I felt great. Just "follow the yellow brick road" and you'll get there.

Also, listen to the advice Charles has given me. If you go back a few responses in this thread, he tells me to only eat when hungry because I said I had to force myself to eat dinner the other night. It's a hard thing to overcome because we're ingrained with the idea that when it's dinner time or any other "normal" time to eat a meal that we have to eat just because. I'm going to really start listening to my body and only eat when hungry not because the clock says 6:30 PM. Like right now I'm sitting at my computer, it's 9:30 in the morning, I haven't eaten anything since 7:00 PM last night and I'm totally not hungry. But
when my body starts talking to me, I'll eat. Hey, I think I'm getting the hang of this!

Wishing you all a great day. 😊

RE: starting meat and eggs today - kacey - 09-18-2008 07:01 AM

Hi Auntieem- I was doing a version of Medifast - only the Danish version as they don't import many 'US' things here (well food products). It was working. But at the same time I got the copy of Gary Taubes book I ordered months ago... and started wondering if I was screwing up my body even worse?

I want to be thin but I don't want to die trying! And I did Atkins before so I know that it works and it tastes wonderful! There is just so much resistance to this way of eating. I don't discuss other people's diets with them - I don't get why everyone has to discuss mine with me. (OK forgetting the fact that people are eye-ing my grocery cart and saying "Look at that Fat woman with all that meat and cheese!") People in Denmark are very trim. They eat very 'well-rounded' diets. Heavy, dark breads with no added crap. Lots of cheese. Lots of fat. Lots of meat. And they exercise a lot - naturally. Biking to work, that sort of thing. So I feel really, REALLY out of place here sometimes. They are enjoying a wonderful Danish pastry on Sunday morning fresh from the bakery and I am starving myself with one diet or another. They are thin. I am not.

I have also been to so many doctors with my little 'diet record of what I ate' - that I can't count them. They don't believe me. Accuse me of lying. (or worse don't OUTRIGHT accuse me - but just sit there with this 'yeah right' look on their face)

Hopefully this is going to be 'the way'! Now if I can just ignore the weird comments and looks! I guess they can't be much more weird than the ones I already get being fat!

Congrats on all your weight loss and thanks for the motivation! I'm hanging in there. Today I'm going for meat and water only!

Kacey

RE: starting meat and eggs today - kacey - 09-18-2008 07:15 AM

A little (lot) of our topic... but something that is going on now with my son that I'm wondering how much I contributed to (if any)?

My son is 4 years old. He has been ataxic (balance problems when sitting, walking, etc) since he was about 10 months old. The doctors can find NO REASON for his problem. He's had every test under the sun and all return normal (including gluten intolerance which is a frequent cause of ataxia). His MRI is fine. Blood fine. Urine fine. Vitamin levels, fine. You get the picture. So, last October the dr's said that his hearing is poor and gave him hearing aids. This seemed to help his slow speech some although he doesn't seem to having much of a hearing problem to those around him.

Then in March we got the bombshell. He has Retinitis Pigmentosa (RP). We were told he is legally blind. Odd news... he can see. We have never noticed that he can't see. So he has an eye test where he points out things and he passes with flying colors. Dr's conclusion - he has a very, very teeny, tiny, circle of vision that he uses efficiently. Well B.S. Anyway - no known treatment without a diagnosis. He has no diagnosis as to the cause of the RP.
Usher's syndrome - a possibility - along with several others. So we have 1200 or more genetic tests. All negative. Tomorrow we are having a test for Bassen-Kornzweig syndrome - which irony of irony is an inability to process fats. Having said that - he eats like a horse. Is fit as a fiddle. Healthy, normal sized, etc. so I don't believe it. I think they just want to rule something else out.

Still, in the back of my head, despite ALL REASSURANCES that it is not possible - is my question about my thyroid problem. I discovered it after he was born (after walking around in an ABSOLUTE fog for 6 months). It is quite severe. And I can't help but wonder if something is wrong with your thyroid while you are pregnant and it is untreated - how would this affect your child? I know that no one is a scientist on here (though Charles does better than 99% of all the Dr's I know!) but I just had to post this because what an irony that they are testing him for this syndrome about not processing fats whilst I am taking my fatty meats in a bag with me to the tests so I have them to eat for lunch!

Life is strange!

---

RE: Zero Carb / Meat and Water - jeepifer - 09-18-2008 07:15 AM

I think for this week I'm sticking to my 75/25 ground beef and some beef short ribs. I'd love to splurge on ribeye (seriously my favorite!) but even at 6.89/lb it's out of my budget for the next 6 weeks unless by some miracle we get lower gas prices. LOL

---

RE: starting meat and eggs today - Charles - 09-18-2008 07:48 AM

Quote:
Friend: "Yeah. OK. Where does the fat come in? Or how does it get out?"

SIMPLE ANSWER:

The fat "gets out" because there is no longer any glucose in your system to block it. Carbs cause us to secrete insulin which regulates fat storage. Without insulin, we don't store fat. When we control our insulin levels, we allow our bodies to regulate our weight.

SLIGHTLY MORE COMPLEX:

All the fat you see in fat tissue is trapped there because of triglycerides. Our bodies are only designed to process fatty acids and proteins so when it gets something foreign like a carbohydrate or alcohol, it has to convert those glucose molecules to triglycerides (which is the fatty acid molecules combined with one glucose molecule) and treat it like a fatty acid.

The problem is that triglycerides are bigger than fatty acids and they cannot fit through the walls of fat tissue. Therefore, each time they enter fat tissue, they have to be broken down, they enter, then they are re-assembled once inside. When they exit the other side, they have to be broken down, and then reassembled on the other side. This process is called "esterification".

Normally, fatty acids don't just sit in fat tissue, they are constantly on the move circulating through your body and your fat tissue. When triglycerides are present, they cause the flow through fat tissue to slow down a little bit and this causes a "backup" of fatty acids and makes you fat. When you reduce or remove these molecules, then your fat can escape like it's supposed to and your fat tissue shrinks.

Insulin is the gatekeeper to this entire system. If insulin is high, you will store fat. If insulin is low, you
will mobilize (burn) fat. The fat you eat is only combined with the fat running through your body. The body either uses it or stores it. The amount present is immaterial.

Does that make sense?

Quote:
(though Charles does better than 99% of all the Dr's I know!) but I just had to post this because what an irony that they are testing him for this syndrome about not processing fats whilst I am taking my fatty meats in a bag with me to the tests so I have them to eat for lunch!

Thanks for the kind words. It is ironic, but that is precisely the case in Type I diabetics. They cannot store fat so they require insulin in order to get their fat tissue to accept fat.

This is non-controversial science. If people recognize that insulin is necessary to store fat, then why would they not make the connection that having high insulin levels will also make a person store fat. Therefore, if you eat things which raise your insulin levels, you are going to store fat.

By the same token, if something is wrong with your regulatory system, then your pancreas will not secrete enough insulin and you will not gain weight, which can also be harmful.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - suzanneyea - 09-18-2008 08:04 AM**

Funny about the bruising. I used to look like a beaten wife when I was on a low fat diet, my legs were always covered in dark bruises. Now, I bang into things and nothing, not a mark.

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**RE: Zero Carb / Meat and Water - nyteez - 09-18-2008 08:14 AM**

Charles Wrote:
I'm not so sure I eat so much anymore, especially since I gave up breakfast. I'm just not really hungry for longer periods of the day now. Some mornings, I might get a little hungry at 10:30 and I think, I'm not going to make it until noon, then I seem to get distracted and by the time I actually eat, it's closer to 1:00 like today. I think the reason is because I ran this morning and that made me hungry a little sooner, but the feeling quickly passed and I still had high energy today.

Well dratz! there goes my theory LOL! I am also noticing I am eating less and less, but also eating more beef, less chicken & pork. I don't use butter anymore, just tallow in my morning ground beef.

I used to be able to eat a huge ribeye, bread, a potato, vegetables and a salad! Now I can't even eat a whole ribeye. That is so weird to me.

Richard Wrote:
This brings up a question about nitrates. Could part of the problem in sausage be linked to the nitrates?

I think most store bought sausage has hidden sugars. Most of them list "spices" in the ingredients. They don't list what those spices are.
RE: Zero Carb / Meat and Water - Charles - 09-18-2008 08:54 AM

Richard Wrote:
This brings up a question about nitrates. Could part of the problem in sausage be linked to the nitrates?

I don't think it's so much the nitrates (which can be a problem for many in terms of allergies) but sausage usually has a bunch of crap in it like corn syrup and dextrose. Even the fresh sausage in the store looks bad to me so I never get it. The sodium is also a factor in that it may cause you to eat more of it then you ordinarily would.

Moreover, the fact that you mention "variety" throws up red flags. There are certain foods that people add for this reason and the effect is usually not so good.

Regards,

Charles

RE: starting meat and eggs today - suzannevea - 09-18-2008 09:07 AM

Sooo many many womany have thyroid problems when pregnant, so I doubt that had any impact.

RE: Zero Carb / Meat and Water - Charles - 09-18-2008 09:12 AM

Loops Wrote:
I wouldn't disagree with this apart from it isn't only sweet fruits that contain vitamin C, so I don't think you can use that argument about the sugar. There are sour fruits as well that contain a lot more vitamin C I think, and some vegetables contain a significant amount - and I don't think you can say they raise insulin very much at all (obviously depending on carb content).

Good point, but carb content doesn't have much to do with it either. Remember all carbohydrates, regardless of sweetness, require insulin to process them. I'm not at all talking about blood sugar, I'm talking about insulin response.

The sweetness or the perception thereof only has to with anticipatory insulin. When you eat a non-sweet carb from a vegetable, your body breaks this down to glucose in your mouth and insulin is secreted upon detection of the glucose. If you have carbohydrates as a part of your diet, even if you only eat salads, it takes some insulin to process them and you may very well require supplements as your body uses vitamins and minerals to process them.

And alcohol, of course you will secrete insulin in anticipation of it and in reaction to it. We know it's not sweet at all.

Regards,

Charles

RE: Zero Carb / Meat and Water - Charles - 09-18-2008 09:19 AM
Dana Wrote:
I used to be able to eat a huge ribeye, bread, a potato, vegetables and a salad! Now I can't even eat a whole ribeye. That is so weird to me.

I used to love to go to the Texas Roadhouse or Logan's Roadhouse and get the "Cowboy" ribeye which was 24 ounces. Some days I could even handle a half-rack of ribs with this big steak. Now, I can't do it. I can eat the 16-ounce ribeye, but I'll be stuffed at the end. I ate one last Sunday at 7:00 p.m. and I didn't eat Monday until 1:30 p.m.

Oh, and my favorite, the Hardees' Monster? Oh, I can't touch that anymore. I end up going to Wendy's and I get the double because I can't finish the triple without huffing and puffing. However, if you put cheese on the Monster, I used to eat it and another thickburger.

It's sad!

Regards,
Charles

---

RE: starting meat and eggs today - montmorency - 09-18-2008 09:53 AM

Charles Wrote:
Eating fiber is like putting sandpaper in your digestive tract. Eating fat is like oiling it. You will soon find out how much better your system works when you eliminate carbohydrates altogether!

Sandpaper - ouch! 😅

Lamentably, the UK government has fiber|fibre targets for its "healthy eating" programme, as well as the laughable "five a day" (portions of fruit and/or veg - so apparently 5 bananas would be just as healthy as cabbage, salad, spinach, etc...) mantra. The good news is that these targets are not being met. The bad news is this is not because people are adopting LC...

Regards,
Mike
--

"No concession to gustatory sensualism is permitted"
Frank Evans, quoted in Good Calories Bad Calories/The Diet Delusion, Gary Taubes, Ch 19 Page 316

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I'm on week two of getting back to this and I wanted to report that I lost the 4 pounds I gained while I was sick + 3 more... in a week!!!! I'm feeling pretty good, and I can get into a SMALLER SIZE finally! Thank you all for the wonderful support- I don't know anyone around here who eats like I do. It has helped so much to read about other people in the same boat!
I've also noticed that I can't eat nearly as much as I could starting out.

RE: Zero Carb / Meat and Water - jeepifer - 09-18-2008 10:38 AM
I just polished off a whole huge ribeye. I'd better not need to eat again today. I can't afford it!

RE: Zero Carb / Meat and Water - Bill - 09-18-2008 10:52 AM
Hi Charles,
i was wondering i still drink a couple of pots of coffee from around 6 am to noon then eat. But i didn't make the connection in till today but i throw up about every day and its always mid morning or noon could i be having to much caffeine? and i shouldn't drink caffeine any way should i, since i am insulin resistant? i blamed it on nerves but i feel fine besides throwing up and it's more like gaging.

thanks Bill

RE: Zero Carb / Meat and Water - Charles - 09-18-2008 11:14 AM
Bill Wrote:
i was wondering i still drink a couple of pots of coffee from around 6 am to noon then eat. But i didn't make the connection in till today but i throw up about every day and its always mid morning or noon could i be having to much caffeine? and i shouldn't drink caffeine any way should i, since i am insulin resistant? i blamed it on nerves but i feel fine besides throwing up and it's more like gaging.

Uh Bill, I seriously don't know how to answer this.....You absolutely should put down the coffee pot and walk away slowly.... 😊

Regards,
Charles

RE: Zero Carb / Meat and Water - suzanneyea - 09-18-2008 11:53 AM
A couple of pots a day? Are you serious? If so, you really need to stop. A cup or two a day is acceptable. no more. Bill, you have been on this board long enough to not have to ask such a question. You KNOW that too much coffee is not a good thing, and you most definately know that a couple of pots a day is just insane.

RE: Zero Carb / Meat and Water - Fully - 09-18-2008 11:54 AM
Hi everyone! I'm a newbie. I have posted on the general question forum and Charles invited me to jump in here. Lots of good information and I am just thrilled I found this site. Just a little personal info here, I am 41 years old, married and mother of 3 boys. I have been overweight most of my life but not until the last few years have I been morbidly obese....by the charts anyway. I don't have a "set" weight because my body has changed over the years and I really don't know what is the right weight for me. I have a goal of 70 lbs for now but that may change. I will know when I get there. 😊
But I am going to start the meat and water/0 carb plan and would like to join in for support and to learn from you guys. It's going to be hard to give up my wine, coffee and diet mountain dews but I am going to give it my best shot! I quit smoking 2 months ago after smoking for 20 some years. Surely I can give up my dews too LOL!

RE: Zero Carb / Meat and Water - Charles - 09-18-2008 12:10 PM

Fully Wrote:
But I am going to start the meat and water/0 carb plan and would like to join in for support and to learn from you guys. It's going to be hard to give up my wine, coffee and diet mountain dews but I am going to give it my best shot! I quit smoking 2 months ago after smoking for 20 some years. Surely I can give up my dews too LOL!

Welcome again, to our forum.

This may be a little uncomfortable for a couple of weeks but you can do it. It will feel like going through induction again as your body cranks up the ketones some more.

The biggest thing is to eat plenty of fat. I cannot stress this enough. Many of us have approached our butchers in our towns and just asked for beef fat. In every case the butcher has given it to us for free. They just throw it away when they trim it from the steaks. We don't have a butcher in town, so I just approach the guys in the meat department at the supermarket. I go about 9:00 in the morning and the guy gives me a nice package of it.

When you make your steak, just put a piece of fat in their with the steak and brown it a little and you're ready to go.

The way to know if you're getting enough fat is to monitor your energy levels. If you have good energy, you're doing fine. If you feel lethargic then you need to eat a little more fat. Don't cut calories or anything like that either. Just eat to appetite and you'll be fine.

Regards,

Charles

RE: Zero Carb / Meat and Water - nyteez - 09-18-2008 12:14 PM

Hi Fully and welcome! It might be hard to go from hi carb to no carb. I think most of us started out with 20 carbs or less for a month or so. I started out 10 carbs for about 2 months then went to zero.

There is nothing wrong with starting out zero carb, just don't beat yourself up if you have a craving for safe carbs like cheese, coffee or wine. A few of us still drink coffee and wine in moderation, so it's not like you have to torture yourself!

As long as you eat enough fat, this diet is easier than it sounds. When you eat enough fat you are simply not hungry, you don't even think about food. It's better than any appetite suppressant pill on the market!
RE: Zero Carb / Meat and Water - **Fully** - 09-18-2008 12:16 PM

Oh My! LOL! I am from the south and most people here eat fat back in EVERYTHING! Except me of course...I thought it was going to kill me. So you fry all your meat in extra fat? The best part of the steak is the fatty part. Oh my goodness! And the cheaper the hamburger meat the better basically.

---

RE: Zero Carb / Meat and Water - **LindaSue** - 09-18-2008 12:21 PM

Charles, have you gotten around to making any pemmican yet?

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RE: Zero Carb / Meat and Water - **Charles** - 09-18-2008 12:29 PM

LindaSue Wrote:
Charles, have you gotten around to making any pemmican yet?

No, but I've pretty much settled on beef and beef fat exclusively and I'm finding it very easy to stay under 150. I'm at 147 and won't be surprised in the morning if I'm not 146. That stuff is potent, so I can only imagine how pemmican would be. My family is terrified that if I make pemmican, that they'll be forced to eat it forever! (They're not scared I'll make them eat it, they're afraid they will like it and then that's yet another change in their food.)

Charles

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RE: Zero Carb / Meat and Water - **MAC** - 09-18-2008 12:34 PM

Nyteez Wrote:
It's better than any appetite suppressant pill on the market!

Shhh!!! This is my next big money maker. Ala Kevin Trudeau with infomercials!! Cept this one will not be fakery. 😊

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RE: Zero Carb / Meat and Water - **Kristi31** - 09-18-2008 12:59 PM

Say you have a choice between the following 3...which would you choose?:

- fresh bottom blade roast (picture attached), sometimes less, sometimes more fatty. Cheap: $4.50/lb.
- fresh Kosher shortribs (picture attached) which were previously salted but the salt has been mostly removed cause it barely tastes salty, just a little near the bone. Sometimes less, sometimes more fatty. More expensive: 10$/lb
- regular ground beef from **frozen** and fresh parts, 25g fat, 17g protein per 100 grams. Cheapest: $2-2.50/lb

Could the salt in the shortribs be reducing its nutrient value, making it unsuitable for an all-meat diet? But these are definetly the tastiest. Location is ok.

The frozen part bothers me because it spoils quickly and the taste is not as good. They sell that ground beef in bulk and location is not that great...takes me more time to get there. But, VERY cheap and quite fatty.
The blade roast is fatty, but fatty enough? Location is great, very close to home and it is definitely affordable.

p.s.: I'm eating fatty again! 😊

---

**RE: Zero Carb / Meat and Water - Charles - 09-18-2008 01:09 PM**

Kristi31 Wrote:
Say you have a choice between the following 3…which would you choose?:

I like the fresh blade roast, personally. Regardless of the fat in it, I would get some fat from the butcher and render some along with it so it would always be fatty.

Kristi Wrote:
Could the salt in the shortribs be reducing its nutrient value, making it unsuitable for an all-meat diet? But these are definitely the tastiest. Location is ok.

The salt would scare me away but not everyone reacts the same way to salt.

Ground beef is always a winner in my book, but I'm fortunate to be able to find chuck steak and ribeyes that I prefer a little more. Since I don't eat breakfast, I don't have much occasion to eat ground beef anymore. However, I would never rule it out. This weekend when I travel, I'm sure to have some ground beef.

Kristi Wrote:
p.s.: I'm eating fatty again! 😊

Well, this is good to hear and I'm glad you're feeling better.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - chiara - 09-18-2008 02:09 PM**

Fully Wrote:
The best part of the steak is the fatty part.

Hi Fully,
I'm new to this also…this is day 11 for me. Just have plenty of fatty beef on hand. Eat whenever you're hungry. For the first three days or so, I found that I was eating a lot….maybe every few hours. But then I just stopped being hungry.

Diet soda will definitely ruin anything you do with this plan, unfortunately. I had to give up my Coke Zero (even though I love it).
RE: Zero Carb / Meat and Water - suzanneyea - 09-18-2008 03:24 PM

I used to drink at least 2 2 liter bottles of soda day, so if I can give it up, anyone can!

RE: Zero Carb / Meat and Water - chiara - 09-18-2008 04:49 PM

suzanneyea Wrote:
I used to drink at least 2 2 liter bottles of soda day, so if I can give it up, anyone can!

Suzanne...seriously? Oh my gosh how did you fit all of that soda in you? My husband used to work with a woman that drank a 2 liter bottle of pepsi with her lunch every day. I would barf I think.

RE: Zero Carb / Meat and Water - Fully - 09-18-2008 05:46 PM

Hi Chiara! Yes its gonna be hard for a few days I am sure. I only drink 2 20oz dews a day. Which is still way to much. But I can do it.

One question though. I LOVE mayonnaise. Instead of adding extra fat in the way of fat strips, can I slap a glob of mayo on top of my hamburger patty 😊

RE: Zero Carb / Meat and Water - SLD - 09-18-2008 09:24 PM

I do love my meat, but for some reason my desire for fat is so intense that I even sometimes find rib eye too lean. When I eat my steak, I first eat all the fat then eat the leaner parts. But I end up smearing butter or cream on the top. The idea of eating chicken breast just doesn't appeal to me nor eating turkey. Ham never satisfies me but really fatty bacon does.

Sometimes I wonder if I should try to cut down fat a little and concentrate on leaner parts because if I let my appetite and preference guide me, I'll probably getting 90% of my caloric intake from fat. However, just can't seem to do it without feeling that something is dearly missing. Well, what can I do but to trust that my appetite and my body that it knows what it is doing and that I actually need all that fat. I'll see how it goes.

RE: starting meat and eggs today - kacey - 09-18-2008 10:04 PM

Given this comment about fiber, and since my 'take along so not to cheat' food is flax bread (1/4 cup of flax, olive oil or butter, baking powder, egg). I'm wondering what some ideas are for a good take along food. To meetings, on the train, in the plane, while traveling other places, etc. I'm often stranded for hours and hours with no 'correct' food available. (we don't have the variety that is offered in the US at the airports, etc.) For example, attending several day meetings in a place where bread, cheese, and pastries are breakfast, sandwiches are lunch, and then thank god there is some option at dinner - sometimes. If you go from plane, to meetings, are there 3 days with no transport, then back to plane and home again (flying several hours each way), well, it can get interesting in terms of what foods to bring along.

So, I'm just wondering how others handle this situation? What do you take along? How does it keep?
RE: starting meat and eggs today - suzannevea - 09-19-2008 02:16 AM

I have a couple of things I do when travelling. First, cans of tuna. Second, I bring a discreet cooler with food. I have one "cooler" that looks just like a purse, they sell really nice tote bags too, that can act as a cooler. Also, I have no problem ordering in a restaurant to meet my needs. Now, because I do not fully trust restaurants I always tell them I have food allergies.
If you now you will have no access to proper food all day, eat a lot when you get the opportunity. At this point in my zero carb life I could easily handle one meal a day. Now, this is NOT my ideal, but I am 100% dedicated to my lifestyle and will jump through hoops of fire to stay the course.

RE: Zero Carb / Meat and Water - chiara - 09-19-2008 02:35 AM

Fully Wrote:

One question though. I LOVE mayonnaise. Instead of adding extra fat in the way of fat strips, can I slap a glob of mayo on top of my hamburger patty 😊

I would not use mayo. It contains soy. There are a few organic ones out there that do not contain soy...I don't know if anyone else could comment on those. I think for the best success...try coconut oil instead of mayo. I started putting butter on everything, but now I eat it plain. I find that I don't actually enjoy eating. I only do it for energy.

RE: Zero Carb / Meat and Water - suzannevea - 09-19-2008 02:56 AM

If you love mayo, make your own. It is so easy, there is a recipe in the main section for one made with bacon fat that looks perfect!
I had to give up soda 100%, it was easier. I could not do 1 or 2 sodas a day. I cut out the crystal lite at the same time. Every time I give up a habit, it is hard for a few days, then it becomes a way of life. But, I have always been an all or nothing type of person.

RE: Zero Carb / Meat and Water - Richard - 09-19-2008 04:29 AM

Ice tea was the hardest for me. The last 20 years it was more than a half gallon a day very sweet.

I have cut the coffee down the last week (per urging here) to 2 cups and 1 with cream and 1 stevia (I'm going to reduce the stevia to 1/2 next week and then wipe it out after this).

Thanks for the urging Charles. I think the stevia was triggering the sweet tooth and insulin release (not to mention cravings). Moving away from so much pork and back to beef also seems to have helped. I don't think I'll go totally coffee free but then again I never thought I'd give up my sweet tea!

RE: Zero Carb / Meat and Water - Nicola - 09-19-2008 05:38 AM

What do you think about this:
Hi Chiara! Yes its gonna be hard for a few days I am sure. I only drink 2 20oz dews a day. Which is still way to much. But I can do it.

One question though. I LOVE mayonnaise. Instead of adding extra fat in the way of fat strips, can I slap a glob of mayo on top of my hamburger patty 😋

Nope !!!
carby... soy
Chris m

"...Yet, in spite of the growing awareness of the hazards of over consumption of carbs and calories, the rate of weight gain, obesity and blood sugar related diseases is still accelerating. To make matters worse, people who follow extreme low calorie or low carb diets often face unpleasant symptoms including mental and physical fatigue, chronic cravings for carbs (in particular sweets), loss of libido and severe mood swings. Bodybuilders, who try to slim down via low calorie low carb diets, often face similar adverse symptoms in addition to loss of muscle mass and strength..."

WRONG!!!
"... including mental and physical fatigue, chronic cravings for carbs (in particular sweets)"

Delete all carbs and the cravings go away too.

"...loss of libido and severe mood swings..."

Acutually in men the testertone levels increase and the mood swings decrease also.

"...face similar adverse symptoms in addition to loss of muscle mass and strength..."

I am not a bodybuilder but I have noticed that fat has decreased and muscle strength has increased.

The above view are mine and back by my personal observation.
There, got that off my chest!

RE: Zero Carb / Meat and Water - Charles - 09-19-2008 06:11 AM

Way to go, Richard! Well said!!!!

RE: Zero Carb / Meat and Water - montmorency - 09-19-2008 06:45 AM

Charles, some time ago, Wrote:
"Your body has decided that if it keeps your fat tissue at that size, your cells will get the proper nutrients at the proper rate. As you increase the rate and availability of fatty acids, then your body will respond by decreasing your fat tissue because it can achieve that rate by solely relying on your stream without as much bolstering from your fat tissue. This is all dependent on how well and how consistently you manage your insulin because hypersecretion will gum up the works."

Charles, belatedly much thanks. This does make sense, especially after re-reading about Pennington, e.g. GCBG, page 350, para 2. I wasn't sure if Taubes mentions whether this was ever confirmed by subsequent research, but in any case, it seems to make sense. Pennington really deserves a place in the low-carb Hall of Fame, doesn't he, along with Banting and a few others. (I guess Stefansson and Anderson actually deserve their own Hall of Fame).

As an old computer buff, I love the RAM/swap analogy 😈

This is perhaps only semantics, but I still question slightly the use of "long-term" in the context of fuel supply. For example, if the fatty acids in the blood stream are the long-term fuel supply, and the stomach/gut is the short-term, what then is the adipose tissue? Even longer-term?

It's also slightly debatable whether one should think of the stomach/gut as a short term fuel supply, since (I think in most cases) it can only supply its fatty nutrients via the bloodstream, so the bloodstream is a common path to both sources, even though the mechanism for the nutrients entering the stream is different. An alternative analogy could be that the stomach/gut is the short-term fuel tank, the adipose tissue is both the main and reserve tank, and the blood vessels are the fuel lines. Clearly not a perfect analogy, but my point is this:

For example, GCBC, page 385, para 1, quoting Hilde Bruch, he talks about the fat tissue being more like a coin purse than a savings bank, containing the "ready cash" for all the expenditures of the organism.

On page 386, para 1, quoting Gordon, he talks about the concentrations of fatty acids in the blood stream rising and falling in relation to need. In real-time, as it were.

Elsewhere, sorry, can't find the reference just now, he talks about fatty acids supplying the "minute-to-minute" energy needs of the cells and organs.

So if my flow of nutrients begins to falter, I get hungry, and I get hungry now. This is why I don't find the concept of long-term versus short-term fuel supply very helpful when it comes to the question of hunger.

Anyway, even though I am not yet quite on 100% zero carbs (I only think insulin may kill me, but I
know my wife will kill me over this "crazy" diet! - Only kidding 😊, I can already sustain much longer periods without hunger, so it must be going in the right direction.

---

**RE: Zero Carb / Meat and Water - daveo - 09-19-2008 06:53 AM**

Richard Wrote:
From that URL

"...Yet, in spite of the growing awareness of the hazards of over consumption of carbs and calories, the rate of weight gain, obesity and blood sugar related diseases is still accelerating. To make matters worse, people who follow extreme low calorie or low carb diets often face unpleasant symptoms including mental and physical fatigue, chronic cravings for carbs (in particular sweets), loss of libido and severe mood swings. Bodybuilders, who try to slim down via low calorie low carb diets, often face similar adverse symptoms in addition to loss of muscle mass and strength..."

Speaking from experience, this is true for low calorie diets. However, eating a high fat, low carb diet, I feel sharp both mentally and physically, I have no cravings for carbs (and when I was eating a standard diet, I had uncontrollable cravings that caused severe binging), and increase in libido, and a much more stable mood.

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**RE: Zero Carb / Meat and Water - chris m. - 09-19-2008 07:00 AM**

southern-dahlin Wrote:
Bill Wrote:
Hi Charles,
i was wondering i still drink a couple of pots of coffee from around 6 am to noon then eat.But i didn't make the connection in till today but i throw up about every day and its always mid morning or noon could i be having to much caffeine?and i shouldn't drink caffeine any way should i, since i am insulin resistant?i blamed it on nerves but i feel fine besides throwing up and it's more like gaging.

thanks Bill

Bill..........do you evah notice getting blurry vision after so much caffeine? It sounds like you are getting very low blood sugah after spiking it with caffeine.
I am insulin resistant and that much caffeine causes heart palpitations and nausea in me. AND THATS JUST MORE THAN 2 CUPS
Anyhow bless your heart that's sure not good you going through that. If you cant just stop limit yourself to one cup then taper off and see if that changes things. If it doesn't go to your doctor.

I'm using 200 mg caffeine pills to taper off. Went cold-turkey sometime back and the headache was excruciating for 3 days. Did it then but like a fool went back to it. I'm going to make it this time!!!
Chris m

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**RE: Zero Carb / Meat and Water - montmorency - 09-19-2008 07:09 AM**

Charles Wrote:
daveo Wrote:
I thought maybe it couldn't hurt to add some omega 3, so CLO would kill 3 birds with one stone. Even The Bear told me I might want to supplement Vit A if I don't eat liver.
Well, that's one of the very few things that Bear got wrong, in my opinion, because the Inuit didn't eat many livers either yet they never had a vitamin A deficiency and many never ate fish either.

Regards,

Charles

[update] - oops not sure what happened here first, this line got lost:

I'm sorry, I don't have a reference, but I seem to remember reading that (at least some) Eskimo or Inuit ate seal meat, and this might have been a source.

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RE: Zero Carb / Meat and Water - con - 09-19-2008 09:16 AM

con Wrote:
Hey everyone,
Just wanted to update my husband's progress. He started doing sorta low carb(SLC) approximately 2 weeks ago to rid himself of 'extreme gas production' in his stomach for which he was taking Alka Seltzer every night. After 2 days of SLC WOE he doesn't take Alka Seltzer any more. YEAH FOR ALL CONCERNED!

Now the next problem----he kinda complained to ME (me who has only lost 30 lbs. in 6 months) that he lost another 10 pounds!!!!!!!!!!!!!!!!!!!! (btw : this is a 70 yr. old man who has NEVER in his life dieted.) That makes -22 lbs. in TWO WEEKS!#@$&%

Sort'a LC=because he still insists on eating corn tortillas, bread, apples, and small amts. potato and isn't crazy about nice fatty meat...
Worst thing about it all is that I now feel responsible for his success or failure with this WOE. Maybe I should have let him keep burping?

I just wanted to update the info in case any of you were holding your breath,

The Old Man has now lost 35----yes that's 35 lbs. in the 3 months he's been Sort'a Low Carbing!!!!!!!!!!!!!!!!!!!!!

Sample of his daily menus:
b: Large bagel with butter or cream cheese at the Deli
L: chef's salad or burrito (with flour tortilla, beans, and rice) at restaurant
D: canned black beans made into soup or cottage cheese or hotdogs with avocados and cheese followed by lots of LC desserts like ice cream or SF jello with HWC(which I cook to be a SUPPORTIVE ☺wife but don't eat cuz I'm ZC😊)

snacks: nuts/occasional bananas/wheat grass juice at Jamba Juice

OTOH......TAKE myself....LC since January -ZC since Febr.-meat/water since end of May with almost no cheats have ONLY lost 37 lbs.

I don't know----it just doesn't seem fair to me---I've done the usual starvation diets all my life-this is his first diet and he's SO not suffering ENOUGH---actually not suffering at all. He's done NO research/studying/thinking--I've done it all!!!!!!!!!! He, of course, is losing more quickly, is loving his
food, and is regaining his health and energy.

It's not that I'm whining--------JUST SAYIN' ..... it's just SO NOT RIGHT!!!
con Wrote:
It's not that I'm whining--------JUST SAYIN' ..... it's just SO NOT RIGHT!!!

I feel your pain Con. My husband has lost about 25 pounds on SLC which for him, includes a bit of chocolate every night, nuts, LC wraps and even an occasional splurge.

I've credited this to the fact that he's never been on a low fat diet before and his weight has never yo-yo'd, so while he was overweight, his system just never got that screwed up. Even though he eats some carbs now, it is so much less than when he was mainlining candy every night from right after dinner until he went to bed.

Some people are just lucky!

Daveo Wrote:
Heh.. that's awesome that he is losing weight, but looking at his sample menu, I don't see where his diet could be considered even remotely low carb

I would like to see his before menu. My guess is his sugar intake, either glucose/fructose from sugar (soft drinks, coffee with sugar), or glucose from flour (via bread products, etc), rice, potatoes, etc. was sky high.

Montmorency Wrote:
that would not quite tie in with my reading of GCBC. From the way I read it, all of the fat used as fuel is in the form of FFAs, some of which has come from circulating triglycerides, which have to be broken up, some of which has come from freely circulating FFAs. There certainly seem to be plenty of references to freely circulating FFAs in GCBC, and given that triglycerides are apparently too big to cross cell membranes, and have to be split up in order to enter, I can't quite see why they'd have to be esterified again in order to be burned as fuel; for storage yes.

That discussion was about the source of glucose in a zero carb person not where do triglycerides (free fatty acids) come from in a zero carb eater.

I realise that of course. Nevertheless, you said:
MAC on 09-09-2008 08:20 PM Wrote:
"We do not consume free fatty acids that are not part of triglycerides."

and I took it you meant in the general case, not only in the case of sourcing glucose in a zero-carb person.
This got me worried, because up to that point, I had been fondly imagining (from Taubes) that the main source of energy in the body was **free** fatty acids circulating in the bloodstream. Looking back at Taubes, I saw that sometimes he referred to free fatty acids, and sometimes just to fatty acids in this context, and I suddenly realised I might have it all wrong, and that mostly our energy comes from triglycerides circulating in the bloodstream. (Especially after the quoted comment of Bear that triglycerides were our main fuel - I now think he was probably referring to triglycerides in adipose tissue BTW).

That's when I went back to GCBC, and satisfied myself (more or less) that the picture I'd had of circulating free fatty acids was more or less correct, although circulating triglycerides can also be used as fuel, in the manner I mentioned earlier (de-esterified by LPL activity).

I also found a paper which referred to muscles also having triglycerides in what I think were called intramuscular tissue. I presume that, depending on insulin levels and LPL activity, this too can be lipolysed and used for fuel; I presume that insulin resistance can also prevent it. (Sorry if this is old knowledge here; it was new to me I think).

MAC on 09-09-2008 08:20 PM Wrote:
In any case, all the fat you ingest is as triglycerides. One does not ingest free fatty acids.

Indeed, exactly as I mentioned in my post to which you are referring. I also said that I wasn't sure what happened to those triglycerides after that. I later found that the Wikipedia entry for "triglycerides" gives a good explanation (if it is accurate):

Wikipedia entry "triglycerides" Wrote:
"In the intestine, triglycerides are split into glycerol and fatty acids (this process is called lipolysis) (with the help of lipases and bile secretions), which are then moved into the cells lining the intestines (absorptive enterocytes). The triglycerides are rebuilt in the enterocytes from their fragments and packaged together with cholesterol and proteins to form chylomicrons. These are excreted from the cells and collected by the lymph system and transported to the large vessels near the heart before being mixed into the blood. Various tissues can capture the chylomicrons, releasing the triglycerides to be used as a source of energy"

(So what gets circulated at the end of ingestion is closer to triglyceride than a free fatty acid even though it's undergone some transformations since its initial ingestion).

I'd begun to have my doubts about circulating free fatty acids, since, if cholesterol is not soluble in blood/water and has to be packaged in lipoproteins(LDL/HDL), and triglycerides have to be packaged in lipoproteins(VLDL), then how could it be possible that free fatty acids were soluble in blood/water? I later found references to their being bound up in albumin - Wikipedia again:

Wikipedia, entry "Fatty Acid" Wrote:
"The uncombined fatty acids or free fatty acids may come from the breakdown of a triglyceride into its components (fatty acids and glycerol). However as fats are insoluble in water they must be bound to appropriate regions in the plasma protein albumin for transport around the body. The levels of "free fatty acid" in the blood are limited by the number of albumin binding sites available."

BTW, I am just trying to learn here. I was genuinely confused by what was said, and simply sought to clear it up.
MAC Wrote:
Daveo Wrote:
Heh.. that's awesome that he is losing weight, but looking at his sample menu, I don't see where his diet
could be considered even remotely low carb

I would like to see his before menu. My guess is his sugar intake, either glucose/fructose from sugar
(soft drinks, coffee with sugar), or glucose from flour (via bread products, etc), rice, potatoes, etc. was
sky high.

How'd you all guess?
Before SLC this was fairly representative of his SAD.
B: restaurant breakfast with eggs/hash browns/toast with jam/tea with sugar
snacks(epsi/cookies/candy bars/pastries
L:sandwich
snacks:jamba juice/pepsi/candy
D: pasta/rice/potatoes/a little meat/ little vegetables
dessert: loved baked bananas with sugar and cream/Hagen Daz ice cream every night

RE: Zero Carb / Meat and Water - Fully - 09-19-2008 10:50 AM

Hi! and Thanks!

No Soy *noted! 😊Gotta look for the mayo recipe.

I think I am going to do a huge meat bake-off Sunday for the week ahead. Anyone else do that? That
way I will have food ready for me at all times.

Today I had a hamburder patty w/drippings for breakfast, and 2 around 12:30 and water. No DEWS! But
I am missing my mayo or ranch dressing. I will get past it. I need a chicken thigh after all this ground
beef. LOL! Its kinda stuck in my hernia 😄

RE: Zero Carb / Meat and Water - mrw549 - 09-19-2008 10:56 AM

Fully Wrote:
It's going to be hard to give up my wine, coffee and diet mountain dews but I am going to give it my
best shot! I quit smoking 2 months ago after smoking for 20 some years. Surely I can give up my dews
too LOL!

I quit smoking, that was very hard. I dumped carbs. That was a lot easier, most of the time. Hard in
social situations, I haven't quite gotten to the Charles point of being able to say, "that isn't something I
eat" and walking away. I am doing better though.

I'm on my third 20 oz bottle of Diet Mt Dew today. <sigh>
I f you miss mayo, seriously, just make your own, so easy...

Have you ever done hypnosis (sp) to give up soda? I did something like that, where you associate soda with something really gross, I did it with a cleaning product. So, now when I think of drinking soda it reminds me of drinking this cleaning product and I won't touch it. Isaw it on a program called "I can Make you Thin" He wrote a book too. It worked for me and Diet Dr Pepper.

con Wrote:
MAC Wrote:
Daveo Wrote:
Heh.. that's awesome that he is losing weight, but looking at his sample menu, I don't see where his diet could be considered even remotely low carb

I would like to see his before menu. My guess is his sugar intake, either glucose/fructose from sugar (soft drinks, coffee with sugar), or glucose from flour (via bread products, etc), rice, potatoes, etc. was sky high.

How'd you all guess?
Before SLC this was fairly representative of his SAD.
B; restaurant breakfast with eggs/hash browns/toast with jam/tea with sugar
snacks(epsi/cookies/candy bars/pastries
L:sandwich
snacks:jamba juice/pepsi/candy
D: pasta/rice/potatoes/a little meat/ little vegetables
dessert: loved baked bananas with sugar and cream/Hagen Daz ice cream every night

As good as Atkins is and as good as low carb is when it comes to lipid profiles, it is the products that cause the diseases of civilization - refined products such as flour, sugar, white rice, HFCS, refined corn and any and all products made from them (pastries, soda, tortillas, rice cakes, french fries, etc) that cause one's blood sugar to go sky high and cause hyperinsulinemia. Once you remove those, certain people have an easy time losing weight. Their insulin levels fall and the fat can come out of the adipose tissue. Even if one continues to eat carbs and they are mostly unprocessed (beans, lettuce, tomatoes, etc), i.e. Low GI/GL, one can still lose weight. It really is all about the insulin levels IMNSHO.

LOL! I can do it. I know I can. I quit smoking for goodness sakes. That was something I thought I would never do. I had tried many times and failed. You know what my goal was for quitting.....gastric bypass. I wanted gastric bypass, which in return was for a healthier, pain free and thinner body. So I will give up my Dews, carbs and Dukes Mayo 😍

My anniversary was 2 weeks ago and my husband and I were suppose to have gone out of town and
eaten at our favorite restaurant. But things came up and we were not able to go. But guess where we are going this weekend....yes to our fav restaurant. 😊 On the bright side, they have the best rib eyes I have ever eaten! 😋

And I am taking 2 ground beef patties with me for back-up 😊

RE: Zero Carb / Meat and Water - Fully - 09-19-2008 11:20 AM

Oh yes....when I wanted a cig really bad. I would go on youtube and watch video's of people who had gastric bypass and their before and after pics! So cool!

RE: Zero Carb / Meat and Water - suzannyea - 09-19-2008 11:35 AM

The problem with the surgery is that people do not deal with the problem and they usually just pick up another addiction. For me, I have a sugar-carb addiction and nothing was going to fix my weight and food problems until I dealt with the sugar and carb thing.

RE: Zero Carb / Meat and Water - chiara - 09-19-2008 11:46 AM

Fully Wrote:
I think I am going to do a huge meat bake-off Sunday for the week ahead. Anyone else do that? That way I will have food ready for me at all times.

I always cook ground beef or burgers ahead of time. I can't do that with my steaks or ribs though, because I can't stand reheated steak. I don't know what it is. Plus, I like my steaks rare and it's hard to get that with reheating

RE: Zero Carb / Meat and Water - jeepifer - 09-19-2008 12:16 PM

suzannyea Wrote:
The problem with the surgery is that people do not deal with the problem and they usually just pick up another addiction. For me, I have a sugar-carb addiction and nothing was going to fix my weight and food problems until I dealt with the sugar and carb thing.

There's a lady here at work that had WLS (lap band) in July. I walked by her cube the other day and heard crunching. She had this whole container of cookies. They looked kinda like wafer-thin almond cookies, but still... I was thinking, UM, isn't that what got you where you are in the first place???

I've heard thru the grapevine that her weight loss has kind of stalled out. I wish her well, but I'm racing her to goal. Not officially, but I need to prove to myself that I can and will do this without resorting to surgery. As Suz said, finding the cure to my carb addiction is more important, because that is what will keep me healthy for LIFE!

My ribeye addiction, however, is another story! Yum!!! 😋
Right... i didn't think about my rare meat. Bacon and burgers for sure.

I love rare steaks, and I can reheat them in the microwave just fine. That said, I don't nuke more than 30 seconds, maybe a 45 if it's a huge cut. Just enough to take off the chill.

Hamburgers I can't do ahead of time, though. I like those rare, and they are just yucky to me when reheated.

I can eat any meat in a pinch, but cold chicken is always my first cold choice, also I will cook my steak (I do 30 seconds on each side max, I like it basically raw) and eat cold steak, if it is the right cut, totally yummy! Cold flank steak is sooo good. I will do my ground beef cold, but never my first choice. I usually buy a trio of veal, pork, and beef, so I kinda got to cook that all the way unless I want to spend the night in the ER.

jeepifer Wrote:
I wish her well, but I'm racing her to goal. Not officially, but I need to prove to myself that I can and will do this without resorting to surgery.

That's great! That is definitely motivation! At least this way, you can maintain yourself when you do get to your goal. So many people that have the bypass or band just go back to those bad habits.

jeepifer Wrote:
I love rare steaks, and I can reheat them in the microwave just fine. That said, I don't nuke more than 30 seconds, maybe a 45 if it's a huge cut. Just enough to take off the chill.

I'll try that next time!

Charles on 09-12-2008 03:15 PM page 308 Wrote:
"No, this doesn't answer my query. This quote that you've taken from page 388 is from the description of Sir Randle's triglyceride/fatty acid cycle that we've discussed. This whole sequence begins after a meal containing carbohydrates as it states on Page 386 when the sequence begins:
"

With all due respect Charles, I disagree with your emphasis here. While it's true that Taubes introduced us to the triglyceride/fatty acid cycle in the context of a carbohydrate meal, I see no suggestion that it
does not also happen in the absence of carbs. It's a continuous cycle after all, and the fat cells are not aware of the dietary origins of the triglycerides or free fatty acids.

Of course, in the absence of carbs, the liver won't have any to turn into triglycerides to ship off to the fat cells; no question about that, and it is well accepted (by us lot, anyway) that low-carbers tend to have lower blood triglycerides. But it's also not unreasonable to picture free fatty acids which are released into the bloodstream, if they happen not to be taken up for use as fuel before they hit the liver, being converted into triglycerides by the liver and shipped back (ostensibly to the fat cells); the other end of the cycle if you like. Sure it will likely be a lower level of blood triglycerides than in a carb diet, but it won't be zero level. That's all I was saying, and it doesn't seem all that contentious to me, especially as I am quoting from GCBC page 388 in support, not just conjuring it up from somewhere. You are implying that I'm quoting out of context, but I don't believe that I am. Or are you saying that this process (conversion by the liver of circulating free fatty acids into triglycerides) does not take place in the absence of dietary carbs?

I am not arguing purely to be argumentative, but in a hopefully constructive way in order that we all get closer to the truth.

See here for example, which is talking about fasted (so no carbs involved) rats (not identical to humans, I know):

[http://www.jbc.org/cgi/content/full/278/33/30413](http://www.jbc.org/cgi/content/full/278/33/30413)

Quote:
"The recycling of FFA also occurs in the liver as part of a triglyceride/fatty acid cycle that accounts for a considerable quantity of fatty acid recycling."

Charles Wrote:
The Handbook of Physiology was attempting to counteract the widely-held notion that carbohydrates were the body's main fuel source. It was recently discovered (by most people) in 1956 that fat was the body's primary fuel even though many knew it at the turn of the century. The Handbook came out in 1965 and it presented what was considered the latest research on adipose tissue metabolism.

As zero-carbers, we're not too concerned about this, except for the few triglycerides that are present in muscle meat which we eat. MAC is quite correct in that we don't consume any free fatty acids.

No argument here of course, and it's pretty obvious really; we store our fats as triglycerides in the adipose tissue, and so do the animals that we eat store theirs; only the composition of the fats varies.

Charles Wrote:
Those triglycerides are broken down in the gut and the fatty acids and glycerol molecules go to adipose tissue initially, according to the Handbook.

Well, not quite directly if Wikipedia is to believed, but the end effect is the same, I would agree:

Wikipedia entry "Fatty Acids" Wrote:
The triglycerides are rebuilt in the enterocytes from their fragments and packaged together with cholesterol and proteins to form chylomicrons. These are excreted from the cells and collected by the lymph system and transported to the large vessels near the heart before being mixed into the blood. Various tissues can capture the chylomicrons, releasing the triglycerides to be used as a source of energy.
Thus after the end of ingestion, the fatty acids are now in the form of packaged triglycerides; whether these count in the normal triglyceride blood count, I have no idea; I'm guessing not.

Charles Wrote:
The glycerol molecules are esterified upon entering and upon exiting adipose tissue. They do not just sit there as something does in a repository. Because they are part of the stream, they must be esterified upon entering and exiting fat tissue during each pass they make. This slows down the stream (the metabolism) by a very small percentage, yet it is this percentage that is responsible for obesity. That's why Taubes presenting the triglyceride/fatty acid cycle. The Bear correctly observes that in keto-adapted individuals, there is no slow-down of fatty acids. They remain freely circulating. Based on this, he opined that free fatty acids do not enter adipose tissue. However, we learned that they actually do enter adipose tissue, they just don't get "trapped" which is the name for the phenomena that describes the 001% slow down that occurs in obesity.

No disagreement here, except that although Taubes may have presented the triglyceride/fatty acid cycle here, it also applies in other situations. It doesn't stop working when carbs are removed from the diet; at least, I'd be pretty surprised if it did.

Charles Wrote:
The Bear is not saying that triglycerides are the standard fuel.

Well, let's not fall out over what the Bear may or may not have said 😳 but for the record, the bit I was thinking about was from here:
http://activenocarber.myfreeforum.org/Bear_s_Words_Of_Wisdom_about22.html

Bear Wrote:
When glucose is required beyond that from glycogen, or to replenish glycogen, it is produced by GLYCEROL CONVERSION (ketones and glycerol are derived from triglycerides, the standard 'fuel' of the body- they have nothing to do with gluconeogenesis).

Yes, this is all in the context of glucose etc, but "standard 'fuel' of the body" is fairly unambiguous in whatever context you care to frame it. However, I'm not worried about this now, as I am pretty sure he meant the triglycerides in the adipose tissue, and of course, that is all potential fuel for the body, when insulin is normal, subject to lipolysis taking place.

Charles Wrote:
However, Gary Taubes himself e-mailed me his notes on the subject the other day and he has a reference to Baltzan, et al 1962, where they found that glucose actually plays a very minor role in oxidative metabolism (burning) by muscle [...]

Thanks very much for that. Yes, radical stuff, and I have little difficulty in accepting that we don't need carbs at all.

Charles Wrote:
This is groundbreaking! This means that a much greater percentage of glucose is stored than previously thought and the muscles and every organ take up lactic acid and pyruvate for cleanup which supports my theory that if glucose is taken up by tissues and organs in our bodies, it must be for elimination. Indeed, this seems to be the case. There is no adaptation for carbohydrates and therefore we should not consume them.
So it would seem. I wonder though, if glucose is not as important a fuel as everyone used to think, why the body goes to such lengths to maintain blood glucose at a pretty constant level?

Charles Wrote:
Hormones play a major part and this is why I maintain that a person will only be as lean as their hormones allow.

OK, many thanks Charles; many good points here, as always.

RE: Zero Carb / Meat and Water - montmorency - 09-19-2008 03:37 PM

nyteez Wrote:
I know this is a long thread, but if you read through it you will understand why calories don't matter on no carb and why you need to eat more fat. No chicken breasts, not enough fat, eat thighs w/ skin on wrapped in bacon & cooked in butter.

I found it interesting that Bear said that although you don't have reduce calories to get down to your "normal" weight, if you want to get down below this (really low bodyfat), then you do have to reduce calories a bit. This doesn't seem unreasonable actually. If anyone is currently in a position to test this, please let us know. I'm still a good way off anywhere near that point!

RE: Zero Carb / Meat and Water - montmorency - 09-19-2008 03:52 PM

Charles Wrote:
daveo Wrote:
You gave up the Vitamin C too?

That's the first thing I would give up.

I would agree, if only (judging by the ones I've seen) because of all the junk that seems to be in these pills, sugary-coatings, etc, yeuch. Synthetic vitamins ... no thanks.

RE: Zero Carb / Meat and Water - montmorency - 09-19-2008 04:10 PM

FatGirlOnAtkins Wrote:
I'm on week two of getting back to this and I wanted to report that I lost the 4 pounds I gained while I was sick + 3 more... in a week!!!! I'm feeling pretty good, and I can get into a SMALLER SIZE finally! Thank you all for the wonderful support- I don't know anyone around here who eats like I do. It has helped so much to read about other people in the same boat!

Nice one! Well done. You are going to have to change your forum name before too long!

RE: Zero Carb / Meat and Water - SLD - 09-20-2008 04:57 AM

Charles, do you think that there is a certain body fat percentage that the body wants to be at a.k.a. set
point (I know Taubes somewhat denied this) that you'll gain even on zero-carbing if you're under that body fat percentage? If someone with very low body fat, although eating adequate amount of protein and quite plenty of fat, is still somewhat hungry and have the feeling of being deprived and that something is quite missing even if not exactly hungry, what do you think is going on? I have unbelievable sugar cravings all the time almost as if the body is trying to get me to eat carbs in order to fatten up!

RE: Zero Carb / Meat and Water - cbnebraska - 09-20-2008 05:19 AM

Fully Wrote:
I think I am going to do a huge meat bake-off Sunday for the week ahead. Anyone else do that? That way I will have food ready for me at all times.

My husband actually does a huge grill - off every 2 weeks. I know many on this forum say "don't grill, you lose all the fat", but my husband is our cook and that's the way he likes to cook, so grilling it is. We split the meat into 2 even piles and freeze one container and put the other in the fridge. He usually grills up chicken thighs, chuck eye steaks and 73/27 burgers - en mass. Occasionally salmon or pork chops (which I don't like, but he does) He also fries up 4 packages of low sodium bacon in the electric skillet and I save all the grease from this in a container in the fridge. I request extra trimmed beef fat from the butcher and broil batches of it (when hubby isn't home because the smell makes him ill). Then, we reheat the meat and fat throughout the week for all our meals. He grills the burgers and steaks only to rare, but the thighs are more like medium. When we reheat the stuff, I nuke it about a minute, maybe slightly longer, but heat a little glass dish of the fat so it's hot. Then, I dunk each bite in that yummy, hot grease and it's delicious!! Barely cooked 73/27 burgers are my absolute favorite though - even reheated. The fat is marbled throughout with ground beef and it just tastes like smooth, rich, buttery deliciousness to me. Fortunately, the burgers are also the cheapest of the lot, so he sometimes makes another batch of those mid-week. The kids love them too and they just seem to get eaten the quickest!!!

Anyways, that's our routine.

montmorency Wrote:
I found it interesting that Bear said that although you don't have reduce calories to get down to your "normal" weight, if you want to get down below this (really low bodyfat), then you do have to reduce calories a bit. This doesn't seem unreasonable actually. If anyone is currently in a position to test this, please let us know. I'm still a good way off anywhere near that point!

Well, I think I'd be a good subject for this - however, I'm not sure I can bring myself to cut the calories yet. I am still relatively new to this WOE and I still enjoy the fact that I can eat all the meat I want. I eat nearly zero carb - still drinking 1/2 caf coffee in the morning and enjoying my merlot a few times a week, but no other carbs. My weight loss is going VERY slowly at this point and by all reasonable measures, I am probably at a normal percentage of body fat. I guess I truly don't want to be at a "normal weight" though. I want to be more cut up and the only way I can probably do that is by cutting calories, ie, eating less.

However, I look at Charles and he should be the perfect example of your theory and the fact that it works. He is 5'11' tall, I think, and now he weighs 146. Nothing personal, but to me, that is under "normal weight" for a man. Or at least under the normal percentage of body fat. (Now, I understand that "normal" is determined by comparison to other people in our carb eating society, so that is a relative
term, but for the sake of the theory, let's assume he's underweight.) He has cut back to only 2 meals and says he can eat very little at those meals even. He is eating to hunger, but certainly not overeating. The point is, he is pushing his time between meals to the absolute maximum, which results in less calories.

I'm not sure I can do that. I don't push it. I eat my 3 meals whenever I get to the point that the thought of eating my meat sounds good rather than sickening or even neutral, even though I know my body could certainly go much longer without food. So, I might not be ready to move to the testing phase of this theory. It's only been 8 weeks for me with this WOE. Maybe after another month or so, and a true stall, I'll be ready to crack down and really drop some more weight, but right now I'm still okay with the little losses I'm seeing. Unfortunately, I still love to eat.

I strive to be like Dana and Charles and any of the rest of you who truly have gotten to the point of not really caring about eating. It's a roller coaster for me. I'll go a few days where eating is boring and I forget about it - kinda - but then, I'll go a few more where I think about the meat I'm gonna eat all day from the time I get up. Sigh....

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**RE: Zero Carb / Meat and Water** - MAC - 09-20-2008 05:25 AM

Cbnebraska Wrote:
He (Charles) is 5'11' tall, I think

Believe Charles is 5' 8" not 5' 11". So 146 is most likely a normal weight at that height. Depends on his frame size.

Rule of thumb is something like 105 lbs for first five feet then 5 lbs for every inch over 5 feet. Larger frames would I think deviate a bit from this rule of thumb.

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**RE: Zero Carb / Meat and Water** - pennypritty1 - 09-20-2008 05:55 AM

MAC Wrote:
Cbnebraska Wrote:
He (Charles) is 5'11' tall, I think

Believe Charles is 5' 8" not 5' 11". So 146 is most likely a normal weight at that height. Depends on his frame size.

Rule of thumb is something like 105 lbs for first five feet then 5 lbs for every inch over 5 feet. Larger frames would I think deviate a bit from this rule of thumb.

I'm 5'9"... so.... 150 would be my ideal weight? I think I'd be anorexic-looking. I'm medium boned.

I think if your middle finger and thumb touch / slightly overlap at your wrists determines your bone width - but please correct me if I'm wrong because I cannot remember where I learned that. (It might actually be the index finger...)

---

**RE: Zero Carb / Meat and Water** - MAC - 09-20-2008 06:04 AM

pennypritty1 Wrote:
MAC Wrote:
Cbnbraska Wrote:
He (Charles) is 5'11' tall, I think

Believe Charles is 5' 8" not 5' 11". So 146 is most likely a normal weight at that height. Depends on his frame size.

Rule of thumb is something like 105 lbs for first five feet then 5 lbs for every inch over 5 feet. Larger frames would I think deviate a bit from this rule of thumb.

I'm 5'9"... so.... 150 would be my ideal weight? I think I'd be anorexic-looking. I'm medium boned.

I think if your middle finger and thumb touch / slightly overlap at your wrists determines your bone width - but please correct me if I'm wrong because I cannot remember where I learned that. (It might actually be the index finger...)

That rule of thumb is for a man. Don't remember the rule of thumb for a woman.

There are some rules for frame size based on wrist size. Mine is like 7 1/2" around which puts me in the large frame size for someone who is 5' 9" (I used to be 5' 10" but I have shrunk with age). Mine don't touch when I use my middle finger and thumb.

RE: Zero Carb / Meat and Water - Wendyoh - 09-20-2008 06:09 AM

I think the rule of thumb for women is similar. I've seen 100# for 5', and add 5# for each additional inch. I'm 5'7", and that would put me at 135# as goal weight, which I would be very happy with. I was 145.5# this morning, and 10 more pounds of fat loss sounds about right.

RE: Zero Carb / Meat and Water - MAC - 09-20-2008 06:17 AM

southern-dahlin Wrote:
Who is the BEAR,that posts keep referring to? Is the bear a member of this board?

The Bear is not a member of this board. The bear is Owsley Stanley who used to work for the Grateful Dead. He has eaten meat only for 40+ years and started a famous thread in another forum about a meat only way of eating. He got attacked by idiot members of that forum and so has stopped posting on other forums although he does answer questions via email.

RE: Zero Carb / Meat and Water - Wendyoh - 09-20-2008 06:26 AM

Hey MAC, do you know how old "the bear" is now?

RE: Zero Carb / Meat and Water - MAC - 09-20-2008 06:29 AM

Wendyoh Wrote:
Hey MAC, do you know how old "the bear" is now?
Early to mid 70's. There is a post a few back where I think Daveo said he is now 74.

RE: Zero Carb / Meat and Water - LindaSue - 09-20-2008 07:34 AM

MAC Wrote:
There are some rules for frame size based on wrist size. Mine is like 7 1/2" around which puts me in the large frame size for someone who is 5' 9" (I used to be 5' 10" but I have shrunk with age). Mine don't touch when I use my middle finger and thumb.

I don't put a lot of stock in the wrist thing. I have very thin wrists and very long fingers so I can almost wrap my fingers around my wrist twice, LOL. I do think that I have a very small frame though.

I'm also 5'7" tall but 135 would be much too heavy on my small frame. My ideal weight is closer to 120.

RE: Zero Carb / Meat and Water - Wendyoh - 09-20-2008 08:33 AM

Weight would also depend on how much muscle you have too.

RE: Zero Carb / Meat and Water - cbnebraska - 09-20-2008 09:00 AM

Yep, I think you're all right. I guess I was thinking that 5'11 (but I guess he's 5'8' anyways) and 146 on a man as cut up muscular, fit and athletic as Charles is seemed really light. I am 5'5.5" and currently weigh 140 - down from 148 about 8 weeks ago. I am extremely broad shouldered, lift heavy weights twice a week and do cardio 4 times a week. I wear a size 4 or 6 pant, but must wear a M or L or even XL shirt because of the broad shoulders and thick ribcage. I do not carry my weight up top at all, I carry it in my thighs - which are huge from biking. So, I guess weight, once again, is not the issue, it's percentage of body fat.

RE: Zero Carb / Meat and Water - FatGirlOnAtkins - 09-20-2008 12:58 PM

pennypritty1 Wrote:
I'm 5'9"... so.... 150 would be my ideal weight? I think I'd be anorexic-looking. I'm medium boned.

I was 140 and I'm 5'9" and that was very thin...a size 4. I think it really depends on where you're comfortable.

DOWN 2 MORE POUNDS.... oh, YeAh!!! 😊*pats self on back*

RE: starting meat and eggs today - lynnhopec - 09-21-2008 03:42 AM

kacey Wrote:
I'm also on thyroid meds - which helped lift the fog I was living in for a few years but did absolutely nothing for my weight! So, it wasn't my thyroid even though I HOPED for that as an answer...

What thyroid med are you on? If you are on a T4 only preperation you are not being optimally treated. Has your doctor checked your cortisol levels as well as your ferratin and B12? Has he checked you for thyroid antibodies? If the answer to any of the above is no then you are not being optimally treated.
http://www.stopthethyroidmadness.com is a must read for anyone with thyroid issues.

**RE: Zero Carb / Meat and Water - nyteez - 09-21-2008 08:58 AM**

montmorency Wrote:
nyteez Wrote:
I know this is a long thread, but if you read through it you will understand why calories don't matter on no carb and why you need to eat more fat. No chicken breasts, not enough fat, eat thighs w/ skin on wrapped in bacon & cooked in butter. 😐

I found it interesting that Bear said that although you don't have reduce calories to get down to your "normal" weight, if you want to get down below this (really low bodyfat), then you do have to reduce calories a bit. This doesn't seem unreasonable actually. If anyone is currently in a position to test this, please let us know. I'm still a good way off anywhere near that point! 😜

One thing I have noticed, is the more fat I eat, the less calories I eat. All calories are not equal. I can easily eat 4000 calories of carbs, it is impossible for me to eat 4000 calories of fat.

So, in eating more fat, your appetite is supressed, you don't snack and are only eating (in my case) twice a day. I am reducing my calories by eating more fat. I only eat about 1500 calories a day now.

**RE: Zero Carb / Meat and Water - cbnebraska - 09-21-2008 09:43 AM**

nyteez Wrote:
So, in eating more fat, your appetite is supressed, you don't snack and are only eating (in my case) twice a day. I am reducing my calories by eating more fat. I only eat about 1500 calories a day now.

Absolutely! I do also believe that this is the reaction that the perpetuates the myth that calories count though. Naysayers of Atkins and such will say that the only reason it works is because you're taking in less calories, and any diet where you take in less calories will work equally well. It's such a Catch 22. Which came first the chicken or the egg? My thoughts are that, hunger is the factor that is ignored. On which type of diet will hunger truly be managed? Apparently for some, they can do it by while reducing calories, for me, not so much.

**RE: Zero Carb / Meat and Water - nyteez - 09-21-2008 09:46 AM**

Quote:
I'm not sure I can do that. I don't push it. I eat my 3 meals whenever I get to the point that the thought of eating my meat sounds good rather than sickening or even neutral, even though I know my body could certainly go much longer without food. So, I might not be ready to move to the testing phase of this theory. It's only been 8 weeks for me with this WOE. Maybe after another month or so, and a true stall, I'll be ready to crack down and really drop some more weight, but right now I'm still okay with the little losses I'm seeing. Unfortunately, I still love to eat.

I strive to be like Dana and Charles and any of the rest of you who truly have gotten to the point of not really caring about eating. It's a roller coaster for me. I'll go a few days where eating is boring and I
forget about it - kinda - but then, I'll go a few more where I think about the meat I'm gonna eat all day from the time I get up. Sigh....

Thanks Cynthia! This diet does "evolve" with time. I never thought I would get to this point, it just happened. I thought I would miss the foods I gave up, but I don't. Eating now, is like putting fuel in my car, not something I look forward to or enjoy, just something I have to do. I enjoy the meat I eat, it tastes great, but I don't look forward to eating like I used to.

RE: Zero Carb / Meat and Water - nyteez - 09-21-2008 10:02 AM

Quote:
Absolutely! I do also believe that this is the reaction that the perpetuates the myth that calories count though. Naysayers of Atkins and such will say that the only reason it works is because you're taking in less calories, and any diet where you take in less calories will work equally well. It's such a Catch 22. Which came first the chicken or the egg? My thoughts are that, hunger is the factor that is ignored. On which type of diet will hunger truly be managed? Apparently for some, they can do it by while reducing calories, for me, not so much.

I know exactly what you mean about the naysayers. BUT, how many people try typical calorie restricted diets and fail? All of them. I could not live on the typical low calorie diet, I was tired, hungry, crabby and all I could think about is food 27/7.

Knowing the science behind zero carb and knowing it is 100% healthy I believe I can live on this diet forever. It is not all about losing weight anymore, the other side effects (great skin, great hair, no puffyness, clearer thinking, more relaxed moods, more energy, looking 10 years younger) is what convinces me that this is how I am supposed to eat to be healthy.

The calorie issue is hard to debate. All I know is I would much rather eat 1500 calories of ribeye steaks and feel satisfied, than 1500 calories of rice cakes, tuna & alfalfa sprouts and feel deprived!

RE: Zero Carb / Meat and Water - cbnebraska - 09-21-2008 10:25 AM

nyteez Wrote:
All I know is I would much rather eat 1500 calories of ribeye steaks and feel satisfied, than 1500 calories of rice cakes, tuna & alfalfa sprouts and feel deprived!

Amen sister! Hunger sucks.

RE: Zero Carb / Meat and Water - suzannevea - 09-21-2008 11:11 AM

I am still a big eater, my appetite never really got smaller, like Charles and the others. However, I love how eating in no longer one of my hobbies...

RE: Zero Carb / Meat and Water - mrw549 - 09-21-2008 01:38 PM

I would like to thank whoever it was that mentioned bacon mayo. I apologize for being to lazy to look back through the thread to find out who it was. I have been trying to make my own mayo because I don't
want to eat the soybean oil and my morning burgers are a little on the bleh side. Putting mayo and mustard on them helps a good bit.

I've tried olive oil mayo and the taste was just too strong for me. Likewise the macadamia nut oil mayo just tasted a little bit off. The bacon mayo doesn't really taste like mayo, but who the heck cares? It is really good on my morning burgers. 😊

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**RE: starting meat and eggs today - ksdeb - 09-21-2008 04:02 PM**

Well here I am. I have been getting closer to this for some time. This last week I was eating meat, eggs, cheese (limited) and egg cream for breakfast. No movement and not losing inches btw. I have only lost inches in my thighs which are now 16 1/2" mid thigh. Seems the only place I am losing. How long should I expect to see the scale move with meat, eggs and water. I am going to quit all dairy to see if that helps. Was only having cream in my coffee this last week.
Edit: Cream in the coffee and egg creams. Probably 3 oz. cream a day maybe 4.

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**RE: Zero Carb / Meat and Water - nyteez - 09-21-2008 05:49 PM**

Quote:
I've tried olive oil mayo and the taste was just too strong for me. Likewise the macadamia nut oil mayo just tasted a little bit off. The bacon mayo doesn't really taste like mayo, but who the heck cares? It is really good on my morning burgers.

Bacon makes everything better! 😊

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**RE: Zero Carb / Meat and Water - MAC - 09-21-2008 06:01 PM**

nyteez Wrote:
Quote:
I've tried olive oil mayo and the taste was just too strong for me. Likewise the macadamia nut oil mayo just tasted a little bit off. The bacon mayo doesn't really taste like mayo, but who the heck cares? It is really good on my morning burgers.

Bacon makes everything better! 😊

Well then, you have to make bacon vodka: [http://www.browniepointsblog.com/2008/01/20/homemade-bacon-vodka/](http://www.browniepointsblog.com/2008/01/20/homemade-bacon-vodka/)

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**RE: starting meat and eggs today - kacey - 09-22-2008 12:55 AM**

lynnhopes Wrote:
What thyroid med are you on? If you are on a T4 only preparation you are not being optimally treated. Has your doctor checked your cortisol levels as well as your ferratin and B12? Has he checked you for thyroid antibodies? If the answer to any of the above is no then you are **not** being optimally treated.

[http://www.stopthethyroidmadness.com](http://www.stopthethyroidmadness.com) is a must read for anyone with thyroid issues.
Hi Lynnhopes - I am in Denmark. The only meds available to us are Eltroxin. I have tried when in the US to get the local Dr to prescribe thyroid meds to me there but he said since he can't follow me on a timely basis he won't do it (also he doesn't want to give me 6 months worth of meds at a time or more).

I've been OK with what I am taking but I don't dare miss it for more than a day or two. 200 mcg a day! But, alas, it never did help the weight problem... Hopefully keeping with the meat, water, few eggs, and 1 cup of coffee a day will do it! I haven't started feeling 'great' yet like some of the people on here but I'm willing to admit that my body might be more screwed up than others to start off with! Last night I slept for 13 HOURS! And I still feel absolutely wrecked. I did this a few times last week also. While doing the liquid diet I was a strict 7 hour a night person - could not sleep longer even if I tried. So I'm not sure what's going on here... but I'm soldiering on!

Thanks for your input, I'm going to give the site to my mom too!

Kacey

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**RE: starting meat and eggs today** - kacey - 09-22-2008 01:07 AM

suzanneyea Wrote:
I have one "cooler" that looks just like a purse, they sell really nice tote bags too, that can act as a cooler.

Hi Suzanne - Where could I find a purse like that? I wonder if security in the airports would have a problem with it?

I'm desperate to find some 'take along' foods so I don't get into a bind while I'm traveling. I know I'm not the only one traveling like I do - or there would be WAY more room on the plane! 😊

Example day: Leave for airport at 5 a.m. Can't take water, etc thru security. By the time I've arrived in Dublin, it is 11 am (Danish time), 10 a.m. their time. By 1 pm their time, I'm STARVING. They order in sandwiches. About 4 pm they bring in cakes and coffee. About 9 pm, we stop work, go to dinner (if I'm lucky) or someone just drops us off at the hotel - where the restaurant CLOSES at 9 or 10. So we have to go out on the streets looking for food, 99.5% of which during a week night is fried fish, and french fries (fried in the same oil - it is DISGUSTING! - sorry Lynnhopes!). Or pizza. Or some other equally inappropriate thing. By the next morning, breakfast is lots of bread, cheese, etc if its a cheap hotel. If we are lucky there are boiled eggs.

Anyway - you get the idea.

I'm going to have my mom send me one of those beef jerky guns and make my own beef jerky. That will help! I've also taken fried 'meatballs' or fried bacon in a zip loc but that usually keeps only for a day - unrefrigerated.

As for eating at restaurants - well, I'm American. I absolutely MORTIFY my danish husband, or Irish or Dutch colleagues by ordering food exactly how I want it. My husband has known me for 13 years now and is STILL deeply ashamed that I would RUIN the chefs preparations by ordering it the way I like it - and not the way he prepared it! Viva la difference!

Any other ideas would be great to help me with this traveling situation! Also because we have to be in the hospital with our son for another skin graft in 2 weeks. This will be a week long 'isolation' - more or
less. I'll have a little easier time getting some food in there (or into a refridg there) but I need to plan ahead.

Lastly - after all this chat - I WILL say that though I don't feel 100% better I have noticed that I am really, really not interested in other foods much these days. I had 20 people here this weekend for my daughter's 18 birthday. All the usual fare. I had a few glasses of wine but kept to my meat. For breakfast the next day, they all had pancakes and bacon (typical American breakfast for my daughter). I had steak and bacon! I'm sort of amazed as I wasn't trying particularly NOT to cheat - I just didn't WANT to...

Kind of amazing since if you ask anyone (based on looking at my weight) I must have a really, really serious eating disorder! 😊

All my best!
Kacey

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**RE: starting meat and eggs today - lynnhopes - 09-22-2008 04:03 AM**

Hi Kacey

It seems strange to me that you cannot get a traditional Irish breakfast somewhere no? Our traditional breakfast is sold everywhere and is eggs, bacon and sausage. If you spend a lot of time in Dublin I can tell you specific places that will do LC friendly food. I even know of a good diner that is open till the early hours of the morning and has several branches around the city centre.

As for other meds if you get a doctor or pharmacist to listen to you you can actually get meds imported to Denmark to a pharmacy [http://www.internationalpharmacy.com/en/products/details/387084](http://www.internationalpharmacy.com/en/products/details/387084).

I would bet your adrenals are pretty weak though so you will need to get salivatory cortisol levels tested first as you might need to use supplements or Cortef to strengthen the adrenals before adding Armour.

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**RE: starting meat and eggs today - lynnhopes - 09-22-2008 04:05 AM**

Oh and I am always allowed to bring my own food through security around Europe; just no liquids. Also since we have rubbish weather here a cooler bag will actually keep food for two days anyway. I brought one on my recent trip.

FYI there are a lot of celiacs in Ireland so restaurants will be more than willing to accommodate a grain free menu for you. If necessary just say you are a celiac.

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**RE: starting meat and eggs today - suzanneyea - 09-22-2008 04:41 AM**

I bought my cooler purse and cooler tote bag at Wal mart, they sell them everywhere up here. I bring it everywhere and have never been stopped. I have even gotten into several sporting events that had a purse check! My husband is always floored that they went through my purse or tote and do not find my food, lol. It is all about packing things in a crafty manner. He also gets uncomfortable when I order my food so specifically. However, once he started visiting NYC with me, he realized that everyone in the city is very specific when they order and no one orders straight off the menu. He was like "OMG! They are a toal pain in the a$$ like you!"
How to eat meat - Nicola - 09-22-2008 04:53 AM

I have been eating raw meat for over a year now; I have always chewed my meat because I thought/think it will digest better.

I asked about this on a different forum and was told:

I just cut up sizes which will fit into my mouth just about and bolt them down with almost no chewing (perhaps a quick chomp of the jaws once or twice, that's it, no more). I always find they digest well, with them being better absorbed by the body than, say, minced raw meat.

I used to eat quite a bit of minced, raw meat and it didn't digest well, I would feel a bit uncomfortable and it would sit in my stomach for some time (though without the severe stomach-pains I had after eating cooked-animal-food)

I did find suet in my stools for a while. Only with one source of suet, or if I ate too much of it at one meal.

I may chew hardly at all, but I do get the full benefit of the taste and texture. However, my main interest is to just bolt down the meats so that I can devote my time to more important things; this saves me SO much time each day that would otherwise be wasted on eating food.

After this I thought of asking "the bear":

Not a problem if you like the taste of raw meat, I personally like my meat seared a bit on the outside. Since I have all my teeth, a bit of a chew brings out all those delightful flavours food has, of course meat is only digested after it reaches the stomach.

Nice to see that some people besides myself actually do not expect their food to provide entertainment. "I could never eat only meat - I'd be bored to death" is a common response to my way of eating.

Cheers.

Bear

http://www.thebear.org

So how do you like your meat and how does digestion work for you?

Nicola

RE: starting meat and eggs today - kacey - 09-22-2008 05:01 AM

lynnhopes Wrote:
FYI there are a lot of celiacs in Ireland so restaurants will be more than willing to accomadate a grain free menu for you. If neccessary just say you are a celiac.
Good idea about the celiac allergy! - We always stay in the 'cheaper' hotels because we are over so much. So, getting a 'real' breakfast isn't always an option. And these sausage roll things they bring in the office are ... well, questionable! 😅

**RE: starting meat and eggs today - kacey - 09-22-2008 05:05 AM**

suzanneyea Wrote:
He also gets uncomfortable when I order my food so specifically. However, once he started visiting NYC with me, he realized that everyone in the city is very specific when they order and no one orders straight off the menu. He was like "OMG! They are a toal pain in the a$$ like you!"

This is such 'American' behavior... No offense, since I'm American - and I'm all into the 'I bought it, it should be made the way I want it'. When I take colleagues to the US they are OVERWHELMED by the choices they are given just to order a burger. They actually get quite annoyed, saying, "Can't they just give me a burger already!" When Americans come to Denmark to visit (or Amsterdam where I also work very often), the things that are being said about them in the 'local' language are quite funny because everyone is wondering why they are changing the menu all around when it's clear what is going to be served just by reading the menu card.

Also, in the Scandinavian languages 'Is' (pronounced 'ice') is ice cream. Many, many Americans come here and say they want a coke and 'ice'. They get a coke (no ice) and a scoop of ice cream! 😋

It is fun to travel - you really get to experience different kinds of ideas and cultures - that is for sure!

Kacey

**RE: starting meat and eggs today - kacey - 09-22-2008 05:10 AM**

lynnhopes Wrote:
Hi Kacey

It seems strange to me that you cannot get a traditional Irish breakfast somewhere no? Our traditional breakfast is sold everywhere and is eggs, bacon and sausage. If you spend a lot of time in Dublin I can tell you specific places that will do LC friendly food. I even know of a good diner that is open till the early hours of the morning and has several branches around the city centre.

Hi - I am there quite often. I'll have to get a list from you next time I'm coming over. We've bought a company apartment now - so that will help - if I can just make it to a shop before they close when I arrive!!

lynnhopes Wrote:
As for other meds if you get a doctor or pharmacist to listen to you you can actually get meds imported to Denmark to a pharmacy [http://www.internationalpharmacy.com/en/products/details/387084](http://www.internationalpharmacy.com/en/products/details/387084).

I would bet your adrenals are pretty weak though so you will need to get salivatory cortisol levels tested first as you might need to use suppliments or Cortef to strengthen the adrenals before adding Armour.

OK, I really need to do this. I've asked my doctor for other options before but she said we can't get them
in Denmark. She is used to me going to the US and coming back with stuff and saying "Here - I want this." But normally you can find it here. I'll have to ask about the importing because they are total freaks about that kind of thing in Denmark. I wonder if she can do the cortisol saliva test? I wish we could just order these tests like they do in the US. I'm going to ask for it next time I go for my blood work (which is in like 4 weeks). It'll be interesting to see how my other blood work is too after meat, water, little eggs, for 2 months! Thank you very much for the info!

Kacey

RE: starting meat and eggs today - lynnopes - 09-22-2008 05:28 AM

Yes, pm me, tell me where your apartment is and I can give you lots of info. There are lots of supermarkets that stay open late around Dublin also.

Your doctor or pharmacist can definitely order from that website. The meds just have to be delivered to a pharmacy though. I am glad I have my doctor as they won't deliver to Ireland without a prescription.

You will need to get salivatory cortisol levels done over a 24 hour or 48 hour period. A blood cortisol level is useless. Your doc sounds quite open and willing so tell her to have a read of the stopthethyroidmadness website.

RE: How to eat meat - LindaSue - 09-22-2008 06:47 AM

That's interesting because Stefansson says in "Not By Bread Alone" that the Eskimos hardly chew their meat. I've never noticed any digestion problems from eating meat whether cooked, rare or ground up. I do occasionally get a little nauseated after eating chicken breast, probably because it is too lean. Only vegetables and fiber cause digestion problems for me but that doesn't happen in the stomach. Your meat shouldn't be in your stomach for more than about an hour or two after you eat it.

question re: meat, eggs and water - ksdeb - 09-22-2008 06:50 AM

I started meat, eggs and water today and wondered if Kraft real mayonnaise would be ok. I know it is made with vegetable oil and has a bit of sugar in it, but would it be enough to impact the result of meat and eggs. If I do the mayo it would be only 1 tblsp.

RE: question re: meat, eggs and water - LindaSue - 09-22-2008 06:53 AM

I use a little mayo to make sauces to top my burgers. Many people shy away from mayo because of the soy in it but I don't worry about the little bit that I'm using. It boils down to whether or not it causes problems for you. Try it and see what happens. If you aren't losing, or are gaining, drop it and see if it makes a difference. I use Kroger brand mayo but it's pretty much the same as Kraft's and Hellmann's, just a lot cheaper.

RE: How to eat meat - Jeff - 09-22-2008 06:53 AM

For beef, pork, and lamb, I usually just sear the outside, leaving the inside raw. I don't think about it much, but I suppose I don't chew my food much. I usually take fairly large bite, so I chew it just enough
so that I can swallow it.

I find that raw meat digests much easier. If I eat a fully cooked steak, it seems to sit in my stomach for hours. Raw meat seems to digest very quickly.

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**RE: How to eat meat - kansaskyle - 09-22-2008 06:58 AM**

I wasn't sure if this was a legit post or just a way to get some clicks to "The Bear's" Website.

I personally cannot imagine eating raw meat. I saw it a lot when I was in Dresden, Germany and Barcelona Spain within the last year; however, it isn't something that I want to do.

---

**RE: question re: meat, eggs and water - ksdeb - 09-22-2008 07:10 AM**

Thanks Linda, I haven't been loosing, bouncing around the same 5 pounds or so for a while. Dropped down under 130 one morning but that has been 3 weeks ago. I haven't cheated with anything carby at all. Actually been keeping carbs under 10 as it has been mostly from cheese, eggs and cream, and a sugar free pickle twice. This week I am dropping cheese and cream. I am really afraid it is the dairy that is holding up the weight loss. That figures since I really love cream, yogurt, butter and cream cheese.

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**RE: question re: meat, eggs and water - LindaSue - 09-22-2008 07:28 AM**

It could very well be the dairy. Hopefully you'll see an improvement once you drop it.

I hope to try that bacon mayo recipe that everyone's talking about. I can make homemade mayo but I can't afford any fancy oils so I might as well buy Kroger mayo. Actually, I may try making it with pork fat since I rarely buy bacon and I'm not so sure that the junk in bacon is any better than the soy in store bought mayo.

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**RE: How to eat meat - jeepifer - 09-22-2008 07:40 AM**

Since I don't have a gall bladder, I have digestion issues with fatty meats, which causes me problems with zero carb (meat only). So far (two weeks now) I've taken a digestive enzyme supplement to help. Hopefully my body will adapt and I won't be on a lifetime supply of Imodium!

But I eat my beef *rare* and always have. Love it! I tend to chew it but then again I take small bites anyway. Maybe I should experiment and see if I didn't chew so well, maybe it wouldn't hoof through my system so fast.

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**RE: How to eat meat - nyteez - 09-22-2008 07:55 AM**

I like my meat rare. I cannot eat well done meat, except for ground beef and chicken. I like pork chops medium, I only like it well done if it is real fatty like carnitas or ribs. I do chew my food, but mostly to get the flavor out.

---

**RE: How to eat meat - Nicola - 09-22-2008 08:24 AM**
nyteez Wrote:
I like my meat rare. I cannot eat well done meat, except for ground beef and chicken. I like pork chops medium, I only like it well done if it is real fatty like carnitas or ribs. I do chew my food, but mostly to get the flavor out.

I tried bolting down some leg of mutton and that ended up stuck and I thought this was the end of my life!

Some how I "need" to chew for flavor and satisfaction - I don't know if I am missing "the better digestion" by doing this?

Nicola

RE: How to eat meat - Nicola - 09-22-2008 08:36 AM

kansaskyle Wrote:
I wasn't sure if this was a legit post or just a way to get some clicks to "The Bear's" Website.

I personally cannot imagine eating raw meat. I saw it a lot when I was in Dresden, Germany and Barcelona Spain within the last year; however, it isn't something that I want to do.

No intention to get some clicks to "the bear's" website!!! I just like to mention his thoughts with his name - in respect to his reply!

We should eat the meat so that it works; if you feel grate with the way you eat then thats worth the trouble of cooking...I seem to do better with raw meat (I think).

Nicola

RE: How to eat meat - Noturningback - 09-22-2008 08:36 AM

Interesting thread.

I eat my meat rare with exception to ground beef. I had a very rare burger once and I paid the price for that! Personally, I don't like ground beef fatty but, that is just a taste preference. When I cook ground beef, I add a good dose of EVOO.

I never tried raw meat or swallowing pieces.

~Danielle

RE: How to eat meat - Charles - 09-22-2008 08:58 AM

The longer I am on zero-carb, the less I cook my meat as well, which is something the Bear predicted would happen. Beef seems to be just the best meat as well. I feel the best and get the most energy after medium rare beef and I'm practically moving towards it exclusively.
montmorency Wrote:
This is perhaps only semantics, but I still question slightly the use of "long-term" in the context of fuel supply. For example, if the fatty acids in the blood stream are the long-term fuel supply, and the stomach/gut is the short-term, what then is the adipose tissue? Even longer-term?

Well Mike:

You have to leave these terms in context. They don't mean much when you take them out of the context in which they were used.

For instance, when they use the term "long-term" they are making a comparison between us and insects. There is not much difference in terms of humans and insects in that each living organism is concerned about having a long-term fuel supply. All organisms need to go for periods of time between meals in order to survive.

The insects have a single fuel supply and we have two. To differentiate the two, we use "long-term" and "short-term". Calling them main and secondary in this context wouldn't make sense.

In terms of the "adipose tissue" the point is that adipose tissue is a direct participant in our energy supply. Heretofore, it was thought that fat tissue was just a big trash can full of fat. When you consider that it has blood vessels and nerves running through it and it instantly responds to energy requests, then that shows you that it is not inert at all. It is dynamic and an active player. Fatty acids never sit still in adipose tissue. Excessive triglycerides only cause a slow down, not a stand-still.

The stream runs through the fat tissue at all times so it is very much the main component of the main fuel supply. However, adipose tissue is supposed to be something that you don't notice when everything is working properly. If you look at my body today, you'll have a hard time finding where my body stores fat; however we know that it does. The fatty acids move freely through my adipose tissue and there is no reason for my body to inflate those stores to increase the rate of energy through them and therefore I appear lean.

As with everything in the body, you cannot explain a part of the metabolism without consideration of it's role within the entire context of the organism, which is what homeostasis is all about.

Regards,

Charles

I am a raw meat eater too. I always have been , even asa child. I usually melt some fat in the pan, turn the heat up and drop my steak in for a few seconds on each side. But, I have been known to eat it totally raw too.
I'm sorry, I don't have a reference, but I seem to remember reading that (at least some) Eskimo or Inuit ate seal meat, and this might have been a source.

Some Inuit did, but there were many others that didn't. In other words, you can't point to the Inuit and say "they ate this or that" because each time you say that, you can find other Inuit that did not. The point is, they were all healthy and they all had no deficiencies regardless of whether they ate seal meat or not.

The "experts" always want to attribute their vitamin D or whatever to some peculiar thing that one group of Inuit did. Some chewed on bones, so therefore they all must have got their calcium in this way. So then how do you explain the ones who only ate seal or whale and never ate caribou? Etc, etc.

I just ate the strip loin part of a T-Bone steak for breakfast. To experiment I cut away the strip loin from the bone and started chewing on the raw fat and muscle that was left on the bone. I would have to say based on this that I am not a big fan of cold raw meat as this was basically right out of the fridge. I like my meat medium rare but at least heated so that the temp through out the meat is something above room temperature.

As for chewing, I chew it enough to get it down my throat. Never been a slow eater.

I am so excited! I have lost 3 lbs since Friday! 😊 I am cooking chicken thighs and ground beef patties wrapped in bacon. Yummy! And I have my bacon greese now for my bacon mayo.

One question about soy...what is the evil in soy?

And what to you guys is a big appetite? Like right now I am eating when I am hungry only which is still 2 or 3 times a day and I may eat 2 patties or 2 chicken thighs at one time.

Just the thought of raw meat makes me want to blow chunks.... the pink color even makes me sick! That's another reason I don't eat ham.. the pink color! Not to mention.. the taste is totally different when even a tad bit undercooked! As far as not chewing it... OMG!! There are times when I don't chew my food enough and it gets stuck in my throat.... PAINFUL experience that brings tears to my face! 😢

Hats off to you Raw Meat Eaters.. I'm sure it's much easier-- less time to cook and fewer dishes to clean too!😊

Fully, congrats! I have chicken thighs waiting to be put in the oven for dinner when I get home.

I average 2 patties or 2 thighs or 1 short rib or 1 moderate steak per meal. I still eat 3 times a day, but I don't eat that much in the morning, maybe 1/2 what I do later on. I try to make lunch my biggest meal of
the day, and then dinner is about 6-7 hours later.

I suppose I could have a larger breakfast and only eat twice a day, but usually time is a factor and it's been working for me.

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**RE: Zero Carb / Meat and Water - Charles - 09-22-2008 10:46 AM**

montmorency Wrote:
With all due respect Charles, I disagree with your emphasis here. While it's true that Taubes introduced us to the triglyceride/fatty acid cycle in the context of a carbohydrate meal, I see no suggestion that it does not also happen in the absence of carbs. It's a continuous cycle after all, and the fat cells are not aware of the dietary origins of the triglycerides or free fatty acids.

You seem to have a serious problem with context and I'm noticing that with most things that you quote. You can only take things out of context if you are sure of what they mean in the original.

The Randle cycle was only proffered to provide guidance on what happens after a meal containing carbohydrates. If you want to know what happens after a meal without carbohydrates, then you have to look at the Krebs cycle. There is no need to extrapolate from this to get to a zero-carb situation because that was explained as well.

I think it's quite obvious (maybe it's not) that even in muscle meat, there are triglycerides and even Taubes said as much. If you read through *Not By Bread Alone*, you'll even see that Stefansson addresses this at Bellevue. There are some carbohydrates in meat but an exclusive meat diet will only provide less than 5 per day. These are broken down in the gut and the components go immediately to fat tissue before being taken up by the stream. Once they're in the stream then the liver, heart, lymphs or anything else is free to take them up.

Mike Wrote:
But it's also not unreasonable to picture free fatty acids which are released into the bloodstream, if they happen not to be taken up for use as fuel before they hit the liver, being converted into triglycerides by the liver and shipped back (ostensibly to the fat cells); the other end of the cycle if you like.

But we don't need the Randle cycle to tell us this because in another part of this same chapter we learn that the largest part of the fatty acids we consume immediately go to fat tissue. The other part gets taken up by the stream directly. Since we were already told that this happens, why the need to extrapolate from the Randle cycle when we know what happens?

The few that are taken up by the stream and don't go initially to adipose tissue would only do so because of the demand which was placed on the stream by muscle activity. There is no other reason for them not to go initially to fat tissue. That's the point.

Quote:
"The recycling of FFA also occurs in the liver as part of a triglyceride/fatty acid cycle that accounts for a considerable quantity of fatty acid recycling."

What's the point of this? I don't think anyone is arguing that free fatty acids don't get re-used? This is not talking about triglycerides that are eaten in meat. Those would be broken down in the gut and separated. The glycerol molecules only become packaged when they leave the gut and enter the stream. There are no triglycerides that are used for fuel, only fatty acids. That is what the Bear was trying to communicate.
It's also obvious that the same FFA's involved in esterification don't get re-used on either side of tissue sites where triglycerides are unable to pass. On each side, different fatty acids are used. This would happen at any site that wanted to use the glucose packaged in a triglyceride. The longer one excludes dietary carbohydrate, the less frequently this occurs. The drop in triglycerides on a zero-carb diet is well-documented. That's not to say we don't use any because obviously we do.

Mike Wrote:
Well, not quite directly if Wikipedia is to believed, but the end effect is the same, I would agree:

Wikipedia entry "Fatty Acids"
The triglycerides are rebuilt in the enterocytes from their fragments and packaged together with cholesterol and proteins to form chylomicrons. These are excreted from the cells and collected by the lymph system and transported to the large vessels near the heart before being mixed into the blood. Various tissues can capture the chylomicrons, releasing the triglycerides to be used as a source of energy.

Now, you're arguing from Wikipedia? Are you serious? This entry is not at all talking about fatty acids that come from the gut when a person eats. This is a general process that occurs when triglycerides hit this particular site. Taubes is only talking about digestion. This entry has no relation to what he is discussing in GCBC.

There is no reason to dispute this Wiki entry, but again, you've totally misconstrued the context here. Those triglycerides are not the ones that we're talking about with regard to food initially being digested as the Randle cycle is. It is only concerned with digestion.

Fatty acids are only part of triglyceride packaging according to the level of glycerol phosphate in your body. As zero-carbers, we do have some glycerol phosphate, but not very much. We all maintain the ability to store fat, regardless of how lean we are. Nothing I've written should be construed as saying that we don't store fat at all.

Mike Wrote:
So it would seem. I wonder though, if glucose is not as important a fuel as everyone used to think, why the body goes to such lengths to maintain blood glucose at a pretty constant level?

There is a difference between dietary glucose and the glucose synthesized by the body in accordance with its need. The Bear was addressing people who wanted to argue that glucose is used to fuel muscles. The Bear quite correctly refuted those notions. Blood sugar is an entirely different animal that they were discussing.

The body will always keep a constant blood sugar. It becomes important when we overload our bodies with dietary glucose and therefore our bodies have to work much harder to stabilize it. However, when dietary carbohydrates are minimal, stabilizing blood sugar is an effortless exercise.

There's not much to argue here.

Regards,

Charles
RE: Zero Carb / Meat and Water - Charles - 09-22-2008 10:48 AM

Fully Wrote:
One question about soy...what is the evil in soy?

Check out this long list. If any one of these things are true, then that's plenty of reason to avoid it.

The protein in soy is not something that our bodies can use, much like many of the so-called phytonutrients.

Regards,
Charles

RE: Zero Carb / Meat and Water - Charles - 09-22-2008 10:52 AM

montmorency Wrote:
I found it interesting that Bear said that although you don't have reduce calories to get down to your "normal" weight, if you want to get down below this (really low bodyfat), then you do have to reduce calories a bit. This doesn't seem unreasonable actually. If anyone is currently in a position to test this, please let us know. I'm still a good way off anywhere near that point! 😊

Even he acknowledges that this type of weight loss is difficult, if not impossible to sustain because it's based on semi-starvation and we all know how that goes. One should always eat to hunger regardless of weight and let the body control weight.

Weight on the scale is the most meaningless of numbers, in my opinion.

RE: Zero Carb / Meat and Water - Charles - 09-22-2008 10:59 AM

SLD Wrote:
Charles, do you think that there is a certain body fat percentage that the body wants to be at a.k.a. set point (I know Taubes somewhat denied this) that you'll gain even on zero-carbing if you're under that body fat percentage?

Welcome to the forum, SLD.

You have hyperinsulinemia. A zero-carb diet will not automatically reverse hyperinsulinemia. Taubes is quite right about the "set point" and it has nothing to do with body fat percentages. You are still hypersecreting and it will just take some time until this comes under control. You must remain consistent with your zero-carb diet and drink water. Don't allow yourself to go hungry.

Eat only when hungry and do not eat if you're not. Drink only to thirst and everything will be fine. Cravings are a sign of low-blood sugar, which is a sign of hypersecretion of insulin. It can take six months to fully adapt to the zero-carb lifestyle and it all depends on how severe hyperinsulinemia was to begin with.

You have to be especially careful with sauces and sweeteners because even though they are "zero-carb" they cause insulin secretion in anticipation of them which will lower your blood sugar and thus induce
cravings.

This vicious cycle has been compared with an addiction and the effects are remarkably similar. It takes some time to rehab from this addiction and it will be difficult. However, we know that with a determined effort, you can do it!

Regards,

Charles

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RE: Zero Carb / Meat and Water - chiara - 09-22-2008 11:45 AM

Fully Wrote:
And what to you guys is a big appetite? Like right now I am eating when I am hungry only which is still 2 or 3 times a day and I may eat 2 patties or 2 chicken thighs at one time.

Good Job Fully!!! I think every persons appetite will be different, depending on how active you are during the day, for example. I eat twice...around 8am I will have about 1 lb. of 73/27 ground beef and then around 4 or 5pm I usually have a big ribeye. I'm probably eating between 2000-2500 calories, not that it really matters, but as long as you eat when you are hungry and don't eat when you aren't you'll be fine! 😊

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For the meat and water eaters another ? - ksdeb - 09-22-2008 12:11 PM

Do any of you plan on trying to add any low carb veggies and fruits back into your diet at some point? TIA

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RE: question re: meat, eggs and water - ksdeb - 09-22-2008 12:14 PM

I would have to agree about using the fat from processed bacon. I have recently started buying unprocessed (ie. has not been smoked or cured in any way) bacon from a local butcher shop. Of course it doesn't taste like cured bacon but it is good.

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RE: For the meat and water eaters another ? - Cie - 09-22-2008 12:19 PM

ksdeb Wrote:
Do any of you plan on trying to add any low carb veggies and fruits back into your diet at some point? TIA

I have added veggies back but cautiously and will wait to add fruits.
Maybe when I'm as close as you are to your goal. I never want to get back to that horrible craving cycle again. I am doing well now and don't want to mess with success!
Cie 😊

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RE: For the meat and water eaters another ? - Charles - 09-22-2008 12:25 PM

This should probably be asked in the Zero-Carb meat and water thread, but the answer is an emphatic
NO!

The better question is why? What is it that you feel a meat and water person gain by adding them?

RE: For the meat and water eaters another? - nyteez - 09-22-2008 12:45 PM

Charles Wrote:
This should probably be asked in the Zero-Carb meat and water thread, but the answer is an emphatic NO!

The better question is why? What is it that you feel a meat and water person gain by adding them?

Ditto!
Veggies make me feel terrible. I never liked fruit and grains make me fat & puffy.

RE: question re: meat, eggs and water - LindaSue - 09-22-2008 12:49 PM

I think that I'd probably like the bacon mayo because of the smoky flavor. Rather than buy unsmoked/uncured bacon, I might as well use plain pork fat which I can get pretty cheaply.

RE: For the meat and water eaters another? - suzannevea - 09-22-2008 12:58 PM

never, no way, no how. Unless, I suddenly want to have digestion problem, gain weight, feel bloated, and feel like crap.

RE: question re: meat, eggs and water - suzannevea - 09-22-2008 01:01 PM

I use mayo every so often. I used to have a tablespoon daily in my tuna before I went zero carb and it never hurt me, but never more than a tablespoon a day, max.

RE: How to eat meat - LCMama - 09-22-2008 01:20 PM

I used to enjoy my steaks well done. When I was pregnant with my 2nd child, I had intense cravings for rare steak! I'm talking blood dripping. Part of me was repulsed, though other part was telling the first part to shut up as it scarffed down the steak!

I prefer it medium now. I don't think I could eat raw.

RE: For the meat and water eaters another? - Charles - 09-22-2008 01:26 PM

lynnhopes Wrote:
I'm not a zero carber but I guess the main thing a person would get is variety and different taste sensations. Along with making social life easier in terms of eating out. And although there are many healthy tribes all around the world who eat meat only I don't know if I am 110% convinced that veggies don't give us some benefit.
Well, the question was posed to meat and water eaters so you're talking a bit "out of school" as they say. The issues about social life and benefit of veggies is without foundation.

The social aspects largely have to do with the person, not others. There is a tendency in many of us to think that what we eat or don't eat matters so much that people will be offended by our choices when the truth is that most people really don't care. When I go to parties there is usually so much food, no one is standing by with a clipboard jotting down what I eat or don't eat.

When the cravings for carbohydrates are eliminated, you become very aware of the fact that there is much more to parties and get-togethers than food. You can actually get into celebrating the event that called you together without being distracted by what's to eat.

The real issue is someone feeling that perhaps they will "stand out" from the crowd because they don't blindly follow the other lemmings. It takes imagination to be a zero-carber and it's much easier to exercise that imagination when your mind is not fogged over with carbohydrates.

By the same token, although zero-carb works for anyone, not everyone will be able to benefit from it because they won't be able to overcome their acculturation and their upbringing to actually heal themselves.

I embrace change and I embrace my differences and they are nothing to hide or run from. At my office we have people who are gluten intolerant, pregnant, diabetic, and carbohydrate-restricted, low-fat, vegetarians and diabetics; white, black, Puerto-Rican, Northern, Southern, etc. We all eat different foods. Some eat cake and candy whereas others do not. Some eat their food in a box and some bring their lunch every day. Some go out and buy various things, yet we all eat in the same lunchroom. So what if I bring a steak. The majority of people walk by my office and remark how good my food always smells. Yet, they could never eat such a "boring" diet.

The onus should be on those who pitch vegetables to prove that there is a benefit rather than arguing over the lack of benefit. Everyone assumes them to be healthy but no one can say they really do, much like the dietary fat controversy over the past 60 years. We believe fat is bad even though we've never proven it. In every study where the theory was tested, specifically Nurses I and II, vegetables showed no benefit. How many more studies do we need?

In much better observations, we have colonial physicians who lived among the people they studied and directly treated their ailments. They say through eye-witness testimony that the diseases of civilization were simply not present in those people. They were directly aware of what they ate and what they did not. If they are healthy and disease-free shouldn't they be considered the model of a "healthy diet" since they are in fact, healthy?

Shouldn't the veggie pushers need to answer this question?

Regards,

Charles

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**RE: For the meat and water eaters another ?** - lynn hopes - 09-22-2008 01:40 PM

I have deleted my post since I neglected to see that it was for zero carbers only.
However in social life I was referring to restaurants. I have visited America and you have much bigger portions so a meat only entree there is filling. Here portions are much smaller so when I eat out I go hungry often. Hence, I avoid it. Thats what I meant by social situations as sometimes one is FORCED to only have access to restaurants for a certain time period like I was last week. I did my best but my best involved going hungry.

**RE: For the meat and water eaters another ?** - ksdeb - 09-22-2008 01:44 PM

Charles, you certainly bring up valid points. I am still trying to wrap my mind around meat and water for the nest 30 or 40 years. Veggies and fruits usually give me some kind of digestive problem. I am beginning to think dairy products do to.

Thanks for the input everybody.

**RE: For the meat and water eaters another ?** - suzanneveya - 09-22-2008 01:53 PM

The potions are not that big in North America and that is one reason I do not eat out a lot, I usually have to order two steaks and it is too expensive more me to eat out, unless I go to an all you can eat place. I never find myself forced to eat anywhere because of very careful planning and I am very direct in getting what I want.

**RE: How to eat meat** - suzanneveya - 09-22-2008 01:59 PM

I still will not say I eat my food raw, even when I eat cold steak that has never touched a flame, lol. I still call it rare, it does not sound as gross.

**RE: For the meat and water eaters another ?** - Charles - 09-22-2008 02:01 PM

lynnhopes Wrote:
I have visited America and you have much bigger portions so a meat only entree there is filling.

I wish this were true! Our meat portions are really not big at all. They will give you a small piece of meat and whole bunch of bread, veggies and grains which make for a big meal. However, if you just get the meat, you will leave hungry.

However, after being on zero-carb for a year, I can tell you that over time it doesn't take as much meat to fill me up especially if there is a lot of fat.

People always assume that there is not enough meat for everyone, but the truth is, if we were all ketoadapted and doing zero-carb, it wouldn't take such big portions to fill us.

Regards,

Charles

**RE: For the meat and water eaters another ?** - Charles - 09-22-2008 02:07 PM
ksdeb Wrote:
Charles, you certainly bring up valid points. I am still trying to wrap my mind around meat and water for the next 30 or 40 years. Veggies and fruits usually give me some kind of digestive problem. I am beginning to think dairy products do to.

If you keep listening to your body, you'll come to the correct conclusion.

Don't think in terms of 30 or 40 years. Just try to think in terms of one or two weeks. As your insulin gets under control you're going to find that you feel quite differently about many things. Insulin creates a firestorm in your body that is hard to detect. Most of these things we call "emotional" are really physiological. When you get insulin calmed down, you'll find that the emotion link you used to have to variety will be severed.

You won't have to deny yourself vegetables. You will simply not want them or anything else. I have a passion for beef and fat and only beef and fat. There is no will power necessary.

All I can say is that the longer you're on it, the more your experience will change. You can't look into the future and say, how can I, because you're unable to see that far down the road due to hyperinsulinemia. It's more than physical, it's physiological.

Regards,
Charles

RE: How to eat meat - cbmarie - 09-22-2008 02:54 PM

suzanneyea Wrote:
I still will not say I eat my food raw, even when I eat cold steak that has never touched a flame, lol. I still call it rare, it does not sound as gross.

A good friend of mine orders her steaks - MOO. Heat the grill, drop it on, count to five, flip count to five and serve!

I'm with Kathy, I can't do it but more power to those of you who can.

RE: For the meat and water eaters another ? - Marius - 09-22-2008 02:54 PM

Hi everyone. First time poster here. Not a native English speaker but I hope my English isn't too awful.

I agree completely that the health benefits of vegetables are hugely overstated and that this modern Cult of the Vegetable has little scientific support. It goes hand in hand with the demonization of animal fat. This is sort of a pet peeve of mine, hence the reply 😊

I think there are deep cultural reasons for these beliefs, perhaps it has to do with our ideas of what is "natural". Certainly the lack of scientific support doesn't seem to matter much. As you said, Charles, when the hypothesis that lots of fruits and veggies is good for us is tested scientifically, the result is usually zero effect. WHEL is a good example:

http://high-fat-
"CONCLUSION: Among survivors of early stage breast cancer, adoption of a diet that was very high in vegetables, fruit, and fiber and low in fat did not reduce additional breast cancer events or mortality during a 7.3-year follow-up period."

This doesn't seem to make anyone any less convinced that it's true... If you hear the word "healthy" in connection with foods and eating, what's the first thing that pops up in your mind? I'm willing to bet that for most people, it's a carrot. At least here in Scandinavia. The archetype of a "health nut" is someone who eats carrots all day long. There is zero justification for this association. Of course it's healthier than eating pastries and snickers bars, which is probably why vegetable consumption is often weakly associated with health in epidemiological studies. But I see no reason to believe that eating a wide variety of vegetables add anything of great value to a carnivorous diet.

Even hunter-gatherer societies that have a higher carbohydrate consumption tend to rely on a few staples, generally some form of tuber being the main one. This despite living in environments where there are lots more potentially edible plants.

I'm also not convinced that vegetables are necessarily harmless or benign. All the different "phytochemicals" they contain, most of which are usually unknown, could just as easily be harmful as beneficial. Salicylates being one example, not good for the salicylate(aspirin)-intolerant.

Even vitamins aren't necessarily good for us, even in moderate doses. This recent study is a mouse-model, but if it also holds in humans, it would indicate that one of the reasons asthma incidence has increased is the folate supplements taken by pregnant mothers, perhaps combined with our increased consumption of broccoli, nuts, and other folate-containing foods:


I've also read enough studies on Vitamin C to convince me to stop taking my Vit C pills (and eating oranges - did you know that citrus fruits are more neolithic than grains? First eaten by humans several thousand years after the invention of agriculture).

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RE: Zero Carb / Meat and Water - Fully - 09-22-2008 03:10 PM

Thank you Jeepifer and Chiara! That sounds like me. I don't think that's a lot but I love not having to eat every 3 hours. That's a pain! And I eat until full and no more.

Wow Charles and to think of all those soy bars and protein shakes I have drank in the past.

And those sugar substitutes.....are evil. They do make you hungry! That was the way I was with certain fruits also. Especially apples. If I wanted to eat but really wasn't hungry, I use to grab fruit until I noticed that an hour after eating an apple i would be starved to death!

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RE: For the meat and water eaters another ? - nyteez - 09-22-2008 03:28 PM

Quote:
ksdeb Wrote:
Charles, you certainly bring up valid points. I am still trying to wrap my mind around meat and water for
the nest 30 or 40 years. Veggies and fruits usually give me some kind of digestive problem. I am beginning to think dairy products do to.

Charles is right, once you have been on zero carb for a while, you won't want carbs anymore. I don't think any of us meat eaters ever thought we were going to give up carbs forever. I know I didn't. I figured when I lost all my weight I would add a few carbs in. Now, I can't think of any reason why I would.

Welcome to the forum Marius! Your English is great and so was your post, I completely agree with everything you said.

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**RE: For the meat and water eaters another ?** - montmorency - 09-22-2008 04:24 PM

Advocates of "healthy" fruit and veg continually harp on about the vitamins, minerals, and general nutrients in them, without stopping to think of the bioavailability of those nutrients. In some cases a lot of cooking is required to obtain some of them, which destroys others. The case is for the veg fans to make, not the other way around, but their case is always taken for granted, it seems, in the mainstream, while those on what is the more natural diet, have to apologise for it.

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**RE: How to eat meat** - daveo - 09-22-2008 04:45 PM

cbmarie Wrote:
suzanneyea Wrote:
I still will not say I eat my food raw, even when I eat cold steak that has never touched a flame, lol. I still call it rare, it does not sound as gross.

A good friend of mine orders her steaks - MOO. Heat the grill, drop it on, count to five, flip count to five and serve!

I'm with Kathy, I can't do it but more power to those of you who can.

Personally, I love the lean extremely rare to raw. However, I don't like the taste of cold, raw beef fat. For this reason alone I usually cook my steaks rare to medium rare, where it is at least warm in the middle.

As far as hamburger goes, I eat that pretty rare too. I don't worry much about foodbourne illness either. I have faith in my immune system.

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**RE: Zero Carb / Meat and Water** - Beth - 09-22-2008 05:10 PM

Can someone give the link or recipe for the bacon mayo. I've gone back to look and even did a search. I must be doing something wrong.

Thank you
Beth

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**RE: Zero Carb / Meat and Water** - MAC - 09-22-2008 05:17 PM
Beth Wrote:
Can someone give the link or recipe for the bacon mayo. I've gone back to look and even did a search. I must be doing something wrong.

Thank you
Beth


I put it in the Low Carb Foods & Recipes sub forum.

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**RE: Zero Carb / Meat and Water - PatTee - 09-22-2008 05:17 PM**

Beth Wrote:
Can someone give the link or recipe for the bacon mayo. I've gone back to look and even did a search. I must be doing something wrong.

Thank you
Beth

Hi Beth - you can find it here:


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**RE: How to eat meat - Ladysilverpatch - 09-22-2008 06:31 PM**

There are health dangers to eating raw/uncooked/undercooked meats. I just don't get this at all, just way too extreme and not sure why?

And swallowing meat in chunks, not chewing is a good way to die. More people choke to death on meat than on anything else.

Mona

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**RE: For the meat and water eaters another ? - Marius - 09-23-2008 12:14 AM**

Another study, regarding those "wonderful antioxidants" which is the latest justification for the 5 a day:

"African-Americans had ... lower self-reported intake of most antioxidants (than whites). Levels of oxidative DNA damage, measured using the alkaline comet assay, were lower in African-Americans than Whites"


So how do we increase our antioxidant defences? Easy, by dumping the carbs:

"The 3 days of the L-CHO diet, which had been preceded by glycogen-depleting exercise, resulted in a
stimulation of the blood antioxidant defence system in young eumenorrhoeic women both at rest and during the graded cycling exercise to maximal oxygen uptake."


...or even just by dumping the fruits and vegs:

"The overall effect of the 10-week period without dietary fruits and vegetables was a **decrease in oxidative damage** to DNA, blood proteins, and plasma lipids, concomitantly with marked changes in antioxidative defence."


Note that the subjects in the last study weren't low-carbing, their diet included things like bread and cakes and so on. They just cut out all fruits and vegs, which markedly improved their antioxidant defence. Hmm, maybe carrots aren't healthier than pastries and snickers bars after all?

**RE: How to eat meat - suzanneyea - 09-23-2008 02:18 AM**

Quote:
There are health dangers to eating raw/uncooked/undercooked meats. I just don't get this at all, just way too extreme and not sure why?

This is false. I am sorry you do not understand, but please be careful calling my diet dangerous, it makes me feel very defensive. I eat raw meat because I like the flavor. I am sure you cook your food the way you enjoy it as well.

Quote:
Is A Raw DIET Dangerous?
A compilation of relevant literature by Dr. R.L. Wysong

The following are some considerations from Dr. Wysong’s writings:
Humans are the only creatures on earth who cook food – does this not cause suspicion?
In the wild, carnivores eat raw, often filthy, putrid, decomposing prey with no adverse effects.
The attrition rate in the wild world is due to the inherent dangers there: predation, injury, drought, food diminishment, etc., not to the raw diet.
If raw foods were unhealthy, then no creature should exist today, since from the beginning of time it has been the only food choice. Raw food, not cooked, puffed, dehydrated, pressurized, retorted, sheared, baked, and steam cleaned, is the very incubator from which life has emerged.
It is a fallacy that humans and pets enjoy better health and live longer today. Modern medicine and technology self-servingly market these fallacious notions. Longevity (the potential to live longer) has not increased but degenerative diseases have, creating a huge class of humans and companion animals that now “enjoy” a unique new existence: medicated survival. Average life span has increased, but this is only because of improved hygiene (public works), better food distribution and decreased infant mortality. None of which have anything to do with the ability to extract starch and oil from grains and then create sterile, synthetic, chocolate-covered, melt-in-your-mouth food. (Also see Controversy #16 - Are We Living Longer?)
Degenerative diseases do not abound in carnivores that age in the wild as they do in pets fed “100% complete” super bow-wow cutlets.
What is the most perfect food that humans and animals will ever eat? Breast milk. It’s raw and serves as
the source of probiotic microbes that inoculate the gastrointestinal tract against pathogens, stimulate immunity, secrete digestive enzymes, and produce vitamins. Processors have tried to market new, improved milk formulas and the results have been disastrous. The literature now proves beyond doubt that breast milk (raw unprocessed food) is best.

The primary danger in feeding is the serious degenerative diseases (cancer, obesity, arthritis, diabetes, autoimmunities, dental disease, cardiovascular disease, etc.) that can result from imbalances caused by exclusively feeding fraction-based processed foods, not a rare bout of diarrhea from food-borne bacteria. Microbe-phobia is a fear based upon the mistaken notion that disease is caused by microbes. In fact, microbes will never be eliminated and cannot infect a creature properly fed and with a healthy immune system. In even the most virulent plagues, some in a population always escape disease, not because of lack of exposure but because of the parapet of immunity.

In an effort to decrease Salmonella infection in chickens (the same Salmonella that causes food borne illness) baby chicks were removed from the mother into a sterile environment. The result? Increased infection and greater mortality. Lack of exposure to probiotic organisms from the mother resulted in a totally vulnerable digestive tract. A minor exposure resulted in severe unchecked (by probiotics) infection. The solution was to feed the droppings from the mother to the chicks (known as autochthonous inoculation). Infections and mortality dropped.

Sterile, processed, 100% complete pet foods have maimed and killed thousands, but no like documentation proves animals die from eating raw foods.

Many people routinely eat raw foods including meat and eggs, and feed likewise to pets, yet no “epidemic” of disease results – particularly if probiotic supplements are consumed, such as those produced by Wysong.

RE: question meat, eggs and water - LindaSue - 09-23-2008 05:46 AM

suzanneyea Wrote:
I use mayo every so often. I used to have a tablespoon daily in my tuna before I went zero carb and it never hurt me, but never more than a tablespoon a day, max.
That's the most that I use too.

RE: Zero Carb / Meat and Water - chris m. - 09-23-2008 05:55 AM

I do have a question:
One of the most important points I have learned on this thread that was new to me is the fact that there is an insulin responce to the taste of sweet whether it has any carbs or not [maybe even the thought of it!]. My question is - is there any way to quantify the effect?
In other words we know how many carbs in various foods and that is easy to total on a daily basis but just how much insulin effect do things like a diet coke or toothpaste, mouthwash, or other sweet tastes have?
Can this effect be enough to derail many dieters when they think they are doing the right thing with no calorie sweeteners, etc?
I forgot about the sweet taste setting off cravings! Another reason to avoid all sweet tasting things.
chris m

RE: Zero Carb / Meat and Water - Richard - 09-23-2008 06:07 AM
Something I have noticed...

I have an old elbow and knee injury along with 2 herniated disk in my back.

For the past 5 years I have been limited to 20 lbs lift restriction. When ever I would lift something over 10 lbs I would get a numbness in my leg and foot along with a sciatic pain from the back to the bottom of my foot. I was in medical purgatory (Dr's word not mine. Too injured to be called healthy but not injured enough for insurance and surgery).

This last weekend I had to lift and move my 30lbs dog due to an injury he had received. I did not think about the restriction I just picked him up and took him inside to take care of things. Afterwards I started thinking about what I did. In the past I would be in pain and probably have to pull out the cane and used it for a day or to as well on the hydrocodone pills for a week. What happened was a mild numbness and discomfort but nothing I needed to resort to the pills over.

After more thinking, the knees which did make grinding sounds every time I went up stairs and elbow which also had some issues seem to be quiet.

I must believe that 4 weeks of increased fat and protein have 'lubricated' things more that 5 years of GS/MSM.

An interesting benefit I would say.

---

RE: Zero Carb / Meat and Water - nyteez - 09-23-2008 06:36 AM

Richard Wrote:
Something I have noticed...

I have an old elbow and knee injury along with 2 herniated disk in my back.

For the past 5 years I have been limited to 20 lbs lift restriction. When ever I would lift something over 10 lbs I would get a numbness in my leg and foot along with a sciatic pain from the back to the bottom of my foot. I was in medical purgatory (Dr's word not mine. Too injured to be called healthy but not injured enough for insurance and surgery).

This last weekend I had to lift and move my 30lbs dog due to an injury he had received. I did not think about the restriction I just picked him up and took him inside to take care of things. Afterwards I started thinking about what I did. In the past I would be in pain and probably have to pull out the cane and used it for a day or to as well on the hydrocodone pills for a week. What happened was a mild numbness and discomfort but nothing I needed to resort to the pills over.

After more thinking, the knees which did make grinding sounds every time I went up stairs and elbow which also had some issues seem to be quiet.

I must believe that 4 weeks of increased fat and protein have 'lubricated' things more that 5 years of GS/MSM.

An interesting benefit I would say.

I have noticed this too! I had pain in one hand, lower back and knees. All gone now!
RE: Zero Carb / Meat and Water - chris m. - 09-23-2008 06:49 AM

I noticed the SAME thing - lower back pain is pretty much gone and an old shoulder injury is much better despite lifting heavier weights.

chris m

RE: How to eat meat - Kristi31 - 09-23-2008 07:21 AM

I agree with Suzanne and the doctor. I ate raw meats, including organ meats, seafood for more than a year without any problem. I also ate raw ground beef many times. The only time I got food poisoning is when I ate cooked food at a restaurant.

Whether one chews or not doesn't really matter either.

RE: For the meat and water eaters another ? - Kristi31 - 09-23-2008 07:29 AM

Just to get back to size portion, I actually find them pretty generous with their meat. One prime rib steak and I'm full.

RE: How to eat meat - nyteez - 09-23-2008 07:36 AM

I don't beleive the dangers are in the raw meat, it is the handling of the meat. How many cases of E coli have come from the home? Most of them are from resturants where the meat has been handled improperly and exposed to bacteria. In California we recently had e coli or samanella (I forget) outbreaks from tomatoes and then Jalapenos! Does this mean we shouldn't eat raw vegies?

Thank you suzanne for that very informative artical!

RE: How to eat meat - Charles - 09-23-2008 07:50 AM

From my hero Stefansson back in 1946:

Quote:
To sum up: Any people who eat vegetables, even the softest, anyone who eats bread or leafy vegetables, is bound to chew a good deal more than the average for a carnivorous people. Yet the Eskimos, or meat eaters comparable to the Eskimos, and pastoral people like the medieval Icelanders, all of them mastication slackers, are the only ones ever found in present or former times who can show 100 percent freedom from caries. There is, accordingly, in the study of such diets and habits of life no aid or comfort for those who believe that the decadent teeth of our civilization are a result of decreased chewing

As far as raw versus cooked, I honestly don't believe there is any real health benefit between cold raw and medium-well. The Inuit always preferred to cook their food somewhat when there was time and
many other cultures enjoyed freedom from chronic diseases while cooking. Anyone who eats their food at any point between these two states will get the maximum benefit from their food, in my opinion.

Regards,

Charles

RE: Zero Carb / Meat and Water - mrw549 - 09-23-2008 07:53 AM

cris m. Wrote:
I noticed the SAME thing - lower back pain is pretty much gone and an old shoulder injury is much better despite lifting heavier weights.

chris m

I had tendinitis in one of my elbows that never seemed to want to clear up. It went on for about 3-4 months. I wasn't working out because I didn't want to aggravate it and make things worse. Eventually it got to the point where I just worked out anyway. I was careful of the movement to not put a strain directly on the elbow but still work the biceps and triceps pretty hard. My tendinitis went away in about two weeks of starting back with my workouts.

For me, it wasn't despite lifting heavier weights, but because of it that my elbow got better.

RE: For the meat and water eaters another ? - 1d1w1y - 09-23-2008 07:55 AM

ksdeb Wrote:
Wow! Some really great posts. I appreciate all of them, thanks. I will just take it one day at a time.

Thanks for the question, I learn mostly from watching and learning 😊
Interesting personalities and points of view thanks again for giving insight to the zero carb choice 😊

RE: For the meat and water eaters another ? - Charles - 09-23-2008 08:03 AM

Kristi31 Wrote:
Just to get back to size portion, I actually find them pretty generous with their meat. One prime rib steak and I'm full.

Kristelle:

This can be true at a steakhouse or some other place that specializes in meat, so to speak, but you usually have to pay considerably more for a good portion of meat than you would at more common restaurants in the U.S.

Most of us can't afford to do the "steakhouse" on a regular basis due to the cost. There are some high-medium steakhouse chains like Outback, Texas, and Texas Roadhouse, which offer good steaks at a somewhat reasonable price but this pales in comparison to going to a supermarket and just buying your own.

The more-affordable and popular medium-tier restaurants like Chili's, Applebee's, Johnny Carrino's, TGI
Friday's, Ruby Tuesday's, etc, all serve steak but the portions are small compared to the amount of vegetables and grains they serve with their entree. To get full, you would have to order off the menu or maybe order two. The cost then becomes exhorbitant in relation to what you're getting.

Regards,

Charles

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**RE: For the meat and water eaters another ?** - Charles - 09-23-2008 08:05 AM

Welcome to the forum, Marius and 1dlwly.

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**RE: How to eat meat** - Jeff - 09-23-2008 08:09 AM

I eat my beef nearly raw...I just sear the outside for a few seconds. Pork I usually eat slightly more cooked, but not much. Medium rare, I'd say. Chicken I will cook fully.

I have been under the impression that heat destroys some nutrients. Does anybody have any thoughts on this?

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**RE: How to eat meat** - suzanneyea - 09-23-2008 08:57 AM

We have had several "debates" on the nutritional benefits of cooked vs. raw. An we all had good points and decided to eat it the way we prefer, lol.

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**RE: How to eat meat** - entwyf - 09-23-2008 09:03 AM

I like my meat done. Not burned to a crisp, not bloody. Just nicely done. I'm sure a lot of it has to do with what I'm used to.

Since the human digestive tract is not made the way a carnivore's is, I have to assume that it is possible to have "issues" if I eat meat raw. Not necessarily likely but possible.

Edith

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**RE: Zero Carb / Meat and Water** - Charles - 09-23-2008 09:09 AM

chris m. Wrote:
My question is - is there any way to quantify the effect?
In other words we know how many carbs in various foods and that is easy to total on a daily basis but just how much insulin effect do things like a diet coke or toothpaste, mouthwash, or other sweet tastes have?

Chris, I don't know of a way to quantify it, but I do know that all of the systems in our bodies tend to overcompensate by secreting more than what is actually necessary to do the job. I don't know if I saw this in GCBC or some other journal, but it's well-settled amongst physiologists.
Powley and Rodin's research in 1985 suggested that this "feedback" loop would be more severe amongst the obese depending on the level of hyperinsulinemia. They figured that the hyperinsulinemia would lead to increased consumption of food, which likely supported the dogma that eating more means gaining weight. If they were familiar with low-carb science, then they would have noticed that hyperinsulinemia may not necessarily lead a person to eat more, but it will certainly keep them from mobilizing fatty acids at a level that they should.

The point is that your body will never be unprepared for what you're about to introduce to it. Insulin comes in waves with the first one lasting up to twenty minutes. This is well before any glucose actually enters the bloodstream. The second wave lasts for several hours. The experts typically measure insulin on laboratory animals about 30 minutes or an hour or two after the meal. They pay little attention to the details in between which is why they miss the first wave.

We know that when insulin is circulating, then nothing else is and that's why we feel such an acute hunger. This is why people like that doctor Jimmy interviewed, refer to hyperinsulinemia as hypoglycemia. The effect is the same.

Chris Wrote:
Can this effect be enough to derail many dieters when they think they are doing the right thing with no calorie sweeteners, etc?

Oh, most definitely. This also keeps people from succeeding on zero-carb. They feel absolutely miserable and then when they eat a few carbs, they feel better. They are unable to complete ketoadaptation because they can't get past the hyperinsulinemia which can only be controlled with time.

The craving for sweet things is simply an addiction. There is no nicer way to say it. We have to battle it similarly. Maybe I should open a carb-rehab facility that only serves zero-carb. I could put people on induction and keep them on the grounds for the first month until they are ketoadapted. Once they are, then they can have visitors and get day passes!

Regards,
Charles

RE: Zero Carb / Meat and Water - Charles - 09-23-2008 09:11 AM

Richard Wrote:
Something I have noticed...
[...]
An interesting benefit I would say.

Stefansson noticed the same thing as he got older. He had some arthritis set in and couldn't walk up his stairs very well. One day, he just sprinted up the stairs after returning to the all-meat diet.

Regards,
Charles
A lot of people read one person's diet and see that they drink cream with their coffee, so they think "oh, I can have a little cream." Then they read someone else's and see they have splenda, so they think "ok, a little splenda won't hurt." Next thing you know you have a ton of sweet things in your diet plan and then you start having cravings.

suzannyea Wrote:
We have had several "debates" on the nutritional benefits of cooked vs. raw. An we all had good points and decided to eat it the way we prefer, lol.
Ok, fair enough. LOL

I agree that if you eat at someplace that isn't a "steak" place, your meats are generally pretty skimpy. We are drastically cutting down on eating out, and usually it's just DH and the kids that order.

Of course, if we go to a Brazilian steakhouse, all bets are off. 😐

I also used to wonder about 'quantifying' insulin release upon smelling or seeing especially tempting sugary, carb-laden foods. Then one day, the thought just came to me that if just the smell or sight alone was enough to trigger the salivary glands to start the saliva flowing, the first level in preparation for incoming food, then it would only be in the natural progression of things that the brain also sends a message to the pancreas to start the insulin flowing! The brain also starts the stomach acid flowing in anticipation of incoming protein, so if you throw super-carbs at it, there's going to be more than needed to break them down, so the extra acid has nowhere to go but up, aka Acid Reflux! The body is very much a Pre-Emptive Machine!

This is why you will get hungry just as you are about to begin eating. At least this is true for me. Just the thought of eating or the smell of the food cooking will trigger insulin release. This will lower BG levels......then BOOM!, you're hungry.

I have been "off the wagon"
not the low carb wagon, but the ZC wagon.
I am trying to crawl back on it...because I know it works...
so far so good today...although I still drink Diet Soda...I had eggs cooked in butter...for breakfast ...and prepared some hamburger patties for lunch....looking forward to those....
I felt so guilty about posting in this thread without being brutally honest...and Meat and Water only is hard for me...it works...and I want to stick to it..but, so far..I have not been all that successful staying M&W....

RE: Zero Carb / Meat and Water - ANOVA - 09-23-2008 10:40 AM

chris m. Wrote:
I do have a question:
One of the most important points I have learned on this thread that was new to me is the fact that there is an insulin response to the taste of sweet whether it has any carbs or not [maybe even the thought of it!]. My question is - is there any way to quantify the effect?
In other words we know how many carbs in various foods and that is easy to total on a daily basis but just how much insulin effect do things like a diet coke or toothpaste, mouthwash, or other sweet tastes have?
Can this effect be enough to derail many dieters when they think they are doing the right thing with no calorie sweeteners, etc?
I forgot about the sweet taste setting off cravings! Another reason to avoid all sweet tasting things.
chris m

I was thinking the same thing last night while brushing my teeth. If I'm reading Charles' reply correctly then the best test is how you feel after using the product. If you start to feel hungry even though you just finished a good meal, then your insulin may have spiked. I'm considering simple baking soda for brushing and hydrogen peroxide as a mouth wash. I'm also weaning myself from supplements (I noticed that I was sucking on my B12 like it was candy).

John

RE: Zero Carb / Meat and Water - Charles - 09-23-2008 11:07 AM

abnormalslc Wrote:
I felt so guilty about posting in this thread without being brutally honest...and Meat and Water only is hard for me...it works...and I want to stick to it..but, so far..I have not been all that successful staying M&W....

Please don't ever feel like that, man. We all acknowledge that this is a tough row to hoe, as the saying goes. We're not at all looking for perfection or anything like that. As I've said many times, "falling off the wagon" is actually being on the wagon. You and your body know what works and when you add carbohydrates to your diet, your body also lets you know and that's why you come back.

It may take many more times of episodes like this before you one day decide that you're not going back. All I can say is that it does get easier over time, but I assure you, it does indeed take time. I didn't get strict overnight. I got that way through much trial and error.

Stay in touch and don't ever feel guilty or anything. This is about life and that's the most important thing. Who cares what I or anyone else thinks. I don't get any bonus points for how many people successfully implement this lifestyle. If no one else does, I'll be here relating how positive it was for me.

Hell, even Stefansson couldn't last more than 10 years. He had a big "off the wagon" period before his
body began to break down and he came running back. You came back much faster than he did so in my mind, that makes you pretty smart!

Best regards,

Charles

RE: Zero Carb / Meat and Water - jeepifer - 09-23-2008 11:11 AM

Well, Charles said it better than I ever could (as usual, 😊) but don't beat yourself up. I've been on/off/on so much the last three months it makes my head spin. But 17 days and counting, and it's getting easier.

Remember, we're all at different stages of the journey, and we all had to take that first step!

RE: Zero Carb / Meat and Water - Fully - 09-23-2008 11:12 AM

Unless someone can share some secrets with me....I don't think I could stay on water and meat 24/7 365 days. It definitely works. I am losing now when I have not in the past. But the meat is kinda sticking in my chest and seems like it takes forever for it to go down much less digest. I do have a small hernia and meat is what bothers it....ground beef to be exact and at times it really hurts. But I am going to stick with it for as long as possible because I have a lot of weight to lose. Like 90 lbs by the chart. 70lbs says me. I miss the light coolness of food. Meat is just so heavy. I am guessing this is why a lot of you are eating rare meat? Is that right? I like my steaks medium rare but there is no way I can afford to eat steak all the time.

RE: Zero Carb / Meat and Water - Charles - 09-23-2008 11:23 AM

ANOVA Wrote:
I was thinking the same thing last night while brushing my teeth. If I'm reading Charles' reply correctly then the best test is how you feel after using the product. If you start to feel hungry even though you just finished a good meal, then your insulin may have spiked.

Not only when you've finished a meal, but even before you eat a meal. If I were to eat a good piece of chocolate, I used to think about the next time I was going to have it. I was that way with sweetened water. I don't drink nearly as much regular water as I did sweetened water. I'm that way with cheese as well. If you put cheese and seasoning on a burger, I can eat twice as much than if the burger is plain.

Some will say, well, that's because it "tastes better." Or, perhaps it's because I respond to sweetened things by secreting more and more insulin which continues to remove nutrients from my bloodstream in expectation of the arrival of more. This keeps me hungry; meaning, that it blocks any feeling of satiation. This is why Taubes says, "it's not so much that fat fills us up. It's moreso that carbohydrates prevent satiety and so we remain hungry."

When you eat a purely fat meal, there is no re-enforcement of the impetus to secrete more insulin because there are no sweet sensations. Try eating barbecue with and without the sauce and you can easily tell the difference. If someone puts sauce on it, they can eat twice as much and they usually have an "overfed" feeling at the end of the meal. Whereas, if you just eat the meat plain, you'll stop when you're full and you'll feel as if you can go running afterwards.
I found the same thing to be true with mustard and salt. If I put mustard on plain ground beef, I can eat two or three quarter-pound burgers. If I eat the ground beef plain, I can eat 1 and a half and I'm full.

It has nothing to do with the amount of calories or carbohydrates present. It's all in your response to the food you anticipate and the foods you eat.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - jeepifer - 09-23-2008 11:31 AM**

Charles, do you notice a difference in how much you eat if you eat slowly vs. quickly? I eat at my desk at work most days, breakfast and lunch, and I tend to eat a few bites, work, eat a few bites, etc. I notice when I do this, I eat far less overall than I do when I sit down to dinner and just eat all at once. Maybe that's why even though I season and still use condiments/sauces, I don't tend to eat large amounts?

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**RE: For the meat and water eaters another? - Kristi31 - 09-23-2008 11:38 AM**

I usually got to this bar/restaurant where they sell a 12 ounce prime rib steak for CAN$13. Delicious and filling.

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**RE: Zero Carb / Meat and Water - Charles - 09-23-2008 11:43 AM**

Fully Wrote:
Unless someone can share some secrets with me....I don't think I could stay on water and meat 24/7 365 days. It definitely works. I am losing now when I have not in the past. But the meat is kinda sticking in my chest and seems like it takes forever for it to go down much less digest.

It takes time for your body to adjust to the digestion and a little longer for your mind to adjust. When your insulin is running rampant with nothing to do, you will keep getting small urges that you have to ignore. This is very much like fighting an addiction. Some days will be easier than others and there will be a time where the thought of eating just makes you ill.

Most of us don't equate boredom and feelings of deprivation with cravings, but they are all caused by physiological reactions to oversecretion of insulin.

It's impossible to look down the road and say what you can or can't endure. When I began my journey, I hated beef medium-rare and I thought it was the grossest thing in the world. Fat on beef? It was okay, but nothing I ever thought I would look forward to, or go out of my way to find at a local meat department.

When eating becomes boring and almost repulsive, that's a sign that you are doing this properly. All of those emotional ties have to be severed because they were only there due to chronically-high insulin which created the cravings to begin with. It takes time for this to die down, but with a determined effort, they will vanish one day. You'll be able to look at all foods and not feel the slightest inclination towards them.

Hunger very truly means that your blood sugar is low. If you get hungry, you have secreted insulin. It is
not at all emotional, it is physiological and it takes time to reverse. Cravings are your body's way of getting you to help it balance the blood sugar. You have to ignore these and let your body do it on its own. It gets more and more efficient at stabilizing your blood sugar every single meal.

Fully Wrote:
I do have a small hernia and meat is what bothers it...ground beef to be exact and at times it really hurts. But I am going to stick with it for as long as possible because I have a lot of weight to lose. Like 90 lbs by the chart. 70lbs says me.

Homeostasis tell us that the entire organism has to be considered when we talk about nutrition. If ground beef bothers a hernia, you may need to get the hernia fixed in order to be successful.

Fully Wrote:
I miss the light coolness of food. Meat is just so heavy. I am guessing this is why a lot of you are eating rare meat? Is that right? I like my steaks medium rare but there is no way I can afford to eat steak all the time.

This is your upbringing (acculturation) talking. We don't eat it this way because it's light, it's more flavorful and there are more nutrients available the less you cook it. There are many people who can't imagine a hot, greasy food on a hot day. They think that on those days, they should have a light salad and a cool glass of iced tea. These associations are all physiological manifestations of out of control insulin and acculturation. In Latin American countries and the southern United States, the people have no problem eating fatty, greasy foods on the hottest of days and drinking cool water.

This is a learned behavior that you can also pick up for yourself as long as you stick with it. After a while, you'll find that you come to prefer that which you previously despised. As my Dad used to say, if you're hungry enough, you'll eat.

Regards,

Charles

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jeepifer Wrote:
Charles, do you notice a difference in how much you eat if you eat slowly vs. quickly? I eat at my desk at work most days, breakfast and lunch, and I tend to eat a few bites, work, eat a few bites, etc. I notice when I do this, I eat far less overall than I do when I sit down to dinner and just eat all at once. Maybe that's why even though I season and still use condiments/sauces, I don't tend to eat large amounts?

Not really, Jenn. Nowadays, I just don't eat that much so it doesn't really matter at what speed I eat it. I just fill up the tank and then I stop eating. I've been known to eat three-quarters of my meat at dinner and give the rest to my dog. When I'm full, it's over. I think he's very similar to me because he will leave food in his bowl when he's finished eating as well.

Regards,

Charles
RE: How to eat meat - Kristi31 - 09-23-2008 11:50 AM

Comparison of man's digestive tract

http://paleodiet.com/comparison.html

The actual book, The Stone Age Diet, from which this excerpt is, can be found in certain libraries. A fascinating read and I'm sure we could have a whole discussion chapter-by chapter like GCBC and NBBA...Charles would have a blast dissecting it.

The author, Walter L. Voegtlin, is in favor of an all-meat diet but says if we are to eat fruits and veggies, to cook them to increase nutrient availability. Or something along these lines.

RE: Zero Carb / Meat and Water - chiara - 09-23-2008 11:53 AM

Jeff Wrote:
Just the thought of eating or the smell of the food cooking will trigger insulin release. This will lower BG levels......then BOOM!, you're hungry.

Oh, man. Is that true? I'm so screwed then. My house if full of carbs...no way around that. I don't crave them and they are not a temptation, but I do smell them. Is that going to ruin my progress?

RE: Zero Carb / Meat and Water - Kristi31 - 09-23-2008 11:55 AM

Charles Wrote:
Maybe I should open a carb-rehab fascility that only serves zero-carb. I could put people on induction and keep them on the grounds for the first month until they are ketoadapted.

You read my mind. 😊

RE: For the meat and water eaters another ? - Charles - 09-23-2008 11:55 AM

I've attached a typical menu from the Texas Roadhouse here in North Carolina, United States. This is what I call a "middle of the road" steakhouse. If I were eating here by myself, the price is not bad. When you consider that I need to get what I eat times 5 to feed my family, then you can see that this adds up quickly and it's not uncommon for my bill to be $80 and all we ate was meat. We can't visit this place very often.

I ate at this restaurant when I was in Norfolk, Virginia, recently. This is a more upscale steakhouse. The meat portions are enough to fill anyone up, but the price is beyond the "splurge" of most people.

Regards,

Charles

RE: How to eat meat - Charles - 09-23-2008 11:58 AM

I've read enough Loren Cordain in my lifetime. His views on fat in the paleo diet are way off. He later
acknowledged it, but he still has trouble with the idea that paleo man would have did whatever he could to secure as much fat as possible. I say, leave him to his delusions.

RE: Zero Carb / Meat and Water - Charles - 09-23-2008 12:05 PM

chiara Wrote:
I don't crave them and they are not a temptation, but I do smell them. Is that going to ruin my progress?

No. The issue is hyperinsulinemia. If you get your insulin under control (which you obviously are accomplishing since the carbs in your house don't bother you) then the mere presence of food or even smells won't throw you off much.

It's normal to smell things, see things, talk about things, hear food cooking, and get a little rush of insulin which causes a slight hunger pang. This should only keep fatty acids out of circulation for about 20 minutes. However, if you hypersecrete, then you'll not only secrete that time, but you'll secrete insulin even when there is no reason to. This keeps fatty acids in storage for longer than they should and makes it harder to lose weight.

This isn't something to worry about, it's just something that some people will have to deal with more than others. It gets easier each and every day.

Just keep to the basics and all will be well.

1. Eat when you're hungry and don't eat when you are not.
2. Drink water when you are thirsty and don't drink when you are not.
3. Eat plenty of fat to the point of nausea and eat lean to finish the meal off. The ratio is about 1 to 4. One part fat, and three parts lean. The amount is based on your hunger.
4. Eat anywhere from raw to medium well, just don't overcook.
5. Avoid supplementation.

Regards,

Charles

RE: How to eat meat - MAC - 09-23-2008 12:17 PM

Charles Wrote:
I've read enough Loren Cordain in my lifetime. His views on fat in the paleo diet are way off. He later acknowledged it, but he still has trouble with the idea that paleo man would have did whatever he could to secure as much fat as possible. I say, leave him to his delusions.

You should have seen the post I did on him regarding ketosis on Dr. Eades blog.

Here is some more BS from a paleo diet update for his newsletter. I too have had enough of Cordain. Hello Cordain? Have you never heard of ketones and keto-adaption?
"Why Low Carb Diets make some people feel weak

People who go on a low-carb diet will sometimes report feeling weak or light headed during the first few days on their new eating pattern.

Whether this happens depends on two main factors: 1) the total carbohydrate restriction and, 2) the total caloric restriction.

Popular low carb diets typically restrict carb calories to 50 grams (~200 kcal) or 100 grams (~400 kcal). If the diet is low in calories and carbs are restricted to less than 100 grams, many people will feel weakness because their muscle and liver glycogen stores will become depleted and they must rely upon beta oxidation (the metabolism of triglyceride) as their primary substrate source.

Additionally, the brain can only use glucose as an energy source, hence hepatic gluconeogenesis (the synthesis of glucose from either protein or fat in the liver) represents the primary glucose source. However, gluconeogenesis is inefficient and can only supply small quantities of glucose.

All of these metabolic adaptations - beta oxidation, hepatic gluconeogenesis and ketosis (a by product of carbohydrate restriction and beta oxidation) - upset homeostatic mechanisms shaped by a lifetime of high carb intakes for the average Westerner.

With the Paleo Diet, we advise people to get all of their carbohydrates from fruits and vegetables and to restrict grains, sugars, legumes and processed foods. Carbohydrates are not restricted on the Paleo Diet, but because fruits and vegetables contain so much fiber and water, it is difficult to consume more than about 30 percent of the daily energy from these foods.

Most people don't experience weakness or lethargy upon adoption of the Paleo Diet, but rather the opposite. Their energy levels remain stable over the course of the day."

RE: Zero Carb / Meat and Water - cbnebraska - 09-23-2008 12:37 PM

As a woman, I think we have it tougher when it comes to emotional eating. I know that insulin surges are what make us hungry, and by getting our blood sugar under control we can avoid those rushes as much as possible. But, there is more to it than just plain and simple hunger, for me at least. I would dare guess that there will be other women out there who will agree, and even some men. I still wander into the kitchen when I'm looking for something to soothe myself, or for something to do, or for something that will break the monotony of everyday life - even if I'm not hungry. I wander around looking at the food, but can't bring myself to eat meat, so I wander out. I don't even know what I'm looking for, I'm just hoping to find it. It's probably not food, but it's something, and I can't fulfill the need. This truly is willpower - to walk away. I've heard it said that willpower doesn't come into play if you're eating to satiety, but let me assure you, I have had to use shear willpower plenty of times. I have been zero carb for 8 weeks now and have only taken a very few bites off plan. My last vice is coffee with cream twice a day and I am working on that, trying to determine if it's holding me up. I've moved to 1/2 caf and am only drinking 1/2 cup twice a day. I am dealing with being a bit groggy and unmotivated in response to this. However, I hope to get off of it soon. I feel like my last 8 weeks has been one big "give up". Granted, I know I'm gaining health and I'm even losing a little weight, but it's been quite tough at times. I wish it were more weight, but I know it's the right thing to do regardless...

RE: Zero Carb / Meat and Water - chris m. - 09-23-2008 12:52 PM
The last few pages have been EXTRA special. Sometimes, we need to back up and clarify a few points that seem a little harder to understand. Still I find it so much more meaningful to hear each person's experiences rather than just read the research. [I'll leave that to others much more qualified to interpret]

Thanks to all for your comments, advise, help, etc.

chris m

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RE: Zero Carb / Meat and Water - suzanneyea - 09-23-2008 12:52 PM

Quote:
My house is full of carbs...no way around that. I don't crave them and they are not a temptation, but I do smell them. Is that going to ruin my progress?

I bake bread and the smell fills the house, no problem for me. I also bake a lot of cookies and stuff, no issues. I would not worry about it.

cbnebraska,

Now, I do not want this to sound harsh, but you have not been zero carbing for 8 weeks. You have said that your husband does the cooking and puts sauces and seasonings in the meat. Plus, you have posted several times about recent social situations when you have eaten dessert and other high sugar and carb filled foods. If you eat off plan, even one bite, you cannot expect the amazing results of zero carb. The amazing results being the freedom from the emotional eating you are struggling with. If I ate the same as you, although your carb level is low, I would still be struggling with the urge to snack and munch too. I was one of the worst binge eaters and emotional eaters out there, food was my life and it was all I thought about 24-7, so I understand the emotions you guys are feeling, been there. However, on zero carb, it is all gone, like magic.

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RE: How to eat meat - Charles - 09-23-2008 12:57 PM

As I said, leave him to his delusions!

People should not be surprised that zero-carb diets don't get studied. If all the people feel weak for a few days, it seems inhumane to keep them there. Fortunately, we're out here and doing just fine. Hopefully, enough people will notice. We can't wait for the scientists to test and figure this out. Someone has to look at the epidemiology and just go for it. That's me!

Regards,

Charles

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RE: Zero Carb / Meat and Water - Richard - 09-23-2008 01:05 PM

Charles Wrote:
...4. Eat anywhere from raw to medium well, just don't overcook. ...

I remember this being mentioned (raw to medium) before but why not 'well'?
cbnebraska Wrote:
As a woman, I think we have it tougher when it comes to emotional eating. I know that insulin surges are what make us hungry, and by getting our blood sugar under control we can avoid those rushes as much as possible. But, there is more to it than just plain and simple hunger, for me at least.

I know you may not believe it, but sister, I can tell you, I had those days as well. I know very well of what you're speaking of but I also know that I no longer have those days. It's not about blood sugar at all, it's about insulin. Insulin is the key to the whole shooting match. If you are hungry then you are eating too many carbohydrates, period. I didn't believe that was true when the Bear first said it, but he's right on the money.

Coffee and things like that all affect people different ways depending on their hyperinsulinemia. There is no getting around it. The reproductive cycle and other hormones all will come to a grinding halt if insulin is out of control. If that's true, which it is, then why wouldn't insulin fluctuation cause the types of things you're describing?

Walking into the kitchen and wondering about -- those are cravings! I had those on my low-fat diet and on my low-carb diet. I know exactly what you're talking about.

Eight weeks is commendable but it is only a drop in the bucket. As Stefansson said, it takes six months to determine whether a person will be able to adapt to a zero-carb lifestyle for any appreciable amount of time. Just because you eat zero-carb does not automatically mean that your body is not still expecting them, and yours obviously is.

I've been eating zero-carb for 11 months and I feel like I am just now beginning to secrete the proper amount of insulin because I only get hungry twice a day. You get hungry far too often to think that your insulin is under control. I hate to break it down like that, but it's true.

Regards,

Charles

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RE: Zero Carb / Meat and Water - Charles - 09-23-2008 01:17 PM

Richard Wrote:
...4. Eat anywhere from raw to medium well, just don't overcook. ...
I remember this being mentioned (raw to medium)before but why not 'well'?

I think you just lose too much in the cooking process. "Well" may actually work, but I haven't read of anyone who ate their meat this way and did well. I've heard of medium-well but not well.

When people report being tired and things like that, it's usually due to not enough fat and eating too lean meat. I find that when I overcook my meat, I get this sensation.

I would not stress over this. Get yourself to true zero-carb and water and you will likely find that you come to prefer your meat a little less done. I'm not into raw, but I do prefer medium-rare whereas a year ago, I would have not said the same thing. The Bear was very astute when he said that over time it changes, and I have to agree.

Don't use that grill so much. Use the oven or a pan and keep the drippings, especially if you eat your
meat well-done. Most of the best parts are lost in the fire.

Regards,

Charles

RE: Zero Carb / Meat and Water - Richard - 09-23-2008 01:24 PM

Charles Wrote:

Richard Wrote:

...4. Eat anywhere from raw to medium well, just don't overcook. ...
I remember this being mentioned (raw to medium) before but why not 'well'?

I think you just lose too much in the cooking process. "Well" may actually work, but I haven't read of anyone who ate their meat this way and did well. I've heard of medium-well but not well.

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Don't use that grill so much. Use the oven or a pan and keep the drippings, especially if you eat your meat well-done. Most of the best parts are lost in the fire.

Regards,

Charles

I love the grill but I am moving to the electric skillet gradually.

I thought this might be the reason but I was just checking.

Thanks,

RE: For the meat and water eaters another ? - mrw549 - 09-23-2008 01:25 PM

Charles Wrote:

The more-affordable and popular medium-tier restaurants like Chili's, Applebee's, Johnny Carrino's, TGI Friday's, Ruby Tuesday's, etc, all serve steak but the portions are small compared to the amount of vegetables and grains they serve with their entree.

For most of those places I find I can order the fajitas with sour cream, hold the wrapper. Although they do seem to be adding more and more onion and bell pepper these days and less of the meat.
RE: Zero Carb / Meat and Water - suzanneyea - 09-23-2008 01:28 PM

I never use the grill, I am very anti grill, lol.

RE: For the meat and water eaters another ? - suzanneyea - 09-23-2008 01:37 PM

Careful, fajitas have a lot of added sugar in them.

RE: Zero Carb / Meat and Water - Richard - 09-23-2008 01:37 PM

suzanneyea Wrote:
I never use the grill, I am very anti grill, lol.

SMOKE, FIRE, HEAT...must be the repressed pyromaniac in me!

Actually I was brought up with grilling outside in the summer as a kid and my father and grandfather both preferred grilled meat to broiled.

Just something 'comfortable' about it.

RE: Zero Carb / Meat and Water - chiara - 09-23-2008 01:43 PM

I found myself "panicking" again today...I bought beef short ribs from Walmart that looked really fatty. I didn't even think to look at the nutritional info. When I got them home, they said 1 gram of carbs for a 4 ounce serving size. How can that be?

RE: Zero Carb / Meat and Water - abnormalslc - 09-23-2008 01:45 PM

thanks for the kind encouragement...

Question regarding sweet taste, even if artificial, triggering insulin release/hunger.

So..if one does not experience hunger after a sweet taste...diet soda for example...does that mean the insulin response does not exist for me? or am I simply good at ignoring this trigger?

RE: Zero Carb / Meat and Water - cbnebraska - 09-23-2008 01:56 PM

Okay, I guess I did cheat this past Friday, I split a piece of cheesecake with my husband at the Cheesecake Factory. He used to put bits of green peppers and onions in our burgers, and I'm sure he's used sauces that were low carb, but not no carb. I have about 3 glasses of wine a week and my coffee. The cheesecake is the only one I considered a full out "cheat", but I guess I should consider anything but plain meat without seasoning and water to be cheats. Just typing this brings me down though, so I need to re-group. Tough love sucks.

RE: Zero Carb / Meat and Water - chris m. - 09-23-2008 02:03 PM
abnormalslc Wrote:
thanks for the kind encouragement...

Question regarding sweet taste, even if artificial, triggering insulin release/hunger.

So..if one does not experience hunger after a sweet taste...diet soda for example...does that mean the insulin response does not exist for me? or am I simply good at ignoring this trigger?

You need to google "aspartame"
VERY scary stuff !!!!!!!!!!!!
chris m

RE: Zero Carb / Meat and Water - jeepifer - 09-23-2008 02:07 PM

chiara Wrote:
I found myself "panicking" again today...I bought beef short ribs from Walmart that looked really fatty. I didn't even think to look at the nutritional info. When I got them home, they said 1 gram of carbs for a 4 ounce serving size. How can that be?

What does the label list for ingredients? Are they seasoned? The only way they can have any carbs is if there's either something injected into the meat (sometimes a "solution" which usually contains preservatives or sugar) or seasoning with sugar.

I'd take them back!

RE: Zero Carb / Meat and Water - nyteez - 09-23-2008 02:23 PM

Richard Wrote:
suzannyea Wrote:
I never use the grill, I am very anti grill, lol.

SMOKE, FIRE, HEAT...must be the repressed pyromaniac in me!

Actually I was brought up with grilling outside in the summer as a kid and my father and grandfather both preferred grilled meat to broiled.

Just something 'comfortable' about it.

I love BBQing outside! We only use briquettes & wood, no gas grill here. I really like a ribeye or some fatty beef ribs where the fat is crispy, smokey, charred on the outside and the meat is rare on the inside. My meat is not on the grill long enough for the fat to drip off.😊

My second choice is the nuwave oven, I'm getting pretty good at cooking meat in that thing.

I can't stand the mess broiling makes! I don't think I do it right LOL!

cbnebraska Wrote:
I guess I should consider anything but plain meat without seasoning and water to be cheats.
Normal seasonings (herbs & stuff) are really not a problem or shouldn't be. Even The Bear uses seasonings. The amount you use is so small the carb count is negligible. I remember one Bear attacker reporting 1tbs black pepper has 3 carbs. His response "who would eat 1tbs of black pepper?!

RE: Zero Carb / Meat and Water - abnormalslc - 09-23-2008 02:23 PM

chris m. Wrote:
abnormalslc Wrote:
thanks for the kind encouragement...

Question regarding sweet taste, even if artificial, triggering insulin release/hunger.

So..if one does not experience hunger after a sweet taste...diet soda for example...does that mean the insulin response does not exist for me? or am I simply good at ignoring this trigger?

You need to google "aspartame"
VERY scary stuff !!!!!!!!!!!!!
chris m

I have looked into the hazards of aspartame....ignoring the warnings for now.....I will eventually give it up.
but there are non-aspartame diet drinks that have that sweet taste...Diet Rite for one....which I drink more of since reading the aspartame warnings.

RE: Zero Carb / Meat and Water - Linda - 09-23-2008 02:25 PM

Richard Wrote:
I love the grill but I am moving to the electric skillet gradually.

I thought this might be the reason but I was just checking.

Thanks,

I also use a George Forman grill for hamburgers, etc. I get a "grilled" feel and then pour all the fat drippings from the drip tray right back on my meat. Yum!!!

RE: Zero Carb / Meat and Water - chiara - 09-23-2008 02:33 PM

jeepifer Wrote:

What does the label list for ingredients? Are they seasoned? The only way they can have any carbs is if there's either something injected into the meat (sometimes a "solution" which usually contains preservatives or sugar) or seasoning with sugar.

I'd take them back!
Bah! The list of ingredients is beef and beef broth. What kind of game are they trying to play over there at walmart?! They're sabotaging my meat and water plan! Okay, now that that's over with, I'll try and take them back.

**RE: Zero Carb / Meat and Water - daveo - 09-23-2008 02:38 PM**

cbnebraska Wrote:
I guess I should consider anything but plain meat without seasoning and water to be cheats. Just typing this brings me down though, so I need to re-group. Tough love sucks.

I don't know about that. I would never argue that The Bear cheats or doesn't follow a zero carb lifestyle, and he drinks a cup of coffee a day, seasons his meat (spices, not salt), eats eggs, cheese, butter, and cream, and for the majority of his 50 years on zero carb, also drank wine.

**RE: Zero Carb / Meat and Water - nyteez - 09-23-2008 02:40 PM**

Quote:
Bah! The list of ingredients is beef and beef broth. What kind of game are they trying to play over there at walmart?! They're sabotaging my meat and water plan! Okay, now that that's over with, I'll try and take them back.

I don't understand why some places go to the trouble of injecting meat w/ crap. What's wrong w/ plain ol' beef?

**RE: Zero Carb / Meat and Water - MAC - 09-23-2008 02:41 PM**

nyteez Wrote:
Quote:
Bah! The list of ingredients is beef and beef broth. What kind of game are they trying to play over there at walmart?! They're sabotaging my meat and water plan! Okay, now that that's over with, I'll try and take them back.

I don't understand why some places go to the trouble of injecting meat w/ crap. What's wrong w/ plain ol' beef?

Nothing. But you can bet manufacturers believe the injected stuff sells better.

**RE: For the meat and water eaters another ? - Charles - 09-23-2008 02:43 PM**

Good point, Suzanne!

Plus, fajitas never filled me up. I have ordered double orders of fajitas in the past just to get full.

**RE: Zero Carb / Meat and Water - Fully - 09-23-2008 02:48 PM**

Charles Wrote:
This is very much like fighting an addiction. Some days will be easier than others and there will be a time where the thought of eating just makes you ill.

Just like my smoking. Now I seldom think about smoking. My husband can smoke in the car with me and it doesn't bother me.

Charles Wrote:
When eating becomes boring and almost repulsive, that's a sign that you are doing this properly.

Then I am so there. Cause I am thinking.....do I have to eat again! 😃

Charles Wrote:
If ground beef bothers a hernia, you may need to get the hernia fixed in order to be successful.

I am wondering if part of that comes from do I have to eat again and just swallowing the food without chewing it enough.

I am eating because I have too......certainly not because I want too.

Charles, how did you learn about all this and who is the "Bear" you mention?

Sorry to ask the newbie question 😃

---

RE: For the meat and water eaters another ? - nyteez - 09-23-2008 02:52 PM

I always order the prime rib. I have had very disappointing steaks in restaurants, but it is hard to mess up a prime rib and I don't cook prime rib roasts at home, so it is a treat. Prime rib is also usually priced better than the other steaks.

---

RE: Zero Carb / Meat and Water - chiara - 09-23-2008 02:53 PM

MAC Wrote:

Nothing. But you can bet manufacturers believe the injected stuff sells better.

Hmmmm. Shame on them. I only bought it because it looked fatty. Well, shame on me really because I didn't read the label. Who knew? Oh well... I'll just have a ribeye. 😃

---

RE: Zero Carb / Meat and Water - daveo - 09-23-2008 02:55 PM

nyteez Wrote:
Quote:
Bah! The list of ingredients is beef and beef broth. What kind of game are they trying to play over there at walmart?! They're sabotaging my meat and water plan! Okay, now that that's over with, I'll try and take them back

I don't understand why some places go to the trouble of injecting meat w/ crap. What's wrong w/ plain ol' beef?

Call me crazy, but they probably do it to add weight to the meat, since they charge by the pound 😃
chiara Wrote:
MAC Wrote:

Nothing. But you can bet manufacturers believe the injected stuff sells better.

Hmmmm. Shame on them. I only bought it because it looked fatty. Well, shame on me really because I didn't read the label. Who knew? Oh well... I'll just have a ribeye. 😞

And I think restaurants add sugar to EVERYTHING! Have you even eaten a plain salad and it have a sweet taste to it? Or a plain cheeseburger taste sweet?

nyteez Wrote:
daveo Wrote:
Call me crazy, but they probably do it to add weight to the meat, since they charge by the pound

That's sounds like the most sensible reason. Why else would they spend the time & money on doing this if they were not doing it to make more money. LOL!

nyteez Wrote:
I love BBQing outside! We only use briquettes & wood, no gas grill here. I really like a ribeye or some fatty beef ribs where the fat is crispy, smokey, charred on the outside and the meat is rare on the inside. My meat is not on the grill long enough for the fat to drip off. 😞

Are you my long-lost twin???

nyteez Wrote:
My second choice is the nuwave oven, I'm getting pretty good at cooking meat in that thing. I have *got* to get one of those Nuwave ovens! I shoulda bought that instead of a camera for my birthday!

chiara Wrote:
daveo Wrote:
Call me crazy, but they probably do it to add weight to the meat, since they charge by the pound 😞

I think you're right! I would boycott them, but they are the only place around me that sells anything fattier than 80/20 beef.

Charles Wrote:
abnormalslc Wrote:
thanks for the kind encouragement...

That's why we're here, big guy! 😊

Quote:
So..if one does not experience hunger after a sweet taste...diet soda for example...does that mean the insulin response does not exist for me? or am I simply good at ignoring this trigger?

The insulin response occurred when you contemplated drinking the diet soda. What prompted you to reach for it? The thought of it, sight of it? smell? cold feel? Any of these cause you to secrete insulin in anticipation of the drink. The idea here is to condition your pancreas and your body to not react to food in this way. This allows fatty acids to flow for longer periods of time which causes you to lose weight. Each experience of that diet soda by your 5 senses causes at least an anticipatory insulin response which keeps fatty acids out of circulation for 20 minutes at a time. The 20 minutes is in a normal person. Someone with hyperinsulinemia? ...........

If you were good at "ignoring the trigger" you wouldn't drink the diet soda in the first place.

Regards,

Charles

RE: Zero Carb / Meat and Water - jeepifer - 09-23-2008 03:04 PM
daveo Wrote:
Call me crazy, but they probably do it to add weight to the meat, since they charge by the pound 😊

Very good point. I bet that's it exactly. Make it weigh more... just like adding fillers to ground beef.

One of the MANY reasons I NEVER shop at Wal-Mart.

RE: Zero Carb / Meat and Water - daveo - 09-23-2008 03:05 PM

jeepifer Wrote:
nyteez Wrote:
I love BBQing outside! We only use briquettes & wood, no gas grill here. I really like a ribeye or some fatty beef ribs where the fat is crispy, smokey, charred on the outside and the meat is rare on the inside. My meat is not on the grill long enough for the fat to drip off.😊

Are you my long-lost twin???. 😐

nyteez Wrote:
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I have *got* to get one of those Nuwave ovens! I shoulde bought that instead of a camera for my birthday!

I saw an infomercial for the Nuwave oven the other day. All they kept talking about is how it cooks out all the fat and makes the food so 'healthy'. I could imagine the look of disgust they would have on their faces if I poured those grease dripping they were so proud to dispose of over my food 😛
The thing looks pretty cool. I'll have to get me one some day.

RE: Zero Carb / Meat and Water - Charles - 09-23-2008 03:07 PM

cbnebraska Wrote:
Tough love sucks.

But we do love you though! 😊

RE: Zero Carb / Meat and Water - cbnebraska - 09-23-2008 03:12 PM

Charles Wrote:
But we do love you though! 😊

Thanks! At least someone does. I'm not too keene on me right now! I need to just buckle down and "get 'er done"!

RE: Zero Carb / Meat and Water - Charles - 09-23-2008 03:14 PM

nyteez Wrote:
Normal seasonings (herbs & stuff) are really not a problem or shouldn't be. Even The Bear uses seasonings. The amount you use is so small the carb count is negligible.

You have an excellent point. However, I don't think we can be so general about it. Some people can eat things that others can't. When I used to look through the store for seasonings, it was very, very difficult to find seasonings here that did not have MSG or dextrose, or corn syrup or any other type of crappy additive. I don't know how it is there, but it's ridiculous here. BBQ sauces are really bad news. They almost always have sugar or corn syrup in them. Maybe it's just the U.S.

The point is that the carb count is irrelevant. If your body reacts to the sweetness in these ingredients, then that is enough. There is nothing special or hideous about carbs. It's our reaction to them. This is why someone can eat high carbs and another cannot. If a person only has nominal insulin resistance, they will appear to tolerate much more than someone who has it bad.

Regards,

Charles

RE: Zero Carb / Meat and Water - Charles - 09-23-2008 03:24 PM

Fully Wrote:
Charles, how did you learn about all this and who is the "Bear" you mention?

It's okay. Others know much more about Owen "the Bear" Stanley than I do so perhaps they'll chime in. I just recently read his thread that used to be on a forum before the people there just drove him away by constantly attacking everything he said. He didn't have much patience for those who disagreed.
I came to this from my readings of Stefansson (similar to the Bear) and other texts like GCBC. I haven't lived a zero-carb lifestyle as long as the Bear, but I've lost 75 pounds and I've learned a thing or two about insulin which no one seems to talk about. My only goal is to share what worked for me and hopefully a few others can find success with it and I will feel as if I have "given back" if you will.

I don't agree with everything that the Bear says, although I find him very fascinating and quite astute. I have had the benefit of Gary Taubes as a friend and e-mail partner and I think I've been exposed to some incredible science by Nobel-winning scientists that knew what they were talking about.

I think that all of these plans have to be adapted to the individual as we all come to this from very different places in our lives. Some have been obese for a long time and others haven't. That seems to make a big difference as to how easy or difficult this path will be. It's been shown in ALL the animal models that those who are the most obese have the highest levels of circulating insulin. This means that the central problem in common obesity is control of insulin.

The one thing I know is that people that eat meat and drink water do not suffer from the chronic diseases of civilization. Sure, it's possible to eat many things and have success, but I don't know anything about those methods so I leave it to those who do.

I realize that in many ways I am more strict than the Bear, but that's just the way I see it for folks with out of control insulin. I would encourage anyone to try it as the Bear does and if you have success, so be it. I feel the same way about Atkins Induction.

If you don't have success and you can't get your insulin under control, then there's always, something else.

Regards,

Charles

RE: Zero Carb / Meat and Water - abnormalslc - 09-23-2008 03:28 PM

Charles Wrote:
Quote:
So..if one does not experience hunger after a sweet taste...diet soda for example...does that mean the insulin response does not exist for me? or am I simply good at ignoring this trigger?

The insulin response occurred when you contemplated drinking the diet soda. What prompted you to reach for it? The thought of it, sight of it? smell? cold feel? Any of these cause you to secrete insulin in anticipation of the drink. The idea here is to condition your pancreas and your body to not react to food in this way. This allows fatty acids to flow for longer periods of time which causes you to lose weight. Each experience of that diet soda by your 5 senses causes at least an anticipatory insulin response which keeps fatty acids out of circulation for 20 minutes at a time. The 20 minutes is in a normal person. Someone with hyperinsulinemia? .........

If you were good at "ignoring the trigger" you wouldn't drink the diet soda in the first place.

Regards,

Charles
hmmm...never thought of it that way...I understood that AFTER having a sweet taste that you become hungry....not simply thinking sweet thoughts...

RE: Zero Carb / Meat and Water - nyteez - 09-23-2008 03:30 PM

LOL! I should have been clearer. When I say seasonings, I mean "real" food seasonings like herbs, garlic, pepper, chilies. I forgot that you can buy premade "seasonings". I don't buy anything premade because they have so much garbage in them. You never really know what is in them and I can't pronounce half the ingredients.

The only thing I buy premade is hot sauce. But now that I have some good Hot sauce recipes I don't have to buy it anymore.

RE: Zero Carb / Meat and Water - Charles - 09-23-2008 03:38 PM

abnormalslc Wrote:
hmmm...never thought of it that way...I understood that AFTER having a sweet taste that you become hungry....not simply thinking sweet thoughts...

That's why it's so hard for the obese to lose significant amounts of weight. They always have more of a "taste for the sweet" than others do. By "sweet" I don't mean just for donuts. It's always about the breads, pastas, and diet cokes. They always seem to be dieting and eating less but the weight does not go away. LeMagnen found that it was due to hyperinsulinemia which makes it very difficult for them to escape the vicious cyle.

Obviously, some tolerate diet coke and things better than others. It just seems to me that if you have a lot of weight to lose, why not just keep it clean, scale it back and lose all the weight you need to lose. When you get to where you want to be, then you can make decisions about what you want to eat and what you want to exclude.

When you get to that point, I'm pretty sure I know what you'll do, but we'll talk about it when you get there!

Regards,

Charles

RE: Zero Carb / Meat and Water - Charles - 09-23-2008 03:39 PM

nyteez Wrote:
LOL! I should have been clearer. When I say seasonings, I mean "real" food seasonings like herbs, garlic, pepper, chilies. I forgot that you can buy premade "seasonings".

It's all good. I forget that everyone doesn't live in the U.S. and shop at Wal-Mart!

Regards,
RE: Zero Carb / Meat and Water - nyteez - 09-23-2008 03:46 PM

I live in Northern California, but it is very rural. We actually have a Walmart, but the food part of walmart was voted down. It is not allowed here. We don't have 3/4 the restaurants most of the country has either! But, we do have lots of cows & butcher shops!😊

RE: Zero Carb / Meat and Water - jeepifer - 09-23-2008 03:51 PM

I only use whole seasonings, or if a blend, it's gotta have only real stuff and no sugar or additives. Yech. I threw out DH's steak seasoning and he got so angry at me, but then he admitted my seasoning blends taste better to him now anyway. LOL

RE: Zero Carb / Meat and Water - Charles - 09-23-2008 03:52 PM

nyteez Wrote:
I live in Northern California, but it is very rural. We actually have a Walmart, but the food part of walmart was voted down. It is not allowed here. We don't have 3/4 the restaurants most of the country has either! But, we do have lots of cows & butcher shops!😊

Must be nice! 😃

RE: Zero Carb / Meat and Water - Charles - 09-23-2008 03:56 PM

Like I said before, I think people should be able to eat all sorts of things but depending on the individual situation, it just isn't possible for everyone. I should be able to enjoy eggs and I'm sure I could if I chose to have them. I found better success without them. I never acquired the taste for coffee despite being in the Navy where everyone drinks it. I found the taste to be bitter and I feel the same about dark chocolate. All of these things are learned behaviors. If I drank or ate enough of them, perhaps I would feel differently.

My thing is, keep it clean and get to where you want to go, if possible. Once you get there, you have the freedom and the ability to do anything you want. I don't feel deprived at all. I feel like I could have anything and I would be just fine. I don't because I choose not to. That's real power in my mind. Having the ability to just say no without any compulsion.

True Freedom!

RE: Zero Carb / Meat and Water - nyteez - 09-23-2008 04:26 PM

Quote:
My thing is, keep it clean and get to where you want to go, if possible. Once you get there, you have the freedom and the ability to do anything you want. I don't feel deprived at all. I feel like I could have anything and I would be just fine. I don't because I choose not to. That's real power in my mind. Having the ability to just say no without any compulsion.
True Freedom!

It really is true freedom, and I think that is what I like most about this WOE. I am finally free! I was always a prisoner of food, when was I gonna eat, what was I gonna eat, what am I allowed to eat, how often should I eat, what kind of food is there going to be at the party or the wedding. My life revolved around food. Now, I don't even think about it. I know I can eat whatever I want and just return to zero carb the next day, I just don't have the desire to.

RE: Zero Carb / Meat and Water - southern-dahlin - 09-23-2008 04:49 PM

nyteez Wrote:
Quote:
My thing is, keep it clean and get to where you want to go, if possible. Once you get there, you have the freedom and the ability to do anything you want. I don't feel deprived at all. I feel like I could have anything and I would be just fine. I don't because I choose not to. That's real power in my mind. Having the ability to just say no without any compulsion.

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I cannot imagine me evah feeling like that..but I am trying so hard to have hope . I am just afraid after doing kimmers . I am afraid to explain how I feel because I am afraid someone will be angry with me.

RE: Zero Carb / Meat and Water - LindaSue - 09-23-2008 05:01 PM

cbnebraska, please stop beating yourself up. For goodness sake, seasoning your meat is not "cheating". Even eating a few carbs now and then isn't cheating. Well, maybe the cheesecake was cheating but you knew that, LOL.

nyteez Wrote:
I don't understand why some places go to the trouble of injecting meat w/ crap. What's wrong w/ plain ol' beef?
Meat weighs more when it's plumped up with broth and "solutions". You get to pay more for less actual meat that way.

daveo Wrote:
I saw an infomercial for the Nuwave oven the other day. All they kept talking about is how it cooks out all the fat and makes the food so 'healthy'. I could imagine the look of disgust they would have on their faces if I poured those grease drippings they were so proud to dispose of over my food

I saw that too and nearly cried. What killed me is when they claimed that people lowered their cholesterol and were preventing diabetes by draining off all of that fat.
southern-dahlin Wrote:
I cannot imagine me evah feeling like that..but I am trying so hard to have hope .
I am just afraid after doing kimmers . I am afraid to explain how I feel because I am afraid someone will be angry with me.

Oh honey, we'd never get angry with you! Or pretend to be a Russian bride, or anything like that.

I'm not zero-carb yet, working my way there, but I am getting bored with my food and really don't care to eat. 😊A good sign! For me it's a matter of getting off the condiments. I love ketchup and HP sauce. Oh, and the diet soda. I don't drink a lot of it, but I average about one a day. Not a huge deal IMO, but I'd prefer not to want one at all.

I am going back to the gym this week too, finally, and I ordered a body fat analyzer thingy that I think should be fun. I'm slim, but I'm fat/slim, if you know what I mean.

cbnebraska,
Do not get down on yourself! I worried when I wrote that to you, it would be too harsh. I know you struggle a lot with how to make the necessary lifestyle changes. You have a lot more to deal with than just yourself, you have to keep your marriage working too. I know your husband is not ready for all the changes you want to make and that is certainly not a fun place to be. I know, I am married and totally understand the fine balance of making changes in our lives that our husbands do not agree with. Making the change to VLC can be tough enough, but you have someone trying to block your path at the same time.
You are the one who knows what is best for your life, not me or anyone else on this board. I can only offer my opinion and my advice and I only know what works for me. In reality, we do not know much about other people on the board and their lives and private struggles. You are a strong woman, you compete in athletic events that blow my mind. Give yourself credit for the amazing things you do in life instead of focusing on the little things you do not like.

Thanks, Suzanne. You weren't too harsh, it's the truth. I see it that I've been zero carb for 8 weeks, but really, I've had two sugar slip ups and then the coffee and the wine, plus whatever little bits I've gotten in seasonings. My weight hasn't budged a bit besides normal fluctuations since the first 2 weeks. That's frustrating to me. I have always been a perfectionist in many areas of my life and it is a struggle when I can't meet my own expectations. However, I do need to lighten up on myself. I'm sure many people who post here are hard on themselves as well. The line between success and failure seems so clear cut, so black and white with this WOE. No gray areas.... That's rough on a perfectionist. Ha ha! On the flip side, my job is a bit boring right now, I'm not real motivated in the gym and I'm not feeling really challenged intellectually in any aspect either. That makes success on the eating front more a focus for some reason. Hmmm.... Just typing this is a bit of a catharsis.

Good morning to all, BTW.
Charles Wrote:
There are some high-medium steakhouse chains like Outback, Texas, and Texas Roadhouse, which offer good steaks at a somewhat reasonable price but this pales in comparison to going to a supermarket and just buying your own.

BUYING your own? Supermarkets are for wussies!

The Only Good Yak Is A Stir Fried Yak

Ogg,
Do you mind introducing yourself a bit? Maybe I am just not understanding your humor.

RE: Zero Carb / Meat and Water - Nicola - 09-24-2008 05:25 AM

ebnebraska you know how I feel lost and think "what am I doing or will this or that work or emotional or many other human ups and downs"...and swimming is like meat and water! Just go and do 1 km, wash off all the rubbish (like you wash clothes) and you feel as if you understand things and life.

Water will hold you and clean your mind; you just do it and soon you need it like meat and water!

Nicola

RE: For the meat and water eaters another ? - Ogg - 09-24-2008 05:50 AM

HI. Couldn't find an INtro or Newbie Introductions thread, sorry.

I'm not being humorous. Health is serious business!

RE: Zero Carb / Meat and Water - chris m. - 09-24-2008 06:07 AM

The responce to some of these issues has been great!!
It is starting to come down to a will-power thing.
You KNOW what you should do but doing it is another thing.
I think for so many years we have conditioned ourselves to "food is a party" Birthdays, anniversaries, weddings, funerals for goodness sakes! Let's go out to eat!! commercials on t.v. !

Now we know that food is just fuel for the body [no more - no less]
Just like breath air - drink water.
Air doesn't have to smell a certain way or water HAVE to be flavored a certain way!!

I think this is the best revelation I have from this thread [not only the science behind it which is "legion" here] but the psychology of why we do what we do - the cravings and feelings of hunger -
what sets these things off and how to over-come it!!

The anecdotal comments are priceless [ Cynthia wandering thru the kitchen - not hungry just want something] This is real life FOLKS and we all struggle with these things. How you all help each other is what is priceless!!
Chris m

RE: Zero Carb / Meat and Water - cbnebraska - 09-24-2008 06:07 AM

Well, that's an interesting perspective. I haven't swam since my last triathlon, so maybe I should try jumping in and cleansing off a little! Certainly can't hurt. Thanks for the support!

RE: For the meat and water eaters another ? - suzannevea - 09-24-2008 06:23 AM

So, introduce yourself here. I just cannot get a read on you and your intentions. But, so far I am leaning towards you being rude. Hope you can clarify my impression.

RE: For the meat and water eaters another ? - Ogg - 09-24-2008 06:25 AM

Wow, no intention of being rude. Just trying to participate like everybody else. What sort of introduction is required? Are there some samples somewhere on this board? Like I said, I couldn't find the Newbie or Introductions thread. Just point me in the right direction and I'll head on over there in a jiff.

RE: For the meat and water eaters another ? - suzannevea - 09-24-2008 06:29 AM

Quote:
So, introduce yourself here.
I believe I did point you in the right direction, very clearly. This is pretty much your last chance with me. Stop playing games or move on. This is childish.

RE: For the meat and water eaters another ? - Ogg - 09-24-2008 06:36 AM

You have got to be kidding. I'm asking where is the place where new members post their Intros. In case you didn't notice, this board doesn't have a SEARCH feature. So where is YOUR intro? That will give me some idea of what sort of thing I'm supposed to post. If you aren't going to help then why the hassle? You want me to post an Intro HERE in a forum that's not an intro forum, it's a meat and water diet forum? Fine. Here ya go. I'm a recovering fatty, into bodybuilding, as is my lovely wife and our kids. We travel extensively, mostly in Siberia, Tibet, Eastern Europe, Scotland, and Texas, which is our home base. I am a published author on the subjects of ancient history, world cultures, and exotic cuisine, and my wife teaches English wherever we travel. After reading about the Yak Diet, I have cut all carbs and vegetation from my way of eating, resulting in tremendous vibrant healthiness as well as loss of two hundred and forty seven pounds. Which I have KEPT off for going on four months now. Now, who are you and why are you being so rude.

RE: How to eat meat - Ogg - 09-24-2008 06:53 AM
nyteez Wrote:
In California we recently had e coli or samanella (I forget) outbreaks from tomatoes and then Jalapenos! Does this mean we shouldn't eat raw vegies?

EXACTLY

RE: For the meat and water eaters another? - Jimmy Moore - 09-24-2008 07:18 AM

THANKS for being here, Ogg. If you would like to introduce yourself and start your own personal journal to talk about how you eat, then start a "New Thread" in the Personal Journals section. Here's the link:


It's great to have you here at my forum. WELCOME! 😊

RE: For the meat and water eaters another? - Ogg - 09-24-2008 07:20 AM

THANK YOU MR. MOORE NOW THAT IS THE KIND OF FRIENDLY WELCOME I WAS TOLD TO EXPECT HERE AND I APPLAUD YOU FOR LIVING UP TO YOUR REPUTATION FOR FRIENDLINESS. TOO BAD ONE PERSON HERE DECIDED TO BE RUDE.

sincerely,
Brian

RE: Zero Carb / Meat and Water - FormerDonutJunkie - 09-24-2008 07:23 AM

chris m. Wrote:
The response to some of these issues has been great!!

It is starting to come down to a will-power thing.
You KNOW what you should do but doing it is another thing.
I think for so many years we have conditioned ourselves to "food is a party" Birthdays, anniversaries, weddings, funerals for goodness sakes! Let's go out to eat!! commercials on t.v. !!

Now we know that food is just fuel for the body [no more - no less]
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I think this is the best revelation I have from this thread [not only the science behind it which is "legion" here] but the psychology of why we do what we do - the cravings and feelings of hunger - what sets these things off and how to over-come it!!

The anecdotal comments are priceless [ Cynthia wandering thru the kitchen - not hungry just want something] This is real life FOLKS and we all struggle with these things. How you all help each other is what is priceless!!

Chris m

Chris, I totally agree that LLVLC is a great learning and support tool, and this ZC/Meat&Water thread
has tons of life changing info. I've followed it from the beginning and it has helped me tremendously.

You mentioned that "it comes down to the will power thing". That used to be my way of thinking as well. But once I went VLC willpower doesn't seem to be a real issue anymore. For me, the willpower was what I thought I needed to control the cravings, but that wasn't necessarily true. The cravings are practically non-existent on VLC and those who are ZC will tell you they are completely gone!

In addition, another valuable bit of info that really helped me on LC was from Dr. Stephen Gullo, author of "The Thin Commandments Diet". The First Commandment is, "Strategy is Stronger Than Willpower". "The winners at weight control do not have more willpower than those who fail - they have more strategies." And then the next nine commandments are the strategies. Some of us did a discussion/summary of his book on the old board and Linda Sue reposted the thread here if you'd like to look at it.

But like I've said other places on this board, once I eliminated most of the so called 'allowable' LC foods from my diet and went VLC it seemed that willpower, which never worked for me anyway, was no longer a real issue. I never dreamed I'd see a day that cravings weren't a part of my personal food battle. But those days have become a reality with VLC.

**RE: How to eat meat - cbmarie - 09-24-2008 07:26 AM**

As I said before, raw is not for me - I do cook all of my meat to medium and pork to well done. Even though most pork in this country is safe, trichinosis is not something I ever want to deal with, or any intestinal parasite. My one bout with pinworms as a young child - probably eating mudpies - was enough for me.

My brother is married to a lady from Japan who is a fantastic cook. He eats raw fish - sushi- quite often and loves it. Much of the problem as was mentioned earlier is in the handling of the meat or fish.

**RE: How to eat meat - Ogg - 09-24-2008 07:32 AM**

cbmarie Wrote:

My brother is married to a lady from Japan who is a fantastic cook. He eats raw fish - sushi- quite often and loves it. Much of the problem as was mentioned earlier is in the handling of the meat or fish.

Not to argue but exotic cuisine is one of the topics upon which I have lectured professionally and have studied in many areas of the world through travel with my wife and kids.

The raw fish is actually termed sashimi, while sushi refers to the rice or more accurately the soured rice. Most of the time however when people say sushi they are speaking of the end result which is served -- i.e., the sour rice wrapped around various food items and then finished for presentation with sea vegetable.

Which reminds me -- I am hungry! 😊

**RE: Zero Carb / Meat and Water - chiara - 09-24-2008 08:01 AM**

chris m. Wrote:
I think for so many years we have conditioned ourselves to "food is a party" Birthdays, anniversaries, weddings, funerals for goodness sakes! Let's go out to eat!! commercials on t.v. !

I can't even begin to tell you how much I relate to that. For my birthday, every year, part of my gift was my parents would take me out to eat wherever I wanted to go. Even when I got too old for that, going out to eat became such an important part of my birthday.

Someone once told me, "eat to live, don't live to eat".

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**RE: Zero Carb / Meat and Water - cbnebraska - 09-24-2008 08:08 AM**

I have a bit of a different opinion. I can wander into the kitchen **not the least bit hungry** and be tempted to put something into my mouth just for sensory input. Honestly, I can be staring at something carby and think "that won't even taste good", but have the desire to **feel or taste** something, anything at that moment other than the boredom or bluness that I'm feeling. Deciding not to put it in my mouth is pure and simple willpower - or good decision making - or strategy -or whatever you want to call it. But it is not hunger or a craving for food. It's a craving for something other than whatever is going on right at that moment in time. It took me years to figure out a strategy that works, and sometimes it does and sometimes it doesn't -if time constraints are an issue. My "strategy" is to go up to my bedroom and read. I LOVE to read. I love to learn and it takes my mind off of the laundry I should be doing, the lack of motivation to move on to the next task or whatever needs to happen next in the day to day process of life. It provides me some sort of input and breaks my thought patterns.

Now, this makes me sound like I'm in some sort of a depression, but really, I'm not. I simply have short periods of time where life isn't throwing enough at me to keep me hoppin'. I need to be kept busy, but I am not a great initiator in a lot of ways. I'm the type that will come up with great ideas, but I want someone to do them with me. Just like everyone else, my motivation waxes and wanes, so getting through those periods of low motivation or low creativity, whatever you want to call it, can be rough. So, call it a strategy or willpower, or whatever you will, but it is not the same as an actual food craving.

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**RE: Zero Carb / Meat and Water - caroline - 09-24-2008 09:11 AM**

CBNebraska,

Thanks for your post. I don't think you sound "depressed" at all. Yes, there is the insulin component. But I am much more interested in the emotional component. What makes us want to eat in the first place? What makes us want a little "boost?" While changing our diets improves health in every way, you are not freed from the basic problems of human nature. Maybe you don't eat, but then you shop, or you watch t.v., etc.

So I think you are dealing with a much larger issue. I agree that removing all these foods that were my "go-to guys" when I was bored, mad, sad, etc., has made life easier in that I don't binge eat. Now my feelings come out loud and clear--a little too loud and clear for my comfort sometimes. I think you are really smart to investigate what's behind the food thoughts, apart from insulin.

p.s About your "cheesecake" slip, if you can use these opportunities (as you obviously do) to further your insight, then you have gained something essential.

Thanks for being so candid about your struggles that I am certain, many others, relate to.
cbnebraska Wrote:
I have a bit of a different opinion. I can wander into the kitchen not the least bit hungry and be tempted to put something into my mouth just for sensory input.

I totally get that.

southern-dahlin Wrote:
I cannot imagine me evah feeling like that..but I am trying so hard to have hope . I am just afraid after doing kimmers . I am afraid to explain how I feel because I am afraid someone will be angry with me.

Don't be afraid. I'd love to hear about your experience with that plan. I actually think there were some aspects of it that were okay and obviously there were some that were not okay. I've never been one to throw out the baby with the bathwater, if there happened to be a baby, that is.

Don't worry, we won't be mad at you.

Regards,
Charles

FormerDonutJunkie Wrote:
You mentioned that "it comes down to the will power thing". That used to be my way of thinking as well. But once I went VLC willpower doesn't seem to be a real issue anymore. For me, the willpower was what I thought I needed to control the cravings, but that wasn't necessarily true. The cravings are practically non-existent on VLC and those who are ZC will tell you they are completely gone!

Thanks for posting this and I can totally agree with it. I certainly do not have willpower. My wife does. She can eat two pieces from a chocolate bar and put the rest in the refrigerator for a month and it not bother her. I have to eat the entire thing right now. Not only that, but I'm thinking of when I'll go and get the next one.

For me, I had to eliminate them, but it was more about strategy than willpower. If I eat a big beefsteak with extra fat, you cannot tempt me with any other food under the sun, plain and simple. There is no willpower there, it's just that I am not at all hungry.

It helps me to think about the physiology involved sometimes. Insulin is so powerful that it recruits your central nervous system, your hypothalmus, your blood pressure, and many other systems to make you hungry. It removes all nutrients from your bloodstream which instantly makes you have more room for food that you otherwise would not eat. That should inform us that the problem is more related to physiology than it is to our mental state. There are people who make enormous sums of money based on the belief that those who overeat are only being led by their gluttony and sloth. They have people
feelling guilty and scared to eat. They think that if they eat or don't work out, they'll automatically become fat.

This is a major travesty and it's surprising that all of us aren't fat if that's all it takes to get there. You must remind yourself often that you did not become overweight because you ate too much and didn't run a marathon. That's complete and utter garbage. You simply ate the wrong foods which caused your insulin to rise and remain elevated for inordinate periods of time. This is the cause of all the chronic diseases of civilization and obesity is just one of many symptoms.

You have an opportunity to make a few hard choices and reverse the damage that you inflicted upon your body. Your mind is perfectly fine and healthy. There is nothing deficient in you or your mental state. Develop a strategy and overcome the obstacles. You can do it!

Regards,

Charles

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RE: Zero Carb / Meat and Water - jeepifer - 09-24-2008 12:34 PM

I find a lot of what I crave is kind of like remembered actions. For example, eating popcorn during a movie.

Or, like today I met DH at a Mexican restaurant. I walked in and told him to keep me away from the chips. I didn't *really* want them, but from numerous times in history I remembered munching on them with salsa before the meal. I ordered the beef fajitas, sans beans/rice, and ate the beef. I was fine without those chips. But at first it felt odd not to have them, you know?

It's something like reprogramming habits. I saw a great quote once that said:

"Habits are first cobwebs, then become cables."

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RE: Zero Carb / Meat and Water - Charles - 09-24-2008 12:57 PM

cbnebraska Wrote:
I have a bit of a different opinion. I can wander into the kitchen **not the least bit hungry** and be tempted to put something into my mouth just for sensory input. Honestly, I can be staring at something carby and think "that won't even taste good", but have the desire to **feel or taste** something, anything at that moment other than the boredom or blahness that I'm feeling.

Okay, when I say "craving" I'm not at all just talking about the issue of wanting something to eat. I really get it. **I have done this very thing myself.** I'm telling you that this is not natural. The mental reason why we put something in our mouth is very irrelevant. There is a reason why boredom and blahness can be ameliorated by putting something in your mouth, no matter what it is.

If we'll all remember back to the high-carb days, when you ate a restaurant and finished your entree, that waiter would come by and offer you desert. If you thought about it, you were stuffed and you generally said, no, thanks. Then, you would see desert walking by on a tray and you then decided to have some. Even though you were stuffed, you found a way to get a piece of pie or cake down.

Oh sure, you could develop strategies and willpower to overcome this situation, but this is not the same
as having your insulin under control. You shouldn't have to contemplate reading or some activity to keep from putting something in your mouth. It's not about strategies or willpower. When you get it together, you won't need either. You just will have no inclination to eat unless you are hungry.

If you understood what I've written about insulin then you understand why the situation becomes mental. Your pancreas already knows that you're not going to be adding any sugar; but the insulin is already out there and has cleared your bloodstream and initiated the eating process at a time when you should be satiated. At this point, it is trying to balance your blood sugar not your stomach. It could care less about your stomach. This issue affects your nervous system on so many levels.

There are many on this forum who have zero-carbed for a period of time and they can attest to the fact that you will not do this anymore when your insulin is under control. These folks who are just getting started for a few weeks or even a couple of months really have no idea of how calming insulin control really is.

I've been doing this for close to a year now and only recently have I begun to feel completely in control. I used to go to Golden Corral and feel powerless before the cheesecake. After a while, I was okay with the deserts, but I couldn't resist some of the saucy meat and things. I would be nervous if someone in my family wanted to go there because I knew I would have to overcome my desire for desert or something.

Now, I can go there and only eat the steak and drink water. Not only that, but it's the only thing there that I remotely want. There is no more willpower or strategies to avoid certain things. The other things simply don't exist even though everyone else around me is enjoying them.

It took almost a year of zero-carb to get to this stage. Trust me, I understand what many of you are saying, but you have to know that it really does take time to reverse this. It's all going to feel emotional until it isn't anymore.

When that day comes, you'll come on here to tell me how you finally understand. You'll finally understand what true freedom feels like.

Regards,

Charles

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RE: Zero Carb / Meat and Water - daveo - 09-24-2008 01:13 PM

Charles Wrote:
Okay, when I say "craving" I'm not at all just talking about the issue of wanting something to eat. I really get it. I have done this very thing myself. I'm telling you that this is not natural. The mental reason why we put something in our mouth is very irrelevant. There is a reason why boredom and blahness can be ameliorated by putting something in your mouth, no matter what it is.

I agree 100% with you Charles. The truth is, eating this way isn't boring OR entertaining to me. It's just eating. Someone once said "eat to love, don't love to eat". I know what they were talking about now. I watched my wife eat a big slice of what was my favorite pie in the world last night and I wasn't remotely interested. There is nothing that tempts me anymore, even if it tastes good it isn't at all worth sacrificing the well-being I have found.
Interesting topic,

I had eaten a LOT of my beef completely RAW for about 20 years (yep, I was about 5 or 6 when I started eating it like this), I LOVED raw beef, I also learned to LOVE raw salmon (wild, of course) and I would also eat undercooked duck and chicken, but NEVER pork.

Interestingly enough I never got food poisoning or blatantly unpleasant symptoms.

However....

last month I was doing my first attempt at a cleansing of my system and I... came across a rather UNpleasant surprise while flushing my system out....

a tapeworm piece...

about 4 inches long and oh, yes, I know that's what it was for sure. It was the head end with the segments clearly defined as well.

Needless to say, I do not eat raw meat any longer and any plant's I DO eat I clean with H2O2 to destroy any baddies if I plan to eat the plant raw.

I am thoroughly disgusted and since then I have gotten rid of many of what my husband calls "The Foreign Legion" (what a peach he is, huh?). My metabolism runs far more smoothly now, and my allergies are also disappearing along with my cravings and mood swings.

I cook my beef to 140 now (even though I miss the taste of raw beef) and cook my other meats as well.

RE: Zero Carb / Meat and Water - cbnebraska - 09-24-2008 02:03 PM

I guess I'll just have to hope you are right. Hopefully, the boredom or desire for a change of pace or need for sensory input that brings me to contemplate food I'm not really hungry for and doesn't even look good to me will go away over time.

Another question. If the anticipation of food causes an insulin surge, does this same thing happen with the big juicy steak I'm contemplating as it's cooking? My mouth begins to water and my desire to eat it gets incredibly strong. Now this feeling is one I'd call more a craving. Right now, I am hungry. I am not at home and will not be getting to eat for another few hours. I know that I won't die, but I'm still hungry and I'm still thinking about my dinner and hoping the 2 hours pass quickly.

Does the surge only come with the anticipation of something sweet or carby? Why not with the meat?

RE: Zero Carb / Meat and Water - FormerDonutJunkie - 09-24-2008 02:10 PM

Charles Wrote:
You must remind yourself often that you did not become overweight because you ate too much and didn't run a marathon. That's complete and utter garbage. You simply ate the wrong foods which caused your insulin to rise and remain elevated for inordinate periods of time. This is the cause of all the chronic diseases of civilization and obesity is just one of many symptoms.
In my pre-LC days I ate everything I eat now on VLC, meat, eggs, cheese, water and coffee. But on top of that I ate donuts, pies, cakes, pastries, ice cream, cornbread, biscuits, french fries, etc, etc. I've lost 53 pounds and I haven't exercised at all. My activity level has remained the same; primarily work related as a plumber. The only difference is the foods I ate prior to LC caused insulin to rise and stay high most of the time. I can truthfully say that my weight loss is not due to exercise, but trashing the carbs!

RE: Zero Carb / Meat and Water - Charles - 09-24-2008 02:12 PM

cbnebraska Wrote:
Another question. If the anticipation of food causes an insulin surge, does this same thing happen with the big juicy steak I'm contemplating as it's cooking?

This is about the only time you get hungry when your insulin is under control. The Bear mentions this as well. There is an old saying that says "the appetite comes while eating" which means that the hunger is felt most acutely at the beginning of the meal. After a few bites, the hunger goes way down. Thus, food is never as good as the contemplation of it is.

By this logic, palatability is a learned response to the pattern of insulin secretion and the availability of fatty acids and/or glucose in the circulation.

Cynthia Wrote:
Does the surge only come with the anticipation of something sweet or carby? Why not with the meat?

It does come with meat. Insulin is perfectly natural and normal. What is abnormal is to secrete between meals (or at a time you should be sated) and for insulin to stay in circulation so long as it does in those with hyperinsulinemia. It's normal to see a decadent piece of food and have a craving, but this should go away pretty quickly and you should go back to business as usual. Some people can't get back to business so quickly and this affects their ability to lose weight.

Regards,

Charles

RE: Zero Carb / Meat and Water - MAC - 09-24-2008 02:34 PM

Charles Wrote:
There is an old saying that says "the appetite comes while eating" which means that the hunger is felt most acutely at the beginning of the meal.

This is the Phase I insulin response to smelling or tasting or thinking about or anticipating food. The insulin released during Phase I clears the bloodstream, so you get hungry as soon as you start eating. Hence the phrase which Charles quoted, "The appetite comes while eating". They just didn't know specifically that it was an effect of Phase I insulin release but they knew how it affected them.

RE: Zero Carb / Meat and Water - PatTee - 09-24-2008 02:44 PM

Charles Wrote:
It does come with meat. Insulin is perfectly natural and normal. What is abnormal is to secrete between meals (or at a time you should be sated) and for insulin to stay in circulation so long as it does in those with hyperinsulinemia. It's normal to see a decadent piece of food and have a craving, but this should go away pretty quickly and you should go back to business as usual. Some people can't get back to business so quickly and this affects their ability to lose weight.

Regards,

Charles

I found this out for myself this past week. I have been doing very low to zero carbs - low carbs including eggs and cheese only. Not much of either one, except for 2 days last week - overdid the cheese and eggs. Anyway - I made a small pot of coffee (yes I also do coffee- black) and decided to make a french vanilla and added ground all spice, nutmeg and cinnamon (first time for flavored coffee since I started). While it tasted really good - my body's response to having that large cup was to want food all day!! I craved food all day and was really hard pressed to stay within my LC - but did. By the next morning I was no longer feeling that. It did not go away quickly for me, so needless to say, that's the last time I put myself through that!! I did not like having that feeling. It was so out of control.

RE: Zero Carb / Meat and Water - PatTee - 09-24-2008 04:25 PM

Since I have been on VLC and most days zero, I have felt sooo much better than I've felt in a really, really long time.
I'm learning to listen to my system and can actually see myself eating like this for the rest of my life. Which is quite a statement for me. At this point, I don't know if I can pick one meat and stay with it as Charles says. For right now, I like to include fish with a variety of meat. Maybe that will come with time.
As a KK survivor, I found this way of eating lots easier and more satisfying than allowing myself more carbs and choices on other W'sOE. I was also very strict for 4 months while there. Anyway - I found that I gain with veggies. The cravings are hard to stem also. I have no cravings now, only when I had the flavored coffee, LOL!
I've lost 5" or more and one size down, since doing the VLC/Zero, the weight however, comes off very slowly. I'm sticking with it and I have faith that it will eventually come down too.

RE: Zero Carb / Meat and Water - Charles - 09-24-2008 05:39 PM

For clarity's sake, I really don't have a problem with a wide variety of meat. My advice to find one meat and eat it was more for those who have a lot of weight to lose and they want the quickest path. Very difficult? Absolutely, but you'll be surprised what people will endure when they want something bad enough. Some people spend thousands of dollars to lose weight and others only have to eat meat and drink water.

Regards,

Charles

RE: Zero Carb / Meat and Water - chiara - 09-24-2008 05:49 PM

Charles Wrote:
Some people spend thousands of dollars to lose weight and others only have to eat meat and drink water.

I would much rather eat meat over having some kind of surgery! 😊

RE: Zero Carb / Meat and Water - nyteez - 09-24-2008 05:58 PM

Cynthia - I am so glad you were candid enough to bring your experiences and thoughts here. 8 weeks seems like a long time, but it really isn't with zero carb. It took me 2 months of VLC and about 4 months of zero carb to get to the point of not wandering into the kitchen for "something". Yes, I did it too.

The Bear mentions if people can make it to 6 months on zero carb, they are more likely to stay with it. 6 months is a long time to stay with a diet when you may not be seeing significant weight loss. But after 6 months you really do begin to see things more clearly.

I am so glad Suzanna is here to verify women can do this too. Before Suzanna showed up there were no women who were successful or there were women who were struggling with this WOE and blaming it on female hormones. Suzanna is proof this can and does work for women too.😊

RE: Zero Carb / Meat and Water - caroline - 09-24-2008 06:07 PM

Not to be devils advocate, but our Suzanne is not over 40. It can change things a bit when you hit 40 and up. Now I realize this is a broad generalization, but hormones can certainly give people the run-around, so I think we need to take each person as an individual. Perhaps others can follow in their path, but alternatively, there may be other things coming to pass besides "cravings" brought on by emotion.

RE: Zero Carb / Meat and Water - caroline - 09-24-2008 06:10 PM

Suzanne,

I am by no means lessening your triumph--and it is a triumph to be able to have the freedom that Charles speaks of. I have found this too, having a very similar background to you with the bingeing.

But I think that we are all so different that there is no way for even the best science to guarantee that one size will fit all. Even if it is something as beneficial as zero carb.

RE: Zero Carb / Meat and Water - PatTee - 09-24-2008 06:30 PM

Charles Wrote:

For clarity's sake, I really don't have a problem with a wide variety of meat. My advice to find one meat and eat it was more for those who have a lot of weight to lose and they want the quickest path. Very difficult? Absolutely, but you'll be surprised what people will endure when they want something bad enough. Some people spend thousands of dollars to lose weight and others only have to eat meat and drink water.

Regards,

Charles
My mistake Charles. I know that it is doable, I am not surprised - when on KK I ate nothing but chix cutlets then 1 type of fresh fish for 4 months straight. No added fats whatsoever. I adhered to the plan - 300- 500 cals. a day, I'm ashamed now to say. Yes I lost very quickly ( not the best way) - and also the hair on my head, muscle mass and kidney, gallbladder problems, palpitations - all of which I am trying like the dickens to not repeat. That- life long / long time desperation has left me - lose at any cost - that's where I was! I make sure now, that I have enough fats in or added to my meats. So if it is slower, it is slower - I also want to be alive to enjoy a thinner me. That's why I am here.
I have cousins that have had bariatric surgery - one successfully over time although she still eats next to nothing - the other gained back more than before the surgery.
I looked into it seriously and after my DH's office coworker ( at 35 yrs. of age) died after the surgery from sepsis from a surgically nicked colon, I absolutely chickened out.
So all this has lead me here. At 57 yrs. of age - still trying to figure out just what is right for me - sad that I was never able to get it before - but I'm close very close to knowing just what IS right for me. 😞

RE: Zero Carb / Meat and Water - nyteez - 09-24-2008 06:32 PM

Well, I am almost 42 and have had no issues with hormones or changes in my body or mood since I can remember. I honestly think female hormones are overrated and definitely to quick to blame for weight issues.

Quote:
Not to be devils advocate, but our Suzanne is not over 40. It can change things a bit when you hit 40 and up. Now I realize this is a broad generalization, but hormones can certainly give people the run-around, so I think we need to take each person as an individual. Perhaps others can follow in their path, but alternatively, there may be other things coming to pass besides "cravings" brought on by emotion.

Wow, this is the attitude that makes women want to give up!

RE: Zero Carb / Meat and Water - cbnebraska - 09-24-2008 06:47 PM

nyteez Wrote:
Well, I am almost 42 and have had no issues with hormones or changes in my body or mood since I can remember. I honestly think female hormones are overrated and definitely to quick to blame for weight issues.

You will know when it happens, trust me. I was on the pill the majority of my reproductive life and it handles a lot of the hormonal issues in and of itself. When I started having trouble with it, I had to go off and boy did the s__ hit the fan then! I would have gladly stayed on it until I hit menopause, but it was messing with my cycles. I've read it helps to handle the symptoms quite nicely.

You very well may be one of the lucky ones that doesn't get hit with it, but believe me, it is real for many of us. The age that it kicks in can vary from late 30's to early 50's, so you may not have gotten there yet either. I am only 40 but I am already suffering sporadic cyles, hormonal breakouts, heart palpitations, extreme fatigue and moodiness. I have NEVER suffered so much as a PMS symptom - besides cramping - until now. I would much rather NOT have something to "blame" it on, because I would feel much more in control, but I have gone so far as to track all the things I stated above on my calendar and there are definite patterns.
Just my experiences.

RE: starting meat and eggs today - kacey - 09-25-2008 02:08 AM

Hi there - How is everyone doing? I am hanging in there. It is almost 2 weeks now. I've managed to lose ONE POUND - which is depressing, but I'm not depressed about it (does that make sense?). I've skipped the eggs now all week which doesn't seem to hurt or help much (in terms of cravings or being full). I seem to have some residual, 'small stomach', problems left from liquid dieting. I cannot seem to get down more than 3 ounces of meat at a time. I want more a few hours later but my body just can't take more than that at any one time. Weirdest of all - I have, for the last 5 days, been sleeping like 12 - 14 hours a day!! What is with that? I'm a 7 hr a night person. Anyway - I'm just giving my body some time to adapt.

No real cravings but I've yet to experience the burst of energy that everyone talks about. I'm keen to get there!

So basically, I'm on around 65 - 70% fat, 1- 2% carbs (from the eggs or the cheese or a cup of tea), and rest protein. I'm putting some coconut oil in my tea (1 tsp one or two times a day). Not much else. Primarily either beef or fatty pork.

Just wanted to see if everyone else is hanging in there. I'll say this - it is easy NOT to cheat! 😊 So - I'm going for week 3 now!

Kacey

RE: For the meat and water eaters another ? - kacey - 09-25-2008 02:38 AM

Hi - I posted some questions about traveling in another thread (primarily about what do you take along) - but I think that it relates here also. I travel frequently. Last year, I had to take a sudden trip to China for 2 weeks. I had, at that point, been doing Atkins Induction (20 carbs or less) for 6 months. In China, well, let's say you can order whatever you'd like - but you are going to get mainly noodles, noodles, or rice. Teeny little pieces of meat (very fatty though) and not much veg either (all boiled).

I was deathly ill for a week. I thought it was the 'Chinese' food. It was the noodles.

How do I know? I had a planned trip to Mexico for holiday. Remote areas. I had some choices of bread, beans, rice, and some meat. Same reaction. I thought I would die from the stomach problems.

I agree totally that eating this way (very low or no carbs) is the best!!! But I am NOT looking forward to another one of these trips. I actually think I have to start 'carbing up' before the trip - if there is sufficient notice - so that I'm not sick for a week during the trip.

I'd prefer NOT to do that. I would appreciate other suggestions from people who've been in a similar situation.

Thanks for all the great input!

Kacey
RE: For the meat and water eaters another? - MAC - 09-25-2008 02:50 AM

Ogg Wrote:
In case you didn't notice, this board doesn't have a SEARCH feature.

Welcome to the forum Ogg. FYI, there is no formal newbie section of this forum. BTW, there is a SEARCH feature for this forum. If you click on the word SEARCH next to the magnifying glass up at the top right of any page you can perform keyword searches. SEARCH is just off to the right under the big LIVA LA VIDA LOW-CARB DISCUSSION BANNER at the top of every page right next to Member List, Calendar and Help.

Like Suzanneyea I am a moderator on this forum as are Charles, Jimmy, LindaSue and a few others. Again, welcome to the forum Ogg.

RE: How to eat meat - montmorency - 09-25-2008 05:07 AM

Uncomfortable reading! For what it's worth "The Bear" says he does not eat pork for this reason, since he likes his meat very rare, and he says pork is more prone to this sort of problem. He cooks the outside of his meats quickly to kill surface pathogens, leaving the inside rare.

Regards,
Mike

RE: Zero Carb / Meat and Water - chris m. - 09-25-2008 06:24 AM

Thanks for the excellent explanations on cravings, true hunger, insulin response, etc.
Now I get the diet coke, Splenda or stevia, et. al. thing!!
Yesterday was my first day on true 0 carb. Not one thing of a sweet nature entered my mouth. I was down 2.5# on the scale.
I even used - GET THIS - baking soda to brush my teeth.
And frankly my mouth has never tasted cleaner!!
As a bonus this morning was the FIRST time I have not felt "hunger" or wanting something to eat during my Y workout.
Complete calm - until I finally ate a hamburger patty about 8.
EXCELLENT!!
chris m

RE: Zero Carb / Meat and Water - ANOVA - 09-25-2008 06:33 AM

chris m. Wrote:
Thanks for the excellent explanations on cravings, true hunger, insulin response, etc.
Now I get the diet coke, Splenda or stevia, et. al. thing!!
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during my Y workout.
Complete calm - until I finally ate a hamburger patty about 8.
EXCELLENT!!
chris m

Way to go!!!
Hi Casey, what method were you using to flush?

Too much protein - Mackay - 09-25-2008 07:22 AM

Mike was kind enough to post this review of low carb and physical performance.

http://www.nutritionandmetabolism.com/co...75-1-2.pdf

At the end, the author mentions an Inuit condition called rabbit malaise that is related to eating too much lean spring rabbit meat. Essentially the Inuiuts were suffering from fat deprivation.

Any comments and/or experience with too much protein and not enough fat?

RE: How to eat meat - Angela - 09-25-2008 07:26 AM

BIKINIBOUNDINTX Wrote:
Just the thought of raw meat makes me want to blow chunks.... the pink color even makes me sick! That's another reason I don't eat ham.. the pink color! Not to mention.. the taste is totally different when even a tad bit undercooked! As far as not chewing it... OMG!! There are times when I don't chew my food enough and it gets stuck in my throat.... PAINFUL experience that brings tears to my face! 😞

Hats off to you Raw Meat Eaters.. I'm sure it's much easier-- less time to cook and fewer dishes to clean too! 😃

I am with you on this. LOL Just looking at rare or raw meat makes me puke. I heard that charcoal was good for the soul!! I like my meat cooked thru and its been 7 months at zero carb!

RE: How to eat meat - cbmarie - 09-25-2008 07:28 AM

Ogg Wrote:

cbmarie Wrote:
My brother is married to a lady from Japan who is a fantastic cook. He eats raw fish - sushi- quite often and loves it. Much of the problem as was mentioned earlier is in the handling of the meat or fish.

Not to argue but exotic cuisine is one of the topics upon which I have lectured professionally and have studied in many areas of the world through travel with my wife and kids.

The raw fish is actually termed sashimi, while sushi refers to the rice or more accurately the soured rice. Most of the time however when people say sushi they are speaking of the end result which is served -- i.e., the sour rice wrapped around various food items and then finished for presentation with sea vegetable.

Which reminds me -- I am hungry! 😋

Thanks, Ogg for the semantics lesson. I will have to ask SIL about that the next I see her. I was raised in the old days with mandatory fish on Fridays and absolutely hate fish of any kind no matter how it is
prepared. I have cans of tuna in my cupboard that have been there for 5 years at least. They are cat food as far as I am concerned 😊

---

**RE: How to eat meat - cbmarie - 09-25-2008 07:31 AM**

BlackPhase Wrote:
Interesting topic,

I had eaten a LOT of my beef completely RAW for about 20 years (yep, I was about 5 or 6 when I started eating it like this), I LOVED raw beef, I also learned to LOVE raw salmon (wild, of course) and I would also eat undercooked duck and chicken, but NEVER pork.

Interestingly enough I never got food poisoning or blatantly unpleasant symptoms.

However....

last month I was doing my first attempt at a cleansing of my system and I... came across a rather UNpleasant surprise while flushing my system out....

a tapeworm piece...

about 4 inches long and oh, yes, I know that's what it was for sure. It was the head end with the segments clearly defined as well.

Needless to say, I do not eat raw meat any longer and any plant's I DO eat I clean with H2O2 to destroy any baddies if I plan to eat the plant raw.

I am thoroughly disgusted and since then I have gotten rid of many of what my husband calls "The Foreign Legion" (what a peach he is, huh?). My metabolism runs far more smoothly now, and my allergies are also disappearing along with my cravings and mood swings.

I cook my beef to 140 now (even though I miss the taste of raw beef) and cook my other meats as well.

I am so glad you got rid of the interlopers! Yep, I'm cookin' that meat thoroughly. I love pork and lamb the best - pork well well done and lamb medium well. 😊

---

**RE: How to eat meat - PatTee - 09-25-2008 07:46 AM**

Angela Wrote:

BIKINIBOUNDINTX Wrote:

*Just the thought of raw meat makes me want to blow chunks.... the pink color even makes me sick! That's another reason I don't eat ham.. the pink color! Not to mention.. the taste is totally different when even a tad bit undercooked! As far as not chewing it... OMG!! There are times when I don't chew my food enough and it gets stuck in my throat.... PAINFUL experience that brings tears to my face! 😓*

Hats off to you Raw Meat Eaters.. I'm sure it's much easier-- less time to cook and fewer dishes to clean too! 😊
I am with you on this. LOL Just looking at rare or raw meat makes me puke. I heard that charcoal was good for the soul!! I like my meat cooked thru and its been 7 months at zero carb!

I'm with the both of you !! Gotta have it well done !!!

RE: Too much protein - Jimmy Moore - 09-25-2008 08:03 AM

I addressed this in a recent YouTube video, Mackay:

http://livinlavidalowcarb.com/blog/?p=2428

When you eat protein, the liver can create carbs with it. That's why eating adequate fat is essential to a healthy low-carb lifestyle. That's why people like Charles are always promoting eating the "fattiest" cuts of meat...they are indeed better for you despite being more calorie-dense. Hope this helps!

RE: Too much protein - montmorency - 09-25-2008 08:27 AM

I had a bad experience a week or so ago, when I bought what looked like some beautiful Aberdeen Angus "top rump" (not sure if that is UK-specific terminology). Although there was some fat on the outside at one end, when you cut it through, there did not appear to be a trace of fat in it. I did not worry too much, because I always cook with plenty of added beef tallow, but after a couple of days, I began to feel distinctly low, and headache-y. I'd been eating that stuff (cooked with added fat) exclusively, so I then began to make sure I was also eating fatty ground beef as well. Those symptoms seemed to disappear soon afterwards. It could have been something else perhaps, but since then, I have tried to avoid meat that doesn't actually have fat running through it.

Regards,
Mike

RE: How to eat meat - Ogg - 09-25-2008 09:13 AM

cbmarie Wrote:
I have cans of tuna in my cupboard that have been there for 5 years at least. They are cat food as far as I am concerned 😐

If the top or bottom lid parts of the cans are bulging, that probably means Botulin toxin has proliferated inside. I have no medical education regarding whether Botulin can make cats sick so you might want to consider asking your veterinarian.

RE: Zero Carb / Meat and Water - Catin - 09-25-2008 09:29 AM

caroline Wrote:
Not to be devils advocate, but our Suzanne is not over 40. It can change things a bit when you hit 40 and up. Now I realize this is a broad generalization, but hormones can certainly give people the run-around,
so I think we need to take each person as an individual. Perhaps others can follow in their path, but alternatively, there may be other things coming to pass besides "cravings" brought on by emotion.

I know that my mother, a trim high-carber all her life, started putting on abdominal fat when she hit menopause. She was fine at 40, but at 50-on, boy did she think her body was out of control.

Ironically, she can't get the tummy to go away--and it's probably because she's really started to eat more starchy carbs than she ever used to pre-menopause.

I try to get her to eat more meat and less carbs, but sometimes the thinking of a lifetime and multiple generations of eating-styles are very hard to change.

As others have said before, you also have to give the meat-water way time to work, and it can take from a month to a year.

BTW, as female hormones (estrogen and progesterone) drop with age and menopause, testosterone affects females more, so women who add muscle mass or at least maintain muscle mass will help keep back tummy-creep, imo. Low or zero carb and the weightlifting will probably work really well for 40+ women who don't have to deal with monthly fluctuations in their hormones. (I intend to give this theory a try when I hit that age!)

**RE: Too much protein - Charles - 09-25-2008 09:31 AM**

We've discussed this article many times on the forum already. A good search should find most of the comments, but make sure you click the "show posts" button as it generally shows the thread which isn't very helpful. Most of the people here consume a high fat diet to ensure they don't run into rabbit starvation and the issue is well-known.

Dr. Phinney's conclusions are very interesting but they don't necessarily dovetail with everyone's experience. His experiment does show that we need to use more intelligence in our training methods. We can't necessarily reproduce the same training results as our high-carb friends; however, we can equal their performance. After all, the purpose of training is to race, not more training.

Regards,

Charles

**RE: Zero Carb / Meat and Water - Angela - 09-25-2008 10:24 AM**

nyteez Wrote:
Cynthia - I am so glad you were candid enough to bring your experiences and thoughts here. 8 weeks seems like a long time, but it really isn't with zero carb. It took me 2 months of VLC and about 4 months of zero carb to get to the point of not wandering into the kitchen for "something". Yes, I did it too.

The Bear mentions if people can make it to 6 months on zero carb, they are more likely to stay with it. 6 months is a long time to stay with a diet when you may not be seeing significant weight loss. But after 6 months you really do begin to see things more clearly.

I am so glad Suzanna is here to verify women can do this too. Before Suzanna showed up there were no
women who were successful or there were women who were struggling with this WOE and blaming it on female hormones. Suzanna is proof this can and does work for women too.😊

There are others who have been around a while who have been successful. ME!!!

RE: Zero Carb / Meat and Water - jeepifer - 09-25-2008 10:28 AM

chiara Wrote:
Charles Wrote:
Some people spend thousands of dollars to lose weight and others only have to eat meat and drink water.

I would much rather eat meat over having some kind of surgery! 😊

Unfortunately, insurance companies will pay the thousands of dollars for the surgeries.

I wish they'd help me buy my meat!

RE: Zero Carb / Meat and Water - Angela - 09-25-2008 10:30 AM

Catin Wrote:
caroline Wrote:
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As others have said before, you also have to give the meat-water way time to work, and it can take from a month to a year.

BTW, as female hormones (estrogen and progesterone) drop with age and menopause, testosterone affects females more, so women who add muscle mass or at least maintain muscle mass will help keep back tummy-creep, imo. Low or zero carb and the weightlifting will probably work really well for 40+ women who don't have to deal with monthly fluctuations in their hormones. (I intend to give this theory a try when I hit that age!)

Well I will be 51 next month and I have been LC for about 2 years and VLC/ZC now for about 6 months. My waist dropped a total of 7 inches so this WOE does help. Not to mention my skin and hair look much healthier. I see women 10-15 years younger and they look so much older. I really believe that carbs/sugar age you as well. I do not have any issues with menopause, but then everyone is different.
RE: Zero Carb / Meat and Water - Charles - 09-25-2008 10:41 AM

caroline Wrote:
But I think that we are all so different that there is no way for even the best science to guarantee that one size will fit all. Even if it is something as beneficial as zero carb.

I read this a lot but I'm still waiting for someone to identify the other "sizes" that supposedly work for others. Zero-carb does indeed "work" for anyone. Just because a person is unable to overcome their upbringing and acculturation to succeed at it does not change the fact that it works.

Zero-carb is not an "entity" or some mysterious being that one has hope in or puts faith in. Zero-carb is a reflection of you. It's who you are at your essence. Go fast for 9 months and I guarantee you that you will be on a zero-carb diet and it will work. During these nine-months, your body will only be consuming fat and protein, period! This is proof positive that this is what your body is designed to run on and what it prefers to run on. After the first seven days, you will no longer experience hunger. Your senses will be heightened and your brain will work better than it ever has. This has been well-established since 1915.

When we cloud things up with sweeteners, plants (coffees), dairy, etc, then we introduce a variable that our body would not be dealing with on a fast. Zero-carb, meat and water is very much a fast. Over time, your body will quit using other substrates and it will adapt to the bare essentials. On a fast, this takes about 13 days. On zero-carb, it takes about six months. I'm talking about six months of fatty meat and water, nothing else.

If you can make it this far, then you will have a different opinion. If one cannot make it this far, then they will doubt the veracity of zero-carb. It really is that simple.

Regards,

Charles

RE: Too much protein - Mackay - 09-25-2008 10:44 AM

Thanks Charles. I didn't "search" this topic. just scanned recent threads.

Bottom line is that your body creates too many carbs out of the protein?

Charles Wrote:
We've discussed this article many times on the forum already. A good search should find most of the comments, but make sure you click the "show posts" button as it generally shows the thread which isn't very helpful. Most of the people here consume a high fat diet to ensure they don't run into rabbit starvation and the issue is well-known.

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Regards,
RE: Too much protein - Ogg - 09-25-2008 10:55 AM

Because too much protein converts to CARBS then whoever follows an all meat path is NOT following a zero CARB path.

THEREFORE in light of this new information I hereby effective today have cut YAK and all other MEAT from my diet.

The REAL ZERO CARB PATH consists of FAT AND WATER ONLY.

My FAT of choices is YAK LARD.

Do NOT make fun of my DIET I will become very defensive.

As Mr. MOORE HIMSELF THE OWNER OF THIS BOARD has stated, "We are all different". Some are more different than others.

---

RE: Zero Carb / Meat and Water - Charles - 09-25-2008 11:01 AM

A lot of people get into this "it works for some and not for others" business and I think this is the wrong way to look at it. We've had many successful women on this forum and I'm glad Angela spoke up. Con has also been very successful. I'm not going to start naming names because I'll forget and they'll be mad at me. If they want to come on and tell you, then that's up to them.

You have to understand also that not everyone who reads this thread decides to post on it. I get e-mails daily from people who vividly share their stories and seek advice. I won't reveal their names but you'll see them every now and then popping in just to say hello. One person was at 250 and they are now at 208 at 6" tall. They reversed Type 2 Diabetes and they have cut their blood pressure meds to 50% as they've lost. They have only been at zero-carb for 2 months.

Another has their entire family doing zero-carb and they have been doing so for 8 months. The mother lost 40 pounds and the father lost 60. Another is going through pregnancy on zero-carb and doing just fine.

Others have not been as "successful" but they know what to do and how to get there.

These are real people who occupy a great deal of my time but it's worth it when I get an e-mail in the morning and they detail how they implemented what I've asked of them and they report success.

Far too many people look to others for self-justification and things like that. This is a dangerous practice. You really can't look at another person, especially on a forum when you really don't know what's actually going on.

If I had a dollar for every person who told me that they've been "strict" zero carb for a "long time" yet it doesn't work. Upon closer examination it is invariably revealed that there were many "cheats" and they don't do meat and water as I have described it.
I don't generally "go BEAR" on people but sometimes his words need to be repeated. If you are hungry and having cravings, you are eating carbohydrates. There is no other option, no other "size" that will fit. We were not designed to eat carbohydrates so I cannot be convinced that there is any healthy diet that includes them.

I am not now nor have I ever been constipated on this way of eating. As I have shared many times, when I have to go, I have to go. Get the hell out of the way! 😝You won't go every single day and that's okay because there is nothing in there to gum up the pipes. There is no need to sit in the restroom for hours because if you don't have to go, you're not going! Some people get into this "cleansing" business so much that they feel if they don't go at regular intervals, something is wrong. If you drink excessive amounts of water, this will likely come out some place and things will be loose. That does not mean, however, that you have dysentery.

It may be that one can "tolerate" 20 grams of carbs per day, but that doesn't make for something I would consider "healthy." Zero-carb "works" for everyone. I do admit that it's difficult and for some people it will be impossible, but you must know that it is a reflection of you and only you can determine whether you will implement it or not.

As Yoda said,

Quote:
Do or Do Not. There is no Try!

---

**RE: Zero Carb / Meat and Water - nyteez - 09-25-2008 11:03 AM**

Quote:
I read this a lot but I'm still waiting for someone to identify the other "sizes" that supposedly work for others. Zero-carb does indeed "work" for anyone. Just because a person is unable to overcome their upbringing and acculturation to succeed at it does not change the fact that it works.

Thanks Charles! I agree with you 100% on this. What else does work? Surgery and drugs? I don't think so.

---

**RE: Zero Carb / Meat and Water - nyteez - 09-25-2008 11:10 AM**

Thanks for posting Angela! Us women need all the support we can get! I can't believe you are 50! You look great!

---

**RE: Too much protein - Charles - 09-25-2008 11:29 AM**

Mackay Wrote:
Bottom line is that your body creates too many carbs out of the protein?

That's the theory but there is no truth to this. Gluconeogenesis only happens during starvation and even then it is a rare occurrence. Moreover, we know that all-meat populations do not have the symptom of obesity or any of the other diseases of civilization. This is a common rumor generally propagated by
people who have not found success on their low-carb diet, but there is no truth to it.

We have posted the entire benchmark starvation study which was performed by Francis Benedict in 1915. It is still regarded as THE study on starvation. There, they found that after 7 days on a total fast, our bodies use zero-carbohydrates and protein drops off to very little. In fact, our bodies conserve protein and it doesn't need very much.

As the fast continues, notice how the protein use decreases and the fat use increases exponentially. If gluconeogenesis was being performed, then clearly there would be more use of glucose after 13 days. However, there is none. No research has actually shown this gluconeogenesis that everyone wants to blame. The key is to eliminate the carbohydrates and eat plenty of fatty protein.

Using protein for glucose would weaken us, as Dr. Groves explains:

Quote:
While the body can use protein as an energy source in an emergency, it is not at all healthy to use this method in the long term. All carbs are made up of just three elements: carbon, hydrogen and oxygen. All fats are also made of the same three elements. Proteins, however, also contain nitrogen and other elements. When proteins are used to provide energy, these must be got rid of in some way. This is not only wasteful, it can put a strain on the body, particularly on the liver and kidneys.

Too much lean protein is a problem, not because of conversion to carbohydrates, but because of ammonia (hyperammonaemia) build-up in the body. This is toxic and this can kill you in short order. Therefore, regardless of the amount of protein, there should be plenty of fat. This is why all low-carb diets, even zero-carb, are high-fat diets. There are no high-protein plans promulgated on this forum.

Protein is self-limiting as is fat. You would be hard pressed to eat too much of either. It is possible to eat too much lean protein, but your energy levels clearly let you know when this occurs. Some added fat generally fixes the problem very quickly, as some of the Inuit discovered in the spring.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - Tana - 09-25-2008 11:51 AM**

I am a firm believer in zero carb, it took long enough for me to finally wrap my brain around eating good fats. I am 63 in two months, and I feel so much better without the carbs and sugar. Not to say that I don't have times when I eat something I shouldn't, but the after effects of carbs and sugar remind me why I don't eat them.

I noticed my metabolism changing when I got close to 50, even trying to eat Atkins style, I kept gaining. Finally, as I got close to 60, I got closer to eating induction level Atkins style. A short time of kimkins style eating proved to be too low in fat, causing dry skin and dry eyes, besides not being a satisfying lifestyle. After increasing fats, and keeping carbs low, I did lose over 100 pounds in about ten months.

I attempted to go back to eating less than 20 carbs, but was finding my weight creep up and cravings return. I was fortunate to find this thread, and I now do zero carb eating. It would be unrealistic to think that a person can eat the same amount of food at age 60+ as when they are in their 30's and 60's, which I think some of us had been doing. I am working on losing 10-15 pounds to get back to my goal, but at
least I can eat all the meat I want and feel great getting there.

My skin is in great condition and I no longer have to use drops for dry eyes. My triglycerides are 58, and my HDL is 86!

Thanks to all you zero carbers for posting, I appreciate the time everyone takes to share their experience for us newbies to this WOE.

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**RE: Too much protein - Mackay - 09-25-2008 12:03 PM**

Charles Wrote:
That's the theory but there is no truth to this. Gluconeogenesis only happens during starvation and even then it is a rare occurance.

OK. So help me out here. If your brain indeed can only use glucose, where does this come from and how come your blood sugar can rise even on zero carbs?

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**RE: Zero Carb / Meat and Water - ksdeb - 09-25-2008 12:03 PM**

For the last 2 days I have been having problems with acid stomach. I started meat, eggs and water Monday. I can't figure out why I am having this problem. I had a chicken leg and thigh for lunch and am really tempted to take some antacid. I did take some last night. After I went to bed it hit me pretty bad. I had sirloin steak with the all the fat it had on it. I have been consistently getting 27% protein and 73% fat this week. Any ideas??? It really doesn't make sense.

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**RE: Zero Carb / Meat and Water - daveo - 09-25-2008 12:27 PM**

ksdeb Wrote:
For the last 2 days I have been having problems with acid stomach. I started meat, eggs and water Monday. I can't figure out why I am having this problem. I had a chicken leg and thigh for lunch and am really tempted to take some antacid. I did take some last night. After I went to bed it hit me pretty bad. I had sirloin steak with the all the fat it had on it. I have been consistently getting 27% protein and 73% fat this week. Any ideas??? It really doesn't make sense.

Eggs give me horrible acid, which is why I don't eat them. Maybe that's what is going on with you. The other possibility is since you only started Monday, your stomach is still producing enzymes in anticipation of foods it isn't getting.

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**RE: Too much protein - con - 09-25-2008 01:11 PM**

Mackay Wrote:
Charles Wrote:
That's the theory but there is no truth to this. Gluconeogenesis only happens during starvation and even then it is a rare occurance.

OK. So help me out here. If your brain indeed can only use glucose, where does this come from and how come your blood sugar can rise even on zero carbs?
FROM THE CONCISE BEAR:
A zero-carb all meat, 80/20 (by calories: fat/protein) diet delivers the necessary small amounts of glucose from glycerol- while most of the daily glucose requirement (as seen in a mixed diet) is replaced by ketones, which- like glycerol- are by-products of fat metabolism. If you are properly using the ketones in your body as food (glucose replacement) - you will not see them spilling in your urine. Dietary protein is never used to make glucose in a fat-sufficient dietary situation.

RE: Zero Carb / Meat and Water - ANOVA - 09-25-2008 01:23 PM

ksdeb Wrote:
For the last 2 days I have been having problems with acid stomach. I started meat, eggs and water Monday. I can't figure out why I am having this problem. I had a chicken leg and thigh for lunch and am really tempted to take some antacid. I did take some last night. After I went to bed it hit me pretty bad. I had sirloin steak with the all the fat it had on it. I have been consistently getting 27% protein and 73% fat this week. Any ideas??? It really doesn't make sense.

Dittos on the eggs. I was having bad stomach upset on meat, eggs and cheese. I cut out the eggs and the stomach problems ended.

RE: For the meat and water eaters another ? - Ogg - 09-25-2008 01:30 PM

MAC Wrote:
Welcome to the forum Ogg. FYI, there is no formal newbie section of this forum. BTW, there is a SEARCH feature for this forum. If you click on the word SEARCH next to the magnifying glass up at the top right of any page you can perform keyword searches. SEARCH is just off to the right under the big LIVA LA VIDA LOW-CARB DISCUSSION BANNER at the top of every page right next to Member List, Calendar and Help.

Now THAT is a polite, informational, helpful reply and I THANK YOU MAC.

RE: For the meat and water eaters another ? - Ogg - 09-25-2008 01:35 PM

kacey Wrote:
Hi - I posted some questions about traveling in another thread (primarily about what do you take along) - but I think that it relates here also. I travel frequently. Last year, I had to take a sudden trip to China for 2 weeks. I had, at that point, been doing Atkins Induction (20 carbs or less) for 6 months. In China, well, let's say you can order whatever you'd like - but you are going to get mainly noodles, noodles, or rice. Teeny little pieces of meat (very fatty though) and not much veg either (all boiled).

I was deathly ill for a week. I thought it was the 'Chinese' food. It was the noodles.

How do I know? I had a planned trip to Mexico for holiday. Remote areas. I had some choices of bread, beans, rice, and some meat. Same reaction. I thought I would die from the stomach problems.

I agree totally that eating this way (very low or no carbs) is the best!!! But I am NOT looking forward to another one of these trips. I actually think I have to start 'carbing up' before the trip - if there is sufficient notice - so that I'm not sick for a week during the trip.
I'd prefer NOT to do that. I would appreciate other suggestions from people who've been in a similar situation.

Thanks for all the great input!

Kacey

I am sorry I do not know the answer to your dilemma, as I have not had that same experience nor for my wife and family anything aside from occasional intestinal problems especially due to microbes in untreated water. So I don't know if the noodles, rice, beans, fiber, and other carbs would be the culprit or if it was the water in the broth, the spices used, the possible lack of sanitary food handling, lack of sanitized serving dishes and utensils, allergic reaction to some ingredients, or some other as yet undiscovered factor.

You might consider seeking medical specialist for testing for parasites as I have heard some real horror stories.

RE: Zero Carb / Meat and Water - cbnebraska - 09-25-2008 01:36 PM

Charles Wrote:
...Go fast for 9 months and I guarantee you that you will be on a zero-carb diet and it will work. During these nine-months, your body will only be consuming fat and protein, period! This is proof positive that this is what your body is designed to run on and what it prefers to run on. After the first seven days, you will no longer experience hunger. Your senses will be heightened and your brain will work better than it ever has. This has been well-established since 1915.

Have any of you ever fasted? For how long and what does it feel like? What did you go through in the way of energy, brain power, light headedness, etc...

Charles Wrote:
If I had a dollar for every person who told me that they've been "strict" zero carb for a "long time" yet it doesn't work. Upon closer examination it is invariably revealed that there were many "cheats" and they don't do meat and water as I have described it.

Yep, and that's why we come here, to commiserate as well as celebrate. It's not that it works better for some than for others, it's that some have an easier time with the strictness and all or nothing commitment that this WOE requires. For those of you who don't struggle, congratulations, for those of us who do, let's keep trying because every day we are successful contributes to better health for a lifetime!

RE: Too much protein - MAC - 09-25-2008 01:36 PM

con Wrote:
Mackay Wrote:
Charles Wrote:
That's the theory but there is no truth to this. Gluconeogenesis only happens during starvation and even then it is a rare occurance.

OK. So help me out here. If your brain indeed can only use glucose, where does this come from and how come your blood sugar can rise even on zero carbs?
FROM THE CONCISE BEAR:
A zero-carb all meat, 80/20 (by calories: fat/protein) diet delivers the necessary small amounts of glucose from glycerol- while most of the daily glucose requirement (as seen in a mixed diet) is replaced by ketones, which- like glycerol- are by-products of fat metabolism. If you are properly using the ketones in your body as food (glucose replacement) - you will not see them spilling in your urine. Dietary protein is never used to make glucose in a fat-sufficient dietary situation.

All ingested fat comes in the form of triglycerides (TG or TAG). TGs are comprised of three fatty acid molecules and one molecule of glycerol. So you get the glycerol which is converted to glucose from the fat you eat on a zero carb diet. Else your brain gets what it needs from ketones.

RE: Too much protein - con - 09-25-2008 01:38 PM
Mackay Wrote:
how come your blood sugar can rise even on zero carbs?

We secrete hormones like cortisol, epinephrine and norepinephrin early in the morning to give us the energy to get up. These hormones raise our blood sugar levels by using glucose stored in the liver. Otherwise, on ZC from what I've read, BG is very stable.

RE: Zero Carb / Meat and Water - caroline - 09-25-2008 01:38 PM
We don't know everything. People can be wrong. I never said that people on zero carb (myself included) doing well, weren't having that success. My only point, was that it is POSSIBLE that it doesn't work for everyone. I didn't say it is CERTAIN.

"Working" for everyone may mean something like people not being able to handle the fact that they don't move their bowels for months and months. I am on this forum b/c I believe in low carb.

RE: Too much protein - Charles - 09-25-2008 01:58 PM
Mackay Wrote:
OK. So help me out here. If your brain indeed can only use glucose, where does this come from and how come your blood sugar can rise even on zero carbs?

The idea that "the brain can only use glucose" is the part that has never been demonstrated. This is very similar to the idea that muscles burn glucose for fuel and that the heart and nervous system take up glucose, which they also do not. When the tests are performed the expected glucose uptake does not occur.

The brain uses glucose when it's available but it does not require it. Many studies have shown glucose-use by the brain when available but "the transport mechanism has been poorly defined due to difficulties in determining intracellular glucose concentrations." Unlike adipose tissue and muscle, brain tissue is not accelerated by insulin although there have been a few reports to the contrary in 1958, and 1965.

Many of these theories are only true in certain "states" that the body finds itself in. What the body
"requires" can only be determined when there is an absence of all nutrients. In that case, the body uses fat at an astonishing rate as the chart shows and conserves protein. If the body was making glucose from protein, then there would be evidence of it.

The 2002 Institute of Medicine (IOM) Report has a discussion of this and it acknowledges that the brain will be fine without carbohydrates because it runs perfectly well on ketone bodies and glycerol. It talks about protein-derived glucose, but I agree with the Bear that this does not happen and the fasting data bears this out.

Regards,

Charles

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RE: Zero Carb / Meat and Water - PatTee - 09-25-2008 01:58 PM

Just curious - has anyone here started with ZERO carbs without ever doing the LC's , whatever plan , first ?

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RE: Zero Carb / Meat and Water - con - 09-25-2008 02:09 PM

caroline Wrote:

"Working" for everyone may mean something like people not being able to handle the fact that they don't move their bowels for months and months. I am on this forum b/c I believe in low carb.

FROM THE CONCISE BEAR:
The carnivorous diet has no left-over rubbish and masses of dead bacteria to void and even if you wind up only going every other day or even less, it is of no consequence. Eating veggies like lettuce while attempting a meat diet will REALLY upset your gut. Strict meat eaters are never constipated.

Through personal experience I found out a person can't experience freedom from constipational woes(hee hee😁) until ALL previously ingested plant matter has been eliminated. A wild guess might be 3 days without carbs to get rid of them all from one's intestine? If one is having horrible pain in the 1st week of transition a suppository(Dulcolax is painless)works extraordinarily well!!!!

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RE: Zero Carb / Meat and Water - caroline - 09-25-2008 02:11 PM

Well, you may be right, Patti. Perhaps it would have taken him a year to remove all previous plant matter. But he's not willing to not "you know what" for a year.

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RE: Zero Carb / Meat and Water - Charles - 09-25-2008 02:21 PM

I just don't know that one can attribute this "not going for months" to zero-carb. There may be another factor at work here. I won't speculate because I don't know what he eats, but it's impossible to know what else is going on in his intestines that might have existed before his attempt at zero-carb. I have not heard of anyone else not going to the bathroom for that long on any diet.

My experience completely dovetails the Bear's, and from the sound of it, most of you are the same.
RE: Zero Carb / Meat and Water - nyteez - 09-25-2008 02:23 PM

Somebody who can't "you know what" for months or a year, has a very serious problem. Don't you think you are being a little extreme?

Any change in our diets is going to cause a change in our BM's. Constipation has nothing to do with zero carb.

RE: Zero Carb / Meat and Water - Charles - 09-25-2008 02:24 PM

cbnebraska Wrote:
It's not that it works better for some than for others, it's that some have an easier time with the strictness and all or nothing commitment that this WOE requires.

That's my only point. I do know it's tough and I even acknowledge that not everyone will be able to do it. I appreciate the difficulty, I really do.

PatTee, I didn't start out this way, but one of my e-mail partners did start at zero-carb from the beginning and his weight loss has been astonishingly fast. I feel like I would have been the same way if I knew back then what I know today. That's the reason I provide such strict guidelines because I think if someone can deal with the initial discomfort, they will get there quickly.

I feel bad for people until I hear what former Kimkin's people went through. I figure that if they can go through that, then this is pretty easy!

Regards,

Charles

RE: Zero Carb / Meat and Water - Charles - 09-25-2008 02:26 PM

nyteez Wrote:
Somebody who can't "you know what" for months or a year, has a very serious problem. Don't you think you are being a little extreme?

What do you mean? (The "extreme" part?)

RE: Zero Carb / Meat and Water - caroline - 09-25-2008 02:28 PM

My husband did not have this problem before going zero carb. I am not getting what you mean by "don't you think you are being a little extreme." If you mean am I exaggerating, no I am not. He didn't have to go--he used enemas instead. Perhaps that clarifies things.

RE: Zero Carb / Meat and Water - Charles - 09-25-2008 02:30 PM
caroline Wrote:
My husband did not have this problem before going zero carb. I am not getting what you mean by "don't you think you are being a little extreme." If you mean am I exaggerating, no I am not. He didn't have to go--he used enemas instead. Perhaps that clarifies things.

Hopefully, she'll clarify what she meant. I don't know if that was for me or you...

Did he have stomach cramps and pain or did he just never have to go? What prompted the enema? Just sitting around and saying, you know, I haven't gone in a week, I need to make myself go, or was he doubling over with stomach cramps and had to take an enema to relieve the pain?

RE: Zero Carb / Meat and Water - caroline - 09-25-2008 02:32 PM

Nyteez,

Your incredulity (I assume that is what it was) around the fact that dh never had to go mirrored my feelings exactly. That's why it was such a quandry, in spite of the fact that he was eating without "cheats."

RE: Zero Carb / Meat and Water - nyteez - 09-25-2008 02:32 PM

cynthia Wrote:
Have any of you ever fasted? For how long and what does it feel like? What did you go through in the way of energy, brain power, light headedness, etc...

I fasted for 5 days. It is not easy! The first 2 days are the hardest. Headaches, hungry & tired. The last 3 days I wasn't hungry, but I just had no energy and no brain power. I would have stayed on it longer, but I had to work.

PatTee Wrote:
Just curious - has anyone here started with ZERO carbs without ever doing the LC's, whatever plan, first?

I started with atkins induction but I kept the carbs at less than 10 for 3 weeks, then around 5 for a few weeks then went zero.

RE: Zero Carb / Meat and Water - nyteez - 09-25-2008 02:35 PM

Charles Wrote:
nyteez Wrote:
Somebody who can't "you know what" for months or a year, has a very serious problem. Don't you think you are being a little extreme?

What do you mean? (The "extreme" part?)

I thought she was making a generalization that people who go zero carb have problems going for months.
RE: Zero Carb / Meat and Water - Ogg - 09-25-2008 02:36 PM

All joking aside. Getting serious here for a minute.

It's always interesting when people report problems and are then accused of either lying or doing it wrong or whatever. Caroline is concerned about her husband. She has explained why she's concerned. There are obvious established medical reasons for that concern. But never mind all that, because according to self appointed experts she must be lying, or her husband is lying, or he didn't follow the "right path".

Very sad state of affairs indeed.

RE: Zero Carb / Meat and Water - Charles - 09-25-2008 02:37 PM

nyteez Wrote:
I thought she was making a generalization that people who go zero carb have problems going for months.

Oh....I'm sorry, I didn't understand.

I, too, think that there is something else going on in his insides that zero-carb only manifested. Adding veggies may mask it further even though he can go, but that's something I would get checked out. I don't like the sound of colonoscopy, but if I were him, I would check it out.

I'm leaving work, so I'll check in later.

Regards all,

Charles

RE: Zero Carb / Meat and Water - Charles - 09-25-2008 02:39 PM

Ogg Wrote:
It's always interesting when people report problems and are then accused of either lying or doing it wrong or whatever. Caroline is concerned about her husband. She has explained why she's concerned. There are obvious established medical reasons for that concern. But never mind all that, because according to self appointed experts she must be lying, or her husband is lying, or he didn't follow the "right path".

I don't think anyone has said that. The issue is whether what he is going through is related to the diet or not. She seems to be suggesting that perhaps the diet doesn't work for everyone because of his troubles which may not have anything to do with zero-carb. That's the issue.

There is no need to cloud the issue further.

RE: Zero Carb / Meat and Water - caroline - 09-25-2008 02:41 PM

Nyteez,
I said "my husband" in all of the reference to low carb. I did not reply "all zero carb people are constipated." Hopefully, that clears it up. You did not read correctly.

**RE: Zero Carb / Meat and Water - nyteez - 09-25-2008 02:45 PM**

caroline Wrote:
Nyteez,

I said "my husband" in all of the reference to low carb. I did not reply "all zero carb people are constipated." Hopefully, that clears it up. You did not read correctly.

**Quote:**
"Working" for everyone may mean something like people not being able to handle the fact that they don't move their bowels for months and months. I am on this forum b/c I believe in low carb.

Actually you didn't. This says "people" not my husband. You didn't mention that your DH is really having a problem for few posts later.

**RE: Zero Carb / Meat and Water - Richard - 09-25-2008 02:45 PM**

As someone diagnosed with IBS many years ago I can also verify the ZC has straighten this out too.

I had a problem with excessive mucus production in colon. After about 2 weeks on ZC this went away although it got worse after the first week of ZC.

I still eat some cheese (a slice or 2 every 4-5 days) and still on the heavy cream in 1 cup of coffee in the morning. This was about the same amount of dairy I was having before ZC. So the mucus production does not appear to be from the dairy.

But all my previous issues have gone away.

If someone is have constipation issues they are not eating enough fat. Fat does several things but one of the best is 'greasing the wheels'(my limited experience talking there!).

**RE: Zero Carb / Meat and Water - caroline - 09-25-2008 02:47 PM**

If someone said they were unhappy b/c they were overweight, would you say, "aren't you being a little extreme"? If something concerns me, as things concern you, Nyteez, then it is not "extreme." I think it's impolite to grade or judge someone's concerns. I don't appreciate it.

**RE: Zero Carb / Meat and Water - Ogg - 09-25-2008 02:55 PM**

Charles Wrote:
She seems to be suggesting that perhaps the diet doesn't work for everyone
Perhaps she's right. Have you considered that as a very real possibility? Human physiology is complex enough that no one way of eating is going to work for everybody.

**RE: Zero Carb / Meat and Water - nyteez - 09-25-2008 02:55 PM**

caroline Wrote:
If someone said they were unhappy b/c they were overweight, would you say, "aren't you being a little extreme"? If something concerns me, as things concern you, Nyteez, then it is not "extreme." I think it's impolite to grade or judge someone's concerns. I don't appreciate it.

You are taking this all wrong.

Your statement
Quote:
"Working" for everyone may mean something like people not being able to handle the fact that they don't move their bowels for months and months. I am on this forum b/c I believe in low carb.

sounds like a generalization, that zero carb will not work for some people because they will not be able to handle not "going" for months and months.

As a general statement "people not being able to handle the fact that they don't move their bowels for months and months" IS extreme, because this is not the case with most people.

That is all I ment. You did not indicate that this was a real problem with your DH.

**RE: Zero Carb / Meat and Water - Ogg - 09-25-2008 03:00 PM**

Quote:
**Strict** meat eaters are **never** constipated.

So let me guess ... the author of that statement has personally interviewed **every** "strict meat eater" throughout human history and has verified that **not a single one of them ever** experienced constipation.

**RE: Zero Carb / Meat and Water - Ogg - 09-25-2008 03:09 PM**

nyteez Wrote:
they don't move their bowels for months and months" IS extreme, because this is not the case **with most people**.

This is not the case with most people? For that claim to make even the slightest bit of sense, all people, or at least all people who had been living on nothing but supermarket beef/beef fat and water for a certain period of time, were tracked, studied, interviewed and tested, and that all the data from that tracking, studyies, interviews and medical tests have been correctly tabulated and calculated and THEN all the numbers proved that "most" (whatever that percentage was) had not experienced lack of bowel
movement for "months and months."

It's so easy to make these blanket statements like "this is not the case with most people" without having to back it up with factual data -- and in so many instances, including this one, there is no factual data about "most people" because "all people" have not been tracked, studied, interviewed and tested.

RE: Zero Carb / Meat and Water - caroline - 09-25-2008 03:13 PM

Look, I'm sorry if I was testy, Nyteez. It sounds like we had a miscommunication. I value your input on this forum. Maybe my husband is 1 in one million. Maybe not. The main thing is that I want him to feel relaxed and happy.

I didn't and haven't had a problem with this WOE. My husband did. I never referred to anyone else being constipated but him. I wouldn't know that information.

RE: Zero Carb / Meat and Water - nyteez - 09-25-2008 03:14 PM

Ogg Wrote:
nyteez Wrote:
they don't move their bowels for months and months" IS extreme, because this is not the case with most people.

This is not the case with most people? For that claim to make even the slightest bit of sense, all people, or at least all people who had been living on nothing but supermarket beef/beef fat and water for a certain period of time, were tracked, studied, interviewed and tested, and that all the data from that tracking, studies, interviews and medical tests have been correctly tabulated and calculated and THEN all the numbers proved that "most" (whatever that percentage was) had not experienced lack of bowel movement for "months and months."

It's so easy to make these blanket statements like "this is not the case with most people" without having to back it up with factual data -- and in so many instances, including this one, there is no factual data about "most people" because "all people" have not been tracked, studied, interviewed and tested.

LOL!
Quote:
"all people" have not been tracked, studied, interviewed and tested.

so in that case all studies ever done on humans are inconclusive😊

RE: Zero Carb / Meat and Water - nyteez - 09-25-2008 03:21 PM

No problem Caroline! We definitely did have miscommunication. If I had known you were talking about a real person (DH) then I would have understood your post better. I understand now why you were offended.
So, is your DH still suffering through ZC or did he go off it? I know I would much rather have a happy DH, than a constipated one.

RE: Zero Carb / Meat and Water - FatGirlOnAtkins - 09-25-2008 03:22 PM

Ogg Wrote:
All joking aside. Getting serious here for a minute.

It's always interesting when people report problems and are then accused of either lying or doing it wrong or whatever. Caroline is concerned about her husband. She has explained why she's concerned. There are obvious established medical reasons for that concern. But never mind all that, because according to self appointed experts she must be lying, or her husband is lying, or he didn't follow the "right path".

Very sad state of affairs indeed.

I've never seen anyone accused of lying or not following the right path on this board. Any replies come from people trying to help those having issues.

RE: Zero Carb / Meat and Water - Ogg - 09-25-2008 03:25 PM

In that case I misunderstood the content and tone of some of the posts directed at Caroline.

RE: Zero Carb / Meat and Water - caroline - 09-25-2008 03:25 PM

Glad we got that settled. I hate conflict! That makes ME constipated! LOL

Now he is doing some vegetables. He even has bananas now, which made me raise my eyebrows, so to speak. But I can't argue with him. Trust me, I tried and tried. What else would you do if you love someone. He was pretty gung-ho b/c I kept reading him all this great stuff, and I showed him before and after pictures of Charles. (Even though weight wasn't an issue for dh.)

I am determined to stay my course, and it's not affecting my food decisions. And it may be that his system is particularly sluggish, and maybe he would have had to do enemas for the next few months even. But there is no convincing someone when they are anxious and determined about something and set to do as they will.

Thanks for being understanding. I appreciate your input, Dana.

Sincerely,

Caroline

RE: Zero Carb / Meat and Water - MAC - 09-25-2008 03:42 PM

FatGirlOnAtkins Wrote:
Ogg Wrote:
All joking aside. Getting serious here for a minute.

It's always interesting when people report problems and are then accused of either lying or doing it wrong or whatever. Caroline is concerned about her husband. She has explained why she's concerned. There are obvious established medical reasons for that concern. But never mind all that, because according to self appointed experts she must be lying, or her husband is lying, or he didn't follow the "right path".

Very sad state of affairs indeed.

I've never seen anyone accused of lying or not following the right path on this board. Any replies come from people trying to help those having issues.

This comment is not directed at this constipation issue but is a broader comment.

When someone fails to achieve one's goals even when they say they are following things to the letter and not succeeding, there is always someone who comments however subtly that they have deviated somehow, someway. Now this doesn't happen all that often here in this forum but it does happen. They don't accuse the person of lying (probably too strong a word) but they sure do express doubt about if they are doing things correctly. Just my 2 cents. I think it is human nature to doubt others.

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**RE: Zero Carb / Meat and Water - nyteez - 09-25-2008 03:48 PM**

Quote:
Glad we got that settled. I hate conflict! That makes ME constipated! LOL

Me too! lol

Quote:
But I can't argue with him. Trust me, I tried and tried.
Believe me I know what you mean! I am lucky, my DH was ecstatic when I started ZC. Before we got married he was single for almost 10 years. After work he would grab a 6 pack of beer and a steak, every single night! Then I came along and made him eat vegies & casseroles! LOL! He's so happy to be back to having his steaks again.

---

**RE: Zero Carb / Meat and Water - con - 09-25-2008 03:53 PM**

Ogg Wrote:
Quote:
Strict meat eaters are never constipated.

So let me guess ... the author of that statement has personally interviewed every "strict meat eater" throughout human history and has verified that not a single one of them ever experienced constipation.

THAT'S CORRECT!!!!!!!!!!
RE: Zero Carb / Meat and Water - daveo - 09-25-2008 03:53 PM

To paraphrase The Bear, it is amazing how obsessed and neurotic people are about their bowel movements.

RE: Zero Carb / Meat and Water - caroline - 09-25-2008 04:00 PM

Maybe it's no different than the same socialization we talked about that makes people think they need salt...or vegees. The idea about what is "normal" causes anxiety when the result is something other than the idea.

But in dh's case, I'm going to give him a break and not characterize his upset over constipation as "neurotic" b/c I don't know what it feels like to be in his shoes. And until I or someone else goes months without needing to go, there's no way to no what one would personally feel like.

I'm just grateful that my experience has been different, and compassionate for his struggle.

RE: Zero Carb / Meat and Water - caroline - 09-25-2008 04:02 PM

Dana,

Lucky for you, you trained him properly. Get 'em started on the casseroles, force em to take away the steaks, and put them back on, and you have a plan!

Have a great day--time for some more work.

RE: Zero Carb / Meat and Water - Charles - 09-25-2008 05:19 PM

Carolina, I'm sorry, but I still don't understand your dh's constipation. Was he in pain or did he have severe stomach cramping or something? Did he just feel uncomfortable because he is used to going frequently or what? If someone else knows the answer to this, please let me know....

RE: Zero Carb / Meat and Water - caroline - 09-25-2008 05:23 PM

No, Charles. None of that. He just felt "crappy" (ha ha) not ever having to go. The enema thing worked but he was freaked that the whole peristalsis thing never happened for him. really, I don't understand it myself. Unlike me, he is pretty methodical. He's not obsessed with food, has never been a sweets eater, and stuck to the diet.

I got him eating LOADS of fat, b/c I told him he must not be eating enough--but it never made anything "happen" so to speak. He's not doing loads of carbs now, but he is (although bananas hopefully wont become a regular item) adding some until he gets regular again. Oh well.

RE: Zero Carb / Meat and Water - Charles - 09-25-2008 05:25 PM

Ogg Wrote:
Perhaps she's right. Have you considered that as a very real possibility? Human physiology is complex enough that no one way of eating is going to work for everybody.

You have no foundation for this comment. You can't enter a thread 348 pages into it and take a comment out of context and attempt to assign meaning. Everyone here knows that I don't force my views on anyone. I only reply to what is asked of me. I am here sharing what worked very successfully for me and what I've found through study. I don't get any reward or benefit from what people eat or don't eat. Frankly, I don't care what you eat or don't eat. This thread is filled with people who are convinced of a certain way of eating, along with others who are trying it for themselves. We certainly do not need anyone instigating turmoil where none exists.

There is a major difference in my mind between a plan that works and a plan that works for a particular person. I readily admit that most people can not follow such an extreme diet due to many factors and that's quite okay. Everyone here already knows that. You're not adding anything that has not been covered ad nauseum. How about reading through this thread and find out what you've missed prior to sharing your views.

I'm beginning to understand very well why the Bear ended his participation in these forums.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - Charles - 09-25-2008 05:31 PM**

caroline Wrote:
No, Charles. None of that. He just felt "crappy" (ha ha) not ever having to go. The enema thing worked but he was freaked that the whole peristalsis thing never happened for him. really, I don't understand it myself. Unlike me, he is pretty methodical. He's not obsessed with food, has never been a sweets eater, and stuck to the diet.

That makes a ton of sense, now. He's just bothered that he doesn't have to go. That makes a lot of sense. I think "eat more fat" works when thinks are actually blocked up and there are issues. In this case, his body seems to have been very efficiently handling what he threw at it. I've also always been regular even on my high-carb diet until I did low-fat. Then, all the fiber made me bleed.

Zero-carb intially did give me some mental hangups in the beginning because I was like clockwork, every morning. It took some getting used to when it only happens every other day or even every third day. I also felt strange when things were "loose" but I noticed that it wasn't really diarrhea because I didn't have the dehydration or the cramping. After a while, I adapted and now I can eat meat pretty rare and be just fine. That wasn't always the case.

As we said, there are going to be many, many reasons why people will not implement zero-carb and you've identified a good one. All of these reasons are good reasons and that's fine. I know many people who have their colon cleansed and things like that. They feel absolutely icky unless they get their "clean-out." I think that's unfortunate if they then resort to carbs, but hey, many people have done very well on a small amount of carbs so perhaps he's one.

Thanks for letting me understand.
Regards,

Charles

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RE: Zero Carb / Meat and Water - caroline - 09-25-2008 05:36 PM

Thanks for your concern and thoughts, Charles. I appreciate it.

You know, I asked him, after everyone made their comments, if it felt painful. His answer was that it was "unnatural," not healthy, and there must be something wrong with a diet that would keep you from "going." So at this point, I'm just going to be grateful that, like you said, he is doing low carb. He is a total believer in it--he can't NOT be--i have read him so much info and shared so much with him. And he's seen the changes in me. But he's not willing to wait it out, and I don't have the powers of persuasion to convince him otherwise.

Thanks for all your help and time--

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RE: Zero Carb / Meat and Water - nyteez - 09-25-2008 05:50 PM

caroline Wrote:
Maybe it's no different than the same socialization we talked about that makes people think they need salt...or vegees. The idea about what is "normal" causes anxiety when the result is something other than the idea.

But in dh's case, I'm going to give him a break and not characterize his upset over constipation as "neurotic" b/c I don't know what it feels like to be in his shoes. And until I or someone else goes months without needing to go, there's no way to no what one would personally feel like.

I'm just grateful that my experience has been different, and compassionate for his struggle.

I think you may be right about the socialization. Some people can't bring themselves to eat fat (or whatever). They just can't accept that it is ok. The stress of trying to eat something you are not sure is good for you can be a real problem. That very well can be part of what's going on with him.

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RE: Zero Carb / Meat and Water - caroline - 09-25-2008 05:54 PM

He has never been fat phobic, and he doesn't object to the idea of fat. But in his mind, since he was regular before, and the change of diet was what brought on the change, there is a "problem." Now if there were studies telling people that it could be "normal" for people to be blocked for a while, or not have the urge, I don't know if even that would allow him to get over it.

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RE: Zero Carb / Meat and Water - nyteez - 09-25-2008 05:54 PM

Quote:
You know, I asked him, after everyone made their comments, if it felt painful. His answer was that it was "unnatural," not healthy, and there must be something wrong with a diet that would keep you from "going."
That really makes sense. My mother "goes" 3 times a day. She would freak out if she only went once every other day or so. She would say the same thing, it's not normal. She would think food was rotting in her intestines releasing toxins into her body. She is a vegetarian.

RE: Zero Carb / Meat and Water - caroline - 09-25-2008 06:02 PM

You can always tell the vegetarians b/c when you go into the health food store here, (health food), they are OFTEN confused about very basic things such as price, or answering simple questions. The ones in their 20's often look pretty good, but then you see the others who are 30's and up, and they (at least the ones in the store here) look anemic, pale, and with very greyish looking skin. Have some more tofu!

RE: Zero Carb / Meat and Water - nyteez - 09-25-2008 06:17 PM

I know what you mean! My mother goes back & forth on her diet. She will eat meat for awhile, then go back to no meat. She has been off meat for about 9 months and she is getting nutty and looks terrible! I am trying to get her to eat some meat so she can get a few brain cells functioning again and some color in her skin. I can always tell when she hasn't eaten meat!

RE: Zero Carb / Meat and Water - jeepifer - 09-25-2008 06:42 PM

Question for those of you that do weight/strength training...

You've said that ZC means you don't have to work as hard or as much? How does that come into play? I am planning on two days a week (not 3 or 4) but do I lower the number of reps or sets too? What about weight, heavier or lighter?

Also, can someone give me the lactic acid primer again? We don't have any or as much because it's a by-product of glucose being burned in the muscle or something like that?

RE: Zero Carb / Meat and Water - daveo - 09-25-2008 07:23 PM

caroline Wrote:
No, Charles. None of that. He just felt "crappy" (ha ha) not ever having to go. The enema thing worked but he was freaked that the whole peristalsis thing never happened for him. really, I don't understand it myself. Unlike me, he is pretty methodical. He's not obsessed with food, has never been a sweets eater, and stuck to the diet.

I got him eating LOADS of fat, b/c I told him he must not be eating enough--but it never made anything "happen" so to speak. He's not doing loads of carbs now, but he is (although bananas hopefully wont become a regular item) adding some until he gets regular again. Oh well.

So really, the problem wasn't physical, it was mental. That's cool, some people aren't cut out for it. Like The Bear says, acculturation and belief systems are pretty strong. Me, I won't worry about the last time I went to the bathroom, whether it was this morning or 2 weeks ago, unless I start feeling some physical symptoms.
**RE: For the meat and water eaters another ? - kacey - 09-25-2008 09:49 PM**

Ogg Wrote:
You might consider seeking medical specialist for testing for parasites as I have heard some real horror stories.

YIKES! Now that is something awful to wake up to this morning!!!

Actually I'm pretty sure its the carbs as every time I cut way back then suddenly add a bunch I get fairly sick. Damned carbs! Good reason to TRY to stay away from them - although as I said, and I'm sure you can appreciate, in some areas of the world ordering food how you 'want' it is laughable! *unless you are a local - or can imitate one pretty well*

Thanks for your comment anyway - I'll try NOT to think about it today!

Kacey

**RE: Zero Carb / Meat and Water - Angela2 - 09-25-2008 10:17 PM**

nyteez Wrote:
Thanks for posting Angela! Us women need all the support we can get! I can't believe you are 50! You look great!

Thanks ! Soon to be 51! I can honestly say that once I became consistent with my eating , my body began to adjust. The other thing is that the scale is not the only measurement. People say that all the time but I will give you a great example. I loss about 6 lbs over the last 2 months but in that same time I have gone down a whole size! I purchased some pants in July that fit perfect that are now truly way too large. It's 6 lbs of fat which is really significant. I keep a log of my daily weigh in so I know exactly how much I weighed on the day I bought them. Generally we equate 15- 20 lbs to a size loss but when you are losing fat, it is much less.

**RE: Zero Carb / Meat and Water - Angela2 - 09-25-2008 10:35 PM**

caroline Wrote:
He has never been fat phobic, and he doesn't object to the idea of fat. But in his mind, since he was regular before, and the change of diet was what brought on the change, there is a "problem." Now if there were studies telling people that it could be "normal" for people to be blocked for a while, or not have the urge, I don't know if even that would allow him to get over it.

I can relate. I went daily before, sometimes 2 times. Initially, I was concerned about not going daily, thinking that all these toxins were storing up inside of me. I got over it by looking at all the positives: smoother skin, much more energy and longer thicker nails and hair. 😊Even before the weight loss!

**RE: Zero Carb / Meat and Water - FormerDonutJunkie - 09-26-2008 01:45 AM**

Angela2 Wrote:
Thanks! Soon to be 51! I can honestly say that once I became consistent with my eating, my body began to adjust. The other thing is that the scale is not the only measurement. People say that all the time but I will give you a great example. I loss about 6 lbs over the last 2 months but in that same time I have gone down a whole size! I purchased some pants in July that fit perfect that are now truly way too large. It's 6 lbs of fat which is really significant. I keep a log of my daily weigh in so I know exactly how much I weighed on the day I bought them. Generally we equate 15-20 lbs to a size loss but when you are losing fat, it is much less.

Angela, I've noticed the same thing more recently on the fat loss/pant size phenomenon. It seems the farther I go along the less pounds lost it takes to get into a smaller size! Wow! I'm cool with that!

RE: Zero Carb / Meat and Water - FormerDonutJunkie - 09-26-2008 01:54 AM

Angela2 Wrote:
I can relate. I went daily before, sometimes 2 times. Initially, I was concerned about not going daily, thinking that all these toxins were storing up inside of me. I got over it by looking at all the positives: smoother skin, much more energy and longer thicker nails and hair. Even before the weight loss!

Wow, all this Potty-Talk has got me concerned. Not 'going' nearly as much could mean fewer stopped up potties. That may not be a good thing for us plumbers! That could really cut into our revenue! LOL!

Just a little Potty humor. Probably very little!

RE: Zero Carb / Meat and Water - Marius - 09-26-2008 02:02 AM

FormerDonutJunkie Wrote:
Angela2 Wrote:
Thanks! Soon to be 51! I can honestly say that once I became consistent with my eating, my body began to adjust. The other thing is that the scale is not the only measurement. People say that all the time but I will give you a great example. I loss about 6 lbs over the last 2 months but in that same time I have gone down a whole size! I purchased some pants in July that fit perfect that are now truly way too large. It's 6 lbs of fat which is really significant. I keep a log of my daily weigh in so I know exactly how much I weighed on the day I bought them. Generally we equate 15-20 lbs to a size loss but when you are losing fat, it is much less.

Angela, I've noticed the same thing more recently on the fat loss/pant size phenomenon. It seems the farther I go along the less pounds lost it takes to get into a smaller size! Wow! I'm cool with that!

Dr. Eades says it's common to gain some muscle mass on this kind of diet, even if you don't go to the gym. So that could explain it. Muscle weighs more than fat!

RE: Zero Carb / Meat and Water - Angela2 - 09-26-2008 04:43 AM

Marius Wrote:
FormerDonutJunkie Wrote:
Angela2 Wrote:
Thanks! Soon to be 51! I can honestly say that once I became consistent with my eating, my body began to adjust. The other thing is that the scale is not the only measurement. People say that all the time but I will give you a great example. I loss about 6 lbs over the last 2 months but in that same time I have gone down a whole size! I purchased some pants in July that fit perfect that are now truly way too large. It's 6 lbs of fat which is really significant. I keep a log of my daily weigh in so I know exactly how much I weighed on the day I bought them. Generally we equate 15-20 lbs to a size loss but when you are losing fat, it is much less.

Angela, I've noticed the same thing more recently on the fat loss/pant size phenomenon. It seems the farther I go along the less pounds lost it takes to get into a smaller size! Wow! I'm cool with that!

Dr. Eades says it's common to gain some muscle mass on this kind of diet, even if you don't go to the gym. So that could explain it. Muscle weighs more than fat!

The net effect of my loss was 6 lbs, which was fat. I may have gained muscle as well. I do go to the gym 3-4 days a week. I run 30 minutes and lift weights 1-2 days!

RE: Zero Carb / Meat and Water - chiara - 09-26-2008 04:52 AM

FormerDonutJunkie Wrote:

Wow, all this Potty-Talk has got me concerned. Not 'going' nearly as much could mean fewer stopped up potties. That may not be a good thing for us plumbers! That could really cut into our revenue! LOL!

Just a little Potty humor. Probably very little!

Haha, does it bother you that you are participating in a life choice that could directly influence your income?

RE: Zero Carb / Meat and Water - FormerDonutJunkie - 09-26-2008 05:16 AM

chiara Wrote:
FormerDonutJunkie Wrote:

Wow, all this Potty-Talk has got me concerned. Not 'going' nearly as much could mean fewer stopped up potties. That may not be a good thing for us plumbers! That could really cut into our revenue! LOL!

Just a little Potty humor. Probably very little!

Haha, does it bother you that you are participating in a life choice that could directly influence your income?

Not at all! I love it in so many ways. And there's always plenty of other plumbing problems to work on.
RE: How to eat meat - BlackPhase - 09-26-2008 05:26 AM

Mackay: I am actually using several things. The worm had been dead awhile (falling apart instead of breaking).

I am killing them now (I don't see them too much now like I did before) by using food grade hydrogen peroxide (diluted of course), and wormwood/clove/black walnut/oregano oil tea, then flushing the garbage out with a celtic sea salt laxative.
Got rid of a lot of impacted stuff and candida along with the rest. My tongue stays pink now, too, so now I can stick my tongue out at someone without worrying if it looks gross. 😊

RE: How to eat meat - BlackPhase - 09-26-2008 05:30 AM

cbmarie: a meat thermometer is a beautiful thing if you have one. You can then comfortably get it as rare as possible (if you like it that way) and KNOW that your at a safe temp.

RE: Zero Carb / Meat and Water - chris m. - 09-26-2008 05:36 AM

Charles Wrote:
I just don't know that one can attribute this "not going for months" to zero-carb. There may be another factor at work here. I won't speculate because I don't know what he eats, but it's impossible to know what else is going on in his intestines that might have existed before his attempt at zero-carb. I have not heard of anyone else not going to the bathroom for that long on any diet.

My experience completely dovetails the Bear's, and from the sound of it, most of you are the same.

Charles

I know some who didn't and even had to remove bowel matter from their intestines with twigs they became so impacted.
That was the soccer team that crashed in the Andes and weren't found for months. There was a documentary and a book on the ordeal.
They resorted to cannibalism and of course their "meat diet" was very lean with no appreciable fat for the entire time.
You look at someone who has trouble with constipation and you can almost bet it's not enough fat. That was a revelation for me as I just knew I was going to "stop up" immediately BUT never did.
Again that "Fiber Menace" website has excellent info on the entire subject.
chris m

RE: Zero Carb / Meat and Water - Charles - 09-26-2008 05:48 AM

jeepifer Wrote:
You've said that ZC means you don't have to work as hard or as much? How does that come into play? I am planning on two days a week (not 3 or 4) but do I lower the number of reps or sets too? What about weight, heavier or lighter?

Try to get Fred Hahn's book, *Slow Burn* which is a very good read. It's not a big book but it explains so much. It doesn't have all that I'm about to explain, but there are good concepts there.
The key to weight lifting and any training for that matter is that you work the muscles to exhaustion which causes small injuries to the muscle, and then the body takes two or three days to repair itself and build up the muscle to be stronger in anticipation of the next workout.

If you understand this paragraph then you understand that the "growth" happens during the rest interval, not so much in the workout period. Most of us moderns don't tend to properly grasp this point. We're more concerned with speeding our recovery, masking the soreness and pain in order to get back at it faster, which has health consequences. It's natural to get tired and to rest before repeating.

True gains in strength and performance happen over a period of time. We accomplish very little from workout to workout. The best runners know that it takes six or seven years of steady development to reach your best state. Therefore, there is no need to attempt to rush the process and those who do invariably find themselves injured and they undermine their efforts.

Jenn Wrote:
Also, can someone give me the lactic acid primer again? We don't have any or as much because it's a by-product of glucose being burned in the muscle or something like that?

Lactic acid burn happens when mammalian erythrocytes (cells that lose their mitochondria) carry lactic acid instead of oxygen for elimination and it's these cells that end up in muscle which makes them burn during conditions of oxygen debt. Under all conditions, our muscles run on fatty acids. Glucose is not taken up by muscles. Erythrocytes in muscle transport glucose molecules across the muscle.

In the case of a zero-carb athlete, when we reach oxygen debt (during a 400 meter sprint or overexertion) our erythrocytes are not mammalian, in that they don't carry lactic acid. Instead, they carry oxygen. Because of this, we do not get the lactic burn that others get. We also don't hit "the wall" as fast.

It's a common finding that high-fat diets allow "time to exhaustion" to increase at an exponential rate. When high-fat populations add carbohydrates, one of the first signs besides bad teeth is that the people become sluggish and lose their endurance. There is a basic physiological reason for this.

It should not surprise us that so many in our Western societies are lethargic and don't exercise. It's not because they don't want to. They are subsisting on fuel which doesn't allow it without pain. When you fix your diet, you'll find that there is more oxygen available for your muscles and you'll be able to perform more tasks without fatigue.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - Charles - 09-26-2008 05:51 AM**

chris m. Wrote:
They resorted to cannibalism and of course their "meat diet" was very lean with no appreciable fat for the entire time.

Stefansson writes about this in his 1946 book that we are discussing. He describes it as "fat-hunger" and he reports how cannibals went after the especially corpulent cadavers and that people had to stand guard over the graves.
Fat is just that important.

RE: Zero Carb / Meat and Water - cbnebraska - 09-26-2008 06:26 AM

Wow, Charles, post 3461 was so clearly written that I actually understand everything there!!! Not that you don't usually, but so many times the scientific terms start to get jumbled in my thinking. I am putting that one in my personal list of favorite posts because it will remind me to REST and not be afraid of losing ground.

RE: Zero Carb / Meat and Water - Charles - 09-26-2008 06:39 AM

cbnebraska Wrote:
Wow, Charles, post 3461 was so clearly written that I actually understand everything there!!!

Thanks, Cynthia. As I understand things better, I tend to write it a little simpler. This is why no one should be afraid to ask a question again that we've already covered. It's possible I can answer it better after some time has elapsed.

Regards,

Charles

RE: Zero Carb / Meat and Water - Charles - 09-26-2008 06:48 AM

Fascinating!

Along the lines of what we've been discussing this morning, I just saw this article praising the Alaskan Husky as the best dog in terms of endurance.

Quote:
Davis believes the dogs possess very thin cell membranes within their muscle fibers that enable the canines to absorb nutrients from the bloodstream while exercising.

"The muscle has two choices for the source of energy — use what is abundant in the bloodstream, or use what is stored in muscles," he explained. "The latter is limited, and the more the muscle taps into those limited stores, the faster it fatigues."

He suspects sled dogs can consume a commercially-produced racing diet, supplemented with everything from salmon to congealed lard balls, and quickly convert it to usable energy.

Anyone who knows anything about sled dogs know that their primary diet is fatty meat. The dogs of Eskimos can make the same claim. They sit half the year in kennels eating fatty meat and when the time comes they go immediately to pulling large sleds over frozen tundra without any warmup.

If humans are fed right, there is no reason why they can't also have super endurance. Feed your children high fat diets from the womb and you can expect durable children as well!

Regards,
RE: Zero Carb / Meat and Water - cbnebraska - 09-26-2008 06:50 AM

Just pondering the "impacted" issue. I too am like many of you in that I now only go maybe once every 3 days and when I have to go it's NOW. Like Charles said, it's not diarrhea because there are no cramps and even no excess water, it's just that I eliminate in a few seconds flat and I'm done. wow, this is a wonderful thing for me because I suffered constantly from constipation before all this. I tried EVERYTHING, including "eat more fiber", "drink more water". I tried psyllium husk capsules, flaxseed, all of it. No luck on any regular basis. I need to keep reminding myself that even though I'm not dropping weight left and right, this benefit alone is enough to keep me here.

Also, how does this type of "elimination" - meaning not so frequent but swift - compare to the animal world? I see dogs squatting and pushing hard to do their business at times, but they aren't fed their natural diet, so I now assume they are constipated when they are having to work so hard. Charles, how is your meat only dog doing in that arena? I can think about horses, who drop piles rather than rolls (is this a good term to use?). I wonder if "piles" is the natural way?

And actually, which animals are truly omnivores in that they NEED a mixed diet, not just can tolerate one for a short time? Somewhere at sometime I heard or read it stated "have you ever seen a fat carnivore?" That right there was one of the thoughts that got me headed in the zero carb direction. Although I don't know how that transfers over to the body styles of herbivores and omnivores, but I do know that when I think of wild cats I think "muscle"!! And also - eat for the body you want, not the body you have. Gotta love it....

RE: Zero Carb / Meat and Water - LindaSue - 09-26-2008 06:56 AM

caroline Wrote:

But in his mind, since he was regular before, and the change of diet was what brought on the change, there is a "problem." Now if there were studies telling people that it could be "normal" for people to be blocked for a while, or not have the urge, I don't know if even that would allow him to get over it. That's the thing. Not going for several days while eating zero carbs doesn't necessarily mean that things are "blocked up". It just means that there isn't enough in there to need to come out very often. When I was eating a lot of veggies on my low carb diet, I almost always had a "full" feeling in my gut even when I wasn't bloated and gassy. I only felt good after I'd finally had a good BM. Now that I rarely eat veggies, I feel that sort of empty, relieved feeling all the time. Sometimes I don't even know that I'm going to have a BM until it happens. For me it was fiber that made me feel constantly plugged up.

By the way, I do sometimes go more than once a day but other times I may only go a couple times a week. It doesn't bother me one way or the other. I don't see why my body should be like clockwork in this regard.

RE: Zero Carb / Meat and Water - Charles - 09-26-2008 07:02 AM

cbnebraska Wrote:

Also, how does this type of "elimination" - meaning not so frequent but swift - compare to the animal world? I see dogs squatting and pushing hard to do their business at times, but they aren't fed their
natural diet, so I now assume they are constipated when they are having to work so hard. Charles, how is your meat only dog doing in that arena?

I'm glad you asked that. My 16-year-old son has been impacted the most by Sawyer's new habits. It used to be that when he cut the grass, my 12-year old (it's technically his dog) has to go out and pick up the poop in the yard.

Now that Sawyer has been on his 73/27 diet for the last two months, we don't see any of his poop anymore. It decomposes very rapidly and my son never calls for my other son to pick up poop before cutting the grass. I didn't even notice it until Cynthia asked the question and I thought about it.

Other improvements are that he doesn't shed so much hair anymore. It used to be that you could pet him and hair would be everywhere. This doesn't happen anymore.

He sleeps in his crate in the house at night so that he doesn't bother the neighbors with his loud "hound" bark. It used to be that if he passed gas in the house, it would stink to high heaven. One day a few weeks ago, he pooped in his crate, which is a rare thing. Well, we went half the day and didn't know that he did it. No one smelled it. My son had to see it. That's major improvement!

He can now run and jump for longer periods without getting tired. I walk him and he's much more energetic than he used to be on his dogfood. Oh, and he's lean and muscular!

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**RE: Zero Carb / Meat and Water - Richard - 09-26-2008 07:19 AM**

Charles question...

Raw, cooked, frozen then thawed...how do you give it.

I have an older dog that has developed join issues. He eat 50% 'pouch meat dog food' and 50% dry. I'd like to change him if it would help but in the past you hear so much 'bad stuff' about raw hamburger meat.

---

**RE: Zero Carb / Meat and Water - Charles - 09-26-2008 07:27 AM**

Richard Wrote:
Raw, cooked, frozen then thawed...how do you give it.

I give it just like you see it. By trial and error, I've learned that he likes it thawed and at room temperature. I buy it fresh at the store and put it in the refrigerator. I take it out and let it sit a while before I dish it for him. He eats it right away (once he sees that I'm gone -- won't eat if I'm standing there -- he must think I'm the alpha dog or something...)

I've given it to him cold and he didn't like it, and I've given him cooked food on occasion.

In the beginning, his stomach had to adjust some so I noticed that he would sometimes take the meat and put dirt and grass over it before he ate it. This meant that his stomach was upset. After a week or so, he stopped doing this and just ate the meat. I suppose once he became ketoadapted....
I no longer get his teeth brushed or take him to the groomers for baths. He just doesn't seem to need it. He smells like a dog, but it's much better than it used to be, that's for sure, and his teeth are perfect!

Regards,

Charles

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**RE: Zero Carb / Meat and Water - Linda - 09-26-2008 07:32 AM**

Richard Wrote:
Charles question...

Raw, cooked, frozen then thawed...how do you give it.

I have an older dog that has developed join issues. He eat 50% 'pouch meat dog food' and 50% dry. I'd like to change him if it would help but in the past you hear so much 'bad stuff' about raw hamburger meat.

Richard - I've been giving my dog raw hamburger for over a year with no problems. Dogs have a shorter gut and process food much more quickly than humans. They aren't prone to the same issues we are. If you're interested, you might check out this website for more information on feeding a raw diet using a "base" that can be added to meat Sojos. They have both a regular base and a grain free base...all made with human grade ingredients.

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**RE: Zero Carb / Meat and Water - nyteez - 09-26-2008 07:45 AM**

Charles Wrote:

cbnebraska Wrote:
Wow, Charles, post 3461 was so clearly written that I actually understand everything there!!!

Thanks, Cynthia. As I understand things better, I tend to write it a little simpler. This is why no one should be afraid to ask a question again that we've already covered. It's possible I can answer it better after some time has elapsed.

Regards,

Charles

I agree completly! The more times I read something the better I understand it.

---

**RE: Zero Carb / Meat and Water - PatTee - 09-26-2008 07:49 AM**

Charles Wrote:
Fascinating!

Anyone who knows anything about sled dogs know that their primary diet is fatty meat. The dogs of Eskimos can make the same claim. They sit half the year in kennels eating fatty meat and when the time comes they go immediately to pulling large sleds over frozen tundra without any warmup.
If humans are fed right, there is no reason why they can't also have super endurance. Feed your children high fat diets from the womb and you can expect durable children as well!

Regards,

Charles

Having owned a Sibe for years and now a new pup, Salmon is also a primary dietary component. Although I do not race them, the breeder I've purchased from does in smaller races. Having had other breeds - it is really amazing to see the absolute differences in the dietary needs. Sibes generally do not overeat. Keeping to the bulk up late summer and fall for winter and way less consumed in spring and early summer. I was told that during a race whole frozen salmon was one food of choice for some racers.

Our 1st Sibe was an avid swimmer. Every day out into the pool in summer. This new pup of ours - has spurts of unbridled energy - just running and running - shocker!!

I cooked for our 1st Sibe and will do so with this one.

Some of the best dietary recipes call for salmon of course, chicken, fresh fish and animals like otter and mink which have a very high fat content.
Foods to avoid are beef, horsemeat, soy avocado, yellow corn, beet pulp, no bones whatsoever.

😊

RE: Zero Carb / Meat and Water - Charles - 09-26-2008 07:52 AM

I would probably want to add that obviously, racing was not in the mind of the Eskimo. Their dogs just needed to have endurance and they exhibited this greatly. Just like humans, a diet that is great for athletic performance may not in fact be healthy for life.

RE: Zero Carb / Meat and Water - jeepifer - 09-26-2008 07:57 AM

Charles Wrote:
The key to weight lifting and any training for that matter is that you work the muscles to exhaustion which causes small injuries to the muscle, and then the body takes two or three days to repair itself and build up the muscle to be stronger in anticipation of the next workout.

So the principle of doing the heaviest weight you can manage, at 15 reps for a couple of sets still holds. This will break down the muscle tissues, and after a couple/three days of rest to let them repair, rinse and repeat.

Charles Wrote:
In the case of a zero-carb athlete, when we reach oxygen debt (during a 400 meter sprint or overexertion) our erythrocytes are not mammalian, in that they don't carry lactic acid. Instead, they carry oxygen. Because of this, we do not get the lactic burn that others get. We also don't hit "the wall" as fast.

Even though my muscles were obviously working, I wasn't "feeling the burn" last night, and I made an offhand comment that I didn't eat carbs so I wouldn't. Of course, the trainer thinks I'm whacked (LOL) but I had remembered reading you saying something about that before. Thanks for clarifying!
RE: Zero Carb / Meat and Water - Charles - 09-26-2008 08:03 AM

jeepifer Wrote:
So the principle of doing the heaviest weight you can manage, at 15 reps for a couple of sets still holds. This will break down the muscle tissues, and after a couple/three days of rest to let them repair, rinse and repeat.

I don't even go that far. I'm thinking 7 (min) -10 (max) reps of the heaviest and then move on to the next exercise. Your arms should be shaking at number 7. That's a good sign that you're doing it right. If you can manage 15 reps, the weight is too light.

You will experience great growth and you'll only get stronger as you lose weight. If you are eating carbohydrates, then you could puff up with this, although I don't think so with so little carbohydrates. If you do, then you know what the culprit is.

Regards,
Charles

RE: Zero Carb / Meat and Water - deedum - 09-26-2008 08:15 AM

Angela2 Wrote:
nyeez Wrote:
Thanks for posting Angela! Us women need all the support we can get! I can't believe you are 50! You look great!

Thanks ! Soon to be 51! I can honestly say that once I became consistent with my eating , my body began to adjust. The other thing is that the scale is not the only measurement. People say that all the time but I will give you a great example. I loss about 6 lbs over the last 2 months but in that same time I have gone down a whole size! I purchased some pants in July that fit perfect that are now truly way too large. It's 6 lbs of fat which is really significant. I keep a log of my daily weigh in so I know exactly how much I weighed on the day I bought them. Generally we equate 15- 20 lbs to a size loss but when you are losing fat, it is much less.

This same thing is happening to me. Now, I am only 5 feet tall, and I lost 4 lbs which translated to 2 pants sizes!

Deanna

RE: Too much protein - Loops - 09-26-2008 08:30 AM

Hi -

nobody has brought up the issue of insulin and protein on this thread yet - I'm quite surprised.

It's true 'excessive' protein consumption doesn't usually have any effect on bg levels, but what about insulin? I seem to remember Barry Groves writing about this in his book - that protein does cause quite a bit of insulin release - and fat has no effect.
So far everyone keeps going on about gluconogenesis - but is that really the issue here?

Also, ketones are a form of sugar - fructose I believe - is that correct? So however you look at it, the brain is still using sugar - just a different form.

Loops

I'm not sure why this post has suddenly appeared in this thread! The other 'protein' thread seems to have gone missing as well. what is going on???

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RE: Too much protein - Mackay  09-26-2008 08:39 AM

You guys are the best! Thanks.

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RE: Zero Carb / Meat and Water - jeepifer  09-26-2008 08:45 AM

Charles Wrote:
I don't even go that far. I'm thinking 7 (min) -10 (max) reps of the heaviest and then move on to the next exercise. Your arms should be shaking at number 7. That's a good sign that you're doing it right. If you can manage 15 reps, the weight is too light.

You will experience great growth and you'll only get stronger as you lose weight. If you are eating carbohydrates, then you could puff up with this, although I don't think so with so little carbohydrates. If you do, then you know what the culprit is.

Even better! The more I build and tone now, the better I will look as the weight comes off! I don't want to be "muscular" but I've read that it's hard for a woman to get that way unless they *really* work at it, almost at a professional level.

Also wanted to mention that I'm at almost 3 weeks <5g carbs/day (most days zero or 1), and except for mid-morning today, my energy's been fine. Not brimming, but I can keep going (walking, staying up later) more now than I could a month ago.

I was about to fall out of my chair exhausted this morning -- not sure if it was the workout last night or I need more fat or what. I woke up and got to work, but about mid morning I crashed. I had just eaten some pork roast. I didn't have any extra food with me so I resorted to caffiene. I need to find a very fatty lunch!

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RE: Zero Carb / Meat and Water - cbnebraska  09-26-2008 08:47 AM

deedum Wrote:
It's 6 lbs of fat which is really significant. I keep a log of my daily weigh in so I know exactly how much I weighed on the day I bought them. Generally we equate 15- 20 lbs to a size loss but when you are losing fat, it is much less.

Quote:
This same thing is happening to me. Now, I am only 5 feet tall, and I lost 4 lbs which translated to 2 pants sizes!
Deanna

Ditto for me, I guess. It's hard to see the scale not drop dramatically, but I have lost nearly 2 pant sizes, which was only 7-8 lbs. I'm 5'5.5" tall, so that seems to follow suite. I definitely have more muscle definition, although not as much as I'd like to eventually end up with.

Quote:
I don't even go that far. I'm thinking 7 (min) -10 (max) reps of the heaviest and then move on to the next exercise. Your arms should be shaking at number 7. That's a good sign that you're doing it right. If you can manage 15 reps, the weight is too light.

Definitely!! Low reps, heavy weights. 3 sets of 12 is the standard "recommendation", but I disagree. Like Charles, I like what's called lifting "to failure" which means, so you can't finish your last few repetitions. I like 2 sets to failure, usually no more than 8 reps, with a 60 second rest in between sets. The other advantage is -- it's MUCH quicker this way. Get in, get it done, get out!

RE: Zero Carb / Meat and Water - jeepifer - 09-26-2008 08:54 AM

cbnebraska Wrote:
Definitely!! Low reps, heavy weights. 3 sets of 12 is the standard "recommendation", but I disagree. Like Charles, I like what's called lifting "to failure" which means, so you can't finish your last few repetitions. I like 2 sets to failure, usually no more than 8 reps, with a 60 second rest in between sets. The other advantage is -- it's MUCH quicker this way. Get in, get it done, get out!

Thanks! Not that I'm looking for a quick fix, but being able to do this in an efficient manner is a good thing with two little kids and a busy schedule!

RE: Zero Carb / Meat and Water - cbnebraska - 09-26-2008 08:54 AM

jeepifer Wrote:
I don't want to be "muscular" but I've read that it's hard for a woman to get that way unless they *really* work at it, almost at a professional level.

Not always true. It's genetic to a certain extent. I lift side by side with friends whose bodies don't look anything like mine. Even when I was just low carb. I lift twice a week and am muscular, especially in my arms because I am leaner there. I'm working on removing the layer of fat that covers the muscles in my legs.

RE: Too much protein - Jeff - 09-26-2008 08:54 AM

Loops Wrote:
Hi -

nobody has brought up the issue of insulin and protein on this thread yet - I'm quite surprised.

It's true 'excessive' protein consumption doesn't usually have any effect on bg levels, but what about insulin? I seem to remember Barry Groves writing about this in his book - that protein does cause quite a
bit of insulin release - and fat has no effect.

So far everyone keeps going on about gluconogenesis - but is that really the issue here?

Also, ketones are a form of sugar - fructose I believe - is that correct? So however you look at it, the brain is still using sugar - just a different form.

Loops

If I remember correctly, Bear did say that ketones were actually a special kind of carb. And I know that Mary at the Yahoo Sat Fat group says ketones are a form of fructose.

---

RE: Zero Carb / Meat and Water - jeepifer - 09-26-2008 09:18 AM

cbnebraska Wrote:
Not always true. It's genetic to a certain extent. I lift side by side with friends whose bodies don't look anything like mine. Even when I was just low carb. I lift twice a week and am muscular, especially in my arms because I am leaner there. I'm working on removing the layer of fat that covers the muscles in my legs.

Aw, nuts. I'll have to break out the Callenetics videos to lengthen those muscles out, then. Ack.

---

RE: Zero Carb / Meat and Water - Angela2 - 09-26-2008 09:22 AM

Charles Wrote:
Try to get Fred Hahn's book, Slow Burn which is a very good read. It's not a big book but it explains so much. It doesn't have all that I'm about to explain, but there are good concepts there.

True gains in strength and performance happen over a period of time.
It should not surprise us that so many in our Western societies are lethargic and don't exercise. It's not because they don't want to. They are subsisting on fuel which doesn't allow it without pain. When you fix your diet, you'll find that there is more oxygen available for your muscles and you'll be able to perform more tasks without fatigue.

Regards,
Charles

I follow Slow Burn (alternatively The Power of Ten) as well and the change in my diet gave me the energy.

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RE: Zero Carb / Meat and Water - LindaSue - 09-26-2008 10:13 AM

cbnebraska Wrote:
jeepifer Wrote:
I don't want to be "muscular" but I've read that it's hard for a woman to get that way unless they *really* work at it, almost at a professional level.

Not always true. It's genetic to a certain extent. I lift side by side with friends whose bodies don't look anything like mine. Even when I was just low carb. I lift twice a week and am muscular, especially in
my arms because I am leaner there. I'm working on removing the layer of fat that covers the muscles in my legs.

I agree that genetics has a lot to do with how muscular you can look. My muscles are very strong from doing Callanetics twice a week but you'd never know it by looking at me. Someone with my body type (tall, thin and small boned) won't ever look very muscular no matter how much they work out. Plus, most of the muscle that I have built up is covered with fat so you can't see it much. The Callanetics have improved the general shape of my body though despite the fat.

RE: Zero Carb / Meat and Water - AuntieM - 09-26-2008 10:24 AM

cbnebraska Wrote:
jeepifer Wrote:
I don't want to be "muscular" but I've read that it's hard for a woman to get that way unless they *really* work at it, almost at a professional level.

Not always true. It's genetic to a certain extent. I lift side by side with friends whose bodies don't look anything like mine. Even when I was just low carb. I lift twice a week and am muscular, especially in my arms because I am leaner there. I'm working on removing the layer of fat that covers the muscles in my legs.

Hi cbnebraska: Hope you don't mind my asking but could you tell me specifically what is your circuit when you lift twice a week? I would like to start lifting (I probably should have started long ago). I'm 53 y/o and unfortunately have those lovely arms that continue to wave even after I've actually stopped! LOL I should add tho that I would like to have a complete body routine.

I would also love to hear from Charles as to what I might incorporate into a resistance training routine.

As always, I appreciate any and all suggestions and comments!

RE: Too much protein - Charles - 09-26-2008 11:03 AM

Loops Wrote:
It's true 'excessive' protein consumption doesn't usually have any effect on bg levels, but what about insulin? I seem to remember Barry Groves writing about this in his book - that protein does cause quite a bit of insulin release - and fat has no effect.

This is not true at all. You have to qualify what you mean by "protein". Dr. Groves has the best article on his site that explains why a diet should be high fat and not high protein. It has nothing to do with the effect on insulin levels. It is just as I quoted above, from his article. If you have the passage in the book, you should quote the entire thing so we can see what he's talking about.

Loops Wrote:
So far everyone keeps going on about gluconogenesis - but is that really the issue here?

The only reason this ever comes up is because someone claims that they can't lose weight doing zero-carb and they want to blame excessive protein and some theory that it converts to glucose. If protein were to effect insulin, then it must do so by being converted to glucose which would increase insulin.
This has never been shown and does not happen. If you have evidence that it does, then you should post it so we can read it.

Loops Wrote:
Also, ketones are a form of sugar - fructose I believe - is that correct? So however you look at it, the brain is still using sugar - just a different form.

That's not true either. Ketones are made from fat. They are not a form of sugar nor are they glycerol. Even the ubiquitous Wiki gets this one right:

Quote:
Ketone bodies are three water-soluble compounds that are produced as by-products when fatty acids are broken down for energy in the liver and kidney. They are used as a source of energy in the heart and brain. In the brain, they are a vital source of energy during fasting.

If protein was broken down to be converted to glucose, then there would be excess nitrogen which would lead to an ammonia buildup. That's the part you seem to miss.

Wouldn't you agree that during fasting, this is the perfect time we would need protein to be converted to glucose to fuel our brains? Yet it does not occur. That theory has to be discarded.

Even if protein were converted to glucose, what difference would this really make? What's the point you want to make?

Everyone acknowledges that zero-carb is very difficult and we all understand everyone is not going to be able to overcome their upbringing and acculturation to implement it successfully. There is no reason to invent reasons such as "too much protein" or things like that which have never been shown clinically.

Again, if there is evidence of gluconeogenesis in a ketoadapted individual, then produce it so we can have a look at it.

Regards,

Charles

RE: Zero Carb / Meat and Water - cbnebraska - 09-26-2008 11:34 AM

Well, I hate to say that I don't have a regular circuit. I go to the gym, decide what muscle group I need to work based on my previous days' workouts and do them. Sad, isn't it? My husband bought a set of posters from Amazon.com that hang in our basement weight area, so if you were going to workout at home, a set of those would be helpful. It's for dumbbells/handweights rather than a bar.

Here's the link to the posters. They are a great start.: http://www.amazon.com/Dumbbell-Training-Poster-Michael-Jespersen/dp/0969677332/ref=pd_bbs_2?ie=UTF8&s=books&qid=1222453797&sr=8-2

Also, a good magazine to get with great lifting routines is called Oxygen. I subscribe to that, but it's on most magazine racks. I avoid fluffy magazines like Self and Shape, etc... So much of it is dieting advice, which I obviously disagree with. So, I go for the more serious muscle one instead. I am NOT a body builder, and never want to be, but the workouts in Oxygen work for regular gals too!
I usually do only arms in the weight room and I do tricep kickbacks, overhead extensions, bicep curls, lateral raises, chest flies, chest presses, deltoid pull backs and probably others I'm not thinking of. If I do legs, it's usually just squats, hamstring extensions and calf raises. I often times take a class called "Body Pump" as an option. It is not a "to failure" type circuit, as we usually do one or two muscles for the entire length of a song, with just a few breaks in there. I still load my bar super heavy so that by the end I can barely make the last one, but a song is a long time to keep at it!

Hope some of this helps!

RE: Too much protein - Loops - 09-26-2008 11:38 AM

Charles -

I didn't say AT ALL that gluconogenesis happens. Please don't misquote me. It's happened before and I'm not happy about it. Where exactly did I say that? I do not agree that for insulin to be released bg has to rise, or gluconogenesis has to happen - if it does anyway. What about artificial sweeteners? Cheese? These things don't usually cause a fluctuation in blood glucose, yet the theory is too much insulin gets released anyway. Anyway, enough of what I think - here is the passage from Groves's book:

p78

Protein reduces glucose - but increases insulin

Over the years, there has been considerable uncertainty about the effects of protein intake on blood glucose levels. Recently a well-conducted study of people with type-2 diabetes showed clearly that protein improves overall glucose control. In this study, protein intake was doubled while carbs were reduced proportionally. It produced impressive results by reducing twenty-four hour blood glucose by a massive forty percent. There were also significant decreases in glycosylated haemoglobin and triglycerides after just five weeks. This was all to the good. However, the addition of 50 grams of beef had one drawback: it caused a prompt three-fold rise in blood insulin levels. Insulin was at a maximum after two-and-a-half hours, and it did not return to a fasting value until more than six hours after the meal.

Also, I've heard people report ammonia-smelling sweat when they eat too much protein. And when they eat lots of fat and reduced protein - the smell goes away. Why would that happen if it wasn't happening?

Loops

RE: Too much protein - Loops - 09-26-2008 11:39 AM

Sorry - that quote was from Natural Health and Weight Loss by Barry Groves 2007

RE: Zero Carb / Meat and Water - Charles - 09-26-2008 11:51 AM

I can't recommend it enough, but you really want to go and pick up Slow Burn It contains a full-body workout that anyone can use to begin. You work each muscle group and then you go home. I talking about 7 reps and then go to the next exercise. It has pictures and explanations.

Those of you women who are concerned about muscle should have watched some part of the Olympic
weightlifters. These women were awesome. The best and most revealing part is that they did not look the part. These ladies did not have muscles bulging all over the place but boy, they could move some iron. That's how it's supposed to be.

These people that you see in magazines with ripping muscles and veins popping all over the place are doing steroids and carbohydrates, plain and simple. Weight lifting does not equal bulk. Just because your muscles don't look big does not mean that they are not strong. One should lift weights to gain strength, not to look muscular. The muscularity and leanness comes from the correct diet.

Most of you have abs already but you can't see them because your diet is incorrect. Once you get on the correct one and lose, you'll find that you'll automatically look muscular as you become lean, if you have that type of build to begin with. If you don't have a muscular build, you likely won't have one, but you will be lean and you'll look fantastic.

By the way: Big muscles doesn't mean big strength either. I lift more weight than many people at my gym who look much bigger than I do.

Regards,

Charles

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**RE: Zero Carb / Meat and Water - jeepifer - 09-26-2008 11:54 AM**

cbnebraska Wrote:
I often times take a class called "Body Pump" as an option. It is not a "to failure" type circuit, as we usually do one or two muscles for the entire length of a song, with just a few breaks in there. I still load my bar super heavy so that by the end I can barely make the last one, but a song is a long time to keep at it!

Holy moly! I tried that class once with a skimpy little bar and thought I was gonna die!

Maybe in a few months, sans some body weight and with more time strength training and ZC, I will give it a whirl again. I kind of like doing the classes. It's a fun change.

---

**RE: Zero Carb / Meat and Water - jeepifer - 09-26-2008 12:06 PM**

I'm going to share my meat joy here, where I know others will appreciate it...

I found vacuum-packed "whole" ribeye, about 14-17 lbs. on average per package, for $5.39/lb. (Costco, of course!) Okay, it's still 80-90 bucks for the whole shebang, but that's better than coming up with $400 for the 80-lb. case! If I plan on one 1-lb. steak each day, that would last me two weeks at least, and I'm still saving $1.50/lb over their regular price. That's what, a 30 dollar savings on a 20-lb. hunk o' beef? Cool! And Yum!

Spoke to DH and he figured we could fire up the grill, slice it all up, and maybe grill half of it at a time, then freeze the steaks individually. Then I could just pull one out, let it thaw, and reheat *slightly* for my daily meals. Happy camper! 😊
RE: Too much protein - Charles - 09-26-2008 12:18 PM

You said:

Loops Wrote:
I seem to remember Barry Groves writing about this in his book - that protein does cause quite a bit of insulin release - and fat has no effect.

This is why I asked you to provide the article because I interpreted your comment along that line. There is no other way for protein to effect insulin except through gluconeogenesis.

There is another way to explain Dr. Groves' observations in the short study:

Dr. Groves Wrote:
In this study, protein intake was doubled while carbs were reduced proportionally. It produced impressive results by reducing twenty-four hour blood glucose by a massive forty percent. There were also significant decreases in glycosylated haemoglobin and triglycerides after just five weeks. This was all to the good. However, the addition of 50 grams of beef had one drawback: it caused a prompt three-fold rise in blood insulin levels. Insulin was at a maximum after two-and-a-half hours, and it did not return to a fasting value until more than six hours after the meal.

This is common to many people on this forum, including Jimmy. This is classic hyperinsulinemia which all diabetics would have. This also happens when a person initially goes to a zero-carb diet. When you start dropping the carbs, your insulin is going to be higher in circulation.

Why? Your body will still continue to secrete the same insulin prior to and during meals even though you drop your carbohydrates down. Insulin is secreted based on your history, not what you're doing right now. This is why it takes six months for a zero-carb diet to work!

There are less carbohydrates in the system for the insulin to process so quite naturally, there will be higher insulin levels. If they would have kept the study going longer they would have found that the levels would have gone down as time passed and the body was conditioned to secrete less insulin.

This is why we do zero-carb! The goal is to condition the body to secrete less insulin over time. This is why you cannot just try zero-carb for a couple of weeks and think that you've done something. Your body will continue secreting too much insulin during the entire two weeks. This means that you will likely not lose weight and you may even gain weight because too much insulin in circulation means that more fatty acids are being stored. The weight loss will likely not start until the insulin levels get under control.

Loops Wrote:
Also, I've heard people report ammonia-smelling sweat when they eat too much protein. And when they eat lots of fat and reduced protein - the smell goes away. Why would that happen if it wasn't happening?

This is because when you eat too much lean protein, the body breaks it down and you get excess nitrogen. This is what leads to the ammonia in the bloodstream which is excreted through sweat. It doesn't have anything to do with insulin.

Dr. Groves Wrote:
Excess intake of nitrogen leads in a short space of time to hyperammonaemia, which is a build up of ammonia in the bloodstream. This is toxic to the brain. Many human cultures survive on a purely animal
product diet, but only if it is high in fat. A lean meat diet, on the other hand cannot be tolerated; it leads to nausea in as little as three days, symptoms of starvation and ketosis in a week to ten days, severe debilitation in twelve days and possibly death in just a few weeks. A high-fat diet, however, is completely healthy for a lifetime.

Regards,

Charles

RE: Zero Carb / Meat and Water - Charles - 09-26-2008 12:28 PM

jeepifer Wrote:
Spoke to DH and he figured we could fire up the grill, slice it all up, and maybe grill half of it at a time, then freeze the steaks individually. Then I could just pull one out, let it thaw, and reheat *slightly* for my daily meals. Happy camper! 😊

Do you HAVE to grill it, though?.....

RE: Too much protein - MAC - 09-26-2008 12:29 PM

Loops Wrote:
p78

Protein reduces glucose - but increases insulin

Over the years, there has been considerable uncertainty about the effects of protein intake on blood glucose levels. Recently a well-conducted study of people with type-2 diabetes showed clearly that protein improves overall glucose control. In this study, protein intake was doubled while carbs were reduced proportionally. It produced impressive results by reducing twenty-four hour blood glucose by a massive forty percent. There were also significant decreases in glycosylated haemoglobin and triglycerides after just five weeks. This was all to the good. However, the addition of 50 grams of beef had one drawback: it caused a prompt three-fold rise in blood insulin levels. Insulin was at a maximum after two-and-a-half hours, and it did not return to a fasting value until more than six hours after the meal.

Does he say what the study was? I'd like to pull it from PubMed. This biggest concern I have is that these were diabetics. Diabetics have an impaired metabolism as it is. This study does not jive with the graph from this study with diabetics regarding insulin.

Study to be found via this blog link: http://lowcarb4u.blogspot.com/2008/07/reversing-insulin-resistance.html

RE: Zero Carb / Meat and Water - AuntieeM - 09-26-2008 12:37 PM

Charles Wrote:
I can't recommend it enough, but you really want to go and pick up *Slow Burn*. It contains a full-body workout that anyone can use to begin. You work each muscle group and then you go home. I'm talking about 7 reps and then go to the next exercise. It has pictures and explanations.

Okay Charles, I just completed my order with Amazon for *Slow Burn*. Now I'm all "pumped"!! That is my extremely sorry attempt at humor. Again, thank you for your help.

cbnebraska: And to you also, thank you so much for your response. In the meantime (while I'm waiting for the book) I'm going to look for the *Oxygen* magazine.

To all, have a great day! 😊

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**RE: Zero Carb / Meat and Water** - jeepifer - 09-26-2008 12:38 PM

Charles Wrote:
jeepifer Wrote:
Spoke to DH and he figured we could fire up the grill, slice it all up, and maybe grill half of it at a time, then freeze the steaks individually. Then I could just pull one out, let it thaw, and reheat *slightly* for my daily meals. Happy camper! 😊

Do you HAVE to grill it, though?....

No. We have a Foreman-grill thingy and I'm hoping to get a Nuwave oven soon. Or I suppose there's always broiling. I just prefer the taste of grilled meat, nice and rare!

---

**RE: Zero Carb / Meat and Water** - Charles - 09-26-2008 12:40 PM

Okay! (I forgot about your Foreman grill -- I was thinking of the backyard variety where all the good stuff drips into the bottom...)

---

**RE: Too much protein** - Loops - 09-26-2008 12:47 PM

Hi -

again, I hope you don't think I came here, tried zero carb for a couple of weeks and gave up - I did it for a very long time (about a year) after two years of high fat low carb (20-30g carb) - I went down to <10g for a year. Most days were less than 5g.

Anyway that is beside the point. Are there any more studies linking protein intake to insulin production I wonder?

Also, are you then saying that Groves and also Kwasniewski are completely wrong about limiting protein intake? Because a lot of people who have trouble losing weight on low carb have success once they limit their protein. So what about that?

This is also beside the point, but I can actually lose bodyfat on slightly higher carbs (30g) as long as fat consumption is high. The slightly higher carb intake usually means my protein is a little lower than usual. I don't lose a damned thing on zero carbs. I'm not alone either.
RE: Zero Carb / Meat and Water - jeepifer - 09-26-2008 12:48 PM

Well yes, you are right, primarily we use a charcoal outdoor grill. But not much drips -- at least, I highly doubt it. All the fat is still waaaaaaaay intact around the edges and beautifully marbled inside. I wasn't kidding when I say we eat it rare.

RE: Too much protein - Loops - 09-26-2008 12:51 PM

Hi Mac -

I can't see it stated anywhere which study it was - sorry.

RE: Too much protein - MAC - 09-26-2008 01:01 PM

Loops Wrote:
Hi Mac -

I can't see it stated anywhere which study it was - sorry.

Thanks. 50 g of beef is not a lot of beef. That is 1/9 of lb or less than two ounces of protein. Dr. Eades says that on a scale of 5 protein is a two and carbs are a five in terms of raising insulin. The other thing no one talks about with the insulin rise via protein is that glucagon (insulin's counter regulatory hormone) also increases. There is no rise in glucagon with carbs.

RE: Too much protein - Loops - 09-26-2008 01:44 PM

Hi -

YES I keep forgetting about glucagon.

RE: Too much protein - Charles - 09-26-2008 02:30 PM

Loops Wrote:
again, I hope you don't think I came here, tried zero carb for a couple of weeks and gave up - I did it for a very long time (about a year) after two years of high fat low carb (20-30g carb) - I went down to <10g for a year. Most days were less than 5g.

This is still not zero-carb. It is very low carb and I appreciate that, but it's not true zero-carb and I think you know that.

It's immaterial. The fact is that you have never been able to get your insulin levels under control and that's the point of zero-carb to begin with. I don't care if it was 1 g of carbs for two years, the fact is, you were unable to get your insulin under control

This is not shocking to me. Most people will not be able to implement zero-carb as it is very difficult. I commend you for trying. You are unable to do it so move on to something else. I am not trying to persuade you or anyone else to do it. We do it, it works for us and that's that.
Loops Wrote:
Anyway that is beside the point. Are there any more studies linking protein intake to insulin production I wonder?

MAC just provided a very good one and it suggests the very opposite of what these doctors are saying. Personally, I'm not interested in any other studies because I know what has happened with me and many others. There is no reason for me to "prove" zero-carb. It speaks for itself.

Loops Wrote:
Also, are you then saying that Groves and also Kwasniewski are completely wrong about limiting protein intake? Because a lot of people who have trouble losing weight on low carb have success once they limit their protein. So what about that?

What they said means nothing to me. I would have to examine the individual case to see what happened. We've had people around here try to limit their protein and I don't recall it really working for very long. Just because someone eats a half a pound less of beef for a week or two and loses another two pounds, don't tell us much.

If you drop your calories, you will lose weight. There is no doubt about it. The question is, does this satisfy a person's hunger and do they have energy and no muscle loss? If those answers are true then perhaps they were eating when they were not hungry and this goes against what we believe for zero-carb.

If you dropped your protein and now you have achieved your weight loss goals, then great. It is what it is!

Loops Wrote:
This is also beside the point, but I can actually lose bodyfat on slightly higher carbs (30g) as long as fat consumption is high. The slightly higher carb intake usually means my protein is a little lower than usual. I don't lose a damned thing on zero carbs. I'm not alone either.

So why are you bothering me with questions concerning zero-carb?

Do your plan and enjoy it. I really don't care. I'm glad that you found something that works for you. We're all after health and if you find it in some way other than zero-carb, than that's fantastic.

Regards,

Charles

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**RE: Too much protein - Charles - 09-26-2008 02:33 PM**

MAC Wrote:
The other thing no one talks about with the insulin rise via protein is that glucagon (insulin's counter regulatory hormone) also increases. There is no rise in glucagon with carbs.

The Bear talks about glucagon and I think he's absolutely correct. Glucagon does not function the exact opposite of insulin and is entirely irrelevant. I don't have the thread with me at home, but the Bear has a very good explanation as to why glucagon is not something we need to be concerned with.
Regards,
Charles

RE: Too much protein - montmorency - 09-26-2008 05:15 PM

Loops Wrote:
Also, ketones are a form of sugar - fructose I believe - is that correct? So however you look at it, the brain is still using sugar - just a different form.

I thought this must be wrong when I first read it, but I went back to see what The Bear had said:

The Bear at http://activenocarber.myfreeforum.org/Bear_s_Words_Of_Wisdom_about22.html Wrote:
At this point I would like to point out that a zero carb diet does NOT cause ketosis. The body rapidly adapts within a few weeks and begins consuming the ketones from fat metabolism. A fully keto-adapted body excretes no ketones in the urine. A metabolic by product, 'ketone bodies' are actually a special kind of carb, and they substitute for glucose at the structures which use it. They have the added advantage of making you feel good- and well fed.

and if you look at the Wikipedia entry for "carbohydrates" it says:
wikipedia entry "carbohydrates" Wrote:
Chemically, carbohydrates are simple organic compounds that are aldehydes or ketones with many hydroxyl groups added, usually one on each carbon atom that is not part of the aldehyde or ketone functional group.

so it is true that ketones and carbs are chemically related. However, this does not mean necessarily that they behave similarly in the body.
(There is not much difference between the structure of a fatty acid with a trans bond and one with a cis bond, but the biological difference seems to be considerable).
I'd be be little bit surprised if they had any effect on insulin, but that is just surmise. A quick google found this:
which is about rats. They only seemed to cause insulin secretion in the presence of glucose in that situation, FWIW.

Regards,
Mike

RE: Zero Carb / Meat and Water - cbnebraska - 09-26-2008 05:15 PM

Yep, you look exactly like my 3 closest friends! You look great, no worries!!

I guess I'm not quite as all or nothing as you. I probably would be though if I could shake the coffee ritual I share with my co-worker and wine time with DH. For me, it's still about those relationships right now. I have gone decaf, but I know that's not quite good enough, it's got to go. I just don't know how to break the tradition that my aide and I share of making our pot in the morning, popping it in the fridge and sharing a mid afternoon iced coffee over conversation. I got her hooked on them and now I'm trying to figure out a way to un-do it. We work pretty much isolated from the rest of the faculty, so it's
something we share. Well, and you know the hubby story.

I'll figure it out though.

Have a great weekend all. I've got somewhere to be!!

RE: Zero Carb / Meat and Water - suzanneeya - 09-26-2008 05:26 PM

I have coffee with cream and equal everyday, no desire to give it up.

RE: Too much protein - Charles - 09-26-2008 06:07 PM

Wrote:
The Bear at At this point I would like to point out that a zero carb diet does NOT cause ketosis. The body rapidly adapts within a few weeks and begins consuming the ketones from fat metabolism. A fully keto-adapted body excretes no ketones in the urine. A metabolic by product, 'ketone bodies' are actually a special kind of carb, and they substitute for glucose at the structures which use it. They have the added advantage of making you feel good- and well fed.

He's clearly just trying to explain the function of the ketone body at this point. That's very different than saying that a ketone is a sugar. Even on the Wiki you can see that the components are not at all similar.

Studies that try to demonstrate anything regarding ketones with dietary glucose present are just irrelevant.

All of the brain studies that purportedly show that the brain does not use ketones all had plenty of glucose on hand. However, when we completely remove all exogenous food, then it's quite clear that the brain does indeed use ketones and there is no glucose made.

Regards,

Charles

RE: Too much protein - montmorency - 09-26-2008 06:12 PM

con Wrote:

OK. So help me out here. If your brain indeed can only use glucose, where does this come from and how come your blood sugar can rise even on zero carbs?

FROM THE CONCISE BEAR:
A zero-carb all meat, 80/20 (by calories: fat/protein) diet delivers the necessary small amounts of glucose from glycerol- while most of the daily glucose requirement (as seen in a mixed diet) is replaced by ketones, which- like glycerol- are by-products of fat metabolism. If you are properly using the ketones in your body as food (glucose replacement) - you will not see them spilling in your urine. Dietary protein is never used to make glucose in a fat-sufficient dietary situation.

This book (Exercise Physiology) has a nice little diagram & explanation on page 161 which shows the
synthesis of glucose from glycerol. It notes that this pathway is limited, and repeats the usual stuff about consuming carbs, but clearly, this glucose would be enough for survival in a starvation/fasting situation. (BTW, triacylglycerol is a more specific name for triglycerides; they change the names to fool the layman...:}):

http://books.google.co.uk/books?id=btesVutdJ2EC&pg=PA162&lpg=PA162&dq=glucose+synthesis+from+glycerol&source=web&ots=XrZQupOrEA&sig=a-FwJffgkzIHkBz88odc--NhXhY&hl=en&sa=X&oi=book_result&resnum=5&ct=result#PPA162,M1

Sorry, I don't know how to copy and paste from google books.

Regards,
Mike

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RE: Too much protein - Charles - 09-26-2008 06:34 PM

montmorency Wrote:

FROM THE CONCISE BEAR:
A zero-carb all meat, 80/20 (by calories: fat/protein) diet delivers the necessary small amounts of glucose from glycerol- while most of the daily glucose requirement (as seen in a mixed diet) is replaced by ketones, which- like glycerol- are by-products of fat metabolism. If you are properly using the ketones in your body as food (glucose replacement) - you will not see them spilling in your urine. Dietary protein is never used to make glucose in a fat-sufficient dietary situation.

Mike, you really have to pay closer attention. The Bear correctly says that glycerol is made from fat. Your article is talking about glycerol made from glucose and the Bear is in no way agreeing with that.

You wrote:

Quote:
This book (Exercise Physiology) has a nice little diagram & explanation on page 161 which shows the synthesis of glucose from glycerol. It notes that this pathway is limited, and repeats the usual stuff about consuming carbs, but clearly, this glucose would be enough for survival in a starvation/fasting situation.

If you want to know about a fasting situation you need to go and read the fasting study we posted in the zero-carb thread. It is THE authoritative study in this area. The chart posted above in this thread comes from that study and it clearly demonstrates that no glucose is used at all in a fasting situation beyond 7 days. The glycerol and ketone bodies needed are synthesized by our bodies from fat as the Bear explained. You can even see in the chart how the use of fat increases exponentially and the use of protein decreases to very little as the body conserves it.

The whole book you referenced is complete and utter BS.

This garbage has been around since the 1920's and it is no more true today than it was back then. Fat burns in the flame of carbohydrate? Seriously?

Of particular importance is the 31st day of the fast. Look at the values there. There is a slight protein
catabolism but the fat catabolism is off the charts. This is because fat provides fuel, ketones and glycerol as needed. Protein provides very little structural support. This is only after one month and scientists agree that we can go 9 months or longer if necessary fasting and we'll be fine.

If there is some glucose being made from protein, it would happen after 9 months of total starvation at the bitter end because the nitrogen would likely kill us since there is nothing left to buffer it. I still doubt it would occur because the cost would be too high.

Regards,

Charles

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**RE: How to eat meat - Jimmy Moore - 09-27-2008 07:10 AM**

Ogg, THANK YOU for sharing your concerns, but Dr. Carlson is not the only medical doctor who believes eat a healthy low-carb, high-fat diet during pregnancy is perfectly fine. I just completed an interview with Dr. Barry Groves yesterday and he said virtually the same thing based on his DECADES of experience studying the subject.

While I appreciate your comments, Ogg, I must say that your method for going about it is not conducive to the tone of my forum. Everyone has a right to make the case for their particular topic of interest and EVERYONE knows that the information provided here is "at your own risk" and taken "as is." Please read this disclaimer associated with ALL of my web sites.

Most of us here are simple laypeople who are sharing what works for us. You can choose to heed the advice provided or simply ignore it. In the end, it is YOUR choice about what to do. Together we can learn a lot from each other. If you don't like what you hear and would rather pitch a hissy fit instead, then perhaps you should move on to other forums where they'll tolerate you. Because this is unacceptable at my forum. THANK YOU, Ogg!

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**RE: How to eat meat - VernsWifeVickie - 09-27-2008 07:29 AM**

Jimmy Moore Wrote:

**Ogg, THANK YOU for sharing your concerns, but Dr. Carlson is not the only medical doctor who believes eat a healthy low-carb, high-fat diet during pregnancy is perfectly fine.** I just completed an interview with Dr. Barry Groves yesterday and he said virtually the same thing based on his DECADES of experience studying the subject.

While I appreciate your comments, Ogg, I must say that your method for going about it is not conducive to the tone of my forum. Everyone has a right to make the case for their particular topic of interest and EVERYONE knows that the information provided here is "at your own risk" and taken "as is." Please read this disclaimer associated with ALL of my web sites.

Most of us here are simple laypeople who are sharing what works for us. You can choose to heed the advice provided or simply ignore it. In the end, it is YOUR choice about what to do. Together we can learn a lot from each other. If you don't like what you hear and would rather pitch a hissy fit instead, then perhaps you should move on to other forums where they'll tolerate you. Because this is unacceptable at my forum. THANK YOU, Ogg!
I would agree that a HEALTHY low carb, high fat diet might be fine during pregnancy but are you even aware that you have a moderator here on your forum who is advising women that ZERO CARB/MEAT AND WATER ONLY is perfectly healthy during pregnancy? I think that's what Ogg took exception to.

RE: How to eat meat - nyteez - 09-27-2008 07:38 AM

Quote:
are you even aware that you have a moderator here on your forum who is advising women that ZERO CARB/MEAT AND WATER ONLY is perfectly healthy during pregnancy?

Why wouldn't it be?! As somebody who eats this way and is in better health now than I have ever been in, I see nothing wrong with continuing this diet during pregnancy. If it is healthy for me it would also be healthy for my baby.

RE: Zero Carb / Meat and Water - cbnebraska - 09-27-2008 07:42 AM

Auntiee- you are an awesome 53!! And Angela, same goes for you. I'm going to get Slow Burn as well and we'll try it out together. I am all for anything that shortens my routine. I enjoy my Body Pump Class, but I could easily give up a full hour workout for an abbreviated version and give my body more time to rest. Let me know how it goes once you get it!

RE: How to eat meat - Jimmy Moore - 09-27-2008 07:42 AM

Hey everyone, Ogg is gone now, so THANK YOU for tolerating his nonsense the past few days. As I stated in this thread on Friday, this is not a zero carb forum, but rather it is open to a variety of voices who want to discuss their chosen method for livin' la vida low-carb. Some people say they are intimidated by the authoritative tone that many people who advocate zero carb take and my response is don't be. We're all just laypeople sharing from our experiences so that hopefully others can learn something about their own situation. The purpose of my forum is for meaningful discussions to happen so you can make better decisions for the sake of your weight and health. THANKS again for continuing the conversation.

RE: How to eat meat - Charles - 09-27-2008 08:07 AM

As the moderator in question, I have to repond to this issue. I find it highly insulting to the thinking members of this forum to suggest that my opinion is so sacred that people just all do as I say. The conversation in question went like this:

Karishma Wrote:
It seems like I highjacked this thread into a discussion of LCing during pregnancy, but in my defense, I have to point out that I did not ask advice on what my diet should be, nor suggest that I would change how I was eating depending on suggestions made in this thread.

This women did not come looking for advice. She's an adult who independently researched and evaluated opinions including mine as she says here:

Karishma Wrote:
I've read everything I can find about lowcarbing during pregnancy, including the standard medical advice (eat according to the food pyramid). Practically all the studies that found negative effects of ketosis were done either in diabetics (in ketoacidosis), or women who were burning ketones due to starvation. Obviously, neither of those is equivalent to a woman on a LC diet.

The general opinion is there isn't enough research done to know if ketones are safe for the baby so it's best to avoid them. Which is all well and good unless you are one of the many women who needs to stay at a very low carb level to avoid gestational diabetes and the sugar high/crash rollercoaster. Given a choice between the known negative consequences of gestational diabetes (on mother and baby), and the theoretical consequences of ketones on the baby (since ketones obviously don't harm the mom), I would take my chances with the latter.

As you can see, she independantly accepts whatever supposed risk there is with ketones and her baby. In fact, she's had other very low-carb pregnancies and hopes the next one will be zero-carb. There are ketones used by the body at 30 grams and there are ketones used at 0 grams. What difference does this make?

The alternative hypothesis of obesity clearly supports hers and my view and Wade and Schneider's research since the 1980's very clearly implies that the availability of metabolic fuels is the important variable, not body fat.

What did our poor poster think of my opinion?:

Karishma Wrote:
In general I agree with you here, and if I'd been eating zero-carb for a longer period of time like you had and was well-adjusted to it, I would probably have continued eating that way.

The way I'm eating now is still VLC; it's still very much based on fatty meat. I just let myself have some veggies, cheese, cream and the occasional berry or small piece of fruit on the side.

It's not because I think zero-carb is unhealthy; it's because i think this is a carb level I can sustain throughout the pregnancy. I think if I ate zero-carb for a few months during my pregnancy but was unable to stick with it (because I couldn't tolerate red meat, say, which happened for a while during my last pregnancy), the consequences would be worse than just starting off at a slightly higher carb level to begin with.

I do hope to go back to zero-carb after this baby is born and hopefully get adjusted enough to it that my next one can be a zero-carb baby, but I just think it's too drastic a change to implement in the middle of a pregnancy.

As you can see, this was an adult who is capable of objective analysis and she made up her own mind. How I did I react to someone rejecting my sacred opinion?:

Charles Wrote:
And I respect your decision greatly. Please don't ever think for a second that I don't.

People on the zero-carb path routinely post their lipid profiles and they all show weight loss, improved HDL and triglyceride numbers and many other markers that dramatically improve on zero-carb.

The Cleveland Clinic states that:
An estimated 20.8 million Americans now have diabetes, increasing their risk of heart disease, blindness, limb amputation and other serious health problems. An additional 41 million are estimated to have "pre-diabetes," meaning that they can expect to develop type 2 diabetes within 10 years unless they change unhealthy habits or receive medical treatment.

People are reversing pre-diabetes and diabetes by eliminating carbohydrates from their diets and eating meat from the supermarket. Myself and many others are healthy by every objective medical standard.

The risk for gestational diabetes is 1 in 100 which clearly indicates that despite unhealthy eating habbits, babies have the capacity to survive unhealthy high-carb diets. By the same token, why wouldn't they be expected to survive a healthy high-fat, carbohydrate restricted diet?

If the mother is healthy, why would her baby not be healthy? Even crack mothers have been known to deliver crack-free babies at times.

If Dr. Groves believes that his low-carb diet is healthy for pregnancy, which ranges from 50 to 30 grams of carbohydrate per day, what is in it about those 30 grams of carbs that are so much healthier than 0 grams?

Since all-meat populations such as the Inuit and Masai have healthy babies regularly, shouldn't the onus be on those who advocate vegetables and fruit to prove that they are healthy for expectant mothers?

Regards,
Charles

RE: Zero Carb / Meat and Water - jeepifer - 09-27-2008 08:25 AM

Hey gang, I had to laugh. I broiled a ribeye for breakfast this morning, and my littlest daughter decided she'd rather have some of my steak than her sausage! 😊

RE: Zero Carb / Meat and Water - cbnebraska - 09-27-2008 08:34 AM

Woo hoo DD!! Gettin' her properly acculturated at a young age!

RE: How to eat meat - VernsWifeVickie - 09-27-2008 08:39 AM

I have absolutely no intention of debating with you but I must point out that to compare the Inuit and Masai people groups and what they eat to what a zero carb dieter in America who is eating mainly beef and beef fat is like comparing apples and oranges. Last time I was at the supermarket they didn't have whale blubber and harbor seals in the meat department. For example, the Inuit people get vitamin C from whale skin. They also eat a few root vegetables when they are available.

As to your question about what would be contained in 30 to 50 gms of carbs that would make the diet healthier for pregnant women, I would say that if you're eating 30-50 gms of healthy low glycemic vegetables and fruits then there would be essential nutrients and vitamins that are not found in meat.

As I said, I have no desire to debate with you and this will be my last post on the subject. But whether
you want to accept it or not, that little title under your avatar that says "moderator" gives you a certain amount of credibility to some people and some responsibility to watch the kind of advice you're dishing out.

I have watched this sort of cult mentality and disordered eating play out before. The last time I saw this kind of "go lower and lower" mentality it was at Kimkins. In my opinion the extreme diet mentality that says go lower and lower is disordered whether you are talking about calories or carbohydrates.

Having said what I have to say, I will now now out of your discussion and leave you all to your extreme dieting.

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**RE: How to eat meat - Jimmy Moore - 09-27-2008 08:56 AM**

And this is a fine example of why I wrote what I did yesterday regarding keeping the discussion of ideas about specific plans in those specific threads. Otherwise, people get upset. Keep talking about what works for you, but let's refrain from pushing one point of view over another. THANKS everyone! Please go read this post I wrote about this issue:


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**RE: How to eat meat - nyteez - 09-27-2008 09:05 AM**

Quote:
For example, the Inuit people get vitamin C from whale skin.

I am sorry but this is completely false, many Inuit never eat whale or whale skin or seals.

Quote:
I would say that if you're eating 30-50 gms of healthy low glycemic vegetables and fruits then there would be essential nutrients and vitamins that are not found in meat.

This is false too. Studies have shown that vegetables do not contain essential nutrients and vitamins that are not found in meat. Studies prove that all essential nutrients we need to survive are in meat.

Quote:
I have watched this sort of cult mentality and disordered eating play out before.

Now us Zero Carbers are a cult?! This is an insult to me. You have obviously not done the reading and research I (and others) have done on this subject. As a college educated owner of 2 successful businesses, I think I know how to make educated decisions for myself.

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**RE: For the meat and water eaters another ? - waywardsister - 09-27-2008 09:31 AM**

Just wanted to say great posts, Marius. I've read that fruit/veg one before and it really opened my eyes.

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**RE: How to eat meat - Jimmy Moore - 09-27-2008 09:47 AM**

Easy guys, easy. Nobody believes people who are on "zero carb" is in a cult. I think Vickie's concern is
that some people may be taking their passion for that way of eating too far by pushing it like what happened at Kimkins. You can't blame her for thinking that way since she saw it happening there. Let's just all breathe and realize that we have some differences of opinion about how to live our low-carb lifestyle. THANKS!

RE: Too much protein - montmorency - 09-27-2008 10:14 AM

Charles,

I don't deny anything you say here. I was merely offering an explanation of the mechanics of how glucose can be synthesised from glycerol (wherever it comes from). Actually I thought I was supporting the point that you and Bear were making!

Admittedly, I didn't look at much else in the book, although I did see some things I thought might be wrong. It may well be BS for all I know.

OK, I'll go to the back of the class and try much harder.

Regards,
Mike


VernsWifeVickie Wrote:
I have absolutely no intention of debating with you but I must point out that to compare the Inuit and Masai people groups and what they eat to what a zero carb dieter in America who is eating mainly beef and beef fat is like comparing apples and oranges.

See, Jimmy. This is the reason why we NEED to debate. People should not just get away with posting their beliefs and little snippets and then just move on. No one learns anything that way.

People without any science to back up their dogma never want to debate. They just want to post inflammatory comments and then just walk away with the last word. A little bit of education goes a long way.

Just like the great and powerful Ogg, she made these statements without any proof, nor any backing of any kind. She has no idea of what the Inuit or Masai eat, nor does she seem to know much about the very successful zero-carb dieters on this forum.

If she really wanted to educate herself, then she would join our book discussion and perhaps she would learn that low-carb did not originate with Dr. Atkins. The first low-carb physician was Dr. Blake Donaldson, who read Stefansson's book *The Friendly Eskimo* and made zero-carb more "acceptable" for dieters. She could also learn first-hand about what the Inuit ate and what they didn't eat. She would also see how it's not even important what they ate or didn't eat. The Bellevue experiment proved all these claims were false.

Vickie Wrote:
Last time I was at the supermarket they didn't have whale blubber and harbor seals in the meat department. For example, the Inuit people get vitamin C from whale skin. They also eat a few root vegetables when they are available.
If Vickie participated in our book discussion of the Inuit, she would realize that there were many Inuit groups and they didn't typically eat the same way. There were some who ate seal and whale the entire year and there were some who never ate fish. There were those who subsisted on caribou. Both of these groups did not eat any vegetable matter prior to the times that Europeans came and afterwards, some groups ate some vegetables to their detriment. Even in this case:

Stefansson Wrote:
While there were in pre-white times many Eskimos who used no vegetables, there were some, especially in Labrador and Alaska, who got as many calories from vegetables as the Holiday Diet does; so, even with a few things like lettuce and potato, we may well name this regimen for the Eskimos. The same diet is described in my 1921 book Friendly Arctic, was used and enjoyed by whites who, like the Eskimos, found it nonfattening, and thus a good reducing menu. Then Dr. Blake Donaldson, successful New York physician, read the book, and concluded that with a few things to make the regimen more "acceptable," such as salad, fruit, and token potato, it would be a good reducing diet, and so it proved.

Of course, not being a participant in our discussion means she wouldn't know about the Holiday diet or the origins of the low-carb movement. This is why zero-carb seems so far-fetched in the mind of the modern-day low-carber. They don't realize that low-carb started out as zero-carb, not the other way around!

Vickie Wrote:
As to your question about what would be contained in 30 to 50 gms of carbs that would make the diet healthier for pregnant women, I would say that if you're eating 30-50 gms of healthy low glycemic vegetables and fruits then there would be essential nutrients and vitamins that are not found in meat.

Again, this is the your opinion. You can't provide any science to prove that low-glycemic vegetables and fruits provide essential nutrients not found in meat. Nor can you prove that an all-meat diet is deficient in nutrients. No one has ever had a deficiency disease while on an all-meat diet. However, we have first-hand testimony from ship captains that fresh meat ALWAYS cured deficiency diseases and fruits and vegetables rarely worked. Our thread is full of science on this very issue and our book discussion lays out much of it.

Nutritionists have known since the 1930s that carbohydrates cause nutrient deficiencies and Theodore Van Itallie even testified to this fact at the 1973 McGovern hearings. He is not a friend of the alternative hypothesis by any stretch.

Vickie Wrote:
As I said, I have no desire to debate with you and this will be my last post on the subject. But whether you want to accept it ot not, that little title under your avatar that says "moderator" gives you a certain amount of credibility to some people and some responsibility to watch the kind of advice you're dishing out.

Oh don't think for a minute that I am Charles Barkley claiming not to be a role model. On the contrary, I stand by everything I say and that's why I am so accessible. You can come to North Carolina and have dinner with me at our low-carb meetup every first Sunday of the month and you can see for yourself that
I am 100 percent real.

I stand by all of my opinions and advice and I offer science to demonstrate all of my opinions unlike you who make these claims with no backing or source for what you say. You've merely spouted your beliefs in an attempt to scare people just as you seem to be.

Vickie Wrote:
I have watched this sort of cult mentality and disordered eating play out before. The last time I saw this kind of "go lower and lower" mentality it was at Kimkins. In my opinion the extreme diet mentality that says go lower and lower is disordered whether you are talking about calories or carbohydrates.

The proof is in the result. Are our people losing their hair, complaining about lethargia? I think if you read our thread you'll find the complete opposite. Do we take money for this advice and not return messages and calls from disgruntled dieters? To compare me to Heidi Diaz is irresponsible and highly inflammatory. It's no wonder you don't want to debate because there is no basis for your claims.

Vickie Wrote:
Having said what I have to say, I will now now out of your discussion and leave you all to your extreme dieting.

Of course, that's what they always do. It must be nice to be able to write things and not have anyone challenge them.

Regards,

Charles

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RE: How to eat meat - Charles - 09-27-2008 10:35 AM

Jimmy Moore Wrote:
I think Vickie's concern is that some people may be taking their passion for that way of eating too far by pushing it like what happened at Kimkins. You can't blame her for thinking that way since she saw it happening there.

Who "pushed" zero-carb on Vickie? When did I tell Vickie that she needs to go on a zero-carb diet? We don't even think of zero-carb as "dieting." Nothing in our thread ever calls zero-carb a diet.

Did Kimkins push you all to pay her money and do what she says? If I remember correctly, one had to sign up for this program and pick the plan they wanted to do. Comparing zero-carb to anything like that is highly offensive and we have every right to be offended by that.

Just like anything, everyone has a right to choose what plan they want to follow and they are encouraged to educate themselves about their choice. If one finds an argument for zero-carb compelling, that doesn't mean they are being duped or brain washed. We're all adults here capable of taking charge of our own health.

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RE: Too much protein - Charles - 09-27-2008 10:48 AM

montmorency Wrote:
I don't deny anything you say here. I was merely offering an explanation of the mechanics of how glucose can be synthesised from glycerol (wherever it comes from). Actually I thought I was supporting the point that you and Bear were making!

I understand, but don't take it as argument. I want you and everyone else to understand the process. It can indeed be confusing but it's not really rocket science. My wish is that everyone will understand these things for themselves so they can properly discern fact from fiction. When you see things written up looking really scientific, it's easy to look casually and then conclude that they have it right.

This is why our book discussion is so important and I encourage everyone to join in. These beliefs all go back very far. The notion that "fat burns in the flame of carbohydrate" has been with us since the late 1800s and most people do not realize that we've come a long way since people had that notion.

Most of us don't realize that zero-carb actually came before low-carb and they know nothing of Donaldson, the first "low-carb doctor."

It took another 50 years for people to realize that fat was the primary fuel for the body. You would think that when new science comes out, the old stuff would be uprooted but sadly, that's not the case. These things continue to persist because people don't want to learn new things.

There is no use for glucose in our bodies at all. Our bodies can make ketones and glycerol from fat and neither of these things cause insulin to rise at all. Many studies try to make claims along this line but they invariably fail to account for the glucose present in the dietary which will skew the results. Our brain will use glucose when it's available, but not in the manner that everyone thinks. The muscles and organs merely transport these mammalian erythrocytes through muscle which gives the appearance that they are being "used." When they actually try to test how much glucose is being "used" they always find two things:

First, that there is not enough glucose to supply any real energy since our bodies cannot store very much outside of adipose tissue; and

Second, that the organs and tissues only take up very little after you account for that present in erythrocytes.

Those erythrocytes trade their oxygen for lactic acid and this results in trauma to the organ or tissue.

Don't be afraid to share the information you find. It's very good, but it's more important to really parse it and find out what point they're making with the research.

Regards,

Charles

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RE: How to eat meat - Jimmy Moore - 09-27-2008 11:56 AM

Okay, fair enough Charles. You've made your counterpoint and we appreciate where you are coming from. The bottom line to me is if you choose to do zero-carb, then do it with all of your might and never let anyone sway you otherwise. But if you rather do another form of low-carb, then nobody is gonna keep you from doing that. We are all adults here and make our own decisions about what is best for us. I'll assume everyone realizes this and acts accordingly. THANK YOU again! 😊
I'm making pemmican this weekend! The meat is noisily drying in my office. I found a dehydrator at Walmart for $35.00. It is a new model by Nesco. It has clear trays and fits a lot of beef! It's kinda noisy, so I put it in my office. I sliced the meat, pounded it out thin, then pounded it with the tenderizer side of the ponder thinking it would dry faster. We'll see. It should take 5-10 hours. I am thinking about 5 because I got the meat pretty thin.

Well I went crazy and binged on cookies one day this past week. Needless to say it staled my weight loss 😞 I am not sure what happened. I really think it was emotional eating. My son had his heart broke for the first time. He cried and I cried. Then I ate cookies and cried cause I ate cookies. I am back on meat and water and hopefully I will be losing again.

Nyteez I am coming shopping when I shed some of this weight 😏 That's a promise 😏

Falling off the wagon, is not so bad as long as you can get back on! 😏

Then I ate cookies and cried cause I ate cookies. I am back on meat and water and hopefully I will be losing again.

Falling off the wagon, is not so bad as long as you can get back on! 😏

Nyteez I am coming shopping when I shed some of this weight That's a promise

Thanks Fully! 😊

I am so sorry about his foot! Poor kid, I hope it heals fast. Stressful situations, like that, are really the hardest for many of us. It happened and now it is in the past. Today is a new day.

((((HUGS))))))

LOL Suzanne it was his heart

Yeah Yes I am back on track. Changing 41 years is not gonna happen so easily.

But hey I went back and found y'all's (cbn & suz) pictures! WOW!!!!!!! Wooooooootttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttttt
WANNA LOOK LIKE CHARLES 😊

Honestly, I really do. Because my husband owns a gym and I would love to look good enough to compete. Hence.....I didn't say compete. I would like to look good enough to though. I am going to have to have some skin removed when I reach goal. But thats alright....I am no spring chicken....nor am I dead 😊

RE: Zero Carb / Meat and Water - FatGirlOnAtkins - 09-27-2008 01:56 PM

jeepifer Wrote:
Hey gang, I had to laugh. I broiled a ribeye for breakfast this morning, and my littlest daughter decided she'd rather have some of my steak than her sausage! 😊

awww... that's so cute!

RE: Zero Carb / Meat and Water - cbmarie - 09-27-2008 01:57 PM

Charles Wrote:
Richard Wrote:
Raw, cooked, frozen then thawed...how do you give it.

I give it just like you see it. By trial and error, I've learned that he likes it thawed and at room temperature. I buy it fresh at the store and put it in the refrigerator. I take it out and let it sit a while before I dish it for him. He eats it right away (once he sees that I'm gone -- won't eat if I'm standing there -- he must think I'm the alpha dog or something...)

I've given it to him cold and he didn't like it, and I've given him cooked food on occasion.

In the beginning, his stomach had to adjust some so I noticed that he would sometimes take the meat and put dirt and grass over it before he ate it. This meant that his stomach was upset. After a week or so, he stopped doing this and just ate the meat. I suppose once he became ketoadapted....

I no longer get his teeth brushed or take him to the groomers for baths. He just doesn't seem to need it. He smells like a dog, but it's much better than it used to be, that's for sure, and his teeth are perfect!

Regards,

Charles

There is a great deal of info on BARF Biologically Appropriate Raw Food for dogs on line http://www.njboxers.com/faqs.htm

My niece has Samoyeds and has recently acquired a Border Collie who is actively herding - Can they be anything but ACTIVE! 😊 She firmly believes in the benefits of RAW for dogs. Anyway there is research all over about it. Google BARF and it will give you all the info both pro and con that you will ever want 😊

RE: Zero Carb / Meat and Water - cbmarie - 09-27-2008 02:06 PM
Fully Wrote: (((((HUGS))))))

LOL Suzanne it was his heart

Yeah Yes I am back on track. Changing 41 years is not gonna happen so easily.

And for the record.....I WANT TO BE ALL MUSCLE! YES I WANT MUSCLES EVERYWHERE! I WANNA LOOK LIKE CHARLES 😊

Honestly, I really do. Because my husband owns a gym and I would love to look good enough to compete. Hence.....I didn't say compete. I would like to look good enough to though. I am going to have to have some skin removed when I reach goal. But thats alright....I am no spring chicken....nor am I dead 😊

I think feet heal faster than hearts 😊I've been through that with my sons, too 😊How did you do the next day? When I have done the same as you did, I get loose bowels, cramping and a bloated tummy. Even with all of that, I still mess up once in awhile. Life happens. I hope your weight continues to drop and your son finds someone worthy of him soon.😊

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RE: Zero Carb / Meat and Water - Charles - 09-27-2008 02:19 PM

Good afternoon, everyone!

I'm sure it's obvious to all of you who read this thread, but in case it isn't, zero-carb is the largest and most popular thread on the forum. It's for good reason, but facts are facts.

The forum is still a "low-carb" forum despite appearances to the contrary. To keep our forum as accommodating as possible, I'm going to ask all of you to try and keep our matters within our thread.

If you decide to drink coffee or eat eggs and cream as the Bear, there is no need to start a new thread for that. You won't be judged! Even if you eat 10 to 20 grams of vegetables because you can't do without them, you can still post in our zero-carb thread.

Please don't go out to the "General Discussion" area and start a new post asking about a question that we can address here. These kinds of things give the appearance that every thread is related to zero-carb.

There is no difference between us and the meat/eggs and coffee forum so please don't start threads like that.

When the moderators see that someone has started a new thread that is clearly within the parameters of this one, we will move that thread and merge it into this one, so please be advised.

I know our thread is huge and probably deserves a bigger place on the forum, but that argument is for another time. Please just keep it in the family, if you would!

You can certainly journal all that you want to talk about there. You can post your menus and any ideas that you have.

You can ask questions here that we've already gone over if you can't seem to find the answer with the
search feature. I don't think I ever refuse to answer a question because we've covered it before. I may tell you that as I'm answering, but I'll let you know.

Thanks to everyone for being here and I'm sure we can all work together to make sure we get the coverage we need while at the same time allowing those other plans to find their way.

Regards,

Charles

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**RE: Zero-Carb/Meat and Water - Charles - 09-27-2008 03:13 PM**

This thread is bigger because I merged many of the related threads into this one. Now the thread is larger, I would encourage all users to use the search feature to navigate it if necessary. When you go to the search window, be sure to select "posts" as opposed to "threads" in the lower-right corner and it is very user-friendly.

If you're more comfortable with Google, you can use it to search for stuff here as well. I don't think there are many other zero-carb threads on the Net with as much traffic, but who knows.

Again, if you have a question or comment regarding any aspect of zero-carb, even the meat and eggs, cheese and cream crowd, just post here.

Regards,

Charles

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**RE: Zero-Carb/Meat and Water - suzanneyea - 09-27-2008 03:13 PM**

Fully, lol, I have no idea why I thought it said foot! How weird! A broken heart! That is much worse! Anyone who has zero carb questions can also post them in my journal, as I always say- I do not have the technical information like Charles, but I can chat about my experience. Angela, it is nice to see you posting more, we need more success stories.

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**RE: Zero-Carb/Meat and Water - Fully - 09-27-2008 04:04 PM**

Marie..... I had gas so bad that night LOL! I know.....TMI. I have IBS Irritable Bowel Syndrome and low carb works wonders for my digestion. If I eat low/no carb I do not have nearly the problems. Only I am also lactose intolerant and dairy products bother me as well. So I have to be really careful what I eat on low carb. Like regular cheese does not bother me but some of the different creams do. Although cheese is really bad for yeast. That was one of the reasons I decided to try the no carb and see how I did.

My son is 15 and this was his first heartbreak and it hit him really hard. And I was so hurt by it all because I loved her and I was really disappointed in her. Just all that parent stuff. I think I ate like 3 or 4 white chocolate macadamia cookies. I had a bad feeling when I bought them. I should have listened to my inner self. 😞

cbmarie Wrote:
LOL Suzanne it was his heart

Yeah Yes I am back on track. Changing 41 years is not gonna happen so easily.

But hey I went back and found y'all's (cbn & suz) pictures! WOW!!!!!!! WooooooooooHoooooooo You girls look AMAZING!

And for the record.....I WANT TO BE ALL MUSCLE! YES I WANT MUSCLES EVERYWHERE! I WANNA LOOK LIKE CHARLES 😁

Honestly, I really do. Because my husband owns a gym and I would love to look good enough to compete. Hence.....I didn't say compete. I would like to look good enough to though. I am going to have to have some skin removed when I reach goal. But thats alright....I am no spring chicken....nor am I dead 😁

I think feet heal faster than hearts 😁I've been through that with my sons, too 😁How did you do the next day? When I have done the same as you did, I get loose bowels, cramping and a bloated tummy. Even with all of that, I still mess up once in awhile. Life happens. I hope your weight continues to drop and your son finds someone worthy of him soon. 😁

RE: Zero-Carb/Meat and Water - aim in Fla*working - 09-27-2008 04:48 PM

is this thread still going strong? I think my allergies are back because i have been off plan. I went shopping and got ground beef, lamb, and pork chops and I am starting clean again. I have GOT to quit coffee because I think it causes serious cravings for me and the cream I can drink out of a bottle..no lie...like a sfruit drink!
So here I am hoping to do it again...My rosacia is out of hand. Red from shame and allergens...I am ready to try again.

RE: Zero-Carb/Meat and Water - cbnebraska - 09-28-2008 05:18 AM

OH my gosh! I was busy for a half a day and this thread and look what happens! Posts appeared out of nowhere in between ones I know I've read! Somehow along the way I missed the whole deal with this Ogg person. Did that discussion start in another thread? Which one?

I do take offense to being considered part of a cult though! Geesh.
Quote:
Marie..... I had gas so bad that night LOL!

This thing right here is reason enough for me to stay away from vegetables - although I know you were talking about cookies!! I just can't say enough about how my entire digestive system has done a 180 since I cut them out. I also watch many people drown their beloved salads and vegetables in animal fat in order to be able to choke them down. My husband says he likes having his veggies, but he really can't eat a raw one without ranch dip or a cooked one without butter. I don't miss veggies at all!!!!!!
I'm really enjoying hearing all the new voices here. Did this thread just explode with people "coming home"? So many of you seem to have been here before...

**RE: Zero-Carb/Meat and Water** - MAC - 09-28-2008 05:21 AM

cbnebraska Wrote:
I'm really enjoying hearing all the new voices here. Did this thread just explode with people "coming home"? So many of you seem to have been here before...

Believe Charles merged some other threads into this one so as not to have the whole forum be about zero carb and water. Which is why you have seen some posts merged in between others.

**RE: Zero-Carb/Meat and Water** - jeepifer - 09-28-2008 05:26 AM

A lot of posts from other threads are getting moved here so we are all contained in one area and don't dominate Jimmy's forum.

I think the system arranges them by time, so they will be interspersed between other posts. A little confusing, eh?

**RE: Zero-Carb/Meat and Water** - cbnebraska - 09-28-2008 06:24 AM

Gotcha! I did pick that up from Charles' posting, but I didn't know about the time issue.

Can someone help me yet again with the link to the Bear's condensed version of his forum? I saved a copy of the link in an e-mail, but when I use it, it sends me to a log in screen to some other forum. I'd rather not make an account. Did any of you .pdf this? If so, I'd love to have it. I could print it off and read it when I'm stuck at soccer practice or reading in bed. I often read from my iphone, but at boring meetings it is much more acceptable to be reading something on paper than from my phone!!

**RE: Zero-Carb/Meat and Water** - aim in Fla*working - 09-28-2008 06:25 AM

I know this may sound weird but I had to set a goal to lose to 127 by a month or I am going to start smoking again. I have very expensive clothes and they are all 4's and 2's and I am not able to fit in them. I quit smoking in November and I have gained a bit and my belly is like a round ball. I used to love my body naked and not I HATE IT...and really I would rather smoke and be thin. I hate feeling the bloat and water retention etc., pain in my joints (fibromyalgia) and exhaustion (Chronic fatigue) and I know the additional 10 pounds has done it. I am terrified to weigh.

I don't want to be intimate with bf because I feel fat and because I am NOT FAT but not myself...no one understands this. They say, but bigger clothes you look fine..But I remember what what felt like 10 years ago...buying bigger and bigger...

I already hate that I look bad in photos. I am very small boned and 10 pounds on my fram is debilitating to my health. I look at pills ALLIE, dexitrim what ever it take...bottom line is the lack of willpower.

I am making a pork chop for breakfast and then later I will eat more meat. No veggies. nothing else. attempting 2 weeks. I will not weigh now as I am afraid it will make me so depressed that I wont function. So on October 30th...I hope to be 127. I am pretty sure I am about 140. thanks for letting me vent...sorry to be a sunday bummer
cbnebraska Wrote:
Gotcha! I did pick that up from Charles' posting, but I didn't know about the time issue.

Can someone help me yet again with the link to the Bear's condensed version of his forum? I saved a copy of the link in an e-mail, but when I use it, it sends me to a log in screen to some other forum. I'd rather not make an account. Did any of you .pdf this? If so, I'd love to have it. I could print it off and read it when I'm stuck at soccer practice or reading in bed. I often read from my iphone, but at boring meetings it is much more acceptable to be reading something on paper than from my phone!!

see this post for Concise Bear: http://activenocarber.myfreeforum.org/Concise_Bear_about1646.html

You don't have to be a member to get to this forum as far as I know. I am not a member of this forum.

Here is the longer Bear version from the same forum:
http://activenocarber.myfreeforum.org/Bear_s_Words_Of_Wisdom_about22.html

Search for 'papa bear' on this forum. I had a post with all three versions and called them baby bear, momma bear, and papa bear links. Be sure to use the 'Posts' option in the lower part of the search page to find them.

cbnebraska Wrote:
Thank you! That worked like a charm. Not sure what was wrong with mine, but I copied yours.

BTW, do a google for 'PRIMOPDF'. It is free shareware you have to install and will turn anything and I mean anything you can print on your PC into a PDF. It would be perfect for turning Concise Bear (as it is all on one HTML page) into a PDF. I am not going to print each page for the longer ones. Wonder if there is software that would do the page turning and printing for you?

aim in Fla*working Wrote:
i know this may sound weird but I had to set a goal to lose to 127 by a month or I am going to start smoking again. I have very expensive clothes and they are all 4's and 2's and I am not able to fit in them. I quit smoking in November and I have gained a bit and my belly is like a round ball. I used to love my body naked and not i HATE IT...and really I would rather smoke and be thin. I hate feeling the bloat and water retention etc., pain in my joints (fibromyalgia) and exhaustion (Chronic fatigue) and I know the additional 10 pounds has done it. I am terrified to weigh. I don't want to be intimate with bf because I feel fat and because I am NOT FAT but not myself...no one understands this. They say, but bigger clothes you look fine..But I remember what what felt like 10 years ago...buying bigger and bigger...
I already hate that I look bad in photos. I am very small boned and 10 pounds on my fram is debilitating to my health. I look at pills ALLIE, dexitrim what ever it take...bottom line is the lack of willpower. I am making a pork chop for breakfast and then later I will eat more meat. No veggies. nothing else. attempting 2 weeks. I will not weigh now as I am afraid it will make me so depressed that I wont
function. So on October 30th...I hope to be 127. I am pretty sure I am about 140. thanks for leeting me vent...sorry to be a sunday bummer

Nothing here sounds weird!! We actually are considered the epitome of weird by some people, so you've come to the right place. I will start off with just a few things and then the other, more experienced ZC support folk can do their thing. First, I am not way overweight either and never have been. I too am unhappy with a body that everyone else says is just fine. It's a very hard thing to share with anyone because a lot of people will roll their eyes and say "whatever", because so many people truly are overweight and unhealthy. I, for one, would never do that!!

First CONGRATULATIONS on quitting smoking. It's obviously a VERY hard thing to do, and you've done it!! You have to keep this first and foremost in your mind because you've only conquered half the battle right now. Someone out there will tell you why nicotine was keeping you thin, I just know that scientifically, it was. BUT, it also ruins your health and WILL kill you. I watched both my mother-in-law and grandmother die from a life time of smoking. They both suffered from a host of other miserable symptoms because of it. Neither of them ended up with cancer, but their lungs are what killed them in the end and osteoporosis limited their lifestyles beginning in their 50s and 60s!! That's YOUNG!!

You CAN make this change and lose the weight (assuming you aren't trying to be underweight, which I'm not sure your body will allow you to be with this WOE). However, PLEASE don't put a time limit on it! Your body is about to go through some changes and it will fight you at first until it realizes it won't have to deal anymore with the crap you used to put in it - in the form of food or nicotine.

Jumping right to the meat. The most important thing about this WOE is that you must eat FATTY meat! NOT chicken breasts, lean hamburger, fish, tenderloins and filets (unless you are adding animal fat to them in great amounts). You will do great damage to your body if you try eating lean meat only. Your diet should be 70-80% of the CALORIES from fat. I'll let our scientists take it from here, but please head the fat warning! You will have to experiment with your eating over the first few weeks until you find a balance of lean to fat that keeps you energized and full!! You can't plan it out every day since it varies so much based on your energy usage, time of the month and muscle ratio, so be sure you have TONS of meat and fat available and be ready to EAT, EAT, EAT.

Okay, I'm done, but welcome to our forum and please visit frequently because there are some great people here to support you!!

**RE: Too much protein - Jeff - 09-28-2008 08:25 AM**

Charles Wrote:
montmorency Wrote:
I don't deny anything you say here. I was merely offering an explanation of the mechanics of how glucose can be synthesised from glycerol (wherever it comes from). Actually I thought I was supporting the point that you and Bear were making!

The muscles and organs merely transport these mammalian erythrocytes through muscle which gives the appearance that they are being "used." When they actually try to test how much glucose is being "used" they always find two things:

First, that there is not enough glucose to supply any real energy since our bodies cannot store very much outside of adipose tissue; and
Second, that the organs and tissues only take up very little after you account for that present in erythrocytes.

Yes, on average, the amount of glucose in the blood at any given time is about 5 grams. How much energy does anybody think that would supply?

**RE: Zero-Carb/Meat and Water** - Beth - 09-28-2008 10:33 AM

I know a lot of you pump up your fat % with added fats or coconut oil. I was wondering if there is anything wrong with butter? Sometimes I can only get 80/20 hamburger or the chicken or steak just doesn't seem fatty enough. I've tried the bacon fat and I literally have to choke it down. I haven't tried the beef trimmings from the butcher yet. That might not bother me since I like that taste on a steak. But in a pinch is it OK to add a tablespoon or two of butter? Does it cause stalls? Is it not considered an "animal fat" because it's really a by-product?

Thank you
Beth

**RE: Zero-Carb/Meat and Water** - Jeff - 09-28-2008 12:09 PM

I think butter is fine. I use a lot of butter myself.

**RE: Zero-Carb/Meat and Water** - suzannevea - 09-28-2008 12:54 PM

If I find myself without fatback I use butter. But, I do not like the taste as much.

**RE: Zero-Carb/Meat and Water** - FormerDonutJunkie - 09-28-2008 01:05 PM

I've been using butter on my 73/27's some of the time. I'm one of those who just happens to like the taste of butter. I can't say for sure whether it slows my weight loss, but at this point it doesn't seem to.

**RE: Zero-Carb/Meat and Water** - Kristi31 - 09-28-2008 02:39 PM

Just as The Bear said, I have no appetite, none at all... on zero-carb, of course. This really started about 1 day ago and if I eat, I just eat out of boredom or habit. My last meal was yesterday late at night. And before that, it was early morning. It's almost 6pm right now and I'm really not that hungry. We are going to the restaurant and we'll see if I get hungry there. Even smelling mom's cooking or going to Costco and seeing/smelling so many of the foods there didn't do anything to my hunger. This is sooooo weird but sooooo great!

Every other aspect of my health is improving also, since dropping estrogen. I feel very energetic and happy.

**RE: Zero-Carb/Meat and Water** - aim in Flaworking - 09-28-2008 02:48 PM

cbnebraska Wrote:
Nothing here sounds weird!! We actually are considered the epitome of weird by some people, so you've come to the right place. I will start off with just a few things and then the other, more experienced ZC support folk can do their thing. First, I am not way overweight either and never have been. I too am unhappy with a body that everyone else says is just fine. It's a very hard thing to share with anyone because a lot of people will roll their eyes and say "whatever", because so many people truly are overweight and unhealthy. I, for one, would never do that!!

thank you so much. I cannot tell you how much better I feel from reading this post. I have been so conditioned to feel shame about feeling uncomfortable in my 10lb over body. I usually eat fatty meat/ I love fat. ALOT. I just went to the Buc's game and went all day after eating 2 pork chops for breakfast. Honestly, I was not hungry. Could be the DISGUST from not being able to fit into anything. I appreciate any advice you guys can offer.

Is lamb a good fatty meat?

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**RE: Zero-Carb/Meat and Water - suzanneyea - 09-28-2008 04:19 PM**

I love lamb. Now, you are just having a bad day. You are not going to start smoking again, that is not an option, so take it off the table. I 100% understand how you feel. You think there is one woman on this board who has not put on a pair of pants and then fallen on the floor in tears when they do not fit? HA! We have all completely lost it when getting dressed. Please, I had a period in my life when I saw bulimia as the solution to my weight problem, so I understand bad and crazy choices. Now, keep eating on plan, the weight will come off in time. Focus on health for today.

**RE: Zero-Carb/Meat and Water - caroline - 09-28-2008 04:52 PM**

Hi Aimee,

I second what Suzanne says. She's a wise woman and so is Cynthia.

I looked in the mirror today and instead of seeing a person who is making attempts at improving herself from inside and out, I saw ugly hair, a stomach that should be "skinnier" (and I don't need to lose weight--so there's the insanity), and a career that should be "further." I had to take a walk outside and be in nature and race up a lot of hills and steps to blow it out of me.

You are completely entitled to feel this way, and if you can stick with the feelings, then you don't have to take actions, such as smoking, to change it. You don't need to apologize or be ashamed. Like Cynthia said, we ALL have our moments.

Good for you for working through this struggle. And if you falter a few steps, just get back in step. You are a good person and worthwhile no matter WHAT you are thinking.

Sincerely,

Caroline

**RE: Zero-Carb/Meat and Water - hpseids - 09-28-2008 05:17 PM**

Hi everyone!
I just posted a question in the main forum and then Suzanne kindly informed me to post here (I think!) as to keep all the ZC talk streamlined. Sorry 'bout that!

Anyway, I'm Emily! I'm a medical student and low carber, but new to zero carbing. Actually it's a work in progress. After emailing with Charles and Suzanne (thanks, guys!) and learning and reading, I'm trying it to see if it can take care of my chronic heartburn, fatigue and get these last 20 pounds off! For good!

My question was, in case it gets lost (sorry if it's here, I'm trying to catch up on this thread but it's HUGE as you all know!)...why exactly are veggies (and fruit) bad? Is it just the carbs? The fiber? The phytochemicals (harmful)? I'm certainly not arguing b/c dropping all plant material has already helped - 5 pounds in 6 days and already more energy and NO heartburn whoo hoo!! I just really want to understand the why. I want to become a well-informed doctor one day and help my patients with low carb living!

TIA!

Emily 😊

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RE: Zero-Carb/Meat and Water - hpseids - 09-28-2008 05:20 PM

BTW sorry for the weird pic-- I tried a few others but they were too big. So that's me with 2 of my best friends...I'm the one in the middle I guess, with the shorter hair. We were probably TPUI...(taking pictures under the influence) 😄

Carry on...

RE: Zero-Carb/Meat and Water - MAC - 09-28-2008 05:36 PM

hpseids Wrote:
Hi everyone!

I just posted a question in the main forum and then Suzanne kindly informed me to post here (I think!) as to keep all the ZC talk streamlined. Sorry 'bout that!

Anyway, I'm Emily! I'm a medical student and low carber, but new to zero carbing. Actually it's a work in progress. After emailing with Charles and Suzanne (thanks, guys!) and learning and reading, I'm trying it to see if it can take care of my chronic heartburn, fatigue and get these last 20 pounds off! For good!

My question was, in case it gets lost (sorry if it's here, I'm trying to catch up on this thread but it's HUGE as you all know!)...why exactly are veggies (and fruit) bad? Is it just the carbs? The fiber? The phytochemicals (harmful)? I'm certainly not arguing b/c dropping all plant material has already helped - 5 pounds in 6 days and already more energy and NO heartburn whoo hoo!! I just really want to understand the why. I want to become a well-informed doctor one day and help my patients with low carb living!

TIA!

Emily 😊
Carbohydrates deplete the body of vitamins and minerals. Meat is sufficient to provide the necessary vitamins and minerals and macronutrients. There was a year long study in the 1920's where the anthropologist Stefansson and a companion were monitored and lived on only meat & water for a year. They were supposed to contract scurvy but of course never did. There are many cultures who in the past lived quite successfully on basically meat only diets like the Inuit and the Masai. These cultures did not suffer from any of the modern diseases of civilization like cancer, diabetes, etc. If you get the time, read Good Calories Bad Calories by Gary Taubes (now out in paperback) and you will discover how bad the science of nutrition has been. Welcome to the forum.

**RE: Zero-Carb/Meat and Water** - [Charles](#) - 09-28-2008 07:07 PM

Welcome to our forum, Emily!

Regards,

Charles

**RE: Zero-Carb/Meat and Water** - [waywardsister](#) - 09-28-2008 07:56 PM

Hi Emily! You should check out the thread about Not By Bread Alone/Fat of the Land (we're having a book discussion) in the Ode to Gary Taubes forum. Actually that whole forum, bc Charles did a fantastic job of summarizing Good Calories Bad Calories, chapter by chapter. Anyway, we just were talking about the veggie thing in the NBBA.FotL thread. Fiber, the plant's own defense chemicals...lots of interesting reasons why veggies aren't all they're cracked up to be.

It's nice to see a future doctor here!

So...I am very happy bc I finally got myself 3lbs of beef fat to render. My farmers market beef ppl kept trimmings for me, so now I am "The heart and fat lady", bc I always buy up all of their beef hearts as well (for my cats and for myself sometimes). I'm going to render a pound at a time. I've discovered that I love trimming some of the fat from my steaks, chopping it up, and rendering it before I slide my steak in the pan. Tastes better than butter, and the fatty chunks become cracklin' - omg, good stuff. I could live on cracklins. So with the quantity, I'll render it out and save the cracklins in the fridge as a dinner side dish.

Nyteez, how'd your pemmican turn out? I am dying to make some, hunting for a cheap-but-good dehydrator. Are you going to cut it into bars, or chunks, or keep it in a dish...how do you store it? I know it'll keep forever, just wondering what the best option would be for portability.

**RE: Zero-Carb/Meat and Water** - [cbnebraska](#) - 09-29-2008 03:45 AM

waywardsister Wrote:

Nyteez, how'd your pemmican turn out? I am dying to make some, hunting for a cheap-but-good dehydrator. Are you going to cut it into bars, or chunks, or keep it in a dish...how do you store it? I know it'll keep forever, just wondering what the best option would be for portability.

I've been awaiting the results as well. Did you use any seasoning?
RE: Zero-Carb/Meat and Water - aim in Fla*working - 09-29-2008 06:01 AM

thanks you guys! I appreciate the words of encouragement. I am eating zero carbs again today. I felt better when i woke up this morning after keeping them under 5. I did have eggs this morning and a few slices of bacon. I think eggs cause me to get a rash on my face like rosacia...I KNOW corn does this although I have been dtested for allergies to grain i have not been tested for corn. When i told my doc he said, "don't eat corn'....
duh, i guess.
Lunch is 2 pork chops and then lamb broiled with butter and a little garlic.
AGAIN, THANK YOU SO MUCH FOR THE ENCOURAGEMENT!

RE: Zero-Carb/Meat and Water - nyteez - 09-29-2008 07:45 AM

So far I made one small batch of pemmican. The hardest part is grinding up the beef jerky. I put it in my food processor. This first batch is plain. It is not bad, not delicious, but not bad at all. I still have enough jerky to make a few more batches. So I am going to try a salt & pepper one and an herb one. I have an herb garden, so I am going to saute a sprig of oregano ( or rosemary) and maybe a garlic clove in the tallow, then take out the oregano & garlic & use the flavored tallow for the pemmican.

I mixed up the pemmican and pressed it into a small gladware container then put it in the fridge. I took it out of the fridge about an hour ago. I cut a small piece off to try it.

I think I will keep it in the fridge and cut off pieces as I need them. I am going to take a piece to work w/me today, so I'll let you know if it melts or gets gooey.

I researched dehydrators and decided the Nesco brand is better because the heating element & fan are in the top of the unit. People liked this mostly because if anything drips it doesn't go into the element and it is easier to clean. Walmart has a new Nesco model FD-39. It is only 34.88! It is kinda noisy, but it only took 4 hours to completely dry the meat. (I did slice it thin and pounded it w/meat hammer) It is not so hot that it cooks the meat, it dries it raw, which is what I wanted.

I am looking forward to making the herb pemmican tonight, I think it will be much better than the plain.

RE: Zero-Carb/Meat and Water - jeepifer - 09-29-2008 07:49 AM

nyteez Wrote:
(I did slice it thin and pounded it w/meat hammer) It is not so hot that it cooks the meat, it dries it raw, which is what I wanted.

I am looking forward to making the herb pemmican tonight, I think it will be much better than the plain.

What type of meat did you use? Do you think a meat grinder would work for grinding the jerkey?

Can't wait to hear the herb results!

RE: Zero-Carb/Meat and Water - jeepifer - 09-29-2008 07:53 AM

Do you think ribeye is a fatty enough meat on it's own, or should I supplement with additional beef fat? I
haven't been eating strictly ribeye but it's been a breakfast staple and I'm feeling a bit tired. I'm wondering if I should get some beef fat and eat that along with it?

We didn't get the whole ribeye grilled this weekend, but hopefully will tonight. DH is going to put it in the freezer when he gets home from work, then fire up the grill and slice the chilled meat (for firmness). I am really looking forward to dinner!

RE: Zero-Carb/Meat and Water - MAC - 09-29-2008 08:00 AM

jeepifer Wrote:
Do you think ribeye is a fatty enough meat on it's own, or should I supplement with additional beef fat? I haven't been eating strictly ribeye but it's been a breakfast staple and I'm feeling a bit tired. I'm wondering if I should get some beef fat and eat that along with it?

We didn't get the whole ribeye grilled this weekend, but hopefully will tonight. DH is going to put it in the freezer when he gets home from work, then fire up the grill and slice the chilled meat (for firmness). I am really looking forward to dinner!

Based on your comments about rib eye at Costco I was in there yesterday for another reason and looked at the meat. They also had beef short ribs that were boneless and packaged in cryovac. They were about $3.00 lb. The fact that this was boneless caught my attention plus the fact that beef short ribs are pretty fatty. There is only a .20 cents difference I noticed between the 14-17 lb rib eye package and the case price. Not too bad. 14-17 lbs of rib eye would be a lot of rib eye. Take me a week to eat if I ate it for every meal.

Rib eye is pretty fatty by itself from my viewpoint.

RE: Zero-Carb/Meat and Water - Charles - 09-29-2008 08:08 AM

jeepifer Wrote:
Do you think ribeye is a fatty enough meat on it's own, or should I supplement with additional beef fat? I haven't been eating strictly ribeye but it's been a breakfast staple and I'm feeling a bit tired. I'm wondering if I should get some beef fat and eat that along with it?

Only you can really answer that. All ribeyes are different. I get some that have big pieces of fat in the middle and some that are fairly lean after the trimming. I pretty much brown some fat every time I eat regardless of the content of the meat. Sometimes, I get to the edge of nausea and can't eat all the fat, so I just finish the lean and toss the remainder to my dog, who loves it.

Too much is nausea, too little is no energy.

Regards,

Charles

RE: Zero-Carb/Meat and Water - suzanneyea - 09-29-2008 08:16 AM

Listen to your body, I can tell exactly what I need. When my body needs fat I find I cannot touch my
chicken breasts, I only want my fatty pork chops and rib eyes. Other days, my chicken is very yummy to me. Some days I crave the fat I cook with, other days I just give it to my dogs, no desire.

RE: Zero-Carb/Meat and Water - Therese - 09-29-2008 08:17 AM

MAC Wrote:
Based on your comments about rib eye at Costco I was in there yesterday for another reason and looked at the meat.

I get the boneless beef short ribs often. I put them in the crock pot and they come out tender and well marbled.

RE: Zero-Carb/Meat and Water - chris m. - 09-29-2008 08:57 AM

Beth Wrote:
I know a lot of you pump up your fat % with added fats or coconut oil. I was wondering if there is anything wrong with butter? Sometimes I can only get 80/20 hamburger or the chicken or steak just doesn't seem fatty enough. I've tried the bacon fat and I literally have to choke it down. I haven't tried the beef trimmings from the butcher yet. That might not bother me since I like that taste on a steak. But in a pinch is it OK to add a tablespoon or two of butter? Does it cause stalls? Is it not considered an "animal fat" because it's really a by-product?

Thank you
Beth
Actually - real butter - is a good source of Butyrate a free fatty acid mentioned in "Life Without Bread" Lutz
Butyrate de-differentiates cancer cells rendering them harmless.
Don't hold me to the actual quote and my terminology may be off as I don't have the book with me but I wanted to get the info out as it seems to be important. Still we didn't use butter prior to milking cows. Coconut oil is also supposed to be real good for you as well.
Chris m

RE: Zero-Carb/Meat and Water - nyteez - 09-29-2008 09:06 AM

jeepifer Wrote:
Do you think ribeye is a fatty enough meat on it's own, or should I supplement with additional beef fat? I haven't been eating strictly ribeye but it's been a breakfast staple and I'm feeling a bit tired. I'm wondering if I should get some beef fat and eat that along with it?

We didn't get the whole ribeye grilled this weekend, but hopefully will tonight. DH is going to put it in the freezer when he gets home from work, then fire up the grill and slice the chilled meat (for firmness). I am really looking forward to dinner!

I got one of those costo ribeye roasts (18.5lbs!) last week. I have been cutting my own ribeyes from the roasts for years, because it is cheaper. I found a great inexpensive meat cleaver on ebay. It goes right through raw meat like a butter knife! I cut them, then put 1 or 2 to a pack in a quart size zip lock bag & freeze them.
Thanks for the dehydrator info. I'll see if I can find a Nesco one.

Has anyone else found that they've totally gone off certain things? I cannot stand the idea of pork other than bacon, ribs or sausage (ground pork I've made into patties), and I haven't had the urge for eggs in weeks. When I have eaten them, I'm like "meh". Not appealing to me at all. I mainly want beef, lamb, and the odd time some chicken. I have pork chops in my freezer that seriously sick me out when I look at them. I've only ever liked pork with lots of seasoning, or apple sauce and tons of salt.

I've decided to really make a go at the zero carb thing. Reading Stef made me realize that keeping certain things in my diet, even if they are low carb, are leading to junk food urges later on. Might as well just go all out. I'm keeping tea/coffee for now but limiting it and ditching sweetener (I take it in coffee). I can ditch most condiments, like ketchup, bc I only eat it with eggs really and I don't want eggs. I'll use herbs/spices, hot sauces, and a little lemon juice on my steak. I will be eating some sheep cheeses too and some coconut milk, so I won't be zero...more like <10.

I'm totally understanding the acculturation thing - I haven't craved a vegetable/fruit in forever, but I do get urges for junk food like chips, or popcorn, or peanut butter cups. Non-food. I really want to break this.

I'm going to satisfy occasional urges for something 'special' by finding wonderful meat recipes. I just got an old Julia Child cookbook from Ebay, so I am seeing some amazing roast chicken and duck in my future. Maybe even some rabbit and more seafood. I could hunker down to watch a movie with a nice lobster and not miss my Ruffles one bit 😊(A cooked lobster, that is. Not me and a lobster cuddling and watching chick flicks.)

Sorry, guys, but I just can't help but laugh at all of this. When I enter the forum, I look down at the "last posts" and yes, they are not in the General Discussion area any more, but all the journals and other threads still have a Zero-Carb notation in front of them. I tried!

Zero-carb just rules!

nyteez Wrote:
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Have I mentioned you're my new hero??? Seriously! 😊

Gonna track down a meat cleaver. We have a carving set (knife, fork) that's the closest we have to something to cut up this hunk o' cow. I feel... liberated! 😊
waywardsister Wrote:
I'm going to satisfy occasional urges for something 'special' by finding wonderful meat recipes. I just got an old Julia Child cookbook from Ebay, so I am seeing some amazing roast chicken and duck in my future. Maybe even some rabbit and more seafood. I could hunker down to watch a movie with a nice lobster and not miss my Ruffles one bit 😊(A cooked lobster, that is. Not me and a lobster cuddling and watching chick flicks.)

Ha! Thanks for the giggle and the mental image!

I found some pretty amazing-sounding cornish game hen recipes. I'll have to thaw one of those little beasties out and give it a whirl.

RE: Zero-Carb/Meat and Water - jeepfer - 09-29-2008 09:32 AM

Charles Wrote:
Sorry, guys, but I just can't help but laugh at all of this. When I enter the forum, I look down at the "last posts" and yes, they are not in the General Discussion area any more, but all the journals and other threads still have a Zero-Carb notation in front of them. I tried!

Zero-carb just rules!

Speaking of which, I should change my journal title. 😊

RE: Zero-Carb/Meat and Water - suzanneyea - 09-29-2008 09:34 AM

Also, the zero carb people seem to be more active on the boards, we are all big time posters.

RE: Zero-Carb/Meat and Water - daveo - 09-29-2008 09:58 AM

suzanneyea Wrote:
Also, the zero carb people seem to be more active on the boards, we are all big time posters.

It's ironic, since zero carb is so simple. You would think there would be a lot less to say 😊

RE: Zero-Carb/Meat and Water - Fully - 09-29-2008 10:38 AM

LOL! I was thinking the same thing.

I hate the smell of fried fat in my house. I have always hated it. But now I am frying fat all the time. I clean and clean but its just a sticky stinky mess. I guess I could grill but that gets expensive since i only have a charcoal grill. I started cooking a bunch at one time but I hated the taste of warmed up beef. Yuck! I can handle my chicken thighs but that's about it.

I am spending a load on ribeye's. I guess I need to go to Costco's or somewhere. There is another cut of steak called chuck eye. Its pretty fatty looking to me. Have you guys tried that?

RE: Zero-Carb/Meat and Water - Jeff - 09-29-2008 10:41 AM
Fully Wrote:
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I am spending a load on ribeye's. I guess I need to go to Costco's or somewhere. There is another cut of steak called chuck eye. Its pretty fatty looking to me. Have you guys tried that?
Chuck Eye's rock!!! They are tender and fatty, and usually half the cost of ribeyes, or even less. I think they may go by other names in certain parts of the US or other countries.

RE: Zero-Carb/Meat and Water - Fully - 09-29-2008 10:44 AM

Jeff Wrote:
Fully Wrote:
LOL! I was thinking the same thing.

I hate the smell of fried fat in my house. I have always hated it. But now I am frying fat all the time. I clean and clean but its just a sticky stinky mess. I guess I could grill but that gets expensive since i only have a charcoal grill. I started cooking a bunch at one time but I hated the taste of warmed up beef. Yuck! I can handle my chicken thighs but that's about it.

I am spending a load on ribeye's. I guess I need to go to Costco's or somewhere. There is another cut of steak called chuck eye. Its pretty fatty looking to me. Have you guys tried that?
Chuck Eye's rock!!! They are tender and fatty, and usually half the cost of ribeyes, or even less. I think they may go by other names in certain parts of the US or other countries.

The one's I have had were awesome! I am from NC/SC. But they have raised the prices here on them. I think I need to see what I can get a big slab of them for. The thicker the better in my opinion 😊

RE: Zero-Carb/Meat and Water - Fully - 09-29-2008 10:52 AM

Here we go.... and yes, cooked medium, thick sliced is the best i think. Pan fry and pour any juice over it. Yummy! And I bet this would be good to make jerky.

Definition: The Chuck Eye Steak is cut from the chuck eye roast (Chuck Primal), lower down from the rib primal. This means that this steak is a similar cousin to a Rib-Eye Steak, but isn't as tender or flavorful. A good lower cost alternative but will dry out quickly.

The Chuck Eye Steak is best braised to keep it moist, but is also good grilled or broiled, provided care is taken not to over cook it. This steak is best served Medium Rare.

RE: Zero-Carb/Meat and Water - nyteez - 09-29-2008 10:53 AM

Quote:
Has anyone else found that they've totally gone off certain things? I cannot stand the idea of pork other than bacon, ribs or sausage (ground pork I've made into patties), and I haven't had the urge for eggs in weeks. When I have eaten them, I'm like "meh". Not appealing to me at all. I mainly want beef, lamb, and the odd time some chicken. I have pork chops in my freezer that seriously sick me out when I look at them. I've only ever liked pork with lots of seasoning, or apple sauce and tons of salt.

Me too. I am getting sick of pork, unless it is cooked in the crockpot & shredded with lots of fat, I gave up bacon weeks ago...too salty, I make my own sausage so it is ok. I still like chicken thighs once a week. I have a bunch of bonless skinless chicken breasts that I don't know what do with, I'm not eating them LOL! Maybe I'll just feed them to the dogs.

jeepifer Wrote:
Have I mentioned you're my new hero??!! Seriously!

Thanks Jeep! Here's a pic of my meat cleaver. I love this knife!

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**RE: Zero-Carb/Meat and Water**

jeepifer Wrote:
Speaking of which, I should change my journal title. 😊

No, please don't do that!

There are some who will continue to perceive this as a zero-carb forum only and we can't do anything about that. All we can do it contain our enthusiasm for each other and the new members who seek us out.

I cleared the "page views" for this thread which were over 130,000. It's now quickly climbing once again.

Before there was low-carb, there was zero-carb and people don't know that. Anyone having trouble on Atkins or whatever plan will come here and attempt to give it a shot.

One of these days people will recognize that it's all about insulin and not about carb counts. Just creating "low carb versions" of your favorite high-carb foods is only going to backfire and lead to despair. Only here can you totally ditch that "urge for the sweet." When you do, then you finally get the true benefit and promise of "low-carb."

I'm not the Kimmer. Anyone can e-mail me for free, see my photos --heck, you can even come and run a race with me or eat dinner with me this Sunday at the low-carb meet-up at Golden Corral in Apex, NC. I'll be there at 6:30. Better yet, go on the low-carb cruise which I am about 99% going to participate (as long as I get my money in time). I'll be there and you can see for yourselves that I definitely practice what I preach!

Regards,

Charles
Quote:
Has anyone else found that they've totally gone off certain things?

I have only eaten beef exclusively for the past 4 weeks. I am down to beef and water and I've never been happier or lighter!

RE: Zero-Carb/Meat and Water - MAC - 09-29-2008 11:11 AM

waywardsister Wrote:
Has anyone else found that they've totally gone off certain things? I cannot stand the idea of pork other than bacon, ribs or sausage (ground pork I've made into patties), and I haven't had the urge for eggs in weeks.

Count me in the only pork products I will eat these days are bacon, ribs or sausage but then saying that I haven't had pork in weeks. But then I have always preferred beef to pork or chicken. Go Beef Council.

Just finished lunch and had Beef Loin Flap Meat. This stuff is great. You can see the fat streaks in the meat about every 1/8 of an inch. This is one of the cuts they make fajitas with in addition to flank and skirt steak.

RE: Zero-Carb/Meat and Water - suzanneyea - 09-29-2008 11:12 AM

Hmm, I super into pork chops these days, but maybe because they are like 80% fat, lol. I am like Charles, most of my food is beef.

RE: Zero-Carb/Meat and Water - nyteez - 09-29-2008 11:14 AM

I got my meat cleaver a few years ago on ebay, that seller is still selling them if anybody is interested. It really is a great quality knife for the price.

Here is a link to the auction. Meat Cleaver

RE: Zero-Carb/Meat and Water - Richard - 09-29-2008 11:49 AM

Quote:
...Gonna track down a meat cleaver. We have a carving set (knife, fork) that's the closest we have to something to cut up this hunk o' cow. I feel... liberated! 😊

Bed Bath and Beyond had an electric slicer for around $99.00. The also mail out 20% off coupons.

RE: Zero-Carb/Meat and Water - Fully - 09-29-2008 12:02 PM

I have noticed in just the few days I have been doing this is pork is not what I want. Unless its bacon and not much of that. Beef is it. I like my chicken thighs in the morning because its much easier on my hernia.
And I just bought porterhouse steaks for $5.99 a pound!!!!!! I got all they had. I am going back everyday and stock up. I also bought one of those glad air suction baggie things LOL! I am so excited! I can not wait on my porterhouse for dinner 😊

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**RE: Zero-Carb/Meat and Water - [MAC](#) - 09-29-2008 12:10 PM**

Fully Wrote:
And I just bought porterhouse steaks for $5.99 a pound!!!!!! I got all they had. I am going back everyday and stock up.

If you ever see T-Bones suck those up as well. A T-Bone is just cut from a different end location than the Porterhouse. The T-Bone has a smaller tenderloin section than the Porterhouse which is why it is less expensive than a Porterhouse.

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**RE: Zero-Carb/Meat and Water - chris m. - 09-29-2008 12:45 PM**

Just finished reading a little on Wal Mart ground beef having been injected with "solution" - they say to make it taste better.
Can't find out much about the solution but it's supposed to have some not so good things.
Anybody know anything about this?
chris m

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**RE: Zero-Carb/Meat and Water - [FormerDonutJunkie](#) - 09-29-2008 12:51 PM**

Charles Wrote:
Before there was low-carb, there was zero-carb and people don't know that. Anyone having trouble on Atkins or whatever plan will come here and attempt to give it a shot.

One of these days people will recognize that it's all about insulin and not about carb counts. Just creating "low carb versions" of your favorite high-carb foods is only going to backfire and lead to despair. Only here can you totally ditch that "urge for the sweet." When you do, then you finally get the true benefit and promise of "low-carb."

I can't say at this point that I'm totally ZC but I'm slowly gravitating that direction. I've never had a love of veggies and I have nearly eliminated them altogether now. Charles, eliminating LC Versions has been one of the most positive moves I've made; that together with eliminating veggies has practically eliminated carb cravings, something I never believed possible.

I'm thankful for Atkins and Protein Power as they both made seriously positive impacts on low-carb initiation and first year of weight loss. And it would continue to work, but when I found this thread I just spent time reading and thinking about it for a while. I never once felt compelled by anyone to jump into it, nor did I feel condemned for still doing Atkins/PP. But the more I thought about it, the more I realized it just made sense.

I didn't jump right into it. I'm just eliminating things a little at a time as I feel comfortable with it. I'm glad that folks like me can come here and find that ZC indeed existed eons before "low-carb" was ever "discovered". It seems like ZCer's are always happy to entertain our questions even though we're not strict ZCer's ourselves...yet! Thanks for all you do for this forum and for all the friendly, helpful members who have contributed so much to the success of this way of life.
RE: Zero-Carb/Meat and Water - jeepifer - 09-29-2008 01:02 PM

chris m. Wrote:
Just finished reading a little on Wal Mart ground beef having been injected with "solution" - they say to make it taste better.
Can't find out much about the solution but it's supposed to have some not so good things.
Anybody know anything about this?

chris m

Someone here purchased some beef ribs or something similar, and when they got home, realized the package had carbs listed! The ingredients were beef and beef broth. Obviously, filler or sugar or preservatives etc. were added. Why? To make it weigh more for less actual beef. Improve their profit margin.

So it wouldn't surprise me that the same thing is happening to the ground beef.

Those of you that shop Sam's Club, beware. They're owned by Wal-Mart, so their beef (and I'm assuming other meats) will be suspect as well.

RE: Zero-Carb/Meat and Water - hpseids - 09-29-2008 01:08 PM

Oh no!

I buy those ground beef...uh, logs?...from Walmart often, the 73/27 ones Charles recommended. I just ran to my fridge and checked...they say 0g carbs but there's no ingredient list. Should I assume that's bc they're 100% beef?

I also really like Bubba burgers when I'm lazy...do any of you guys eat those?

I think I'm finally getting into ZC after a week like this...I officially went 6 hours today before I was like, oh yeah I'm kinda getting hungry. I'm about to eat a burger now and it's been 7 hours. So cool! On high carb it'd probably be like 2 hours, max lol. Guess that was the problem...!

You guys RAWK.

RE: Zero-Carb/Meat and Water - ANOVA - 09-29-2008 01:10 PM

I'm still mixing it up. Ground beef for breakfast. lean beef strip for lunch and pork, chicken or beef for supper. Still zero carb, plus, I'm starting training for a sprint Triathlon in June.

RE: Zero-Carb/Meat and Water - ANOVA - 09-29-2008 01:12 PM

hpseids Wrote:
Oh no!

I buy those ground beef...uh, logs?...from Walmart often, the 73/27 ones Charles recommended. I just ran to my fridge and checked...they say 0g carbs but there's no ingredient list. Should I assume that's bc they're 100% beef?
I also really like Bubba burgers when I'm lazy...do any of you guys eat those?

I think I'm finally getting into ZC after a week like this...I officially went 6 hours today before I was like, oh yeah I'm kinda getting hungry. I'm about to eat a burger now and it's been 7 hours. So cool! On high carb it'd probably be like 2 hours, max lol. Guess that was the problem...!

You guys RAWK.

Yep, if it doesn't list ingredients, then anything other than beef has to be in negligble amounts.

Nope, on the bubba burgers. I'll have to look at them the next time I'm at Wally World.

RE: Zero-Carb/Meat and Water - Charles - 09-29-2008 01:14 PM

FormerDonutJunkie Wrote:
I didn't jump right into it. I'm just eliminating things a little at a time as I feel comfortable with it. I'm glad that folks like me can come here and find that ZC indeed existed eons before "low-carb" was ever "discovered". It seems like ZCer's are always happy to entertain our questions even though we're not stict ZCer's ourselves...yet! Thanks for all you do for this forum and for all the friendly, helpful members who have contributed so much to the success of this way of life.

You're welcome, Ron. I don't get much press when I tell people that going off plan is actually part of the process of being "on plan." Your body will tell you what it prefers by responding with energy and vitality. Sometimes people have to eat badly and go through periods of feeling terrible before they finally decide that it's just not worth it. I worked my way here as well.

It's really not 'us against them' but I don't imagine too many of us zero-carbers like to be compared to a cult or to Kimkins. We're all trying to find our way just like anyone else. On the other hand, zero-carb is not something that requires belief.

We don't force anyone either. It's simply, try it or don't try it. It's that simple really. We know it works but we understand that it takes quite an effort for many people and we're okay with that.

Regards,

Charles

RE: Zero-Carb/Meat and Water - Charles - 09-29-2008 01:18 PM

hpseids Wrote:
I think I'm finally getting into ZC after a week like this...I officially went 6 hours today before I was like, oh yeah I'm kinda getting hungry. I'm about to eat a burger now and it's been 7 hours. So cool! On high carb it'd probably be like 2 hours, max lol. Guess that was the problem...!

Congrats, Emily! I wouldn't worry too much about any injected solution in the ground beef. You certainly can't taste it and the cooking process may eliminate it. I've never eaten it raw, so maybe you can taste it that way; I just know I don't taste anything sweet in their ground beef and it's fatty and quite bland(which I like).
The test always comes down to cravings and how you feel after eating it. If any food sparks cravings, don't eat it. If not, it's all good.

Regards,

Charles

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RE: Zero-Carb/Meat and Water - ANOVA - 09-29-2008 01:19 PM

Charles Wrote:

I'm not the Kimmer. Anyone can e-mail me for free, see my photos --heck, you can even come and run a race with me or eat dinner with me this Sunday at the low-carb meet-up at Golden Corral in Apex, NC. I'll be there at 6:30. Better yet, go on the low-carb cruise which I am about 99% going to participate (as long as I get my money in time). I'll be there and you can see for yourselves that I definitely practice what I preach!

Regards,

Charles

I don't think anyone here has even suggested any similarity. The naysayers view this as a "radical" diet and therefore, its proponents as radicals. But the proof will be in the pudding. I go for a CAT next November and that along with the bloodwork can be compared to a few of my baselines over the last 2 years. I'll report back what changes, there are.

I'll just say that this has been the easiest way for me to lose weight.

---

RE: Zero-Carb/Meat and Water - Charles - 09-29-2008 01:21 PM

ANOVA Wrote:

I don't think anyone here has even suggested any similarity. The naysayers view this as a "radical" diet and therefore, its proponents as radicals.

You'd be amazed at what some people here say....

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RE: Zero-Carb/Meat and Water - cbnebraska - 09-29-2008 02:04 PM

FormerDonutJunkie Wrote:

I didn't jump right into it. I'm just eliminating things a little at a time as I feel comfortable with it. I'm glad that folks like me can come here and find that ZC indeed existed eons before "low-carb" was ever "discovered". It seems like ZCer's are always happy to entertain our questions even though we're not strict ZCer's ourselves...yet! Thanks for all you do for this forum and for all the friendly, helpful members who have contributed so much to the success of this way of life.

FDJ, this is exactly what I'm doing. I was already LC but still craving and thinking about food nonstop which caused me to binge. Fortunately I always got back on plan, but I would beat myself up over my
failings. I joined this forum on July 26th of this year after lurking for a few days. I was intrigued and eeked towards zero carb for about a week and then finally went after it the second week in August.

The first week or so I felt just great, couldn't understand people who were talking about being lethargic or having stomach issues and then, BAM, they hit me. I've been doing tweeks ever since and can REALLY tell when I haven't had enough fat. I keep a good journal of what I ate and how I felt - what I weighed, if it was a hungry day or a lethargic day or a great energy day, where I am with the hormone cycle, etc... which has really helped me to figure out what works for me. Pretty soon I hope to be done with the journaling and be able to listen totally to my body. For now though, I still need to dissect it to feel like I'm in control and making progress.

So, for anyone new to this WOE, don't give up if you have a bad week - or two. In all honesty, I almost needed a period to grieve after the honeymoon was over- meaning - have my little pity party and pout about not being able to eat more variety, etc... I'm still trying to figure out how it all fits into the life I live - social settings, family life, holidays, etc... Thank God for all the support here!!

**RE: Zero-Carb/Meat and Water - suzannevea - 09-29-2008 02:25 PM**

I get very defensive about low carb, only because I would NEVER belittle another person's low carb plan, but a lot of people think it is ok to tell me I am going to die eating this way. Sometimes if you have nothing nice to say it is better to not say anything. Also, it hurts me. Atkins, low carb, very low carb and now zero carb have all been amazing diet programs in my life. It hurts me to see people suffer from binge eating or get down on themselves and their bodies when I really believe their is a solution. I know the emotional pain of being unhappy with food and your body and it can been horrible. So, when people compare zero carb to some weight loss scam like kimkims, I get upset.

**RE: Zero-Carb/Meat and Water - AuntieeM - 09-29-2008 02:59 PM**

hpseids Wrote:
Oh no!

I buy those ground beef...uh, logs?...from Walmart often, the 73/27 ones Charles recommended. I just ran to my fridge and checked...they say 0g carbs but there's no ingredient list. Should I assume that's bc they're 100% beef?

I also really like Bubba burgers when I'm lazy...do any of you guys eat those?

I think I'm finally getting into ZC after a week like this...I officially went 6 hours today before I was like, oh yeah I'm kinda getting hungry. I'm about to eat a burger now and it's been 7 hours. So cool! On high carb it'd probably be like 2 hours, max lol. Guess that was the problem...!

You guys RAWK.

Hi Emily: Just wanted to let you know that as we speak, I'm cooking up four 1/3 pound Bubba Burger's, two for dinner and two for tomorrow's lunch (if I eat now, I won't eat again until at least 12 or so tomorrow) and they are the most delicious burgers I've ever eaten. I buy them by the box at BJ's for $11.99. I highly recommend them.

I would also like to add that eating this way, meat, some eggs, small quantity of cheese on occassion and cream for my decaf coffee, is the best thing that's ever happened to me. My grandmother always cooked
the best "beef patties". I'm sure she used nice fatty chuck and because she touched them with her blessed hands, and cooked them nice and rare, they were the best thing I ever tasted. She also cooked skirt steak, nice and fatty and always rare. She used butter and chicken fat to cook things and everything she made was fabulous. She gave me my love for fatty meat cooked nice and rare. And then something happened...my grandmother passed away. I was 19 and everything changed. Doctors and "experts" were telling us fat is bad. Eat more carbs, eat low fat and you'll loose weight. You know what? My grandmother was right. Fat isn't the enemy and it's taken me all these years to find that out and I would like to thank (as I've done before) Charles and Suzanne for bringing me back into the light. I would also like to thank Jimmy for putting the forum out there for all of us to live and learn together on this low carb journey. Whether it's low carb, very low carb or zero carb.

The good Lord made us all different for a reason. I'm pretty sure he knows exactly what he's doing!

Marsha

RE: Zero-Carb/Meat and Water - chiara - 09-29-2008 03:11 PM

jeepifer Wrote:
Someone here purchased some beef ribs or something similar, and when they got home, realized the package had carbs listed! The ingredients were beef and beef broth. Obviously, filler or sugar or preservatives etc. were added. Why? To make it weigh more for less actual beef. Improve their profit margin.

That was me!! I haven't gone back since...I've been buying ribeyes at BJ's almost exclusively. They're not too expensive and they are nice and fatty 😊

RE: Zero-Carb/Meat and Water - hpseids - 09-29-2008 03:15 PM

AuntieM-- I love the Bubba burgers too! They're so tender and greasy (in a good way) and deelish! I love ur name, by the way...lots of people call me Em and I'm still waiting for one of my brothers to have a baby so I can be Auntie Em! 😊

Suzanne-- I totally know what you mean...and even tho you didn't mention this, what you said made me think of the idea of being ashamed of this WOE...does anyone ever feel this way? (or at least at first did maybe?) Maybe ashamed is too strong, but I'm invited to a friend's parents' house tonight for Rosh Hashanah dinner (Jewish New Year)...and food is a central part of Jewish culture haha...so I want to go and probably will because it's meaningful and important to me, but I'm definitely nervous. Like I feel like I need a good excuse or something why I'm not eating the apples and honey, challah (bread), etc....KWIM?

Probably sounds goofy but I'm even thinking of saying I'm trying an elimination diet because I might have Celiac disease or something, but it seems ridiculous not to just be up front and proud of my WOE...I dunno...people all of a sudden think you're not as fun or something just because you don't want to binge on fries and beer and cookies 😊

The thing is this: on one hand, as a med student and someone really interested in health and nutrition of our society, I reeeeally want to spread the word and educate and inform others...that's the ideal...but then I get embarassed or something and, like Suzanne said, don't like feeling like I have to explain myself. Everyone assumes it's just a vanity thing like ohhhh...you're following some fad LC diet to lose 10 pounds (not that there's anything wrong with that, if you ask me!), instead of realizing that's it's a a
whole mind-body-spirit thing...health, well-being, emotional peace...everything! People don't get that straight off and it would take a LOT of explaining several times a day if I really wanted them to.

Ugh...sorry for the rambling! Y'all might think I'm insane but I thought I'd share in case anyone else felt the same and/or had some insight.

**RE: Zero-Carb/Meat and Water - daveo - 09-29-2008 03:24 PM**

suzanneyea Wrote:
I get very defensive about low carb, only because I would NEVER belittle another person's low carb plan, but a lot of people think it is ok to tell me I am going to die eating this way. Sometimes if you have nothing nice to say it is better to not say anything. Also, it hurts me. Atkins, low carb, very low carb and now zero carb have all been amazing diet programs in my life. It hurts me to see people suffer from binge eating or get down on themselves and their bodies when I really believe their is a solution. I know the emotional pain of being unhappy with food and your body and it can been horrible. So, when people compare zero carb to some weight loss scam like kimkims, I get upset.

Man, I know how you feel. I'm going through a whole deal with my family right now where my brother in law is being tested for Celiacs disease, their 3 year old son may have it too, they don't want to change his diet because they don't want to make him weird, but my sister has no problem making fun of MY diet. I've stopped defending it because I figure I'll just let my weight loss speak for itself, but it can be frustrating.

**RE: Zero-Carb/Meat and Water - nyteez - 09-29-2008 03:27 PM**

hpseids - I know what you mean about feeling pressured in social situations. I have found that nobody notices what I eat. If you are busy talking & visiting w/ people, most people don't pay attention to what you are eating. There has never been a situation where there was nothing I could eat. There have been times I was offered tortilla roll ups or some appetizer I wouldn't eat and I just say no thanks, that looks really good, but I am on Atkins or Low carb. Everybody totally understands.

**RE: Zero-Carb/Meat and Water - daveo - 09-29-2008 03:33 PM**

hpseids Wrote:
Suzanne-- I totally know what you mean...and even tho you didn't mention this, what you said made me think of the idea of being ashamed of this WOE...does anyone ever feel this way? (or at least at first did maybe?) Maybe ashamed is too strong, but I'm invited to a friend's parents' house tonight for Rosh Hashanah dinner (Jewish New Year)...and food is a central part of Jewish culture haha...so I want to go and probably will because it's meaningful and important to me, but I'm definitely nervous. Like I feel like I need a good excuse or something why I'm not eating the apples and honey, challah (bread), etc....KWIM?

No doubt! I'm going to sit down for Rosh Hashana dinner myself in about an hour. There are about 83 food items that I won't eat. In an effort to not be rude I am going to do my best to scrape the gravy off the brisket rather than cook my own beef, but my grandmothers are in town, so I know I'm gonna get interrogated about why I'm not eating the traditional Jewish carb-fest side dishes (my parents are used to my food choices now). I don't really care anymore though. To me, answering some stupid questions and dealing with disapproving looks is outweighed by the promise of being thin and healthy. Besides, these same people criticized me before for being fat, so I cant win anyway 😒
daveo Wrote:

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Hahaha! That totally cracked me up...I'm just picturing you scraping gravy off the brisket with your Grandma's kvetching 😄I think I'll be doing the same thing...except it'll be my friend's Grandmas giving me crap haha.

nyteez- you're probably totally right. I just won't even say anything or make an issue of it, do my thing, and field questions if they come!

I also ate a bigger lunch in case there's not much for me...minimal hunger is AWESOME.

hpseids Wrote:

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I know what you mean about feeling like you need an excuse - or an arsenal of scientific information. I try to stick to the point that I'm working to manage my insulin levels. I always say that I have Diabetes and obesity in my family (which I do) and that I'm determined to avoid the same fate.

Quote:
The thing is this: on one hand, as a med student and someone really interested in health and nutrition of our society, I really want to spread the word and educate and inform others...that's the ideal...

You actually are in a unique position as a med student to inform people that you've done some research
in the area of nutrition, health and fitness and you feel that you're making an informed decision for yourself. People are more likely to give you credit than someone like myself who simply says - "well, I've been reading up on it". Most people know that you can find something to read about any point of view or opinion on anything that will support your view. My friends are all quick to ask me where the studies are, why the AMA doesn't support it, why Atkins died of heart failure, etc... Then, I'm left with my mouth hanging open, feeling like a detriment to the cause.

Hence, I often times serve myself and push things around on my plate! I used to admire women who could leave a plate half full because I always licked mine clean. Now, I'm sometimes one of them!! Strange as it sounds, this in and of itself is a MAJOR accomplishment for me, so I delight in doing it! It's like the "willpower" I never had on LC.

RE: Zero-Carb/Meat and Water - daveo - 09-29-2008 03:50 PM

hpseids Wrote:
daveo Wrote:
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nyteez- you're probably totally right. I just won't even say anything or make an issue of it, do my thing, and field questions if they come!

I also ate a bigger lunch in case there's not much for me...minimal hunger is AWESOME.

Those grandmas can kvetch like nobody's business 😅Stereotypically, they are in town from West Palm Beach, Florida.

RE: Zero-Carb/Meat and Water - Beth - 09-29-2008 04:05 PM

Quote:
Hence, I often times serve myself and push things around on my plate! I used to admire women who could leave a plate half full because I always licked mine clean. Now, I'm sometimes one of them!! Strange as it sounds, this in and of itself is a MAJOR accomplishment for me, so I delight in doing it!

That's what I do. I'll put alittle of some things on my plate but fill it up with what I can eat. The great thing about no cravings is I can now "push" the bad stuff around and no one questions anything. I used to clean 2-3 plates. It's now a MAJOR accomplishment for me to not clean off one! I always feel good after I've done it!

Beth

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RE: Zero-Carb/Meat and Water - suzannevea - 09-29-2008 04:07 PM

Quote:
I'm invited to a friend's parents' house tonight for Rosh Hashanah dinner (Jewish New Year)...and food is a central part of Jewish culture haha...so I want to go and probably will because it's meaningful and important to me, but I'm definitely nervous. Like I feel like I need a good excuse or something why I'm not eating the apples and honey, challah (bread), etc....KWIM?

Well, if the Jews in your area are anything like Jews from NYC, you will be fine as 99% of them probably have some kind of secret eating disorder themselves and are just as fearful of this meal. Social situations can be tough. I play each one differently. Sometimes I say I am not hungry, other times I go with food allergies, stomach bug. I have a list of "white lies." I do not want to draw attention to my eating, nor do I want to offend the host. Somehow, it always draws attention and I usually just continue to change the subject. But, no matter how I play my cards, I never have eaten a single bite off plan in any social situation.

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RE: Zero-Carb/Meat and Water - sean - 09-29-2008 04:35 PM

Nyteez,

Just a heads up for what its worth. I read a few posts back about your cutting up the ribeye and then freezing it. You and I have almost identical methods (even the cutting board picture) however if you can avoid freezing the meat it may make a difference.

Months ago BEAR emailed me a response to this very question and the subject line read, "Freezing F** Me up Permanently". Quite obvious what he thinks. He sort of beat around the bush on his now famous forum, but one on one he told me directly that freezing the meat will absolutley damage it and who knows over the long haul what could happen. Just a heads up.

He suggests setting the fridge at about 33-35 degrees and the meat will keep almost indefinitely. I find that when I do more and more things exactly as he suggests (50 years of experience) things seem to go very very well.

I buy the ribeye logs just as you do, from a butcher in Baltimore who I think may be the best in the country. He leaves the "rim" of fat on and anything else I request. He cryovacs it and I usually buy 35-45 pounds a pop. Thats it, my shopping is done for the month. It really is that easy. Ive never frozen one piece, and on day 30 it is just as good as day 1.
I don't know the science behind it or anything else, but I've noticed a difference since I stopped eating frozen meats that I had shipped from the Amish up in PA. BEAR really stressed this aspect about fresh meat....

______________________

I've noticed a lot of talk about social situations and the like and I can only say you should all go on the offensive.

There is no shame in truth......

I have many co-workers who seem to know "everything", (just the way the job is), and when we go to lunch (rare occasions) I order rare to raw ribeye with a side of fat. Thats it. My coworkers are nibbling on some appetizer garbage and offer it to me while cracking jokes about meat fat. I simply say, Why would I eat that shit? They then become embarrassed and what's funny is they then start explaining why they're eating some corn rolled spinach something or other. I don't even ask, answer or engage them, yet they feel the need to do what I think many of you are saying you feel the need to do. Put it on them, you have no explaining to do.

I also told them once lets all strip down to our underwear and walk around and see how our "diets" are treating us. Since then I've had about 8 of them very clandestine like come to my area and start asking meat questions just low enough so no one can else can hear....

RE: Zero-Carb/Meat and Water - FormerDonutJunkie - 09-29-2008 04:40 PM

cbnebraska Wrote:
Hence, I often times serve myself and push things around on my plate! I used to admire women who could leave a plate half full because I always licked mine clean. Now, I'm sometimes one of them!! Strange as it sounds, this in and of itself is a MAJOR accomplishment for me, so I delight in doing it! It's like the "willpower" I never had on LC.

That sounds exactly like me! I always thought people who left food on their plate or ate "half" of anything just couldn't be trusted. LOL! Cause in all reality, I ate all mine and could have eaten their leftovers as well.

And yes, it is a major accomplishment to be one of the "weird ones" who now leaves food on their plate, especially if I'm at a gathering where carbs are the primary food being served. I like to put some on the plate and pick over 'em, then leave 'em just so they'll think I eat veggies, especially. It's really not willpower, but what the heck, they don't know the difference!

My membership in the "Clean Plate Club" is now expired and I don't plan on renewing it!

RE: Zero-Carb/Meat and Water - caroline - 09-29-2008 05:12 PM

I'm finding that b/c people are so biased about "thin," that no one criticizes me for the way I eat. They see how I look at 40 years old and that shuts them up. My family is Jewish, obsessed with food, obsessed with thinness, but thinness wins over.

What I get from people is usually, "don't you eat...such and such?" I say no, don't defend it, and that's that. And people leave it alone and then begin asking me details about my "diet."
RE: Zero-Carb/Meat and Water - nyteez - 09-29-2008 05:30 PM

Sean,
Yes, I remember Bear mentioning the freezing thing. I only froze half of it. I am looking into making an "aging box" where the meat will naturally age and actually get better. I saw an episode of Alton Brown where he poked holes in a plastic box or something, I have to find it.

I guess now that there is nothing in my fridge except meat I can turn it down. I no longer have to worry about the veggies being frozen! LOL!

Thanks for the heads up!

---

RE: Zero-Carb/Meat and Water - Fully - 09-29-2008 05:54 PM

MAC Wrote:
Fully Wrote:
And I just bought porterhouse steaks for $5.99 a pound!!!!!! I got all they had. I am going back everyday and stock up.

If you ever see T-Bones suck those up as well. A T-Bone is just cut from a different end location than the Porterhouse. The T-Bone has a smaller tenderloin section than the Porterhouse which is why it is less expensive than a Porterhouse.

I did Mac! I got t-bones too. They were both $5.99 I just ate and I could have sucked on the bone LOL!

What is so funny is that after everyone eats.....I go around and pick out all their fat and put it in a ziplock bag for later 🙄My son thinks I am crazy and my husband is like yeah baby..... if it works go for it. Tee Hee!

---

RE: Zero-Carb/Meat and Water - waywardsister - 09-29-2008 06:44 PM

jeepifer Wrote:
I found some pretty amazing-sounding cornish game hen recipes. I'll have to thaw one of those little beastsies out and give it a whirl.

I love cornish hens! I've found they need quite a bit of added fat, but they're tasty. Plus, you get your own cute little chicken. My dad used to make them for special suppers, I always loved them.

nyteez Wrote:
I got my meat cleaver a few years ago on ebay, that seller is still selling them if anybody is interested. It really is a great quality knife for the price.

OMG, thank you so much for that. I am ordering this cleaver. The one I have sucks. I used to get the big hunks of beef and cut them up, but my knife just mutilates them.

Charles Wrote:
I don't get much press when I tell people that going off plan is actually part of the process of being "on plan." Your body will tell you what it prefers by responding with energy and vitality. Sometimes people
have to eat badly and go through periods of feeling terrible before they finally decide that it's just not worth it. I worked my way here as well.

Charles, I honestly think that this is the most helpful thing you've ever said. First time I read it, I felt so much better about my 'slips' into carville. I think sometimes we need to test things numerous times before it sinks in.

hpseids Wrote:
Suzanne-- I totally know what you mean...and even tho you didn't mention this, what you said made me think of the idea of being ashamed of this WOE...does anyone ever feel this way? (or at least at first did maybe?)
Probably sounds goofy but I'm even thinking of saying I'm trying an elimination diet because I might have Celiac disease or something, but it seems ridiculous not to just be up front and proud of my WOE...I dunno...people all of a sudden think you're not as fun or something just because you don't want to binge on fries and beer and cookies 😞

I've only ever caught flak from one person, ironically a very thin friend of mine who went on to develop gestational diabetes. The only time I feel awkward is when people who know I'm celiac bring a bunch of gluten-free brownies, cookies and other carbage especially for me -- I hate refusing it, even though I didn't ask them to bring anything for me (or even flat out told them not to, because it isn't necessary). I have gotten over it now, pretty much. I still feel a bit oogy about it sometimes, but it's rarely an issue anymore. You can always say that x, y or z doesn't agree with you, which is true after all.

sean Wrote:
He suggests setting the fridge at about 33-35 degrees and the meat will keep almost indefinitely. I find that when I do more and more things exactly as he suggests (50 years of experience) things seem to go very very well.

Really? Interesting. So you find that meat will keep for a month in the fridge at this temp? I have to try this out. I'd really rather not freeze everything. I remember him saying how he'd keep his meat in the fridge and just hack off a piece - sounds very easy and convenient. Would this method be alright for poultry as well? Also - my fridge just has 'cold - colder - coldest' settings...I'm assuming 33 degrees would be 'coldest'?

Nyeteez, I am now googling 'aging box'.

I bought some enormous scallops today, and am going to wrap them liberally in bacon...mmmm. Another 'watch a movie' food.

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RE: Zero-Carb/Meat and Water - hpseids - 09-29-2008 08:29 PM

Oh my gosh, so much ZC action since I left! Awesome advice frm Sean, Caroline..everyone. I'm learning SO MUCH!

Just got back from Rosh Hashanah dinner...people definitely asked questions, but I just said I'd been not feeling well (true) and am cutting out all common food allergens to see what it could be (pretty true). They asked what I was eating, I said pretty much meat...and I feel 100% better! They all looked at me like I had 3 heads but whatever.

Several of them, med students with strong science backgrounds, mind you, said "well what do you do
for carbs?...you NEED carbs, you know." 😊 I just said, actually, you don't. You need fat, you need protein, don't need carbs. I eat plenty of fat and protein and feel amazing!

It's not their fault because it's what everyone's acculturated (I won't say taught) to believe, but it's still sad...future doctors who are clueless and don't even get me started on the kind of sh*t some of my profs spew...SCARY. A lot of it isn't even just bad opinion, it's straight up, downright FALSE. I don't get it! How could a biochem professor, who has mastered all of these chemical and enzymatic reactions not make the connection?! GRRR!!!

Anyway, even with allll the questions and annoying comments I stayed positive and moved on...ate some brisket and some salmon and took some zucchini and salad, to be polite. I had a bite of zucchini, just for the hell of it...and it wasn't even good! It tasted kinda bitter and weird to me. I was totally happy with my meat! WEEE!!!

Exam tomorrow, wish me luck!

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RE: Zero-Carb/Meat and Water - Richard - 09-30-2008 04:24 AM

hpseids Wrote:
...I also really like Bubba burgers when I'm lazy...do any of you guys eat those?...

The Walmart brand special burgers (1/3 and cheese w/bacon etc.) show between 1 and 4 gr carbs but they are goos. I also mix some sage into my own version of 1/3 burgers. Gives it kind of a pork sausage spice taste. These and the Bubba Burgers are good.

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RE: Zero-Carb/Meat and Water - chiara - 09-30-2008 05:24 AM

Does anyone only eat once a day? The last few days my body has just not wanted food at all. I've been eating once to keep from falling over...it's really weird.

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RE: Zero-Carb/Meat and Water - Living_healthy - 09-30-2008 06:52 AM

RE: Weird blood sugar readings

Living_healthy Wrote:
I eat 70 - 80% fat. Some days I eat only 2 meals. I'm just hanging in there....I sure can't drop any carbs because there are none to drop. Any suggestions? Or just don't worry about it?

Charles Wrote:
What is your energy like?

GREAT!
Charles Wrote:
Are you hungry at regular intervals or do the times vary?

Vary

Charles Wrote:
How long do you average between meals?

Varies. Six hours usually.

Charles Wrote:
Is everything else in your body working right; meaning, are there any other issues going on like irregular menstruation or fibroids or anything like that? (You don't have to answer these questions, but you should consider them because they all can have an impact.)

I stopped my cycle in January. It returned 2 weeks ago and was the easiest and normal ever. No pain. No problems with fibroids, which were a problem.

Charles Wrote:
Weight is a body regulated thing when you eat a proper diet but weight is only one part of the entire homeostasis. Many things can interfere with your weight regulation. All you can do it eat when you're hungry and don't eat when you're not. Don't drink too much, just drink to thirst.

I say all this to say that it's okay to have some long periods where nothing happens. Look for other positive changes in terms of mood, energy, optimism, sex drive, etc. These are all important markers as well. Just keep living!

Mood is good. Would be better, if my weight would cooperate. Sex drive has greatly improved. I love how I feel, but I'm human and I want to look good, too. I want to get rid of this excess fat.

Thanks, Charles!

RE: Zero-Carb/Meat and Water - southern-dahlin - 09-30-2008 07:10 AM

suzanneyea Wrote:
I get very defensive about low carb, only because I would NEVER belittle another person's low carb plan, but a lot of people thinkit is ok to tell me I am going to die eating this way. Sometimes if you have nothing nice to say it is better to not say anything. Also, it hurts me. Atkins, low carb, very low carb and now zero carb have all been amazing diet programs in my life. It hurts me to see people suffer from binge eating or get down on themselves and their bodies when I really believe their is a solution. I know the emotional pain of being unhappy with food and your body and it can been horrible. So, when people compare zero carb to some weight loss scam like kimkims, I get upset.
Suzanne.......Kimmer's plan, allowed NO FATS......that's what made people sick. That and the 400-500 calories that was encouraged.

RE: Zero-Carb/Meat and Water - Kristi31 - 09-30-2008 07:12 AM

hpseids Wrote:
Maybe ashamed is too strong, but I'm invited to a friend's parents' house tonight for Rosh Hashanah dinner (Jewish New Year)...and food is a central part of Jewish culture haha...so I want to go and probably will because it's meaningful and important to me, but I'm definitely nervous. Like I feel like I need a good excuse or something why I'm not eating the apples and honey, challah (bread), etc....KWIM?

Probably sounds goofy but I'm even thinking of saying I'm trying an elimination diet because I might have Celiac disease or something, but it seems ridiculous not to just be up front and proud of my WOE...I dunno...people all of a sudden think you're not as fun or something just because you don't want to binge on fries and beer and cookies 😁

Ugh...sorry for the rambling! Y'all might think I'm insane but I thought I'd share in case anyone else felt the same and/or had some insight.

I am Jewish and went to my aunt's house yesterday night for Rosh Hashanah. The whole family was there, about fifteen people. Everyone ate their typical apple and honey, bread, etc and I stuck to my rare chicken thigh, refusing everything on the table. My cousin was even a little mad when I refused the apple and honey thing because it was like I went against tradition but I stood my ground. He was sitting next to me and even told me how seeing me eat my chicken rare was sort of disgusting. So I fought back and said that what he was doing was not right and that I wasn't commenting on his food so he shouldn't either unless he has anything good to say. We should all respect each other's ways. Then, his mother in-law jumped in and told us that they used to eat the chicken like that in Israël back in the day. I had a big smile on my face. Then he mentioned the dangers of salmonella and bacteria in raw food and I explained that I had actually eaten raw for more than a year with no problems. He even told me the night before that the brain needed glucose to survive and when I asked him how it is that I survived on no carbs since about 2 months, he didn't know what to say. 😳

It's truly amazing how in the face of contradicting facts, people still persist in their beliefs. Even very logical, educated people. I really did not expect this from my cousin. I thought he was more open-minded than that. He insists that moderation is best and yet he gives his children 1% milk. LOL.

It was very interesting to watch the kids eat. My cousin's 6 yr old son ate the meat and fries first, then the broccoli that his dad insisted he ate if he wanted to have more french fries. I asked his oldest daughter, almost 10 years old, what her favorite dish was and she said that it was pasta followed by meat. Nothing I could do but watch and listen! So frustrating!!!

Everyone in the family knows how I eat and I'm not ashamed. No matter what the occasion, I stick to my guns. Coming back home, we met our neighbors and I told them about my diet. I'm in no way ashamed of my diet, I'm a better person for it.

RE: Zero-Carb/Meat and Water - chris m. - 09-30-2008 07:17 AM

Here's what I'm thinking:
In order to effectively introduce this WOE to anyone TRULY interested - we need to be able to direct them to this website and then to our "zero carb reccomended reading list" - Once they have spent enough time digesting all of the facts they WILL be left with enough info to make an informed choice of their own. The list should include Stefanson, the Bear, GCBC, and others especially our thread where I have learned MORE than any other source during my low carb journey.
I checked with my butcher and his ground chuck comes to him in tubes and he did not know whether it was injected with solution or not. He does grind his own 80/20 so knows it does NOT have anything added.

chris m

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**RE: Zero-Carb/Meat and Water - Kristi31 - 09-30-2008 07:23 AM**

hpseids Wrote:
I was totally happy with my meat! WEEE!!!

Exam tomorrow, wish me luck!

I'm soo happy that it went well for you and I'm sure it will be the same for your exam...you don't need luck, meat will keep your senses sharp and brain focused. I'm sure you'll do just fine! 😊

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**RE: Zero-Carb/Meat and Water - Kristi31 - 09-30-2008 07:24 AM**

chiara Wrote:
Does anyone only eat once a day? The last few days my body has just not wanted food at all. I've been eating once to keep from falling over...it's really weird.

I sometimes eat once a day like 2 days ago. Trust your hunger, trust your body.

---

**RE: Zero-Carb/Meat and Water - Angela - 09-30-2008 07:26 AM**

suzannyea Wrote:
[Social situations can be tough. I play each one differently. Sometimes I say I am not hungry, other times I go with food allergies, stomach bug. I have a list of "white lies." I do not want to draw attention to my eating, nor do I want to offend the host. Somehow, it always draws attention and I usually just continue to change the subject. But, no matter how I play my cards, I never have eaten a single bite off plan in any social situation.

I guess I am at a point in my life that I just don't have the time or the inclination to justify how I live my life. I do not lie, I just don't eat it and if anyone inquires I just say I don't want any or don't eat that. **Maybe the folks that know me, know to leave it at that!**

---

**RE: Zero-Carb/Meat and Water - daveo - 09-30-2008 07:40 AM**

Kristi31 Wrote:
[quote=hpseids]
He insists that moderation is best and yet he gives his children 1% milk. LOL.
"Moderation is best", in my opinion, is one of the worst cliches in the book. In almost every case, something is either good for you or bad for you. If something is bad for you, moderation may make it less harmful, but it still isn't as good as 0. I can only think of a couple things that the evidence shows is best in moderation. Exercise comes to mind for example.

RE: Zero-Carb/Meat and Water - daveo - 09-30-2008 07:43 AM

hpseids Wrote:
Oh my gosh, so much ZC action since I left! Awesome advice frm Sean, Caroline..everyone. I'm learning SO MUCH!

Just got back from Rosh Hashanah dinner...people definitely asked questions, but I just said I'd been not feeling well (true) and am cutting out all common food allergens to see what it could be (pretty true). They asked what I was eating, I said pretty much meat...and I feel 100% better! They all looked at me like I had 3 heads but whatever.

Several of them, med students with strong science backgrounds, mind you, said "well what do you do for carbs?...you NEED carbs, you know." 😞 I just said, actually, you don't. You need fat, you need protein, don't need carbs. I eat plenty of fat and protein and feel amazing!

It's not their fault because it's what everyone's acculturated (I won't say taught) to believe, but it's still sad...future doctors who are clueless and don't even get me started on the kind of sh*t some of my profs spew...SCARY. A lot of it isn't even just bad opinion, it's straight up, downright FALSE. I don't get it! How could a biochem professor, who has mastered all of these chemical and enzymatic reactions not make the connection??! GRRR!!

Anyway, even with allll the questions and annoying comments I stayed positive and moved on...ate some brisket and some salmon and took some zucchini and salad, to be polite. I had a bite of zucchini, just for the hell of it...and it wasn't even good! It tasted kinda bitter and weird to me. I was totally happy with my meat! WEEE!!!

Exam tomorrow, wish me luck!

My Rosh Hashanah dinner was awesome. No one really commented on my eating choices in a negative way. The only bizarre comment I got when was my grandmother suggested that since I am doing a "protein diet", I should try Tofu 😊

RE: Zero-Carb/Meat and Water - nyteez - 09-30-2008 07:46 AM

Kristi31 Wrote:
chiara Wrote:
Does anyone only eat once a day? The last few days my body has just not wanted food at all. I've been eating once to keep from falling over...it's really weird.

I sometimes eat once a day like 2 days ago. Trust your hunger, trust your body.

I was eating every 12 hours or so for months, now for some reason I feel like I need food around 1-2pm.
So, now I am eating 3 times a day and just started losing more weight. It is weird how our bodies respond to this diet.

RE: Zero-Carb/Meat and Water - **Lonestar** - 09-30-2008 08:04 AM

Angela Wrote:
I guess I am at a point in my life that I just don't have the time or the inclination to justify how I live my life. I do not lie, I just don't eat it and if anyone inquires I just say I don't want any or don't eat that.

**Maybe the folks that know me, know to leave it at that!**

I've been following this thread for months now and appreciate all that's been shared by everyone. Just reading here every day has become the daily 'pep talk' that keeps me strong.

I just wanted to chime in to say I pretty much agree with Angela on this one. Coming to ZC has been such an epiphany for me on so many levels and I'm just not going to debate with someone who wants to drag me down. I've finally found what works for me and if someone else doesn't like it, tough! There's just no room for that in my life these days.

Kristi

RE: Zero-Carb/Meat and Water - **Fully** - 09-30-2008 08:35 AM

I have not eaten outside my immediate family as of yet but when I do and someone says something to me about not eating certain things, I am going to tell them "I am getting my insulin in order." That way it gets away from the word "diet" and becomes more medical. "Low Carb and/or Protein diets seem to get such bad raps. Really irritates me. I get so tired of hearing....you know when you start eating bread again you will gain all that weight back! 🙄

And when people ask how did you lose all that weight, pending on the person......I will just nicely say, "You know once I got my insulin in line the weight just fell off." 😊

RE: Zero-Carb/Meat and Water - **jeepifer** - 09-30-2008 08:42 AM

I wish my weight would fall off. *sigh* I know, I know, these things take time, etc. yadda. 😞

RE: Zero-Carb/Meat and Water - **mrw549** - 09-30-2008 08:43 AM

Kristi31 Wrote:
It's truly amazing how in the face of contradicting facts, people still persist in their beliefs. Even very logical, educated people. I really did not expect this from my cousin. I thought he was more open-minded than that. He insists that moderation is best and yet he gives his children 1% milk. LOL.

My favorite reply to the "all things in moderation is best" thing is to ask how much arsenic I should be eating then. And does it matter if it's organic or not?

RE: Zero-Carb/Meat and Water - **nyteez** - 09-30-2008 08:52 AM
mike Wrote:
My favorite reply to the "all things in moderation is best" thing is to ask how much arsenic I should be eating then. And does it matter if it's organic or not?

Thanks Mike! I'm going to use that one! 😊

RE: Zero-Carb/Meat and Water - daveo - 09-30-2008 08:59 AM

I've decided to give myself an October challenge of eating NOTHING but meat and water. Get back to zero and see how it works out. Goodbye wine and coffee! Not looking forward to tomorrow's headache 😞

RE: Zero-Carb/Meat and Water - con - 09-30-2008 09:55 AM

LATEST UPDATE!!!!!!!!!!

I can't believe it! My newly "sorta" LC DH announced this morning that he has lost another 5 lbs. and had to punch another hole in his belt to keep his pants from falling off! He's still wearing the same clothes, yes he is, and yes, he does look slightly "baggy". 😊

That makes 40 lbs. he's lost in just over 3 months. He said in all bewilderment, "I didn't do anything and I lost 5 more lbs."(don't know which smily to use 😊or 😊)

There is a SUGGESTION of hope here for many. Because ALL he cut from his WOE was sodas, Jamba Juices, pastries, candy---the most obvious sugary treats. He still has bagels and beans and strangely enough doesn't eat lots of meat OR fat.

Anyway, just wanted to share how dh has in less than 1/3 of the time eating LC than me, whilst endulging in bagels, lost more than me.
con

RE: Zero-Carb/Meat and Water - PatTee - 09-30-2008 10:43 AM

con Wrote:
LATEST UPDATE!!!!!!!!!!

I can't believe it! My newly "sorta" LC DH announced this morning that he has lost another 5 lbs. and had to punch another hole in his belt to keep his pants from falling off! He's still wearing the same clothes, yes he is, and yes, he does look slightly "baggy". 😊

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Anyway, just wanted to share how dh has in less than 1/3 of the time eating LC than me, whilst
endulging in bagels, lost more than me.

I feel your frustration CON - my DH announced this morning he had lost 10 lbs. this month - cutting back on his carbs also - not to say he is anywhere near Low carb'ing it !! While I am happy for him, I'm in the same boat you are !! 😊😊

RE: Zero-Carb/Meat and Water - Fully - 09-30-2008 10:45 AM

Con that is awesome! He must be proud of himself. Men tend to lose easier than women. *Sigh* But hey there is hope!

[/code]

RE: Zero-Carb/Meat and Water - cbmarie - 09-30-2008 10:53 AM

daveo Wrote:
I've decided to give myself an October challenge of eating NOTHING but meat and water. Get back to zero and see how it works out. Goodbye wine and coffee! Not looking forward to tomorrow's headache 😊

Best wishes and I feel for ya. I love my coffee and I have wine once in awhile. Keep us posted on your journey! 😊

RE: Zero-Carb/Meat and Water - Fully - 09-30-2008 10:53 AM

daveo Wrote:
I've decided to give myself an October challenge of eating NOTHING but meat and water. Get back to zero and see how it works out. Goodbye wine and coffee! Not looking forward to tomorrow's headache 😊

Dave how much wine do you drink? I still have 1 cup of coffee a day with sugar free hazelnut cream. God I love that stuff. It has 1 carb per serving. But I have stopped my wine completely. I didn't drink wine everyday but when I did...I would drink way to much 😊 And what about vodka? its suppose to be no carb right? Would it spike our insulin?

If I stall any at all I will give up my coffee. 😞

RE: Zero-Carb/Meat and Water - chiara - 09-30-2008 11:03 AM

daveo Wrote:
I've decided to give myself an October challenge of eating NOTHING but meat and water. Get back to zero and see how it works out. Goodbye wine and coffee! Not looking forward to tomorrow's headache 😊

good luck!!! i think i'm on day 21...
Fully Wrote:
daveo Wrote:
I've decided to give myself an October challenge of eating NOTHING but meat and water. Get back to zero and see how it works out. Goodbye wine and coffee! Not looking forward to tomorrow's headache 😞

Dave how much wine do you drink? I still have 1 cup of coffee a day with sugar free hazelnut cream. God I love that stuff. It has 1 carb per serving. But I have stopped my wine completely. I didn't drink wine everyday but when I did....I would drink way to much 😒 And what about vodka? its suppose to be no carb right? Would it spike our insulin?

If I stall any at all I will give up my coffee. 😞

Too much 😞 I've been drinking wine at about 3-4 glasses a night, and about 3-4 cups of coffee in the morning. I think it is too much, and I'm curious what a month without them will do for me.

RE: Zero-Carb/Meat and Water - Charles - 09-30-2008 12:35 PM

Congrats, Daveo! Nothing like a good challenge to rev the senses!

Alcohol is generally handled like a carbohydrate. That body has to dispose of it before it can go back to burning fatty acids so although it doesn't raise insulin pre se, it still has to be dealt with by the liver and this can slow you down. Any time you burden the liver with alcohol or fructose, you cause problems. This one is more insidious than sugar.

Regards,

Charles

RE: Zero-Carb/Meat and Water - daveo - 09-30-2008 12:41 PM

Charles Wrote:
Congrats, Daveo! Nothing like a good challenge to rev the senses!

Alcohol is generally handled like a carbohydrate. That body has to dispose of it before it can go back to burning fatty acids so although it doesn't raise insulin pre se, it still has to be dealt with by the liver and this can slow you down. Any time you burden the liver with alcohol or fructose, you cause problems. This one is more insidious than sugar.

Regards,

Charles

I'll let you know what happens! Zero Carbing has been great for me, and I no longer miss ANY of the foods I stopped eating. I am hoping history repeats itself and I won't miss the caffèine and wine either. I know I'll be better off without them.
RE: Zero-Carb/Meat and Water - nyteez - 09-30-2008 01:06 PM

daveo Wrote:
Charles Wrote:
Congrats, Daveo! Nothing like a good challenge to rev the senses!

Alcohol is generally handled like a carbohydrate. That body has to dispose of it before it can go back to burning fatty acids so although it doesn't raise insulin pre se, it still has to be dealt with by the liver and this can slow you down. Any time you burden the liver with alcohol or fructose, you cause problems. This one is more insidious than sugar.

Regards,

Charles

I'll let you know what happens! Zero Carbing has been great for me, and I no longer miss ANY of the foods I stopped eating. I am hoping history repeats itself and I won't miss the caffeine and wine either. I know I'll be better off without them.

I cut down on my wine to 1 day a week, friday or saturday. I started that last week. I figure since I cut back, now I can afford to drink really GOOD wine! 😄LOL! I mostly drank wine to mellow me out in the evenings, but since going ZC I don't feel so stressed out anymore. I also am not drinking anymore coffee, but I didn't really drink much before, so that's not a big deal.

The only think I have noticed so far is I need to eat more, 3 times a day instead of 2, but I have hit my lowest weight in 3 years today.

RE: Zero-Carb/Meat and Water - cbnebraska - 09-30-2008 01:39 PM

nyteez Wrote:
The only think I have noticed so far is I need to eat more, 3 times a day instead of 2, but I have hit my lowest weight in 3 years today.

Congrats!! That's so wonderful! I'm sure it's motivating as well.
daveo Wrote:
I'll let you know what happens! Zero Carbing has been great for me, and I no longer miss ANY of the foods I stopped eating. I am hoping history repeats itself and I won't miss the caffeine and wine either. I know I'll be better off without them.

I have been drinking 1-2 cups of coffee every morning for more than 10 years, probably more like 12 or 15 really. I worked myself back to 1/2 caf in the last 2 weeks and I will tell you, I am completely frustrated with it. I understand that I won't lose weight until I've cut it out completely since it's the coffee, not the caffeine, but I am completely not myself without my full caffeine. My morning workouts without my caffeine jolt have become pathetic, at best, my normal bubbly, chatty personality is nowhere to be found and I'm exhausted by mid afternoon. I guess this speaks true to the addiction, but I'm just not sure I want to wait this one out.

Have any of you given up caffeine and felt this way? I mean, really, my brain just doesn't seem to be
hitting on all cylinders and I am as blah as they come. I wish I had the luxury of stopping for a nap to relieve the sudden onset fatigue I'm experiencing, but it ain't happening. I've been trying to eat whenever I feel this way, hoping the fat will rejuvenate me, but at work I just don't have the ability to stop, drop and eat fatty meat at any given time!!

Should I go with the No Doz? What's a good dosage on those? Any other ideas? Or, how long will this go on? Will I EVER be the same again without caffeine?

RE: Zero-Carb/Meat and Water - nyteez - 09-30-2008 01:54 PM

Quote:
Should I go with the No Doz? What's a good dosage on those? Any other ideas? Or, how long will this go on? Will I EVER be the same again without caffeine?

I use the walmart brand "stayawake". It's probably worth a try since you feel so sluggish. They are 200mg each. Since you have had problems with it before, maybe you should take 1/2 of one & see how it goes.

BUT!... It also might be a good idea to beat the addiction. I think it takes 2 weeks to a month to get over the withdraw symptoms.

RE: Zero-Carb/Meat and Water - cbnebraska - 09-30-2008 02:05 PM

2 weeks to a month, huh? Maybe I'll wait until after my last race on the 18th and then give it a whirl. Then, I won't hurt my race performance any and by next season I'll be fully recovered. I think I'll go lay down.....yawn........

RE: Zero-Carb/Meat and Water - Catin - 09-30-2008 02:10 PM

cbnebraska Wrote:
Have any of you given up caffeine and felt this way? I mean, really, my brain just doesn't seem to be hitting on all cylinders and I am as blah as they come. I wish I had the luxury of stopping for a nap to relieve the sudden onset fatigue I'm experiencing, but it ain't happening. I've been trying to eat whenever I feel this way, hoping the fat will rejuvenate me, but at work I just don't have the ability to stop, drop and eat fatty meat at any given time!!

Should I go with the No Doz? What's a good dosage on those? Any other ideas? Or, how long will this go on? Will I EVER be the same again without caffeine?

I used to drink a lot of diet sodas back in the day (sometimes two 2L bottles a day) plus coffee and tea for extra perking up. I went cold turkey when I started Atkins induction, and I felt terrible for a long time--two weeks at least. Headaches, low energy, sleepiness, brain-dead, you name it, I was it. The headaches eventually went away, but I still crave that sweet fizzy every now and then. I still don't feel as quick as I did when I was on caffeine, but I'm not crazy-high either.

I hope to be more energetic when I'm keto-adapted to ZC. I'm just trying to get enough sleep at night and drink plenty of water, and get up and move every once in a while to get the blood going.
My stomach feels a lot better now that I'm not forcing so much acid and fake sweetener in it, though! Coffee made my stomach hurt the worst.

RE: Zero-Carb/Meat and Water - chiara - 09-30-2008 02:13 PM

cbnebraska Wrote:
Have any of you given up caffeine and felt this way? I mean, really, my brain just doesn't seem to be hitting on all cylinders and I am as blah as they come. I wish I had the luxury of stopping for a nap to relieve the sudden onset fatigue I'm experiencing, but it ain't happening. I've been trying to eat whenever I feel this way, hoping the fat will rejuvenate me, but at work I just don't have the ability to stop, drop and eat fatty meat at any given time!!

I wish I had some kind of advice. I'm very lucky that I never got hooked on coffee or tea or any caffeine for that matter. Although I feel like a freak sometimes...people in Boston can look at you weird if you don't have your dunkin donuts coffee cup wherever you go 😛

RE: Zero-Carb/Meat and Water - Fully - 09-30-2008 02:43 PM

Awwwwww, I was thinking of a water, vodka and coconut oil drink. 😏

K........so maybe not 😐

Tomorrow I will celebrate my full 2 months of being smoke-free. And last night I dreamed I was smoking a cigarette! Freaked me out! I was scared to death when I woke up!!!!! So has anyone ever dreamed they were eating cake or something?

RE: Zero-Carb/Meat and Water - PLAY - 09-30-2008 03:07 PM

Fully Wrote:
Awwwwww, I was thinking of a water, vodka and coconut oil drink. 😏

K........so maybe not 😐

Tomorrow I will celebrate my full 2 months of being smoke-free. And last night I dreamed I was smoking a cigarette! Freaked me out! I was scared to death when I woke up!!!!! So has anyone ever dreamed they were eating cake or something?

Hi Fully

I am new here and couldn't resist:
Congratulations for this! I wanted to add that yes, I do dream the equivalent of eating cake except that I dream of bread, butter and nuts! This usually happens prior to my time of month. All of those are no nos as I am allergic to each one of them...

So how will you/did you celebrate?
Fully Wrote:
Awwwwww, I was thinking of a water, vodka and coconut oil drink. 😗

K.......so maybe not 😐

Tomorrow I will celebrate my full 2 months of being smoke-free. And last night I dreamed I was smoking a cigarette! Freaked me out! I was scared to death when I woke up!!!!! So has anyone ever dreamed they were eating cake or something?

What's really scary is to dream you were eating Cotton Candy....and wake up the next morning and your pillow is gone! 😐

FormerDonutJunkie Wrote:
What's really scary is to dream you were eating Cotton Candy....and wake up the next morning and your pillow is gone! 😐

LOL 😐

Thank you PLAY!!!! And welcome to Livin' La Vida! I am still a newbie. I joined a couple weeks ago and still look to everyone here for information. This is a really great place to be and everyone really cares for the members.

Well, I haven't celebrated yet. Not sure how I will or if I will. I may have my nails done or something. I don't know. Its funny though cause it does not bother me to be around smokers. Actually I love to smell a cigarette, cigar or pipe while its smoking. The smell doesn't even make me crave one. The only thing I hate is the smell on someone's hands. I am hoping the smell of fresh baked brownies will be the same way. Love the smell but not bother me.

Quote:
FormerDonutJunkie Wrote:
What's really scary is to dream you were eating Cotton Candy....and wake up the next morning and your pillow is gone!

OMG what a nightmare that would be! LOL! I bet I wouldn't be hungry then would I! 😐

Charles Wrote:
Congrats, Daveo! Nothing like a good challenge to rev the senses!

Alcohol is generally handled like a carbohydrate. That body has to dispose of it before it can go back to burning fatty acids so although it doesn't raise insulin pre se, it still has to be dealt with by the liver and
this can slow you down. Any time you burden the liver with alcohol or fructose, you cause problems. This one is more insidious than sugar.

Regards,

Charles

I wonder then why does alcohol make me STARVING hungry? And crave carbs for days after drinking it. I don't drink it at all for this reason but I sure would love to know why this happens.

Anyone?

RE: Zero-Carb/Meat and Water - jeepifer - 09-30-2008 04:34 PM

Hmm, Daveo, sounds like an awesome challenge!

RE: Zero-Carb/Meat and Water - daveo - 09-30-2008 05:30 PM

nyteez Wrote:
daveo Wrote:
[quote=Charles]
Congrats, Daveo! Nothing like a good challenge to rev the senses!

Alcohol is generally handled like a carbohydrate. That body has to dispose of it before it can go back to burning fatty acids so although it doesn't raise insulin pre se, it still has to be dealt with by the liver and this can slow you down. Any time you burden the liver with alcohol or fructose, you cause problems. This one is more insidious than sugar.

Regards,

Charles

The only think I have noticed so far is I need to eat more, 3 times a day instead of 2, but I have hit my lowest weight in 3 years today.

Interesting. I was hoping it would have the opposite effect on hunger, since I have suspected that the wine might be affecting my blood sugar a bit. But if you are eating more and still losing weight, I'll take that 😊

RE: Zero-Carb/Meat and Water - daveo - 09-30-2008 05:33 PM

cbnebraska Wrote:
nyteez Wrote:
The only think I have noticed so far is I need to eat more, 3 times a day instead of 2, but I have hit my lowest weight in 3 years today.
Congrats!! That's so wonderful! I'm sure it's motivating as well.
daveo Wrote:
I'll let you know what happens! Zero Carbing has been great for me, and I no longer miss ANY of the foods I stopped eating. I am hoping history repeats itself and I won't miss the caffeine and wine either. I know I'll be better off without them.

I have been drinking 1-2 cups of coffee every morning for more than 10 years, probably more like 12 or 15 really. I worked myself back to 1/2 caf in the last 2 weeks and I will tell you, I am completely frustrated with it. I understand that I won't lose weight until I've cut it out completely since it's the coffee, not the caffeine, but I am completely not myself without my full caffeine. My morning workouts without my caffeine jolt have become pathetic, at best, my normal bubbly, chatty personality is nowhere to be found and I'm exhausted by mid afternoon. I guess this speaks true to the addiction, but I'm just not sure I want to wait this one out.

Have any of you given up caffeine and felt this way? I mean, really, my brain just doesn't seem to be hitting on all cylinders and I am as blah as they come. I wish I had the luxury of stopping for a nap to relieve the sudden onset fatigue I'm experiencing, but it ain't happening. I've been trying to eat whenever I feel this way, hoping the fat will rejuvenate me, but at work I just don't have the ability to stop, drop and eat fatty meat at any given time!!

Should I go with the No Doz? What's a good dosage on those? Any other ideas? Or, how long will this go on? Will I EVER be the same again without caffeine?

I'm a little concerned about that. Worst case, if I'm dragging badly tomorrow while I'm working, is I'll wait till the weekend to drop the coffee. Experience tells me the worst of the withdrawal will be over by Monday 🙁.

RE: Zero-Carb/Meat and Water - Angela2 - 09-30-2008 06:02 PM

Coffee just doesn't seem to cause me any problems. I do not drink sodas but I do have about 16 ounces of coffee every morning. Granted mine is not very stong and has quite a bit of HW cream.

RE: Zero-Carb/Meat and Water - jeepifer - 09-30-2008 07:00 PM

I don't envy you the coffee addiction. I'm having a hard enough time giving up the diet sodas. Was doing pretty well this week but gave in and had one with a lunch meeting since they were set out right there. That seems to be the only sweet thing I want now, but I wonder if it's the caffiene and fizz I'm after? 😞

RE: Zero-Carb/Meat and Water - MAC - 09-30-2008 07:02 PM

jeepifer Wrote:
I don't envy you the coffee addiction. I'm having a hard enough time giving up the diet sodas. Was doing pretty well this week but gave in and had one with a lunch meeting since they were set out right there. That seems to be the only sweet thing I want now, but I wonder if it's the caffiene and fizz I'm after? 😞
I am addicted to the fizz. I can do without the sweet and caffeine so I drink seltzer water or carbonated mineral water.

**RE: Zero-Carb/Meat and Water - suzannevea - 10-01-2008 02:02 AM**

Daveo, Good job on the alcohol. I am not a big fan of drinking, so I will always support someone slowing down on alcohol. I honestly cannot remember the last alcoholic drink I had. Now, cutting out two big things like coffee and alcohol at the same time? I could not do it. I always take things one at a time. I used to drink a ton of coffee and reduced it one cup at a time. Now I am down to one cup each morning and it causes me no problems. I love my morning coffee, it gets me going each day. But, I never have a second cup cause I know it will be a matter of weeks before I can justify three cups... Tomorrow I will celebrate my full 2 months of being smoke-free.

" And last night I dreamed I was smoking a cigarette! Freaked me out! I was scared to death when I woke up!!!!! So has anyone ever dreamed they were eating cake or something? "

Once I had a dream I was eating jellybeans, I felt so bad when I woke up. Then, just ba few nights ago I dreamed I had a bite of spagetti with sauce. Weird, I do not even like spagetti, lol. I woke up in a state of panic!

**RE: Zero-Carb/Meat and Water - AuntieeM - 10-01-2008 04:05 AM**

Good morning Suzanne: Congratulations on being two months smoke free! When I stopped smoking 24 years ago I smoked 4 packs a day! I went "cold turkey" as I gave it up that year for Lent. I always used to say I wished it was that easy to give up chocolate but since I started VLC, I don't have that craving any more. I'll have to see when I get to PMS time what happens but I think I'm going to be okay. Have a great day cigarette free day!

Marsha

**RE: Zero-Carb/Meat and Water - Beth - 10-01-2008 04:33 AM**

jeepifer Wrote:
I don't envy you the coffee addiction. I'm having a hard enough time giving up the diet sodas. Was doing pretty well this week but gave in and had one with a lunch meeting since they were set out right there. That seems to be the only sweet thing I want now, but I wonder if it's the caffiene and fizz I'm after? 😐

I like to drink seltzer water. I get the fizz and water. The natural flavored ones aren't sweet at all. I used to drink 4-8 cans of diet soda before. Now I have 3-4 seltzers a day.

Beth

**RE: Zero-Carb/Meat and Water - mrw549 - 10-01-2008 05:27 AM**

Fully Wrote:
Tomorrow I will celebrate my full 2 months of being smoke-free. And last night I dreamed I was smoking a cigarette! Freaked me out! I was scared to death when I woke up!!!!!

Congratulations on the 2 months! Quitting smoking was the hardest thing I ever did, it took me 2 years of off and on trying to finally do it. The brain plays such crazy tricks on you. I remember when I had been quit for about 6 months, I went to the gas station. This was before the pay at the pump credit card reader, you had to go in to pay after you filled up. I came out heading for my truck packing down a pack of cigarettes that I had just bought without thinking about it. I couldn't believe it. I just sat the pack on top of the gas pump and drove away shaking my head.

RE: Zero-Carb/Meat and Water - aim in Fla*working - 10-01-2008 05:53 AM

suzanneyea Wrote:
Hmm, I super into pork chops these days, but maybe because they are like 80% fat, lol. I am like Charles, most of my food is beef.

me too...seems like they are the only breakfast that keeps me full...two porkchops.

RE: Zero-Carb/Meat and Water - aim in Fla*working - 10-01-2008 06:04 AM

funny, today the thought of smoking made me sick..this is my 3rd full day of zero carb ,,my keto sticks are Darkest purple and I drink a lot of water because I am very thirsty.
I think being in deep ketosis makes me not like the thought of smoking. i am very tired and sore. i have started pilates and walking every other night briskly for 2 miles...
I am not smaller or losing weight yet and I will not get on the scale for a while...My scale date is Nov. 1

RE: Zero-Carb/Meat and Water - Charles - 10-01-2008 07:04 AM

Hang in there!

RE: Zero-Carb/Meat and Water - suzanneyea - 10-01-2008 07:17 AM

I am so proud of you for not smoking! I know the temporary weight gain is bothering you, but you are really on the right path in the long run.

RE: Zero-Carb/Meat and Water - aim in Fla*working - 10-01-2008 10:47 AM

i hope so😊

RE: Zero-Carb/Meat and Water - Fully - 10-01-2008 10:52 AM

Aim you can do it! I promise! Its gets easier and easier. When I first stopped smoking, every night around 8pm I would look at the clock and thank God I made it one more day. That is how I have done it for 2 months now. One day at time.

Thank you guys for all the support. I am not celebrating today....just another day of many I hope 😊
made a LONG post last night but its gone today. I think I keep hitting the preview post and losing them LOL! Anyway, thank you all (((HUGS)))

Mike that is funny about you buying cig's and leaving them on the gas pump LOL! That sounds so much like me.

RE: Zero-Carb/Meat and Water - ANOVA - 10-01-2008 11:01 AM

Fully Wrote:
Awwwwww, I was thinking of a water, vodka and coconut oil drink. 😁

K.......so maybe not 😞

Tomorrow I will celebrate my full 2 months of being smoke-free. And last night I dreamed I was smoking a cigarette! Freaked me out! I was scared to death when I woke up!!!!! So has anyone ever dreamed they were eating cake or something?

Yep: had cigarette based dreams. And this weekend I dreamt I was eating twinkies by the handful. Started to think to myself, "I ruined my diet!!" Woke up, smiled and knew this was a sign of psychological addiction. Not nearly as vivid as my cigarette dreams.

RE: Zero-Carb/Meat and Water - Charles - 10-01-2008 11:03 AM

Wow, you guys really take this stuff to bed with you....😊 ...And I thought I was a zero-carb maniac!

By the way, I would encourage everyone to take a look at Jimmy's blog today where he mentions yours truly and my crazy notion that our version of zero-carb would even work for pregnant mothers. I'm about to add a comment that differs from Dr. Carlson, so if you're interested in that response, you'll have to check it out. I would love to see what others think of this as well.

To me, a healthy diet is a healthy diet. If you don't believe that zero-carb meat and water is a healthy diet, not just some reducing plan, then I don't think you should do it. I think it's just as healthy today as it was back in Bellevue in the 1920's when Stefansson and Anderson did the same thing. I know, they didn't buy their sirloin at Wal-Mart, but I don't think it would have made one iota of difference!

Regards,

Charles

RE: Zero-Carb/Meat and Water - suzanneya - 10-01-2008 11:16 AM

All I know is that Big Mac french fry diet I did when I was pregnant is not such a good idea.

RE: Zero-Carb/Meat and Water - Fully - 10-01-2008 11:17 AM

LOL Anova! How funny is that! Its not at the moment though. I remember one time when I was doing Atkins I had stopped by a convince store and I was about to starve so I bought a bag of pork skins and a
drink. The skins were a really hot BBQ. Well I got in my car and as I was driving, I was eating my skins and drinking my Dew just as fast as I could cause my mouth was on fire. Well, when I got home I noticed that I had bought a regular Mt. Dew and not a Diet Dew. I felt the blood drop from my face. I thought I was gonna throw up because I had drank a whole 20 oz sugary Dew. I was so mad LOL!

But I have been know to sleep walk and eat. I hope I don't do this now.

RE: Zero-Carb/Meat and Water - abnormalslc - 10-01-2008 11:29 AM

I have dreamed that I had gone off the low-carb wagon...I rarely remember dreams...but sometimes wake up thinking that I am such a failure and hypocrite...only to find out...I was dreaming! 😕

Nightmare....on Simpson Ave....

edited to add: Remember...dreamy-nightmare carbs...have a ZERO carb count....so....eat all those you would like. 😊

RE: Zero-Carb/Meat and Water - abnormalslc - 10-01-2008 11:32 AM

Charles....I tend to totally agree with you on the diet while pregnant issue...eat healthy....and to some of us...that is Zero Carb.

eventually...slowly....science will come to our side.....how can objective, correctly done studies not reveal that LLVLC is the answer?

RE: Zero-Carb/Meat and Water - con - 10-01-2008 11:53 AM

abnormalslc Wrote:
edited to add: Remember...dreamy-nightmare carbs...have a ZERO carb count....so....eat all those you would like. 😊

Hmmmmmmmmmm...

Really?? I wonder if the pancreas excretes real insulin when we dream about Twinkies?

RE: Zero-Carb/Meat and Water - abnormalslc - 10-01-2008 11:56 AM

con Wrote:
abnormalslc Wrote:
edited to add: Remember...dreamy-nightmare carbs...have a ZERO carb count....so....eat all those you would like. 😊

Hmmmmmmmmmm...

Really?? I wonder if the pancreas excretes real insulin when we dream about Twinkies?

....I forgot about the pavlovian factor! D'OH!
at least it is still better than actually eating high carb foods!

RE: Zero-Carb/Meat and Water - chris m. - 10-01-2008 12:02 PM

Didn't want to really ask this - BUT -
I was reading where lack of BIOTIN could cause leg cramps which I still get at night. So I looked up the Biotin content of beef and it is zero. The requirement is 150 to 300 mcg. per day. Looking at a wide range of foods and it does look like it is hard to obtain that much from a mixed diet much less meat and water!
I still take a low dose multi-vit and it only has 10 mcg. in it.
I wonder if this could be contributing to the cramps?
chris m

RE: Zero-Carb/Meat and Water - Richard - 10-01-2008 12:14 PM

Now I've got to go microwave my pork rines and munch....BARK...BARK...

RE: Zero-Carb/Meat and Water - waywardsister - 10-01-2008 12:16 PM

Chris, liver and egg yolk both contain biotin. Not sure how much.

After I found out I was celiac and went gluten-free, I dreamt I was eating pizza and freaked out (in my dream). Before that, when I was waiting for my test results, I dreamt of the grim reaper, but instead of a scythe he was holding a sheaf of wheat, and the tips of the stalks were rattlesnake tails!

I am quitting smoking Friday, after an 8 month relapse -- hooray! Doing it cold turkey, like I did the previous time. Made it two years, started again for a very stupid reason. It will be nice to be a non-smoker again. Congrats on your 2 months Suzanne 😊

RE: Zero-Carb/Meat and Water - ANOVA - 10-01-2008 12:18 PM

con Wrote:
abnormalslc Wrote:
edited to add: Remember...dreamy-nightmare carbs...have a ZERO carb count....so....eat all those you would like. 😁

Hmmmmmmmmmm...

Really?? I wonder if the pancreas excretes real insulin when we dream about Twinkies?

Would be an interesting study. I have no idea how you would conduct it, but it would be interesting.

RE: Zero-Carb/Meat and Water - ANOVA - 10-01-2008 12:23 PM
Charles Wrote:
To me, a healthy diet is a healthy diet. If you don't believe that zero-carb meat and water is a healthy diet, not just some reducing plan, then I don't think you should do it. I think it's just as healthy today as it was back in Bellevue in the 1920's when Stefansson and Anderson did the same thing. I know, they didn't buy their sirloin at Wal-Mart, but I don't think it would have made one iota of difference!

Regards,

Charles

One of the things that attracted me to low carb; naturally healthy, self regulating (no counting calories or worrying about timing) and possibly slows/halts nuerodegenrative diseases and cancers. Hmmmm not a hard decision for me.

I had my doctor's appointment wrong; I'll be visiting him on the 9th of this month. I should get some blood results back from baselines. IT won't be comprehensive, but it should show trends.

RE: Zero-Carb/Meat and Water - Charles - 10-01-2008 01:46 PM

chris m. Wrote:
I still take a low dose multi-vit and it only has 10 mcg. in it.
I wonder if this could be contributing to the cramps?

I don't know, Chris, but I don't take multi-vitamins and I don't get them....

I eliminated salt and that did it for me.

Regards,

Charles

RE: Zero-Carb/Meat and Water - con - 10-01-2008 02:34 PM

Charles Wrote:
By the way, I would encourage everyone to take a look at Jimmy's blog today where he mentions yours truly and my crazy notion that our version of zero-carb would even work for pregnant mothers. I'm about to add a comment that differs from Dr. Carlson, so if you're interested in that response, you'll have to check it out. I would love to see what others think of this as well.

Charles,
I just finished reading both of Jimmy's sites as well as the comments from both sites. Charles, there's just something about you that either fires people up 😊 or produces fanatic loyalty 😝 I'm sure the Examiner's rating counters LOVE you--!!!! Maybe it's because you insist people put up or shut up IMHO!

?---Was Marisol OGG and was the whole crazy blog thing about you espousing ZC for pregnant women --cuz OGG also made a swipe against Jimmy selling chocolate bars?

RE: Zero-Carb/Meat and Water - Charles - 10-01-2008 02:45 PM
con Wrote:

?---Was Marisol OGG and was the whole crazy blog thing about you espousing ZC for pregnant women --cuz OGG also made a swipe against Jimmy selling chocolate bars?

I don't know much about the candy bars, but Ogg is someone named Mimi who already had a thing with Jimmy and she seized on the comments about zero-carb for pregnant women. They're all outraged but I haven't seen one shred of science that might suggest that what I've said is not true.

Regina Wilshire had interesting things to say about the need to supplement, but I told her that Dr. Price noted in the sub-Sahara that the meat-eaters did not supplement their diets; only the veggie eaters did.

Everyone has an opinion about the Inuit eating the whole animal or the contents of the stomachs. In our book discussion this week we've already seen how the internal vitamin-rich organs were given to the dogs and the people ate the stuff that you and I eat.

Again, all I've seen is vitriol but no one wants to discuss the case on the merits!

Regards,

Charles

RE: Zero-Carb/Meat and Water - Fully - 10-01-2008 03:11 PM

ANOVA Wrote:

con Wrote:

abnormalslc Wrote:
edited to add: Remember...dreamy-nightmare carbs...have a ZERO carb count....so....eat all those you would like. 😏

Hmmmmmmmmmm...

Really?? I wonder if the pancreas excretes real insulin when we dream about Twinkies?

Would be an interesting study. I have no idea how you would conduct it, but it would be interesting.

I think just "thinking about food" causes the pancreas to excrete insulin. Because when I think about something sweet...like the birthday cake I am gonna have to buy my son this weekend......makes my mouth waters 😏How long will it take for this to go away?

RE: Zero-Carb/Meat and Water - Hilary - 10-01-2008 03:37 PM

Hello Everyone!

I was on the old forum doing atkins. Got to goal and then got preg. Husband says it was my fault because I looked to good, but anyway....I started the preg. low carb and got sick of everyone giving me trouble about "dieting" while preg. and gave up. Now, I am feeling crappy and wanting to get back on. I shouldn't have given it up, I know, I know. I was looking over the atkins induction and saw Charles in
I started today. So far, my coffee (will give it up next week) and 1 lb of 80/20 hamburger fryed up. I poured it all in a bowl and ate it like cereal. You know, the fat is like the milk and the hamburger was like the cereal. It was so tasty! I am breastfeeding my 1 1/2 week old and will be doing it for quite awhile. I am really looking forward to some positive results.

BTW, Charles, I haven't run a 5K in a year and 1/2 and stopped running when I was 3 mo. preg. I am so missing it. I was looking at some of your pictures and really missing it. When I am up to in the the next month or so, I will be visiting you in the excercise forum.

---

**RE: Zero-Carb/Meat and Water** - Charles - 10-01-2008 05:06 PM

Hilary Wrote:
Hello Everyone!

Hey Hilary!!! Welcome back to the forum. I'm so glad to see you. I just had a big smile on my face when I saw your avatar!

You've been through a lot since we last wrote, but I'm glad you're back on the wagon and it appears you had some success and that's wonderful.

Pregnancy is the big topic these days and as usual, I've enflamed many. Nothing new!

I'll be seeing your posts around and this time you don't have to start your own private thread. There is a marvelous group of zero-carbers here and they're just waiting to help you out!

Regards,
Charles

---

**RE: Zero-Carb/Meat and Water** - cbnebraska - 10-01-2008 05:26 PM

Hi Hilary! Nice to see a new face. I've only been around since the start of August, so I'm still learning from everyone.

Okay everyone, I found a great, fatty pork steak packaged by Farmland!! Do any of you get these? They are $1.89 a lb here at our No Frills and each steak is a little over a lb. I see Farmland brand at lots of stores though, so you might be able to find them nationally. I'm guessing someone else has discovered them....? Wow, I just broiled one up for dinner and scarfed half of it down. It was delish and I am perfectly full!!! No added ingredients and no seasoning necessary it was so good. I LOVE the flavor crunchy/broiled fat gives to the meat. I love that I'm learning to cook my own meat rather than rely on my husband's grilling all the time!! He's playing tennis, so I made it while he was gone so I didn't hurt his feelings. He really has this thing about doing all the cooking for me. I am also broiling up some batches of my beef fat tonight since he hates the smell of it. I am learning that I really struggle to get enough fat just by dipping my beef and chicken in bacon fat (low sodium). I also really need the hunks of fat. Any one else this way?

I'll also share that I gave up on trying to quit coffee. I know, I'm lame, but I'm just not ready to battle this right now. I need the energy and can't afford to be sluggish. I've decided I will try it again when I have a
few weeks off, maybe over the holidays. I will go back to drinking 1/2 cup with cream first thing in the morning before my workout and 1 cup iced mid afternoon. I only put cream in it, but I do know it's the oils in the coffee that are the issue, so I'll give it a go at a better time.

My fat's a cracklin'

RE: Zero-Carb/Meat and Water - southern-dahlin - 10-01-2008 05:57 PM

con Wrote:
Charles Wrote:
By the way, I would encourage everyone to take a look at Jimmy's blog today where he mentions yours truly and my crazy notion that our version of zero-carb would even work for pregnant mothers. I'm about to add a comment that differs from Dr. Carlson, so if you're interested in that response, you'll have to check it out. I would love to see what others think of this as well.

Charles,
I just finished reading both of Jimmy's sites as well as the comments from both sites.
Charles, there's just something about you that either fires people up 😍 or produces fanatic loyalty 😄 I'm sure the Examiner's rating counters LOVE you--!!!! Maybe it's because you insist people put up or shut up IMHO!

?---Was Marisol OGG and was the whole crazy blog thing about you espousing ZC for pregnant women --cuz OGG also made a swipe against Jimmy selling chocolate bars?

OGG..was a woman?

RE: Zero-Carb/Meat and Water - cbnebraska - 10-01-2008 06:09 PM

Okay, why is there no Home button anywhere on the discussion board that will take us to Jimmy's site? That's very strange....

RE: Zero-Carb/Meat and Water - southern-dahlin - 10-01-2008 06:59 PM

cbnebraska Wrote:
Okay, why is there no Home button anywhere on the discussion board that will take us to Jimmy's site? That's very strange....

Go here
and click on the highlighted area in Charles post.

RE: Zero-Carb/Meat and Water - suzannevea - 10-02-2008 02:35 AM

Hi Hilary! How are you doing with the new baby? Is this your first? I lost my baby weight via Atkins and it was a great plan for me very simple cause you certainly do not have a lot of free time or hands to cook and eat with a baby. I used to put on my Ipod, put Andrew in his sling and walk and walk and walk! He was happiest with me walking and being so close to me. The stroller sat untouched. He would scream and cry in it. I got so good with that sling that I could walk and nurse him at the same time and seriously, no one would ever have known I was nursing. Many times I would be walking with my dh
and he would ask if we needed to stop and nurse Andrew and I was like "I am, right now!" This took some time, the pain of nursing put me in tears for the first few weeks, it was hell. You are so lucky to have all this information with your new baby, I wish I could turn back the hands of time with Andrew's diet. He hated all carbs as a baby and yet I continued to give them to him and now he likes them, so I am trying to undo what I have created. I know a few new mothers on another board who are starting their babies first food as meat. I so wish I could go back in time and do that. Live and learn. I am making the changes now, but it is much harder.

RE: Zero-Carb/Meat and Water - chris m. - 10-02-2008 06:04 AM

Charles Wrote:

chris m. Wrote:
I still take a low dose multi-vit and it only has 10 mcg. in it.
I wonder if this could be contributing to the cramps?

I don't know, Chris, but I don't take multi-vitamins and I don't get them....

I eliminated salt and that did it for me.

Regards,

Charles

Thanks for the advise - I keep forgetting about salt as I think you have said that b4 . I also am VERY suspect about minimum daily requirements on everything. For instance how the cholesterol limit of 240 was set. That's a real "hoot" - also how "they" then adjusted that arbitrary figure down to 200 which coincidentally made most everyone NEED statins. sheesh!!!
I think it gets back to what makes your bodies run efficiently without problems etc.!!
Thx again for the reminder.

chris m

RE: Zero-Carb/Meat and Water - LindaSue - 10-02-2008 06:12 AM

Hilary Wrote:

I started today. So far, my coffee( will give it up next week) and 1 lb of 80/20 hamburger fryed up. I poured it all in a bowl and ate it like cereal. You know, the fat is like the milk and the hamburger was like the cereal. It was so tasty!

I hope that you didn't throw the coffee in the bowl too, LOL.

RE: Zero-Carb/Meat and Water - ANOVA - 10-02-2008 06:19 AM

For pork, Iv'e been buying pork loin roast and cutting it into steaks. I eat it on alternate days. Chicken left me feeling tired and worn out the day after had eatne it. "Beef, its whats for Dinner"

RE: Zero-Carb/Meat and Water - aim in Fla*working - 10-02-2008 08:13 AM

I have a friend that has parkinson's disease and he went to a clinic that movies stars (Michael J Fox
etc.,...) got to for treatment. The first thing they told Jack to do was get off all Vitamins and eliminate sugar and starches....I get the sugar and starches....but vitamins? Hmmm....what do you all think?

RE: Zero-Carb/Meat and Water - nyteez - 10-02-2008 08:18 AM

I think this goes back to what we have discussed before. If you are eating a proper diet you do not need supplements. The supplements may be doing more harm than good.

RE: Zero-Carb/Meat and Water - Charles - 10-02-2008 08:28 AM

southern-dahlin Wrote:
OGG..was a woman?

Yes, a quite psychotic woman it seems. She's been railing on and on at the other site Jimmy writes for called the Examiner. She's going on and on about how Jimmy and I just are trying to kill these poor babies but she still hasn't provided any reason why zero-carb is so harmful. She's just fear-mongering. I'll be glad to engage her once she provides some sort of support to her reasoning.

Charles

RE: Zero-Carb/Meat and Water - Charles - 10-02-2008 08:30 AM

aim in Fla*working Wrote:
The first thing they told Jack to do was get off all Vitamins and eliminate sugar and starches....I get the sugar and starches....but vitamins? Hmmm....what do you all think?

What Dana said!

Great advice given by that clinic!!!

RE: Zero-Carb/Meat and Water - daveo - 10-02-2008 08:33 AM

Charles Wrote:
southern-dahlin Wrote:
OGG..was a woman?

Yes, a quite psychotic woman it seems. She's been railing on and on at the other site Jimmy writes for called the Examiner. She's going on and on about how Jimmy and I just are trying to kill these poor babies but she still hasn't provided any reason why zero-carb is so harmful. She's just fear-mongering. I'll be glad to engage her once she provides some sort of support to her reasoning.

Charles

If she thinks zero-carb is harmful, she shouldn't be advocating an all Yak diet, don't ya think? 😞

RE: Zero-Carb/Meat and Water - Fully - 10-02-2008 08:37 AM
Charles Wrote:
southern-dahlin Wrote:
OGG..was a woman?

I'll be glad to engage her once she provides some sort of support to her reasoning.

Charles

LOL 😊

RE: Zero-Carb/Meat and Water - cbnebraska - 10-02-2008 08:53 AM

I have become a full believer that no animal eating its proper diet needs vitamins because it has no deficiencies. Look into nature and you see this. It IS possible for us to eat our proper diet - even in this day and age.

I have absolutely no fear that I'm missing something!

About the Parkinson's... I have a friend whose father had to have a triple bypass and now has Parkinson's. It's complicated by the fact that his father was very active up until the day he had the surgery and his mother was a "wholesome" cook his whole life, long before it was in fashion. This friend is terrified for his own health because he sees it as "all in the genes". He follows all the traditional advice and has lowered his salt intake, eats salmon whenever possible, avoid sat. fats, works out like a crazy man twice a day, basically lives in fear.

I have tried to gently suggest that there is research out there that is completely contrary to all the mainstream advice. I forwarded him a bit about sat. fats and mentioned that I eat LC (and now ZC) to avoid heart disease, diabetes, obesity, etc... But, he just doubts it and argues and won't read anything that doesn't have an official looking name behind it. He just can't step outside the box and see that what's being recommended isn't working. He's just assuming people aren't following the recommendations, so it's their own fault, not an error in the data. Ironically, he picks and chooses when to follow them too, but he does do better than some people in following them.

He is a good friend and I hate to see him doing this to himself, repeating the ways of his father and just blaming it on "genes". Ugh.

I would like to follow the research that comes out a little better. Do any of you have a favorite place to track LC related research? In the event that something comes out with a well known organization or research facility attached to it, I can try to relay the information in a positive way.

RE: Zero-Carb/Meat and Water - con - 10-02-2008 10:08 AM

Dr. Eades' blog always posts a lot of research and clarifies it for the rest of us. He also has archives to search.

RE: Zero-Carb/Meat and Water - southern-dahlin - 10-02-2008 10:50 AM

Charles Wrote:
southern-dahlin Wrote:
OGG..was a woman?

Yes, a quite psychotic woman it seems. She's been railing on and on at the other site Jimmy writes for called the Examiner. She's going on and on about how Jimmy and I just are trying to kill these poor babies but she still hasn't provided any reason why zero-carb is so harmful. She's just fear-mongering. I'll be glad to engage her once she provides some sort of support to her reasoning.

Charles

After reading it all and the comments it seems to me, if your going to register, under false pretense just to be a sheet stirrer.
How can she/yak, expect anyone to believe she is genuinely concerned in the first place.

RE: Zero-Carb/Meat and Water - chris m. - 10-02-2008 10:59 AM

Even though he is constantly selling - Mercola seems to have a lot of current info as well.
chris

RE: Zero-Carb/Meat and Water - Hilary - 10-02-2008 11:05 AM

Yesterday was day one and I did pretty good. I had a really bad headache at bedtime because I am coming off the American SAD, high carb diet and it is bad. I ended up having a Flax seed One Minute Muffin at the end of the day to help that. My total carbs were 17.5. Here is what I ate.

1 lb. of Hamburger fryed ( I ate all the fat)
1 C. of dark Chicken
3 hamburger patties w/ fat poured over them
One minute muffin
string cheese

I am going to be a little leinent this week, but keep the carbs 20 or under and then next week go ZC.
Also, after reading some of Travis' posts, I am wondering if I can just give up the AS in my coffee and keep the coffee. I really like it. The only thing is I can't drink enough water. I am breastfeeding, but I am up to 80 or more oz when 60 or so used to be just fine. I also have to salt everything I eat. I try it without, but it just doesn't taste right.

RE: Zero-Carb/Meat and Water - Charles - 10-02-2008 11:18 AM

southern-dahlin Wrote:
After reading it all and the comments it seems to me, if your going to register, under false pretense just to be a sheet stirrer.
How can she/yak, expect anyone to believe she is genuinely concerned in the first place.

She claims that the yak diet was a parody of me and that it was meant to be just as ridiculous as the store-meat and water diet. She can't envision any scenario where zero-carb can be healthy. It's almost implicit in her statements that this may be a good weight-reducing diet, but not healthy in the long run.
and certainly not good for a nursing mother who for some reason requires more nutrients.

Then we have Regina Wilshire who believes all of us are in a steady ketosis. She doesn't seem to understand that once we get keto-adapted, we no longer are "in ketosis" and we don't waste ketones.

The USDA may have its issues, but I think they happen to do a fantastic job regulating meats. The prices are reasonable and we haven't had too many issues over the years with bad germs. The problem, as I see it, is that this reliance on starches is damaging the digestive system and pretty soon meat will be blamed for many things that are not meat's fault.

Nowadays they want to blame red meat for colon cancer when fiber is clearly the culprit. They don't want to come out and blame these antibiotics and things because they have all passed their clinical trials. Therefore, red meat is the culprit by default. Then they want to say it's feedlot beef instead of grass-fed and somehow supermarket beef has been grain-fed from birth.

We all know that's not the case at all as it would be too expensive to do this. The little bit of grain that these cows eat for the last bit of their lives just has ZERO effect on anyone but the cow who is probably just as delighted eating grain as humans are eating donuts.

As you can tell, I stand firmly by my claims!

Regards,

Charles

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**RE: Zero-Carb/Meat and Water - ANOVA - 10-02-2008 11:32 AM**

I actually found ogg's parody entertaining at first. I'm not taking this way of eating seriously, I'm enjoying it. If I drop dead tomorrow, the nay sayers will say it was my diet. If I live to be 150 they'll say it's my genetics. All I know, is its working so far.

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**RE: Zero-Carb/Meat and Water - Charles - 10-02-2008 11:47 AM**

That's kind of the paradox; isn't it? On the one hand it's serious if it keeps a person from chronic disease, but on the other hand it's absurdly simple. I'm not claiming to have discovered the fountain of youth by any stretch, but it's more like the Latin mathematics formula, *reductio ad absurdum*, where we eliminate the absurd choices and end up with the obvious.

If one accepts that we likely started out with something this simple, then this is doing nothing more than returning to default. I don't think it's overly complicated to observe that those who do not eat refined and easily digestible carbohydrates do not suffer from chronic disease. I could really care less about the weight loss, although it is an obvious benefit.

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**RE: Zero-Carb/Meat and Water - con - 10-02-2008 11:54 AM**

Charles Wrote:

The little bit of grain that these cows eat for the last bit of their lives just has ZERO effect on anyone but the cow who is probably just as delighted eating grain as humans are eating donuts.
Charles,

You made my day--No, my year!!!!!!!!!!!😊😊

This was the only thing that still was bothering me about feed-lot cattle---that they were taken from their beloved grass/hay filled lives. But, now, to know they are delightedly munching Krispy Kreme donuts at the end of their life truly makes me happy!!!!!!!!!!!!!!

RE: Zero-Carb/Meat and Water - Regina - 10-02-2008 12:50 PM

Charles Wrote:

POST #3920:

Regina Wilshire had interesting things to say about the need to supplement, but I told her that Dr. Price noted in the sub-Saharan that the meat-eaters did not supplement their diets; only the veggie eaters did.

My first post here and it's a clarification - I did NOT say one needs to supplement in my comments on Jimmy's blog (which I can't seem to get to now since his blog is funkng out and freezing up when I click to comments, so I have no idea what you posted in reply).

Charles Wrote:

Then we have Regina Wilshire who believes all of us are in a stready ketosis. She doesn't seem to understand that once we get ketoadapted, we no longer are "in ketosis" and we don't waste ketones.

If you are "ketoadapted" it means you're adapted to ketosis and utilizing fatty acids & ketone bodies for energy. Don't forget...ketone bodies are a product of the lipid metabolic pathway!

Whether or not you are spilling excess any longer isn't the issue - if you're using fatty acids for your primary energy source, you're making ketone bodies, thus you're in ketosis. How effectively you're utilizing the fatty acids and ketones determines your blood levels of beta-hydroxybutyrate ... and spillage of excess ketones - but you're still making ketones regardless of whether or not you're spilling any excess or not.

Here's an idea.....how's about you head to a lab and ask for a blood measure of your beta-hydroxybutyrate - perhaps then you'll understand that you are making ketones and they're in your bloodstream despite not spilling ketones in your urine, saliva or sweat?

RE: Zero-Carb/Meat and Water - Charles - 10-02-2008 01:02 PM

Regina Wrote:

My first post here and it's a clarification - I did NOT say one needs to supplement in my comments on Jimmy's blog (which I can't seem to get to now since his blog is funkng out and freezing up when I click to comments, so I have no idea what you posted in reply).

I'm sorry. Welcome to the forum! It's great to have you here. I'm a fan of yours.
In your post you said that one cannot judge a population based upon the diet of the whole. You indicated that during pregnancy, they supplemented. I apologize if that was not you, but I remember reading that there.

Regina Wrote:
If you are "ketoadapted" it means you're adapted to ketosis and utilizing fatty acids & ketone bodies for energy. Don't forget...ketone bodies are a product of the lipid metabolic pathway!

That is true, we do use them. However, that's not usually how people describe the "state of ketosis." What studies do you have that show that a high-rate of circulating ketones are harmful in a healthy adult? That's really the issue. Since we have evidence of entire meat-eating populations such as the Mackenzie Eskimo who we are currently studying, how did these women successfully have children and propagate their species despite such high levels of ketone bodies and beta-hydroxybutyrate?

Regards,

Charles

RE: Zero-Carb/Meat and Water - Regina - 10-02-2008 01:08 PM

Charles Wrote:
Regina Wrote:
My first post here and it's a clarification - I did NOT say one needs to supplement in my comments on Jimmy's blog (which I can't seem to get to now since his blog is funkout and freezing up when I click to comments, so I have no idea what you posted in reply).

In your post you said that one cannot judge a population based upon the diet of the whole. You indicated that during pregnancy, they supplemented. I apologize if that was not you, but I remember reading that there.

Are you talking about the dietary changes that are found in various tribes and populations for women who are trying to get pregnant, are pregnant or are breastfeeding? Is that what you mean when you're saying "supplement"? I'm asking for clarification to be able to properly respond....I was thinking when you said "supplement" that you were talking supplements.....but yes, if you're talking instead about supplementing the diet with foods other than usually consumed, yes, various cultures do indeed have ritual changes they make to women's diets routinely around potential pregnancy and known pregnancy!

RE: Zero-Carb/Meat and Water - Regina - 10-02-2008 01:14 PM

Charles Wrote:
That is true, we do use them. However, that's not usually how people describe the "state of ketosis."

OK...how people usually describe ketosis doesn't matter much, it is what it is and that was why I responded to your post saying I don't understand "that once we get ketoadapted, we no longer are "in ketosis" and we don't waste ketones."

Those are two different issues - the wasting ketones is issue one, the presence of ketones, thus ketosis, another. I think I've replied to both in my previous post.
Charles Wrote:
What studies do you have that show that a high-rate of circulating ketones are harmful in a healthy adult? That's really the issue.

And, as it is, the "burden of proof" is on you since you're the one who claims that ketosis is not harmful or without risk in pregnancy. NOTE: I did not say in a healthy adult, which is changing the topic from the blog post Jimmy made, but specifically am saying in pregnancy.

---

RE: Zero-Carb/Meat and Water - **Charles** - 10-02-2008 01:17 PM

Regina Wrote:
Are you talking about the dietary changes that are found in various tribes and populations for women who are trying to get pregnant, are pregnant or are breast feeding? Is that what you mean when you're saying "supplement"? I'm asking for clarification to be able to properly respond....I was thinking when you said "supplement" that you were talking supplements.....but yes, if you're talking instead about supplementing the diet with foods other than usually consumed, yes, various cultures do indeed have ritual changes they make to women's diets routinely around potential pregnancy and known pregnancy!

That's right and I quoted [Dr. Price here](#):

Quote:
It is significant that the vegetarian groups practiced the feeding of special foods during gestation and lactation. Apparently carnivorous groups found no need to supplement the diet, as it was already rich in the factors needed for reproduction and optimum growth.

This is consistent with other groups we looked at such as the Mackenzen Geiimo and the Native American of the Great Plain who subsisted on mainly buffalo.

They obviously had high levels of circulating ketones and beta-hydroxybutyrate yet they were able to do it.

As I said initially, I'm speaking of a person who is keto adapted and obviously used to this condition and their bodies are healthy and making efficient use of the ketones. I argue that such a person, even one on a low-carb diet, would still not need to change their diet to facilitate pregnancy.

This eating regimen is not at all about weight loss as we recognize that obesity is merely a symptom of the metabolic disorder caused by excessive insulin. It's about health and if a person is on a healthy diet, then their ability to reproduce will not be compromised.

The pregnant mother will gain the required weight due to the decoupling of weight gain from food intake that is consistently seen across animal models as well and Gary Taubes covered this subject very well in his book. The critical variable is the availability of suitable metabolic fuel and this diet more than provides that.

Regards,

Charles

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RE: Zero-Carb/Meat and Water - **Charles** - 10-02-2008 01:23 PM
Regina Wrote:
And, as it is, the "burden of proof" is on you since you're the one who claims that ketosis is not harmful or without risk in pregnancy. NOTE: I did not say in a healthy adult, which is changing the topic from the blog post Jimmy made, but specifically am saying in pregnancy.

This whole matter arose when a pregnant member of our forum came here discussing her circumstance. She already delivered two babies on a very low-carb diet and she expressed a desire for her next baby to be born on a zero-carb diet. I agreed with her.

This sent Mimi (aka Ogg) on this tangent about our desire to kill babies and our blatant disregard for the health of pregnant mothers.

I argued then as I do now that if a person is healthy on a zero-carb and water diet then I believe their chance of a successful pregnancy is no different than someone on a very low carb diet just as our member demonstrated. This is consistent with the sources I just named.

RE: Zero-Carb/Meat and Water - Regina - 10-02-2008 01:30 PM

Charles Wrote:
Regina Wrote:
Are you talking about the dietary changes that are found in various tribes and populations for women who are trying to get pregnant, are pregnant or are breastfeeding? Is that what you mean when you're saying "supplement"? I'm asking for clarification to be able to properly respond....I was thinking when you said "supplement" that you were talking supplements.....but yes, if you're talking instead about supplementing the diet with foods other than usually consumed, yes, various cultures do indeed have ritual changes they make to women's diets routinely around potential pregnancy and known pregnancy!

That's right and I quoted Dr. Price here:

Quote:
It is significant that the vegetarian groups practiced the feeding of special foods during gestation and lactation. Apparently carnivorous groups found no need to supplement the diet, as it was already rich in the factors needed for reproduction and optimum growth.

Same webpage you're quoting:

Africa also afforded Dr. Price the opportunity to compare primitive groups composed largely of meat eaters, with those that were mostly vegetarian. The Masai of Tankanika, Chewya of Kenya, Muhima of Uganda, Watusi of Ruanda and the Neurs tribes on the western side of the Nile in the Sudan were all cattle-keeping people. Their diets consisted largely of milk, blood and meat [note: bolded items have carbohydrate], supplemented in some cases with fish and with small amounts of grains, fruits and vegetables. Rich in animal fats, these diets provided large amounts of the fat-soluble vitamins Price discovered to be so necessary for proper development of the physical body and freedom from disease. The Neurs especially valued the livers of animals, considered so sacred "that it may not be touched by human hands. . . It is eaten both raw and cooked."

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The Masai do not eat a zero-carb diet Charles.
Charles Wrote:
This is consistent with other groups we looked at such as the Mackenzie Eskimo and the Native
American of the Great Plain who subsisted on mainly buffalo.

Who is "we" and what studies are you referring to? Any links to allow for me to read up?

Charles Wrote:
They obviously had high levels of circulating ketones and beta-hydroxybutyrate yet they were able to do it.

Without data that's an assumption that they had "high" levels of A) circulating ketones and B) beta-hydroxybutyrate....assumptions aren't a good starting point for dietary advice. I like data! Show me the data with "high" blood levels, OK?

Charles Wrote:
I argue that such a person, even one on a low-carb diet, would still not need to change their diet to fascilitate pregnancy.

Not being snarky, but what fascilitates pregnancy? In reverse, what inhibits pregnancy?

---

RE: Zero-Carb/Meat and Water - Regina - 10-02-2008 01:36 PM

Charles Wrote:
Regina Wrote:
And, as it is, the "burden of proof" is on you since you're the one who claims that ketosis is not harmful or without risk in pregnancy. NOTE: I did not say in a healthy adult, which is changing the topic from the blog post Jimmy made, but specifically am saying in pregnancy.

This whole matter arose when a pregnant member of our forum came here discussing her circumstance. She already delivered two babies on a very low-carb diet and she expressed a desire for her next baby to be born on a zero-carb diet. I agreed with her.

This sent Mimi (aka Ogg) on this tangent about our desire to kill babies and our blatant disregard for the health of pregnant mothers.

I argued then as I do now that if a person is healthy on a zero-carb and water diet then I believe their chance of a successful pregnancy is no different than someone on a very low carb diet just as our member demonstrated. This is consistent with the sources I just named.

Except that you're basing your opinion on an "n of 1" dataset when reams of data exist that leave that opinion in question. N's of 1 always exist and defy odds -- I'd like to see data that supports your position and not simply N of 1 anecdotes from a forum post.

Can you define a "zero carb diet" - basically how exactly do you reach "zero" carbs when even meat contains glycogen, which is stored energy, generally recognized as stored carbohydrate, readily converted into glucose? Add in organ meats, you have more carbohydrate.....add in dairy, there's more (I know you're not eating dairy though it seems you do occasionally have some cheese?)....add in eggs, there's more carb.....so, how do you really achieve zero carb? Or is it rather a way to describe as little carbohydrate as humanly possible?
Regarding Ogg/Mimi/whatever other aliases she has, she's a nutcase IMO.

RE: Zero-Carb/Meat and Water - Charles - 10-02-2008 01:54 PM

Regina Wrote:
Africa also afforded Dr. Price the opportunity to compare primitive groups composed largely of meat eaters, with those that were mostly vegetarian. The Masai of Tankanika, Chewya of Kenya, Muhima of Uganda, Watusi of Ruanda and the Neurs tribes on the western side of the Nile in the Sudan were all cattle-keeping people. Their diets consisted largely of milk, blood and meat [note: bolded items have carbohydrate], supplemented in some cases with fish and with small amounts of grains, fruits and vegetables.

I realize you're reading quick and you're excited, but this doesn't make your contention. Even meat has carbohydrates if you want to get technical because the fat contains triglycerides and these must be accounted for. Are you claiming that perhaps it's the meat and blood that make the difference? Perhaps the problem with a diet such as the one we're discussing has nutrient deficiencies? If that is your contention, please state it.

We're currently studying the Mackenzie Eskimo that Stefansson lived with during his ten years on an all-meat diet and he wrote of many types of Inuit with varying diets, but these people, among many others, were exclusive meat eaters (caribou) with the occasional fish although many never tasted fish. They had babies and did not suffer from chronic disease.

I have the book *Not by Bread Alone* and I can send you a PDF if you would like to read it. We're having a book discussion on [this topic here](#).

Regina Wrote:
The Masai do not eat a zero-carb diet Charles.

If they don't, then neither do I. I don't believe the inclusion of milk makes the slightest difference.

Regina Wrote:
Without data that's an assumption that they had "high" levels of A) circulating ketones and B) beta-hydroxybutyrate....assumptions aren't a good starting point for dietary advice. I like data! Show me the data with "high" blood levels, OK? [/tuo]

Okay, this is getting ridiculous. Is your contention that there are no people on zero-carb diets that have babies? Let's get to the heart of the matter.

[quote=Regina]Not being snarky, but what fascilitates pregnancy? In reverse, what inhibits pregnancy?

That's for you to answer. My answer is the same as reproductive biologists, specifically George Wade and Jill Schneider in the 1960s that all animal models demonstrated that the availability of food is the most important environmental factor in fertility and reproduction. The critical variable is not body fat but the immediate availability of metabolic fuels.
High insulin will inhibit fertility in all of the tested animal species by redirecting circulating metabolic fuels away from oxidation and into storage in adipose tissue. The same is true in humans as well.

The clear implication of their research is that a woman struggling with fertility or amenorrhea will benefit more from a diet that lowers insulin but still provides considerable calories and thus repartitions fuel consumed so that more is available for oxidation and less is placed in storage.

This metabolic-fuel hypothesis of fertility has escaped the attention of clinicians as does most good science, unfortunately.

Since a diet of meat and water provides the necessary metabolic fuels there can be no doubt that a healthy mother already on such a regimen would have the necessarily conditions met for a successful pregnancy in my opinion.

Regards,

Charles

RE: Zero-Carb/Meat and Water - Charles - 10-02-2008 02:06 PM

Regina Wrote:
Except that you're basing your opinion on an "n of 1" dataset when reams of data exist that leave that opinion in question. N's of 1 always exist and defy odds -- I'd like to see data that supports your position and not simply N of 1 anecdotes from a forum post.

The opinion may indeed be in question. I only gave an opinion. I never claimed to have proved anything. Dr. Groves and I both offered an opinion that a healthy person already adapted to diet such as mine should not have to change things once they became pregnant. That's the issue, please focus. If you're saying that you don't believe our opinion because you don't have data, than we can end the conversation right there.

Regina Wrote:
Can you define a "zero carb diet" - basically how exactly do you reach "zero" carbs when even meat contains glycogen, which is stored energy, generally recognized as stored carbohydrate, readily converted into glucose?

I define it the same way that Stefansson defined it in the 1920s. It's about two pounds of sirloin per day with a half pound of fat. It's not technically "zero" but it surely is less than 5 grams per day. I do not eat dairy or organ meats. Even the Inuit that Stefansson lived with did not eat very many organ meats. They were typically given to the dogs and were believed to be harmful due to over-vitamin consumption.

Regina Wrote:
Regarding Ogg/Mimi/whatever other aliases she has, she's a nutcase IMO.

We both agree with that! 😊

RE: Zero-Carb/Meat and Water - Regina - 10-02-2008 02:09 PM
Africa also afforded Dr. Price the opportunity to compare primitive groups composed largely of meat eaters, with those that were mostly vegetarian. The Masai of Tankanika, Chewya of Kenya, Muhima of Uganda, Watusi of Ruanda and the Neurs tribes on the western side of the Nile in the Sudan were all cattle-keeping people. Their diets consisted largely of milk, blood and meat [note: bolded items have carbohydrate], supplemented in some cases with fish and with small amounts of grains, fruits and vegetables.

I realize you're reading quick and you're excited, but this doesn't make your contention. Even meat has carbohydrates if you want to get technical because the fat contains triglycerides and these must be accounted for. Are you claiming that perhaps it's the meat and blood that make the difference? Perhaps the problem with a diet such as the one we're discussing has nutrient deficiencies? If that is your contention, please state it.

My contention is and was that the Masai do not eat a zero carb diet.

They do include milk, which has appreciable carbohydrate, they do consume honey, which is rich with carbohydrate, and they drink the blood of their animals, also containing carbohydrate in the red blood cells as glucose. They also specifically have changes to diet in their women when they're pregnant, changes that substantially increase carbohydrate to the point where carbohydrate is the dominant macronutrient in the third trimester of pregnancy.

The diet you follow, as I understand it, is simply store-bought meats and water? No organ meats, no skins, no brain....just the flesh - is that correct?

If that accurately describes what you follow and recommend/suggest is okay in pregnancy, then we disagree, as I would contend that such a diet is not optimal, for a number of reasons, including nutrient adequacy, for a pregnant woman.

RE: Zero-Carb/Meat and Water - Charles - 10-02-2008 02:14 PM

Regina Wrote:
The diet you follow, as I understand it, is simply store-bought meats and water? No organ meats, no skins, no brain....just the flesh - is that correct?

Correct. [Edited to add that we do indeed eat the skins of poultry.]

Regina Wrote:
If that accurately describes what you follow and recommend/suggest is okay in pregnancy, then we disagree, as I would contend that such a diet is not optimal, for a number of reasons, including nutrient adequacy, for a pregnant woman.

So what nutrients do you believe are missing and we can go from there?

RE: Zero-Carb/Meat and Water - Regina - 10-02-2008 02:16 PM

Charles Wrote:
Okay, this is getting ridiculous. Is your contention that there are no people on zero-carb diets that have babies? Let's get to the heart of the matter.

It's ridiculous to ask for data rather than "n of 1" anecdotes?

Where is the data that suggest that:

A) a zero-carb diet is even possible?
B) a zero-carb diet can and will result in pregnancy?
C) a zero-carb diet can optimally support an ongoing pregnancy to deliver a healthy full-term baby?

I'm outta time right now....will continue later!

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**RE: Zero-Carb/Meat and Water - Charles - 10-02-2008 02:18 PM**

Regina Wrote:
Africa also afforded Dr. Price the opportunity to compare primitive groups composed largely of meat eaters, with those that were mostly vegetarian. The Masai of Tananka, Chewya of Kenya, Muhima of Uganda, Watusi of Ruanda and the Neurs tribes on the western side of the Nile in the Sudan were all cattle-keeping people. Their diets consisted largely of milk, blood and meat [note: bolded items have carbohydrate], supplemented in some cases with fish and with small amounts of grains, fruits and vegetables.

So in this case, you believe it was possibly milk that provided the supposedly necessary carbohydrate in the third trimester for these people who Dr. Price observed, do not supplement their diet during pregnancy? Surely he would have mentioned that perhaps the increase in their milk consumption during pregnancy or something. That wasn't the observation.

The Mackenzie Eskimo was not a cattle-herding people. They hunted and ate caribou. How would you explain their pregnancies? A bunch of glucose in the meat?

---

**RE: Zero-Carb/Meat and Water - Charles - 10-02-2008 02:22 PM**

Regina Wrote:
It's ridiculous to ask for data rather than "n of 1" anecdotes?
A) a zero-carb diet is even possible?

I already described what we mean by the term. It's not "zero-carb" in that sense, but it's about 5 grams or less per day.

Regina Wrote:
B) a zero-carb diet can and will result in pregnancy?

I just provided evidence of cultures who were meat-eaters who obviously had babies. If you think they drank milk to compensate then you have trouble because the Mackenzie Eskimo did not eat milk or eggs yet had babies.

Regina Wrote:
C) a zero-carb diet can optimally support an ongoing pregnancy to deliver a healthy full-term baby?
My opinion is that it can and apparently Dr. Groves agreed as long as a person was already adapted to this before getting pregnant. If it's data you need, then perhaps we'll wait until one of our members becomes pregnant and we'll talk then. Suzanne, are you listening?

Regina Wrote:
I'm outta time right now....will continue later!

Perfect timing. I'm looking forward to it!

Regards,

Charles

RE: Zero-Carb/Meat and Water - Charles - 10-02-2008 02:26 PM

Okay, other zero-carbers. It appears we've stopped so please chime in here. I'm going to the gym but I'll check in later this evening!

Regards,

Charles

RE: Zero-Carb/Meat and Water - nyteez - 10-02-2008 02:58 PM

What is with these people who come in here condemning my diet with no facts to back it up?!

Where is the data proving that zero carb....oh EXCUSE ME,.... very low carb, cannot support a healthy life or pregnancy?!

There isn't any, so what is your argument?

RE: Zero-Carb/Meat and Water - montmorency - 10-02-2008 03:36 PM

con Wrote:
LATEST UPDATE!!!!!!!!

I can't believe it! My newly "sorta" LC DH announced this morning that he has lost another 5 lbs. and had to punch another hole in his belt to keep his pants from falling off! He's still wearing the same clothes, yes he is, and yes, he does look slightly "baggy".

That makes 40 lbs. he's lost in just over 3 months. He said in all bewilderment, "I didn't do anything and I lost 5 more lbs."(don't know which smiley to use 😛 or 😄)

There is a SUGGESTION of hope here for many. Because ALL he cut from his WOE was sodas, Jamba Juices, pastries, candy---the most obvious sugary treats. He still has bagels and beans and strangely enough doesn't eat lots of meat OR fat.
*sigh* frustrating I guess. Probably no consolation, but I remember when I was a bit younger, years before I was into LC, I managed to lose quite a bit simply by giving up biscuits (cookies). At other times I would lose for no apparent reason whatsoever. It also would come back for no apparent reason whatsoever. However, I'd be faced with the problem - what do I give up now? Biscuits had already gone, and gradually I'd be left with few more "obvious" foods to give up. I had no rhyme or reason to go on. It was only when LC came into the picture, and I began to understand some of the science behind it, that I finally felt somewhat in control. But the older you are when you start LC, the harder it is for it to work, IMO. I believe it's also a lot easier to lose by other methods as well (probably almost any method), when you are younger, provided your metabolism isn't too much out of kilter.

**RE: Zero-Carb/Meat and Water** - montmorency - 10-02-2008 03:39 PM

Fully Wrote:
I have not eaten outside my immediate family as of yet but when I do and someone says something to me about not eating certain things, I am going to tell them "I am getting my insulin in order." [...]

And when people ask how did you lose all that weight, pending on the person......I will just nicely say, "You know once I got my insulin in line the weight just fell off." 😊

😊Superb idea! With your permission, I'm going to borrow that!

**RE: Zero-Carb/Meat and Water** - suzanneyea - 10-02-2008 03:51 PM

Safe to come back in now? LOL
Well, I would love to get pregnant, then we could have a real life example! God gave me one miracle child, so I still have lots of hope for another. All I can imagine is how much I would eat being pregnant on zero carb! Good grief, I eat so much already! We would definately have to buy a half of a cow.

**RE: Zero-Carb/Meat and Water** - montmorency - 10-02-2008 03:56 PM

chiara Wrote:
Does anyone only eat once a day? The last few days my body has just not wanted food at all. I've been eating once to keep from falling over...it's really weird.

At the point I started ZC (or as near zero as I wanted to be at that point), I was eating 3 times a day, and was usually quite hungry before mealtimes (more than just the cephalic response...I felt this was real hunger, especially in the evening).

Gradually, I found I could go longer and longer, and this naturally developed into going to 2 meals a day, with little hunger in between. I'd get hungry as I cooked the food, but this time, it really was only the cephalic response. I'm pretty sure now I could manage on one meal a day, although I choose not to. I got to thinking that 2 meals might be preferable to 3, in order to reduce the number of occasions on which insulin is raised. I don't know if that's important or not, and I seem to remember The Bear doesn't think it's important how many meals one has.

It has the practical advantage of needing only 2/3 of the cooking time, and 2/3 of the washing up!
RE: Zero-Carb/Meat and Water - Charles - 10-02-2008 04:01 PM

So I can't wait until she returns. She is suggesting that the Masai basically adopt a high-carb diet during the last three months of pregnancy where carbohydrates are the primary nutrient. Did anyone else see that? I missed it during the discussion but you can best believe I'll be all over that one.

I also can't wait to see the list of nutrients that are missing from our diet. As I've written here many times, you cannot just analyze the food from a diet in order to determine what nutrients are missing from the consumers of that food. The Inuit did not eat enough calcium, yet were never calcium deficient. The list goes on but these arguments date back to the 1920s.

This one about carbohydrates is a new one. So now, ladies, you can't have babies unless you're on a high-carb diet at least at some point during your pregnancy. Where is Karishma when I need her.....

Regards,

Charles

RE: Zero-Carb/Meat and Water - Suzanneyea - 10-02-2008 04:02 PM

suzanneyea Wrote:
Safe to come back in now? LOL
Well, I would love to get pregnant, then we could have a real life example! God gave me one miracle child, so I still have lots of hope for another. All I can imagine is how much I would eat being pregnant on zero carb! Good grief, I eat so much already! We would definately have to buy a half of a cow.

Suzanne, if you get pregnant this time, I'll go in with you on the cow. I'll pay for your food!

Charles

RE: Zero-Carb/Meat and Water - Nyteez - 10-02-2008 04:11 PM

Quote:
So I can't wait until she returns. She is suggesting that the Masai basically adopt a high-carb diet during the last three months of pregnancy where carbohydrates are the primary nutrient. Did anyone else see that? I missed it during the discussion but you can best believe I'll be all over that one.

Oh come on! Why would they do that? Give up meat for wild bitter roots & leaves? What about the Inuit? There were no carbs on the tundra! I guess the Inuit didn't reproduce.

RE: Zero-Carb/Meat and Water - Montmorency - 10-02-2008 04:17 PM

ANOVA Wrote:
I'm still mixing it up. Ground beef for breakfast. lean beef strip for lunch and pork, chicken or beef for supper. Still zero carb, plus, I'm starting training for a sprint Triathlon in June.

Given the conventional wisdom (not here, of course), that one needs to carb-up for such activities, it will
be fascinating, nearer the time, if you can report back how that goes (e.g. a personal journal?). The more positive reports we can get of LC/VLC/ZC-ers successfully competing, the better :-) 

---

**RE: Zero-Carb/Meat and Water - Riley - 10-02-2008 04:18 PM**

Hello Zero Carbers! I want to tell my story and get a bit of feedback.  

I have been on low/zero carb for a little over 3 months now and I feel amazing. I'm so glad this diet came into my life. I owe it all to my mother who has become very knowledgeable because of this forum and this thread (among other sources). She snoops so you don't know her but she is very grateful for all the contributors. 

Ok on to the meat... Here's what I eat -
- 85/15 ground beef patties with mustard and pepper. Sometimes I put a slice of swiss cheese.
- 6-8 oz of ribeye steak sauteed in butter and topped with Cholula (Vinegar, water, red peppers, piquin pepers, salt, spices, xanthan gum)

I eat either of these meals twice a day and I stop eating when I feel full

Those are my 2 main meals. Other foods that I jam down my gullet include-
- 5-10 slices of Gallo Salami. This has 1g of carbs per 5 slices - sometimes with swiss cheese.
- Coffee with heavy cream and splenda.
- in-n-out burger - 3x3 (three meat patties and three cheese slices) protein style (lettuce wrapped) with mustard only. I have this when I'm out and about.
- The occasional egg

My workouts are intense and I get rest between workout days. I mainly do crossfit ([http://www.crossfit.com](http://www.crossfit.com)) and interval sprint training. I go road cycling about once a week for about 1.5 hours really just for fun and to hang out with my riding buddies.

Vitals - 5'11', 32 years old, medium bone structure, no previous health issues

Results from this diet -

I went from 200lbs to 182lbs. The diameter of my belly fat went from 38 inches to 35 1/2 inches (I only started measuring about a month ago). My energy levels are very high. I get a great night of sleep. I don't wake up hungry. I don't crave anything except steak when I'm hungry. I get hungry about every 6-8 hours. I don't have zits. I don't need deodorant. I have a very soft stool every 3 days. I don't have that dirty teeth feeling. I have amazing power and energy when i workout. I'm starting to look good naked.😊

I have encountered a small plateau at 182lbs and I have made the decision to make some tweaks.
- No more coffee. This one stings but I know this will help free up some fatty acids.
- No cheese on my 3x3. That one will be easy.
- No more salami. It's mainly pork and beef is the way to go if weight loss is the goal.
- Skip the eggs.

Workouts will stay the same.

Thanks for all the information everyone has gathered and posted. It has helped me greatly!
RE: Zero-Carb/Meat and Water - montmorency - 10-02-2008 04:36 PM

daveo Wrote:
suzanneyea Wrote:
Also, the zero carb people seem to be more active on the boards, we are all big time posters.

It's ironic, since zero carb is so simple. You would think there would be a lot less to say 😊

Also, cooking and preparation is now laughably simple. I cut it up small, quick whizz round in the pan with beef tallow, and it's almost done. Remove meat from pan, leaving fat; add an egg or two; fry lightly; pour into bowl including fat; eat with spoon, including all the (runny) fat & juices. Leave bowl and pan to soak.

Pork - it was the Bear who put me off pork, and when I thought about it, the thing I liked most was the crackling; the meat I found pretty boring.
(needed apple sauce to make it interesting - obviously not now).
I still eat bacon once in a while. I'm mostly eating lamb at the moment, as we seem to be able to get some nice, cheap, really fatty stuff, either as stewing lamb or as a shoulder joint. It mostly goes the same way though; cut up small and "whizz-fried". The bones go into a bone-broth.

RE: Zero-Carb/Meat and Water - montmorency - 10-02-2008 04:54 PM

chris m. Wrote:
Beth Wrote:
I know a lot of you pump up your fat % with added fats or coconut oil. I was wondering if there is anything wrong with butter? Sometimes I can only get 80/20 hamburger or the chicken or steak just doesn't seen fatty enough. I've tried the bacon fat and I litterally have to choke it down. I haven't tried the beef trimmings from the butcher yet. That might not bother me since I like that taste on a steak. But in a pinch is it OK to add a tablespoon or two of butter? Does it cause stalls? Is it not considered an "animal fat" because it's really a by-product?

Thank you
Beth
Actually - real butter - is a good source of Butyrate a free fatty acid mentioned in "Life Without Bread" Lutz
Butyrate de-differentiates cancer cells rendering them harmless.
Don't hold me to the actual quote and my terminology may be off as I don't have the book with me but I wanted to get the info out as it seems to be important. Still we didn't use butter prior to milking cows. Coconut oil is also sposed to be real good for you as well.
Chris m

FWIW, Mary Enig and Sally Fallon are very big on butter (e.g. in "Eat Fat, Lose Fat", and also on the Weston A Price Foundation site, various articles). It seems to have so many things going for it, that it seemed a shame to let it go, which is why I have kept it. It would seem that animal husbandry has been going for longer than agriculture, so it's possible that humans (at least in some parts of the world) were consuming dairy regularly quite some time ago. It's possible that it stalls some people; the jury is still
out in my case.
ME and SF suggest that it may work synergistically with meat.

RE: Zero-Carb/Meat and Water - Kristi31 - 10-02-2008 05:05 PM

Hi Riley,

Welcome to the forum and this thread. Hope you enjoy your stay and happy to hear about your health, your improved physique and energy levels.

I'm also 32 and really enjoying zero-carb since making a few changes in my life. Take care. 😊

RE: Zero-Carb/Meat and Water - montmorency - 10-02-2008 05:10 PM

hpseids Wrote:

My question was, in case it gets lost (sorry if it's here, I'm trying to catch up on this thread but it's HUGE as you all know!)...why exactly are veggies (and fruit) bad? Is it just the carbs?

Emily 😊

Others have replied on vegetables, and why meat is a complete food. One point on fruit: apart from not really containing all that many nutrients, one thing it does contain is fructose. Maybe not much per piece of fruit (some more than others), but if you eat a lot (like I used to), it can mount up. Gary Taubes will tell you why the combination of glucose and fructose is bad. In addition, in "Natural Health and Weight Loss", by Barry Groves, on page 210, and in table 14.1, he explains about sugars lowering our immunity to infectious diseases; basically it weakens the leukocytes. And guess which sugar was "top" of the league table? That's right - fructose, causing a 45.1% decline, which did not return to normal for more than 5 hours.

It rather annoys me that the health authorities in my country (and I believe, in the USA) loudly proclaim that a diet including lots of fruit is healthy, whereas the diet that I now espouse is unhealthy, because of the saturated fats. In fact, the very opposite would seem to be the truth!

RE: Zero-Carb/Meat and Water - Mel - 10-02-2008 05:10 PM

Hi Riley, welcome!

I think your diet sounds good and especially your next move. I avoid all sweet tasting things even zc sweeteners because they trigger insulin surges and cause me hunger, so when you give up coffee that will be gone. I also gave up the salami slices because I wanted to be lower carb and they just quit tasting good. Others here have noted that the closer to zero we go the easier it is to "listen" to what the body wants. Fatty meat, mostly beef, is all that usually sounds good to me and I feel great on this diet. Weight loss is just a bonus, the inches off the waistline is the best, IMHO.

Keep us posted and "Hi" to your Mom. Melinda
Mel Wrote:
I think your diet sounds good and especially your next move. I avoid all sweet tasting things even zc sweeteners because they trigger insulin surges and cause me hunger, so when you give up coffee that will be gone. I also gave up the salami slices because I wanted to be lower carb and they just quit tasting good. Others here have noted that the closer to zero we go the easier it is to "listen" to what the body wants. Fatty meat, mostly beef, is all that usually sounds good to me and I feel great on this diet. Weight loss is just a bonus, the inches off the waistline is the best, IMHO.

Keep us posted and "Hi" to your Mom. Melinda

I gave up splenda about a month ago and i had a small drop in my weight. Common sense told me that splenda might be tricking my body into thinking it was real sugar. I had one craving and it was back in my coffee every time. I'm not going to let that happen again.

I usually have the salami when i get a bit hungry. Next time that happens I'll just cook up some beef.

I agree about the waist fat. Really my main goal is to have a slim waistline.

Thanks for the warm welcome!

Charles Wrote:
I know our thread is huge and probably deserves a bigger place on the forum, but that argument is for another time. Please just keep it in the family, if you would!

On the subject of the thread being huge, would it be (a) technically possible? and (b) desirable? for there to be sub-threads of this thread?

I wasn't thinking so much of the old stuff, but for any new topics that come up, which might deserve a sub-thread of their own; things which may be of great interest and importance, but maybe not to everyone at the same time.

These (suggested) sub-threads would only be visible within the "Zero Carb / Meat and Water" "mother thread", so there would be no issue of ZCM&W taking over the forum, or whatever.

It might possibly make things somewhat easier to find, and (dare I say) add a little more structure to the overall thread (although not meaning to make it rigid or anything).

montmorency Wrote:
The more positive reports we can get of LC/VLC/ZC-ers successfully competing, the better :-)

montmorency Wrote:
The more positive reports we can get of LC/VLC/ZC-ers successfully competing, the better :-)
I'm on it!

RE: Too much protein - montmorency - 10-02-2008 05:47 PM

Charles Wrote:
I understand, but don't take it as argument. I want you and everyone else to understand the process. It can indeed be confusing but it's not really rocket science. My wish is that everyone will understand these things for themselves so they can properly discern fact from fiction.

[...]

When you see things written up looking really scientific, it's easy to look casually and then conclude that they have it right.
Don't be afraid to share the information you find. It's very good, but it's more important to really parse it and find out what point they're making with the research.

Charles,

Thanks again for your considered replies. We seem to have had our disagreements, but I incline to think it is often more a difference of interpretation. I freely admit that I have not read as widely or as extensively (and perhaps not as carefully 😞) as you, and I look forward to learning more from, and with you. If we differ, it's on technicalities, and what unites us is a great deal bigger and stronger. Although I personally would love to further discuss some of the specifics that I previously quibbled over, on balance, I think it would be better to move on. There are plenty of more fruitful areas for discussion within the wider topic, not least, of course, "Not By Bread Alone".

Regards,
Mike

RE: Zero-Carb/Meat and Water - Living_healthy - 10-02-2008 05:55 PM

montmorency Wrote:
It rather annoys me that the health authorities in my country (and I believe, in the USA) loudly proclaim that a diet including lots of fruit is healthy, whereas the diet that I now espouse is unhealthy, because of the saturated fats. In fact, the very opposite would seem to be the truth!

Try working amongst the health authorities. I do. I go against what I was taught in nursing school. Some days it gets rather tiresome to defend my position. I get a lot of ridicule for what I'm doing. I told them time will show them. They are getting sick with viruses that we come in contact with and I'm not. They can't see it.

RE: Zero-Carb/Meat and Water - hpseids - 10-02-2008 05:57 PM

Hi guys!!

I had no idea how dependent on internet I am until it stopped working! Sorry I've been MIA-- after 3 hours (and some crying) with Comcast I'm finally back online. Whoohoo! I definitely freaked out the
4th guy I talked to a little when I started whimpering...I was just SO frustrated!! Oh well, it worked lol 😃

Annyway, just caught up reading all the posts I've missed. Lots o' good stuff. Hi to Riley and any other new posters 😊. And thanks to everyone for the great advice and personal experience re: dealing with social situation and ZCing...well, vLCing. I'm working on it!

So, I'm eating fewer eggs, maybe 1-2 a day, some days none (I guess an average of 1 a day, which doesn't sound like nothing but is a lot less compared to my past LCing)...AND I realized the stomach aches I sometimes got were from too many eggs! That's another great thing about this WOE...it's so simplified that you can really tune into your body and exactly what food makes you feel great and not so great. It's like an elimination diet doctors recommend for food allergies...I think everyone is "allergic" to carbs.

The majority of my diet is ground beef but I still have a cup of coffee in the morning...doing ok with that and will stay unless it becomes a problem!...some cheese and bacon on weekends...and some lettuce, on stuff (not big salads). Pretty much it...oh except for that Jack and soda the night after my exam (blush...) but it was only one and I didn't really feel bad about it! lol...everyone else was chugging beer after beer so I'm pretty pleased with myself...and I had just as much fun! (Maybe more since I still woke up a little lighter and NOT hungover! 😄)

Still losing...not that quickly, maybe .2 lbs a day, but then one day it'll be down like a pound and a half...I should probably stop weighing every day so I can see the bigger picture. I've only gone up 2 days (out of about 2 weeks) and they were very small blips that went down the next day...salt, I'm sure.

OK, that's enough rambling for now...basically, I'm not ZC but vLC until I stop losing and/or don't feel great, then I'll tweak again.

Hope you're all great!

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RE: Zero-Carb/Meat and Water - montmorency - 10-02-2008 06:10 PM

Riley Wrote:
montmorency Wrote:
The more positive reports we can get of LC/VLC/ZC-ers successfully competing, the better :-)!

I'm on it!

😊 Hi Riley, and welcome, by the way. You seem to be doing great!
By coincidence, we seem to have a similar weight and waist size just at the moment (although I am, ahem, about 4" shorter, so it doesn't look so good on me 😊). Like you, I want a slimmer waist ... used to be really proud of my relatively slim waist when I was twenty. Sadly, having been overweight for several decades, I fear I might never get down to that waist again, even if I get the weight down, but we'll see!

I also ride a bike, also for fun, touring-type stuff & as means of transport, but occasionally, when no one is looking, I'll get down on the drops and go into my "Tour de France" fantasy number :-)

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RE: Zero-Carb/Meat and Water - Charles - 10-02-2008 06:13 PM
Riley Wrote:
Hello Zero Carbers! I want to tell my story and get a bit of feedback.

Hello Riley and welcome to our forum. I appreciate the details of your story. The salami sounds a bit salty to me, but I'm not sure. The tweaks you mention sound like a winner. Let us know how it works.

Regards,

Charles

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RE: Zero Carb / Meat and Water - Charles - 10-02-2008 06:20 PM

montmorency Wrote:
On the subject of the thread being huge, would it be
(a) technically possible?
and
(b) desirable?
for there to be sub-threads of this thread?

We'll have to take it case by case. We did not need a meat, water and coffee thread. I love the 100-day challenge thread although it could have been here as well. One does not have to be different than me in order to post here. We recognize that people are on their own individual journeys and we all respect and appreciate that. Don't ever feel bad about posting.

However, people need to master the search function and as long you select "posts" instead of "threads" you can very easily find what you're looking for.

Anyone who has read this thread knows that we do regularly repeat questions that have been answered before because it's more important that people understand the science than it is to be rigid about rules.

I don't mean to be so rigid but if you have been reading closely on this board, Jimmy and many others are not zero-carb and they're not comfortable with the perception that the entire board is dominated by our way of eating. Therefore, as good citizens, we try to be accommodating.

Regards,

Charles

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RE: Zero-Carb/Meat and Water - Riley - 10-02-2008 06:34 PM

montmorency Wrote:
I fear I might never get down to that waist again, even if I get the weight down, but we'll see!
Believe it! My mother lost over 50lbs and she looks amazing. She has kept it off with VLC. I won't say her age buy I'm guessing she is older than you.

Charles Wrote:
The salami sounds a bit salty to me, but I'm not sure. The tweaks you mention sound like a winner. Let us know how it works.
5 slices of salami = 480mg of sodium. Crikey! It's gone.

**RE: Zero-Carb/Meat and Water - Riley - 10-02-2008 06:43 PM**

hpseids Wrote:
Still losing...not that quickly, maybe .2 lbs a day, but then one day it'll be down like a pound and a half...I should probably stop weighing every day so I can see the bigger picture. I've only gone up 2 days (out of about 2 weeks) and they were very small blips that went down the next day...salt, I'm sure.

I would stop weighing every day and go to once or twice a week. It can play games with your mind when you all the sudden are up 2lbs. The extra weight could be anything irrelevant (salt, eating a bit too much, water retention from a hard workout) to your goals. Try adding a body measurement of a "problem area", you choose because I'm not going to list any. Your body may find a resting point as far as weight goes but you are still reaping the benefits of eating VLC/ZC.

**RE: Zero-Carb/Meat and Water - cbnebraska - 10-02-2008 06:47 PM**

Quote:
montmorency Wrote:
The more positive reports we can get of LC/VLC/ZC-ers successfully competing, the better :-)  

Well, most of you know that I have done 2 sprint triathlons (which take roughly 1.5 hours), both VLC and 5 Adventure Races, the last few being zero carb. Adventure Races take anywhere from 4-7 hours. At my last 5.5 hour race, I did not take in anything to eat the entire race after a very high fat ground beef breakfast. We rocked and we won our division!! (teams of 3 that is similar in nature to The Amazing Race - you don't know what you'll be doing, you're following a map, seeking out checkpoints, performing team challenges along the way, riding mountain bikes but also including running, kayaking, canoeing, climbing, and whatever else the crazy race directors can come up with!)

I have another AR this weekend, leaving Friday afternoon and competing first thing Sat. morning. Planning to repeat my large breakfast of all ground meat and tons o fat, about 1.5 hours before race start and taking in only sips of water along the way.

I'll let you know how it goes!! wish me luck....

**RE: Zero-Carb/Meat and Water - Charles - 10-02-2008 06:48 PM**

Readers of my posts probably think I tend to waffle on salt. I don't use it, but my position is that when you're losing weight, salt is something that can not only cause cramps but it can fool your hunger and cause you to eat more than you otherwise would. A person who is at a good BMI has a bit more latitude in terms of salt and seasonings because by then, I'm confident you have learned to listen to your body and you'll hear loud and clear whether it's good or not. Just as we'll learn in Stefansson, he craved salt at first and when he finally got some salt, he enjoyed it. Then, over the next few days he forgot about his salt and didn't miss it.

This is probably what will happen to most of you as well, but I think it's necessary to be a little stricter with things when you're losing. When you get to where you want to go then you can use the Atkins principles and add or subtract things based on what they do to you and how they make you feel. The
signals are much louder at this point.

Regards,

Charles

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**RE: Zero-Carb/Meat and Water - Charles** - 10-02-2008 06:49 PM

cbnebraska Wrote:
I'll let you know how it goes!! wish me luck....

Good luck, Cynthia!

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**RE: Zero-Carb/Meat and Water - hpseids** - 10-02-2008 07:18 PM

cbnebraska Wrote:
I'll let you know how it goes!! wish me luck....

That is so awesome! You're badass!! GOOD LUCK! Let us know how it goes.

Riley Wrote:
hpseids Wrote:
Still losing...not that quickly, maybe .2 lbs a day, but then one day it'll be down like a pound and a half...I should probably stop weighing every day so I can see the bigger picture. I've only gone up 2 days (out of about 2 weeks) and they were very small blips that went down the next day...salt, I'm sure.

I would stop weighing every day and go to once or twice a week. It can play games with your mind when you all the sudden are up 2lbs. The extra weight could be anything irrelevant (salt, eating a bit to much, water retention from a hard workout) to your goals. Try adding a body measurement of a "problem area", you choose because I'm not going to list any. Your body may find a resting point as far as weight goes but you are still reaping the benefits of eating VLC/ZC.

You're right. I should definitely weigh less often, once or twice a week, like you said. This will sound so weird, but when I wake up in the morning, it kinda feels like my birthday or something with presents waiting-- I'm so excited to run to the bathroom to weigh. Wow, I can't believe I just wrote that lol. I'm not obsessed, really! But it is exciting to see your body responding to something healthy and I like to see how it changes with my food changes.

As far as measuring, I haven't done it and really should. I'm pretty proportional so there isn't really a specific problem area per se, I'd just like to lose a little more all over...the usual suspects of areas haha. I hate noticed my tummy is flatter for sure, especially since dropping the tons of veggies I was eating before. And yesterday I put on my white coat to work in the hospital and I buttoned it and noticed it totally felt looser than last week.

Thanks for the good advice 😊
Welcome Riley! Great pic.

I've stopped looking to the scale, since I'm very close to "goal" weight. I got a handheld bodyfat monitor thingy and I'm using that instead. I'm more concerned at this point about body composition, bc weight changes aren't likely to tell me all that much. It's not 100% reliable, but gives a measure to go by.

I'm between 22-23% bodyfat, and IIRC for women 18-20% is pretty much the lowest you want to go? Anyone know?

I've been leaving it out on my coffee table, and everyone who's come over picks it up and measures, which has been giving me a pretty good idea of what real leanness looks like amongst different body types. My husband is 7% bodyfat - I almost broke up with him on the spot.

Interesting discussion going on re: VLC/zero carb and pregnancy. I can't comment really, other than to mention (and this is anecdotal, of course) that my mum had two babies with neural tube defects: my sister has occult spina bifida, and my late baby brother had anencephaly (he died soon after birth). Neural tube defects were a major reason behind folate supplementation of grocery-store foods. Anyway, my mum followed a "healthy" recommended diet during each of her four pregnancies (she lost the fourth in her first trimester) and took pre-nataals. Due to the link between gluten and folate deficiency/malabsorption, I can say with some authority that she would have been better off not eating grains. Would she have been better off zero carb? Who knows. Likely better off than she, and her babies, were, but that's just my biased opinion 😊

When were nutritional guidelines for pregnant women set? What were they based on? Who set them? How have they been field-tested, monitored etc? Have they changed over the years, and if so why?

Regina, glad you're here!

---

Hey Charles, I have a question for you:

I have always had to buy 75/25 grassfed ground meat online, because of the fact that all the meat in my area was too lean. Two days ago, a wal-mart supercenter opened down the street and now only have to pay 2.40 for a pound instead of 5 dollars. I also think grain fed meat is better for because there is a smaller amount of PUFAs and tastes better. However, when I went to check the store for 73/27 ground beef, I saw that there are natural flavors in the ingredients list. Doesn't this mean there is a chance there is free glutamic acid contained in the beef, and if so does this not bother you?

Thanks

---

K a bit of a vent and a message for people who may be visiting this thread as a result of the whole ZC pregnancy thing.

IMHO, the contributors to this thread (we're all contributors) do not consider Charles to be the ultimate authority on anything other than his own body. He is willing to share his experience, as we all are (and
there are others here who are all-meat and share just as much as he does). We remain the directors of our own bodies, health and MINDS. Charles could care less what you eat, and he has said as much - he shares what's worked for him, as do we all.

The whole pregnancy post has really got people on other sites on edge, and there's a lot of misinterpretation (Jimmy is telling women to go on a hamburger diet while pregnant, how dare he! And Charles is Kimmer!) and misquoting (Charles tells people not to drink water!) going on. Such is the internet, I suppose. It's one thing to disagree (and to back up your argument, ideally - here's my thesis, here's the info I used etc etc), but what's going on is pure reaction based on emotion, from what I've been reading.

Anyway, I have no dog in this fight so whatever - I just wanted to say that I enjoy this forum bc it's full of lively, intelligent discussion and debate, and of people who won't flip out when I say I don't often eat vegetables. And that I didn't decide to eat this way because of this forum or Charles, or any philosophy or dogma, or anyone other than my own body's response to it - and many other participants here arrived doing VLC/ZC already. Thanks Jimmy for putting yourself out there with your controversial post (which, from what I read, was just you putting a big question out there rather than making a statement or recommendation) and for giving us a comfy home. Thanks Charles for being yourself and offering advice to those who ASK, clearly based on your own experience. Thanks to everyone here for being open, friendly, questioning, and curious - and offering your experiences, arguments and knowledge.

RE: Zero-Carb/Meat and Water - suzanneyea - 10-03-2008 01:59 AM

First, hi to the new people! Second, like I have said in the past, Charles is not the pied pier! We will not all follow him off the edge of a cliff. I find it annoying that people think I am such a "follower" and cannot make my own choices. I can point out several parts of my diet and lifestyle that differ from Charles, I drink coffee, I work out every single day, no day of rest. I could go on, we are all different from eachother. I do not take any supliments, but some people do. I used to take like 10 a day. I used to love getting on the scale when I was losing weight too, well I was always nervous, but excited. However, I really limited it to once a week. Now, I hop on every so often at the gym, but I have stopped worrying about the number. A while ago I was getting upset cause I was too thin and people were giving me a hard time. Tough. I actually noticed that if I just bought my clothes in a size smaller and better fitting, all the negative comments stopped.
I also seem to have no desire to eat ground beef recently, only ground pork or veal. I started getting those cause they were always on the 50% off rack and now I like them better. I have also been eating a lot of pork fat recently. I usually throw a few slices in the pan for flavor with my steaks, but do not eat the actual fat. Suddenly, I am eating all the fat and putting in extra. It is yet another phase, I probably won't want to touch it next week.

RE: Zero-Carb/Meat and Water - cbnebraska - 10-03-2008 03:37 AM

If there is one thing this WOE has taught me, it is LISTEN TO YOUR BODY. The funny thing is, I didn't know what I was listening for because conventional signs are not always accurate with this WOE. First, I have lost and maintained only 5 lbs according to the scale, BUT I dropped an entire pant size! So, weight doesn't tell the whole story. I only drink when I'm thirsty so I only pee 2, maybe 3 times a day and it is bright yellow. When I take in too much water I pee so quickly there after it's nuts. What a waste, and extra work for the kidneys I would think. I only have a BM every 3 days and it is very loose. My stomach makes a lot of gurgling noises. Conventional medicine would tell me all these things are BAD. I now know they aren't at all.
I too wish I would have been ketoadapted when I was pregnant. I would have loved to have avoided
being a beached whale who gained 30 lbs., was constipated all the time, achy, swollen and tired. I
always admired those people who carried a little beach ball in front. Not me, you knew I was pregnant
from ALL angles!! Ugh....

I am reading Bear's concise posts from the active no carber site. I would love to read more of his stuff.
As I'm reading, I'm writing the main topic of the post in the left margin for easy access later. It's too bad
he's not actively chatting somewhere. He just fascinates me due to his age. He is scaring me with a few
things though--- pork, for one. Goodness. And hunger. He says a ketoadapted person doesn't get hungry.
I get hungry, well kinda - I definitely like to eat and seem to get headaches if I don't, so I'm worried I'm
not ketoadapted maybe? Lastly, fasting glucose level. He says his never wavers, all day. I tried testing
mine to see if it varied and it was up and down a bit. Many of you told me that testing it really wouldn't
tell me anything, and apparently my monitor doesn't work right anyways from what more experienced
folks have said, so I quit doing it.

Also, I am still waiting for a post on coffee by him, since he drank it. I'm 4 pages from the end and
nothing has been said. It's been said here that it's the oil in the coffee that's an issue because coffee beans
are obviously vegetables. But I want to know if it has carbs or what in it bumps a person out of
ketoadaptation? At what level and duration of carbs does that happen? I've tried using my keto- sticks
and it doesn't change colors at all, but I'm confused as to whether a) they are ruined strips b) I am not
even into ketosis because of my coffee and whole cream or because I had a glass of wine last weekend
or c) I truly am "ketoadapted". I really wish there was a way to know for sure because then I could listen
to my body even better. My energy is great right now and I have no cravings, although I do get hungry.

Well, I'm off to get ready for work. Have a great day everyone!

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RE: Zero-Carb/Meat and Water - Regina - 10-03-2008 05:15 AM

nyteez Wrote:
What is with these people who come in here condemning my diet with no facts to back it up?!

Where is the data proving that zero carb....oh EXCUSE ME,.... very low carb, cannot support a healthy
life or pregnancy?!

There isn't any, so what is your argument?

First of all, I did not "condemn" your dietary approach, so don't take it personally. It's your body, it's
your experiment!

I do however believe strongly that individuals also should have a wide swath of information to base their
judgement on, and pregnancy is a subject that any woman should have information about when it comes
to their diet and how it can and does affect their ability to get pregnant and maintain an ongoing healthy
pregnancy.

I registered to reply because I was specifically named on this thread and what was said did not
accurately represent what I posted on Jimmy's blog comments. It was said that I did not "understand that
once we get ketoadapted, we no longer are "in ketosis" and we don't waste ketones."

My reply, which clarified how we do indeed continue to manufacture and use ketones was met with
"That is true, we do use them." acknowledging that indeed, perhaps due to my clarification, that Charles
understood my understanding of "ketosis" 

Also, long before this thread, I was invited to join this forum, so I've also had a standing invitation that I haven't had the time to take up.

That said, since the focus of this long thread isn't simply Charles contention that store-bought ground-beef and water is enough sustenance for a healthy pregnancy, I'll move the remainder of my replies to the appropriate thread here:


...that seems to be to discuss that issue. I'll just move quotes as I reply over there since this thread is a way too general discussion overall and I'd prefer not to lose focus on the issue that brought me into a discussion!

Good day folks - hope to see some of you over on the other thread!

---

**RE: Zero-Carb/Meat and Water** - [Charles] - 10-03-2008 05:44 AM

mlcondiff Wrote:
Doesn't this mean there is a chance there is free glutamic acid contained in the beef, and if so does this not bother you?

It's possible that there may be but I've never had any problems with Wal-Mart's ground beef. In fact, I've never looked at the ingredients list on it. These days, since I don't eat breakfast, I'm only eating ribeyes, chuck steak or something like that with added fat. I wouldn't hesitate to eat the ground beef though.

I suppose if someone can easily get better quality meat and the price is not an object then that's fine, although the benefit is arguable. I haven't seen anything to suggest that there is anything wrong with the supermarket variety.

The grain-fed is only fed grain shortly before slaughtering. The completely grass-fed may have more nutrients but that doesn't mean that the grain-finished doesn't have sufficient nutrients.

I say all that to say that I would eat the Wal-Mart 73/27 without hesitation, but that's just me!

Regards,

Charles

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**RE: Zero-Carb/Meat and Water** - [Fully] - 10-03-2008 05:45 AM

Good Morning Everybody and Welcome to the new posters!

The scales are moving again Woooo Hooooo! I am so grateful for all the personal experiences that you guys share on here! I can not thank you all enough. This sure beats gastric bypass! I have never felt better! Even my hair looks good 😊 And my skin is not quiet as dry! I have psoriasis and I hope it doesn't get as bad this winter as it normally does I am so excited!
Charles Wrote:
[quote=mlcondiff]
Doesn't this mean there is a chance there is free glutamic acid contained in the beef, and if so does this not bother you?

If I understand the following link correctly, free glutamic acid is MSG.

http://www.nutrition4health.org/nohanews/NNSp00_MSG.htm

If you believe the symptoms in those sensitive to MSG then it may be better to avoid it. I have 73/27 hamburger from Cargill. Going to check the ingredient list. Don't believe it has anything in it but ground beef and fat.

RE: Zero-Carb/Meat and Water - southern-dahlin - 10-03-2008 05:59 AM

MAC Wrote:
If I understand the following link correctly, free glutamic acid is MSG.

My Sams does not carry them now
Sam's Club is pulling frozen hamburgers made by agribusiness giant Cargill Inc. from its stores shelves across the United States as Minnesota health officials investigate four cases of E. coli associated with the burgers.

RE: Zero-Carb/Meat and Water - Charles - 10-03-2008 06:11 AM

cbnebraska Wrote:
But I want to know if it has carbs or what in it bumps a person out of ketoadaptation? At what level and duration of carbs does that happen? I've tried using my keto- sticks and it doesn't change colors at all, but I'm confused as to whether a) they are ruined strips b) I am not even into ketosis because of my coffee and whole cream or because I had a glass of wine last weekend or c) I truly am "ketoadapted". I really wish there was a way to know for sure because then I could listen to my body even better. My energy is great right now and I have no cravings, although I do get hungry.

I can't help much with the coffee, but I thought the Bear covered it pretty well. If I were a coffee drinker, I would try and drink it exactly as he does. If he has it plain, or uses cream or whatever, I would listen to him. I'm glad that I don't, however.

Some quotes:

Quote:
Our local cream has ~1 gm/100 ml, so 2 l contains 20 gms. There are not 10 gms of total solids in three cups of my expresso (I grow, roast, grind and brew coffee- I have Rancilio and Conti machines), and the sugars have been caramelised by roasting. My vanilla extract label says it is 0 carb- I don't buy the cheap stuff. Perhaps there may be ~30 gm total, but that is spread out over 3.5 litres of ice cream, or one gm per 125 ml. How close to
zero do you want to go?

I go much closer.

Quote:
I questioned only your contention that the level of dissolved solids in three 20 ml cups of coffee is 10 gm, and what portion of the total mix of extracted solids and oils would check out as sugars. By the way, the oils in fresh coffee seem to have an ability to stimulate insulin release. Not the caffeine, nor will defatted instant, only whole brewed coffee. I have had to stick to just one cuppa in the early morning, drat it.

Something to consider.

Quote:
I love my one morning cup of coffee- but not black. I found some time ago that a couple of tablespoons of heavy cream diluted with water will froth up like milk and makes a delicious cappuccino

Quote:
Ice cream is: egg yolks, cream, non-lactose milk protein in water, vanilla extract and a tiny pinch of aspartame.

For a 6 qt White Mt. churn: 16 yolks, 1.8 litres cream, 250 ml water with 2 heaping tablespoons of a mix of 3 parts calcium caseinate and one part ion exchange whey (not isolate) two tablespoons of high quality vanilla. You can spice it up by grinding up fresh vanilla bean. If you like coffee flavour, add three small cups of short-black espresso. Be careful not to run the machine too long or it will turn to butter.

The only potential problems I can spot with such an approach is with regards to insulin. You have to remember that the Bear has been on this regimen for a long period of time. I think the rules are much different for those who have achieved their healthy body-regulated weight than it is for someone who is losing and has hyperinsulinemia. Therefore, in my opinion, one should get to where they want to go before adding things like this. On the other hand, if you can enjoy these things and they don't slow you down, that's something to consider as well.

Again, these are all just my opinions. He also offers this caveat which addresses my concern:

Quote:
Simple solution: if you feel hungry, eat. Try not to constantly check the scales and so on, the reduction process is slow, and varies as your BF falls. Coffee? May be the culprit.

Again, it all depends on the state of your insulin. If it's out of control, you cannot eat like the Bear. If it's properly controlled, you can enjoy certain things. This is probably why Dr. Eades thinks that people who achieve their goal weight can eat more things than someone who is losing. This isn't a blank check, but I
believe you would be more attuned to your body and not to quick to overdo it. This is why I suggest you get to where you want to go and then experiment.

The ketostrips would not change colors if you were not wasting ketones. The fact that they are clear indicates that perhaps your body is efficiently using the ones you are producing so this is a good sign.

When the Bear talks about getting hungry, he means that he doesn't get hungry in the absence of food. He only gets hungry when he's preparing his food. The enjoys the smells and things like that.

Quote:
'Hunger' is due to blood-glucose variation. On a zero carb regime, the blood levels never vary thus you will never 'feel hungry' or have 'mood swings' whether you eat or not. This is normal. Appetite appears as soon as you smell the meat cooking... I try to remember to eat at least once a day, more is ok, perhaps better. If you don't mind the time spent in the kitchen, you can even eat as many times as 6 per day- which I consider a good format for adding muscle when bodybuilding

What he is communicating is that his insulin is under control and his blood sugar does not go too low, which means he does not hypersecrete insulin. This will be true for you as well the longer you stay on the regimen. It took me more than six months to achieve this. I am only hungry in the presence of my own food.

Regards,

Charles

RE: Zero-Carb/Meat and Water - Charles - 10-03-2008 06:14 AM

waywardsister Wrote:
IMHO, the contributors to this thread (we're all contributors) do not consider Charles to be the ultimate authority on anything other than his own body. He is willing to share his experience, as we all are (and there are others here who are all-meat and share just as much as he does). We remain the directors of our own bodies, health and MINDS. Charles could care less what you eat, and he has said as much - he shares what's worked for him, as do we all.

Well said! (That doesn't mean that I don't love you all, though! 😊)

RE: Zero-Carb/Meat and Water - Charles - 10-03-2008 06:17 AM

MAC Wrote:
If I understand the following link correctly, free glutamic acid is MSG.

I guess we would have to find out what "natural flavors" mean. I thought that by law, one had to disclose if MSG was present, no?
Welcome, Regina.

Welcome to Riley, too. You're doing great on zero carb. I'm sure we'd all love to meet your mother. Is she doing zero carb or some other low carb plan?

waywardsister Wrote:
I'm between 22-23% bodyfat, and IIRC for women 18-20% is pretty much the lowest you want to go? Anyone know?

I don't put a lot of stock in body fat percentages since they don't take body shapes into account. I've probably only got about 17% body fat on the upper half of my body but my lower half is probably more like 25%. Even though I'm bottom-heavy, the body fat calculators put me in the nearly underweight category of about 18-19% even though I'm a bit overweight in my legs.

Charles Wrote:
If I understand the following link correctly, free glutamic acid is MSG.

I guess we would have to find out what "natural flavors" mean. I thought that by law, one had to disclose if MSG was present, no?

Since I don't buy my 73/27 hamburger from Wal-mart, do the ingredients list free glutamic acid on the package or are you saying it lists 'natural flavorings'? The OP had me believing it listed free glutamic acid. Couldn't find the original post when I want looking. This thread moves too fast.

I posted on the 73/27 Wal Mart ground beef sometime back. It does have an injected water based solution with other stuff in it [salt sodium something, other "natural flavors"] I don't know if the 80/20 has it or not. My local butcher sells two types neither of which is pre-packaged. Their "ground round" is ground in the store and is not pre-packaged nor is it injected with any solutions. Their hamburger - however - is bought by them in tubes and they have no idea if it is injected with a solution. I have to use a lot of hamburger for budgetary reasons - so I have to keep exploring the subject to try to be sure what I am eating is as pure meat and fat as possible.

chiara Wrote:
Thanks Charles for being yourself and offering advice to those who ASK, clearly based on your own experience. Thanks to everyone here for being open, friendly, questioning, and curious - and offering your experiences, arguments and knowledge.

Here Here!!! I second this. We are all intelligent people trying to be serious about our healthy lifestyle.
But we all do things a little bit differently. It's great to hear others opinions, stories, advice, but ultimately we can make up our own minds on how we should proceed 😊.

**RE: Zero-Carb/Meat and Water - [MAC](mailto:MAC) - 10-03-2008 08:08 AM**

chris m. Wrote:
I posted on the 73/27 Wal Mart ground beef sometime back. It does have an injected water based solution with other stuff in it [salt sodium something, other "natural flavors"] I don't know if the 80/20 has it or not. My local butcher sells two types neither of which is pre-packaged. Their "ground round" is ground in the store and is not pre-packaged nor is it injected with any solutions. Their hamburger - however - is bought by them in tubes and they have no idea if it is injected with a solution. I have to use a lot of hamburger for budgetary reasons - so I have to keep exploring the subject to try to be sure what I am eating is as pure meat and fat as possible.

chris

OK. I buy 3 lb tubes of 73/27 from either Stater Brothers or Meadowland Farms brand which is processed by Cargill. Neither of these sources lists anything but 100% beef on the label.

So I guess I now understand Charles' question about natural flavorings as you say Walmart 73/27 had them and the link I posted said natural flavoring could contain MSG.

"These OFTEN contain MSG or create MSG during processing:

Flavor(s) & Flavoring(s), Natural flavor(s) & flavoring(s)"

So Walmart 73/27, since it contains natural flavoring may also contain MSG. We just don't know.

**RE: Zero-Carb/Meat and Water - [nvteez](mailto:nvteez) - 10-03-2008 08:12 AM**

Cynthia - Unfortunately thost strips don't work for everybody. Some people never show any color, some people (like me) always show color. It is not really a reliable test. The Bear also mentions this.

Also, the Bear has been eating this way for 50 years. When he says you should not be hungry when keto adapted he is right, but it may take many months for your body to unlearn wanting to eat every 5 hours. Every month I notice changes. Just keep doing what your doing and you will see results.

I have been off eggs for 2 months. Last week I started getting hungry around 2-3pm and started having 3 HB eggs w/ lots of butter. ( my office is where I also raise chickens so the only thing to eat there is eggs LOL!) Not every day, but 3-4 days for the past 2 weeks I have had eggs w/ no problems. I also had a few pieces of cheese and I have actually lost 2 more lbs.

So, for 2 months I was strictly meat, water and some wine. Now I can add back cheese & eggs (in moderation) and continue to lose weight. I think with eating zero carb, there is a lot going on in our bodies, healing, detoxing and adjusting. We have to give our bodies time to adjust to this WOE and it takes time. Not days or weeks, but months. Even the Bear tweaked his diet many years after this WOE.

I think it is important to just stick with the diet and be patient. Changes will happen.
RE: Zero-Carb/Meat and Water - jeepifer - 10-03-2008 08:14 AM

Remember how frustrated I was that my scale stopped moving downward? It's on the march again. I'm at my previous low weight, my "tight" jeans are a bit looser, and most importantly, even though I'm having emotional issues, I have no desire to run off to the sugary, carby junk like before. Progress! *happy dance*

Not sure if it's the ribeyes, or the strength training I started, or both, but I'll take it! I'm averaging about 1 lb. a day total intake on the beef and I only know this because DH tried to cut the steaks to be 1 lb. each and that's pretty much what I eat in a day. I'm not being retentive and measuring every meal!

Energy level is constant. I should be very tired today, as I hardly got any sleep last night (not LC related) but I'm okay. Not as perky as normal, but not falling-down asleep either.

I did try the "stix" this morning and they're still turning, but not nearly as dark as a week or two ago. Hope this means I'm working through to ketoadaptation!

Charles, you aren't the pied piper? Aww, shucks. 😊

RE: Zero-Carb/Meat and Water - Charles - 10-03-2008 08:20 AM

jeepifer Wrote:
Charles, you aren't the pied piper? Aww, shucks. 😊

I suppose I can be if you want me to? 😊

I just need one of you ladies to look great enough so that your husbands will impregnate you and I can end this zero-carb and pregnancy nonsense. In fact, I wish I were a woman and I could just take one for the team.... sigh😊

RE: Zero-Carb/Meat and Water - deedum - 10-03-2008 08:29 AM

MAC Wrote:
So Walmart 73/27, since it contains natural flavoring may also contain MSG. We just don't know.

I am gluten intolerant and anything with "natural flavorings" makes me sick. I think I read awhile ago on one of the celiac sites "natural flavorings" may include hydrolized soy, hydrolized corn or hydrolized wheat. Anything hydrolized has gluten or acts like gluten.

Deanna

RE: Zero-Carb/Meat and Water - jeepifer - 10-03-2008 08:36 AM

Charles Wrote:
I just need one of you ladies to look great enough so that your husbands will impregnate you and I can end this zero-carb and pregnancy nonsense. In fact, I wish I were a woman and I could just take one for the team.... sigh😊
Sorry, can't help there. I am *so* done having kids. But for the record, I would have no problem continuing ZC if I were pregnant. I did LC during both pregnancies and have two very healthy, smart, beautiful girls.

RE: Zero-Carb/Meat and Water - Charles - 10-03-2008 08:39 AM

jeepifer Wrote:
Sorry, can't help there. I am *so* done having kids. But for the record, I would have no problem continuing ZC if I were pregnant. I did LC during both pregnancies and have two very healthy, smart, beautiful girls.

Must have been the milk, blood and those veggies you were eating that made you get pregnant, huh Jenn?

RE: Zero-Carb/Meat and Water - con - 10-03-2008 08:48 AM

Riley Wrote:
Hello Zero Carbers! I want to tell my story and get a bit of feedback.

I have been on low/zero carb for a little over 3 months now and I feel amazing. I'm so glad this diet came into my life. I owe it all to my mother who has become very knowledgeable because of this forum and this thread (among other sources). She snoops so you don't know her but she is very grateful for all the contributors.

Welcome Riley,

You and your mom's stories are very inspiring. Thanks for posting them.

RE: Zero-Carb/Meat and Water - con - 10-03-2008 09:18 AM

I kind of feel sorry for Regina,
Because she doesn't know what she's in for or who she's up against 😊😊😊😊😊

I read the entire BEAR thread--the most exciting thing thing I had read for ages--before I heard there was a cliff's notes version(the Concise Bear). When I started reading Charles' thread I was just as fascinated--why? I think my mind recognized a clarity, something true-simple-and inspiring----AND I could experiment on myself and actually interpret the results.

So far, I see NO bumps in the road, certainly no faults in Charles' reasoning.
It comes down to how much we adore our carbs vs. how much we want to see what happens as we decrease them more and more.

RE: Zero Carb / Meat and Water - ANOVA - 10-03-2008 10:13 AM

Charles Wrote:
montmorency Wrote:
On the subject of the thread being huge, would it be
(a) technically possible?
and
(b) desirable?
for there to be sub-threads of this thread?

We'll have to take it case by case. We did not need a meat, water and coffee thread. I love the 100-day challenge thread although it could have been here as well. One does not have to be different than me in order to post here. We recognize that people are on their own individual journeys and we all respect and appreciate that. Don't ever feel bad about posting.

However, people need to master the search function and as long you select "posts" instead of "threads" you can very easily find what you're looking for.

Anyone who has read this thread knows that we do regularly repeat questions that have been answered before because it's more important that people understand the science than it is to be rigid about rules.

I don't mean to be so rigid but if you have been reading closely on this board, Jimmy and many others are not zero-carb and they're not comfortable with the perception that the entire board is dominated by our way of eating. Therefore, as good citizens, we try to be accommodating.

Regards,

Charles

How about an FAQ section under the diet description at the top of the forum page? As long as all diets are allowed to have a similar section under their descriptions. The administrative problem is deciding who will be allowed to do the FAQs for other diets.

RE: Zero-Carb/Meat and Water - nyteez - 10-03-2008 02:18 PM

Quote:
I read the entire BEAR thread--the most exciting thing thing I had read for ages--before I heard there was a cliff's notes version(the Concise Bear). When I started reading Charles' thread I was just as fascinated--why? I think my mind recognized a clarity, something true-simple-and inspiring----AND I could experiment on myself and actually interpret the results.

Me too! I am glad I read the long version because there are lots of good links to more info in it. After reading the Bears thread, this thread was easier to understand. Charles is so good at explaining things simply.

RE: Zero-Carb/Meat and Water - suzanneyea - 10-03-2008 02:21 PM

And yet, I still really do not get the whole thing, lol. My eyes just glaze over when the topics start using words like insulin and glucose. All I know is eat meat, stay thin and healthy.

RE: Zero-Carb/Meat and Water - chiara - 10-03-2008 03:53 PM
Charles Wrote:

I just need one of you ladies to look great enough so that your husbands will impregnate you and I can end this zero-carb and pregnancy nonsense. In fact, I wish I were a woman and I could just take one for the team.... sigh😊

Haha...sorry...another year or two for me. But when I'm ready, I'll gladly give it a try.

---

RE: Zero-Carb/Meat and Water - chiara - 10-03-2008 03:56 PM

suzanneyea Wrote:
And yet, I still really do not get the whole thing, lol. My eyes just glaze over when the topics start using words like insulin and glucose. All I know is eat meat, stay thin and healthy.

I have not yet started in on the Bear thread. I did just start reading GCBC. It could be the greatest thing I've ever read. Although, I find it makes me angry and I'm not an angry person. Someone should have punched Ancel Keys in the face. Maybe.

---

RE: Zero Carb / Meat and Water - Charles - 10-03-2008 04:05 PM

ANOVA Wrote:
How about an FAQ section under the diet discription at the top of the forum page? As long as all diets are allowed to have a similar section under their descriptions. The administrative problem is deciding who will be allowed to do the FAQs for other diets.

This is true and something that we've been kicking around. Part of me likes the idea of a FAQ but more of me likes the idea of repetition because more people can get these things straight in the minds the more they read them.

I have suggested a forum for each plan, but this would be much like the old forum which was very busy with too many little forums. The idea of this forum was for a more streamlined approach.

Let's face it. Zero-carb is quite a concept. It's amazingly simple yet amazingly complex at the same time. For some, it's the easiest thing they've ever done and they wonder what took themselves so long. For others, it's quite a conundrum and goes against their background so much that they become angry.

The idea that someone could be healthy on supermarket beef and tap water sounds pretty extreme unless you have been doing this and have the health to show for it. I try to be as accessible as possible so people can see that I am a real person who struggled with this just as they do. I've had some amazing success and it only gets easier and easier to do.

There will be some major changes soon and those of you who are really into zero-carb will not be disappointed.

Regards,

Charles
nyteez Wrote:
Quote:
I read the entire BEAR thread--the most exciting thing thing I had read for ages--before I heard there was a cliff's notes version(the Concise Bear). When I started reading Charles' thread I was just as fascinated--why? I think my mind recognized a clarity, something true-simple-and inspiring----AND I could experiment on myself and actually interpret the results.

Me too! I am glad I read the long version because there are lots of good links to more info in it. After reading the Bears thread, this thread was easier to understand. Charles is so good at explaining things simply.

Sorry I'm a step (or two or three) behind, but where are the concise and long version of the Bear thread? I've read some of his stuff but I'm interested to read the unabridged version you mentioned, Nyteez, with all the good links and stuff.

TIA!

RE: Zero-Carb/Meat and Water - sean - 10-03-2008 05:58 PM

Oh Regina Regina Regina...Just the facts please darling.

Maasai adults drink only soured milk. I've not only been there, but I recently contacted a friend of mine to confirm and although not Maasai herself, she lives in Tanzania and gets food from the market where the Maasai sell their wares. Shockingly enough she told me she can't get "straight" (meaning fresh) it is always sour. She stated she knows of no African that drinks milk that hasn't been soured. I'm not saying this is always the case, but I think she has the inside line on the diet of these people, don't you think???
So much for their lactose carbs, I know, I know, their RDA of sugar now must come from blood.....

And amazingly enough I found this little douzzy on line about pregnant Maasai women : (if you would, pay close attention to sentence #5)

Early Childhood >
Pregnancy in Maasai Culture

A pregnant woman in the Maasai community is treated like a queen. Her meals are prepared for her in order to ensure that both she and the baby will remain healthy. Her food is selected very carefully to ensure that both she and her baby will be healthy. The amount as well as the quality of food a woman eats while pregnant is carefully controlled. A pregnant woman is not allowed to drink whole milk; only in certain times can she drink skim and sour milk. Pregnant women also enjoy special diets made from of a mixture of traditional herbs designed to keep the blood and stomach clean. Pregnancy is carefully monitored by midwives until the mother gives birth, after which the child will be cared for by the whole community.

Is this a fact since it is from the net, who knows, but it sure looks that way. I just find it shocking that the Maasai actually think that thing inside the woman is a baby, and not a blob of dead tissue How primitive, and unprogressive of those Maasai gals.
If anyone has read Dr. Price's work it is quite clear that he was dumbfounded by the ease and simplicity of childbirth among natives. The women were built properly on their carnivorous diet and as he said about the Inuit, the women didn't even "wake their husbands" while giving birth. Sounds like an American maternity ward to me....my oh my - I'll have to read a little more thoroughly but I dont recall the section where the ladies started eating salads once pregnant....

Finally here is a little passage from a book written in 1843 about meat and water and the Guachos. A Treatise on Food and Diet by Johathan Pereira

Many facts could be adduced to prove that an exclusive diet of animal flesh is amply sufficient for healthy nutrition. Sir Francis Head relates some interesting particulars respecting the Guachos, inhabitants of the Pampas, in South America, which have an important bearing on this question. After stating that they often continue on horseback day after day, galloping over their boundless plains, under a burning sun, and performing labors almost of an incredible description, he remarks: "As the constant food of the Guacho is beef and water, his constitution is so strong, that he is able to endure great fatigue, and the distances he will ride, and the number of hours he will remain on horseback, would hardly be credited." Sir Francis Head also brings his own personal experience in proof of the correctness of the above statement.

"When I first crossed the Pampas," he remarks, "I went with a carriage, and although I had been accustomed to riding all my life, I could not at all ride with the Peons (drivers of the carriage) and after galloping five or six hours, was obliged to get into this carriage; but after I had been riding for three or four months, and had lived upon beef and water, I found myself in a certain condition, which I can only describe by saying that I felt no exertion could kill me. For a week I could daily be upon my horse before sunrise, could ride til two or three hours after sunset, and have really tired out ten or twelve horses. This will explain the immense distances which people in South America are said to ride, which I am confident could only be done on beef and water." (Rough Notes, by Sir Francis Head, p.29).

There are numerous facts of similar kind which might be quoted, but the fact that an exclusive diet of animal food is fully sufficient to sustain physical powers is too well established to need further proof.

Now if it was not even worth arguing about back in 1843 why on earth are all the detractors so attracted to Charles and BEAR??????

Since there has been some talk lately about the different forums/formats, why not set up a forum for all the - educated WELL beyond their intelligence - types and they can place bets as to who dies first on this forum due to their beef and water diet ...

One final thing, can someone help me understand how the Mongols, Comanches, Inuit and Guacho babes gave birth???? Havent these silly primitives ever heard of the RDA???

RE: Zero-Carb/Meat and Water - MAC - 10-03-2008 06:04 PM

hpseids Wrote:
nyteez Wrote:
Quote:
I read the entire BEAR thread--the most exciting thing thing I had read for ages--before I heard there was a cliff's notes version(the Concise Bear). When I started reading Charles' thread I was just as
fascinated--why? I think my mind recognized a clarity, something true-simple-and inspiring----AND I could experiment on myself and actually interpret the results.

Me too! I am glad I read the long version because there are lots of good links to more info in it. After reading the Bears thread, this thread was easier to understand. Charles is so good at explaining things simply.

Sorry I'm a step (or two or three) behind, but where are the concise and long version of the Bear thread? I've read some of his stuff but I'm interested to read the unabridged version you mentioned, Nyteez, with all the good links and stuff.

TIA!

See this link for the unabridged discussion: http://forum.lowcarber.org/showthread.php?t=287013

Here is the short version: http://activenocarber.myfreeforum.org/Concise_Bear_about1646.html

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**RE: Zero-Carb/Meat and Water - Charles - 10-03-2008 07:14 PM**

sean Wrote:
Oh Regina Regina Regina...Just the facts please darling.

Sean, I absolutely loved your post and I need as much information like that on people who were exclusive meat eaters. However, the discussion has moved to the General Discussion Thread. Please post your information there. I need it.

I don't know why this is so controversial but it's high time the medical community gets reminded of the stuff that Stefansson proved 88 years ago.

I'm going to be getting a book tomorrow from anthropologist Marvin Harris whom Taubes quoted from in his book. He'll have more ammunition as well.

Thanks,

Charles

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**RE: Zero-Carb/Meat and Water - Hilary - 10-03-2008 09:07 PM**

I am so glad that I posted here when I started. I am on day 4 and having really bad detox symptoms. I am O.K. and getting through it, but it is hard. Except for my coffee (cut the AS in 1/2), I am having my first ZC day. It was knowing that I was going to have to check in at some point that kept me from cheating.

I had a baby two weeks ago and everyone is bringing food, pasta, cookies, and such for us. It is so nice and the rest of the family is eating it up. My DH totally supports me. But smelling all the food was hard. Thanks guys for being here.
RE: starting meat and eggs today - kacey - 10-03-2008 10:19 PM

Just catching up from my last post about progress from 9 days ago. I have now lost 7 pounds. WHOOSH! I added coconut oil to my 2 cups of coffee in the morning. (and one cup of tea in the afternoon) I am not using cream. Very, very tiny amounts of cheese (like 2 times over last 2 weeks). Meat, meat, and meat. A few days I had a glass of wine. 1 day I had some salad.

I am still on 3 meals a day - but I'm hoping to get away from that soon. I'd like to eat more, less often. I am still having horrific bouts of nausea but I'm OK with that if I'm losing weight. (I know it shouldn't be that way but I'm desperate to get the weight off and this is the first thing that has worked in a long, long time. I did lose some on the 'liquid' diet - which I actually wonder how that works since it has so many carbs and so little fat??? But I felt like CRAP.)

My skin looks great. My hair is shiny. (I have problems with this due to thyroid but all this fat is really making a difference.) I am on about 75-80% fat a day. Minor carbs (a few eggs, etc). Rest protein.

I am still sleeping ALOT. Weird. Still waiting on the major burst of energy. I don't feel bad, fatigued, or sluggish, but when I'm ready for bed there is NOTHING to keep me awake! Then I sleep and sleep and sleep.

Next week, son's surgery. Being 'locked' in at the hospital so I'm really freaking a little in how to prepare for that. I'm going to take a cooler with some stuff. That should last the first two days anyway. We'll see after that.

I'll post again sometime next week. Here's hoping for another 7 pounds lost!!! 😄😄😄

RE: Zero-Carb/Meat and Water - suzanneyea - 10-04-2008 03:01 AM

Hilary,
How are you doing with the baby? I went through a horrible detox period too, it just dragged on and on and I was so frickin tired and felt so sick and dizzy. However, I think that is one of the things that keeps me so focused, I never want to go through that again. Even when I gave up eggs, I went through a mini detox! Just from stupid eggs! I have found having high carb foods around not as tempting as having low carb treats. I would never ever eat bread or pasta, but now I make things like cream cheese muffins and oppsie rolls for my son and those are tempting from time to time. There was a period I could not make them, just too tempting. So, hang in there, it will get easier. At least the diet part, the being a mom part just gets harder, lol.

RE: Zero-Carb/Meat and Water - FormerDonutJunkie - 10-04-2008 03:24 AM

suzanneyea Wrote:
I have found having high carb foods around not as tempting as having low carb treats. I would never ever eat bread or pasta, but now I make things like cream cheese muffins and oppsie rolls for my son and those are tempting from time to time. There was a period I could not make them, just too tempting.

I'm with you on this one. It seems we have this thing in us that wants to "justify", not just eating LC treats, but eating them to excess. It's almost like they have the same addictive powers as sugar even though they use AS. It must be the vicious AS/Insulin spike circle. I have resisted true sugary-carb-laden treats time and again with no problem, not even the least tempted to indulge for I know sugar's evil power and hate the thought of it's intensely unrelenting cravings. For me it is best not to have the LC
treats around at this point. And the thing is, even though many LC treats/versions of the real thing are pretty low in carbs, they seem to have the ability to quickly stall you or pack on an extra pound or two. Again, moderation just doesn't seem to have a place in my brain!

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**RE: Zero-Carb/Meat and Water - montmorency - 10-04-2008 04:05 AM**

cbnebraska Wrote:

Quote:

montmorency Wrote:

The more positive reports we can get of LC/VLC/ZC-ers successfully competing, the better :-)  

Well, most of you know that I have done 2 sprint triathlons (which take roughly 1.5 hours), both VLC and 5 Adventure Races, the last few being zero carb. Adventure Races take anywhere from 4-7 hours. At my last 5.5 hour race, I did not take in anything to eat the entire race after a very high fat ground beef breakfast. We rocked and we won our division!! (teams of 3 that is similar in nature to The Amazing Race - you don't know what you'll be doing, you're following a map, seeking out checkpoints, performing team challenges along the way, riding mountain bikes but also including running, kayaking, canoeing, climbing, and whatever else the crazy race directors can come up with!)

Sounds great, and perhaps in keeping with the kind of "sport" our hypothetical hunter-gatherer ancestors might have been doing (minus the mountain bike of course 😊).

Quote:

I have another AR this weekend, leaving Friday afternoon and competing first thing Sat. morning. Planning to repeat my large breakfast of all ground meat and tons o fat, about 1.5 hours before race start and taking in only sips of water along the way.

I'll let you know how it goes!! wish me luck....

Good luck! 😊

Mike

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**RE: Zero-Carb/Meat and Water - montmorency - 10-04-2008 04:23 AM**

FormerDonutJunkie Wrote:

. It's almost like they have the same addictive powers as sugar even though they use AS. It must be the vicious AS/Insulin spike circle.

Barry Groves, for one, preaches against artificial sweeteners in "Natural Health and Weight Loss". The way he puts it is that artificial sweeteners have a more intense sweetness that perpetuates the craving for sweet food to a greater extent than even sugar.

Personally, I just object to them on principle, in the same way that I detest any food that pretends to be something else. Thus I hated margarine and low-fat spreads, even when they were thought to be healthy. I'm feeling smugly vindicated on that one now.

"I can't believe it's not butter" - ha, but I can believe I'm being conned!
FormerDonutJunkie Wrote:
It seems we have this thing in us that wants to "justify", not just eating LC treats, but eating them to excess. It's almost like they have the same addictive powers as sugar even though they use AS. It must be the vicious AS/Insulin spike circle.

Not almost like, just like.

"For as long as humans have lived on Earth, they have been eating foods that taste sweet, such as sugar cane and honey.

So, the brain has a conditioned response in reaction to eating something sweet.

It is called the Cephalic Phase Insulin Response (CPIR), and it’s responsible for the fat-storing effects of diet beverages, including diet sodas, diet tea, coffee, energy drinks, sports drinks, and flavored waters.

This adaptation in humans is a reaction to the ingestion of sweet-tasting foods. The body learned to associate sweet-taste on the tongue with the resulting sugar-energy-load that landed in the stomach.

The brain came to perceive sweet-taste with the need to program the liver to prepare for the arrival of an outside source of high energy – sugar.

As the tongue senses something sweet, it programs the brain to set into motion a series of biochemical events. It doesn’t matter if the sweet taste comes from natural honey or from artificial sweeteners.

This biochemical cascade triggers the liver to stop the manufacture of protein and starch from its body-reserves, and to begin to store the glucose-energy that circulates in the blood.

In the case of diet beverages, the sweet taste sets these events into motion.

But when no calories actually appear in the stomach, this causes the body to demand real food, with resulting hyper-urges from the liver to overeat, or to drink more of the sweet-tasting liquid, and the cascade repeats itself.

Almost instantly, the body starts producing insulin, the “fat” hormone, which stores sugar in the blood stream, and programs the adipose tissue fat cells (belly fat) to store, store, store.

This Cephalic Phase Insulin Response (CPIR) creates reactive hypoglycemia (low blood sugar), which further triggers strong cravings for more sweet-tasting items, and high glycemic foods.

After the taste buds are activated by a sweet-taste, the urge to ingest food can last from 1 to 2 hours. So, you are hungry for hours, because no real food or calories has satiated the body’s need for energy.

And now, the body is producing insulin for no reason, because the brain has instructed the liver to store instead of burn/release its storage supplies.

The result is fat, fat, fatter - the Cephalic Fat Spiral."
RE: Zero-Carb/Meat and Water - Charles - 10-04-2008 04:33 AM

Hilary Wrote:
I am so glad that I posted here when I started. I am on day 4 and having really bad detox symptoms. I am O.K. and getting through it, but it is hard. Except for my coffee (cut the AS in 1/2), I am having my first ZC day. It was knowing that I was going to have to check in at some point that kept me from cheating.

I was thinking about you this morning. I remember on the last forum that you and someone else were zero-carbing and doing very well. I know that you achieved your goal weight and got pregnant. Were you eating zero-carb (or close to it) when you became pregnant and then you started eating carbs while pregnant?

Charles

RE: Zero-Carb/Meat and Water - Charles - 10-04-2008 04:37 AM

montmorency Wrote:
"I can't believe it's not butter" - ha, but I can believe I'm being conned!

Oh, I love that one 😄

RE: Zero-Carb/Meat and Water - Charles - 10-04-2008 04:40 AM

MAC Wrote:
The result is fat, fat, fatter - the Cephalic Fat Spiral."

Hey, people say I can be too complicated at times. That piece you posted was extremely clear and extremely accurate. Everyone should understand this. If you don't, please ask questions because that's it in a forkful!

Regards,

Charles

RE: Zero-Carb/Meat and Water - Charles - 10-04-2008 05:43 AM

Jimmy Moore Wrote:
Effective Friday, October 31, 2008, we will no longer be discussing, mentioning, or allowing the subject of zero-carb diets to appear on the forum. On that date, all current threads and posts that talk about zero-carb will be permanently removed and deleted. This includes not just the “Meat And Water Only” thread and other associated zero-carb threads that have been created. It also will impact any personal journals or other areas of the forum where “zero-carb” is mentioned.
So what does that mean for you?

Jimmy Moore Wrote:
So what about the zero-carb followers? Am I gonna leave them high and dry to go elsewhere. The answer is no. I’ve discussed this issue at length with my zero-carb moderator Charles Washington and he has agreed to start his own forum dedicated specifically to the zero-carb lifestyle for anyone who chooses to follow that path themselves. Charles is working on building this forum as we speak and will begin moving the relevant content from the current forum to the new zero-carb forum over the next few weeks. We’ll let you know when the site is ready for people to sign up there and that will be announced soon. Charles is dedicated to continuing what he started at my forum at his very own zero-carb forum.

And what about those opinions on his blog post from all the "low-carb experts"? Oh, you can best believe I'll spend the remaining time refuting each one.

I know that most of you have been following our book discussion and if you have, you should be able to refute their logic all by yourself and we're only on Chapter 2!

Regards,

Charles

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**RE: Zero-Carb/Meat and Water** - FormerDonutJunkie - 10-04-2008 06:53 AM

montmorency Wrote:
Personally, I just object to them [artificial sweeteners] on principle, in the same way that I detest any food that pretends to be something else.

Wow, I love that description! "A food that pretends to be something else."

---

**RE: Zero-Carb/Meat and Water** - hpseids - 10-04-2008 07:00 AM

MAC Wrote:
hpseids Wrote:
nyteez Wrote:
Quote:
I read the entire BEAR thread--the most exciting thing thing I had read for ages--before I heard there was a cliff’s notes version(the Concise Bear). When I started reading Charles' thread I was just as fascinated--why? I think my mind recognized a clarity, something true-simple-and inspiring----AND I could experiment on myself and actually interpret the results.

Me too! I am glad I read the long version because there are lots of good links to more info in it. After reading the Bears thread, this thread was easier to understand. Charles is so good at explaining things simply.

Sorry I'm a step (or two or three) behind, but where are the concise and long version of the Bear thread? I've read some of his stuff but I'm interested to read the unabridged version you mentioned, Nyteez, with all the good links and stuff.
TIA!

See this link for the unabridged discussion: http://forum.lowcarber.org/showthread.php?t=287013

Here is the short version: http://activenocarber.myfreeforum.org/Concise_Bear_about1646.html

Thanks MAC!

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RE: Zero-Carb/Meat and Water - FormerDonutJunkie - 10-04-2008 07:03 AM

MAC thank you so much for your post that makes absolutely clears up why artificial sweeteners cause the same or worse cravings as sugar itself. And causes weight gain to boot!

---

RE: Zero-Carb/Meat and Water - FormerDonutJunkie - 10-04-2008 07:13 AM

Charles Wrote:
FormerDonutJunkie Wrote:
Charles thank you so much for your post that makes absolutely clears up why artificial sweeteners cause the same or worse cravings as sugar itself. And causes weight gain to boot!

Sorry, Ron. As much as I'd love to, I can't take credit for that one. That was MAC's post!

Sorry Charles, I realized after I'd hit the "Post" button that I wrote the wrong name, so I have edited it to reflect the fact that MAC indeed posted that piece.

---

RE: Zero-Carb/Meat and Water - MAC - 10-04-2008 07:17 AM

FormerDonutJunkie Wrote:
Charles Wrote:
FormerDonutJunkie Wrote:
Charles thank you so much for your post that makes absolutely clears up why artificial sweeteners cause the same or worse cravings as sugar itself. And causes weight gain to boot!

Sorry, Ron. As much as I'd love to, I can't take credit for that one. That was MAC's post!

Sorry Charles, I realized after I'd hit the "Post" button that I wrote the wrong name, so I have edited it to reflect the fact that MAC indeed posted that piece.

Just as an FYI we had a discussion somewhere about CPIR before and artificial sweeteners. The contention was did all artificial sweeteners cause such a response or just some. I don't think it matters. The sweet response is ingrained. Heck Phase I insulin response is ingrained no matter what you eat. Which is why you are better off if you can not eating but every 5-6 hours or longer.
RE: Zero-Carb/Meat and Water - hpseids - 10-04-2008 07:26 AM

That is SOOO exciting about the new ZC forum! Whoohoo!! I can't wait.

MAC and others, what are your thoughts on Stevia? I haven't had anything sweet tasting since I starting vLC 2 weeks ago and I'm doing great, but I'm wondering about Stevia for the future in small amounts, as it's not technically an artificial sweetener, but a sweet tasting plant that supposedly doesn't effect blood sugar...at least that's what they claim. Thoughts?

RE: Zero-Carb/Meat and Water - Charles - 10-04-2008 07:31 AM

By the way, zero-carbers, I am more than please, I am ECSTATIC to announce that MAC and Suzanne will be joining me at the new forum, livinZEROcarbdiscussion.com

We hope to see you there as well!

Charles

RE: Zero-Carb/Meat and Water - Charles - 10-04-2008 07:33 AM

hpseids Wrote:
but I'm wondering about Stevia for the future in small amounts, as it's not technically an artificial sweetener, but a sweet tasting plant that supposedly doesn't effect blood sugar...at least that's what they claim. Thoughts?

Emily, check out post 4038.

That should surely sum it up!

Regards,

Charles

RE: Zero-Carb/Meat and Water - MAC - 10-04-2008 07:33 AM

hpseids Wrote:
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Stevia from what I've read is far better than other AS since it is made from a plant. There are 3 types of Stevia: pure, packaged with maltodextrin (sugar) and liquid stevia. Since eating or drinking anything but water raises an insulin response, having stevia sweetened products with a meal or just after a meal is not such a bad thing IMO as you raise your insulin levels by eating anyway. I wonder if Stevia by itself
doesn't raise insulin levels as I just posted a few posts back about sweet tastes and insulin. I say use small amounts. If your weight loss stalls drop it and see if your weight loss resumes.

**RE: Zero-Carb/Meat and Water - suzannevea - 10-04-2008 07:57 AM**

What are you using the stevia for? I tried it in my morning coffee and did not like the taste at all, way too bitter. I put one equal in my coffee and I figure since I only have the one cup a day and that is my only artificial sweeteners, I can live with it.

**RE: Zero-Carb/Meat and Water - hpseids - 10-04-2008 08:12 AM**

Charles Wrote:  
hpseids Wrote:  
but I'm wondering about Stevia for the future in small amounts, as it's not technically an artificial sweetener, but a sweet tasting plant that supposedly doesn't effect blood sugar...at least that's what they claim. Thoughts?

Emily, check out post 4038.

That should surely sum it up!

Regards,  
Charles

You're right, I didn't read it carefully enough. No sweet stuff!

Thanks, Charles!

**RE: Zero-Carb/Meat and Water - hpseids - 10-04-2008 08:19 AM**

MAC Wrote:  
hpseids Wrote:  
That is SOOO exciting about the new ZC forum! Whoohoo!! I can't wait.

MAC and others, what are your thoughts on Stevia? I haven't had anything sweet tasting since I starting vLC 2 weeks ago and I'm doing great, but I'm wondering about Stevia for the future in small amounts, as it's not technically an artificial sweetener, but a sweet tasting plant that supposedly doesn't effect blood sugar...at least that's what they claim. Thoughts?

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Good advice MAC, thank you. Maybe I'll try just a little and see what it does to my cravings, etc. I definitely don't want to touch Splenda anymore, which I think I became pretty addicted to at one point...using upwards of 10-15 packets a day (!) and I definitely don't want to go down that road again. Calorie free or not, it was certainly producing an insulin response in me as I wanted more and more...plus chlorinated fake sugar is pretty nasty.

Yeah, Suzanne- just wanting to put a packet or less in my cup of coffee/and or tea. I found a brand I think tastes really good (for Stevia haha) so I'd be happy with just that. I can go check the name if you're curious but you seem perfectly happy with you coffee and equal...and it's DEFINITELY working out just fine for you! 😊

I'm sure 1 and only 1 packet of anything-- equal, splenda, stevia-- would probably be fine. I just don't want to start down a slippery slope of a little of this, maybe some heavy cream, then cream cheese and yogurt, then yogurt and berries, cream cheese muffins, pumpkin desserts with nuts...it gets out of control quick for me! LOL! So I'm treading very lightly and keeping variety at a minimum...

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**RE: Zero-Carb/Meat and Water - Kristi31 - 10-04-2008 08:27 AM**

I really look forward to the new zero-carb forum...can't wait! woohoo! 😊

**RE: Zero-Carb/Meat and Water - Riley - 10-04-2008 08:32 AM**

I'm excited about the new forums. LC, VLC, and ZC are very different diets although they do seem similar because of the lack of carbs. We need our own house.

I just have one suggestion.... Can we try a different URL? livinZEROcarbdiscussion.com seems to be a spin off of this forum. From reading what happened I don't think this is the case. Let's make a clean break and be original with the name/URL.

**RE: Zero-Carb/Meat and Water - Charles - 10-04-2008 08:33 AM**

Keep in mind that it's not only this thread that will be gone, but also any journals and other threads that you have started, these will also be removed from this forum. I will depend on you to tell me that you want your personal journal migrated to my forum. If you don't tell me, I will not move it and it will be deleted if it contains the title or a discussion of zero-carb. This will be a strictly low-carb forum after November 1st.

**RE: Zero-Carb/Meat and Water - suzanneyea - 10-04-2008 08:34 AM**

I am very strict about my one coffee. I have seen way too many people start to add things back into their diet and the list can grow fast. I look forward to the new forum as well, should be fun. Zero carb has helped my life so much. I wake up in shock everyday at the transformation in my life.

**RE: Zero-Carb/Meat and Water - Charles - 10-04-2008 08:35 AM**
Riley Wrote:
I just have one suggestion.... Can we try a different URL? livinZEROcarbdiscussion.com seems to be a spin off of this forum. From reading what happened I don't think this is the case. Let's make a clean break and be original with the name/URL.

Riley, I'll give that some thought. The thing is, Jimmy is kind enough to grant us space on his servers and a lot of what you see on this forum will be directly moved to the new one. I will use the same interface and things will be similar although the content will be drastically different.

I just wanted people to be as comfortable in their new home as they are here.

Regards,
Charles

RE: Zero-Carb/Meat and Water - suzanneyea - 10-04-2008 08:39 AM

Plus, I bet a lot of people will be on both boards.

RE: Zero-Carb/Meat and Water - MAC - 10-04-2008 08:39 AM

Charles Wrote:
Riley Wrote:
I just have one suggestion.... Can we try a different URL? livinZEROcarbdiscussion.com seems to be a spin off of this forum. From reading what happened I don't think this is the case. Let's make a clean break and be original with the name/URL.

Riley, I'll give that some thought. The thing is, Jimmy is kind enough to grant us space on his servers and a lot of what you see on this forum will be directly moved to the new one. I will use the same interface and things will be similar although the content will be drastically different.

I just wanted people to be as comfortable in their new home as they are here.

Regards,
Charles

New Title - "Meat does a body well done" or "Meat for a well done body".

RE: Zero-Carb/Meat and Water - montmorency - 10-04-2008 08:42 AM

I'm going to put my immediate response to Jimmy's latest on ZC here, rather than that specific thread, and leave it to Charles to respond there.

The expert I am most surprised about is Gary Taubes, since he explicitly states in GCBC that meat contains all the essential amino acids and vitamins, with the possible exception of vitamin C, and then gives a very convincing case why vitamin C may not be an issue for zero-carbers. Of course it's true that muscle meat may contain a few carbs, as does liver. This is why The Bear states that for practical
purposes, ZC is about less than 5g carbs per day. That's simply a point of fine detail.

Similarly organ meat is a bit of a non-issue, since it comes into the category of "meat". From what I have read so far, some Inuit/Eskimo ate some organ meat, others didn't. I personally eat organ meat now and again; others may not, but we're still basically on the same path, whether it's technically "ZC" or not.

I see some of the other "experts" talking about our old friend fiber/fibre, even though Gary Taubes did a pretty good job in demolishing it in GCBC, and Bary Groves does the same at http://www.second-opinions.co.uk. Fiber by definition has no nutritional value, and the only thing to be said for it may be to do with constipation, but many of us have found that this too is a non-issue on a meat, fat, and water-based path.

Regards,
Mike

**RE: Zero-Carb/Meat and Water** - Charles - 10-04-2008 08:45 AM

Thanks, Mike, but I wish you would copy your reply over to that thread because I would like them to be together, if you don't mind. I plan to address each of these "experts' and I already posted on Johnny Bowden this morning. I never eat organ meats, EVER. I challenge anyone to find some deficiency in my body!

**RE: Zero-Carb/Meat and Water** - montmorency - 10-04-2008 08:47 AM

Charles Wrote:
Thanks, Mike, but I wish you would copy your reply over to that thread because I would like them to be together, if you don't mind. I plan to address each of these "experts' and I already posted on Johnny Bowden this morning. I never eat organ meats, EVER. I challenge anyone to find some deficiency in my body!

Fine, will do Charles. And oops, I had missed the story on the new forum. Sounds very exciting, and I'll be there.

Regards,
Mike

**RE: Zero-Carb/Meat and Water** - suzannevea - 10-04-2008 09:20 AM

I think I would rather starve than eat an organ meat! Gross!

**RE: Zero-Carb/Meat and Water** - Mel - 10-04-2008 10:06 AM

I'll be moving over to the new forum. October 15th, 2007 was when I started LC. I was 3/4 of the way through reading GCBC and I saw the light. When I joined this forum last spring, I was looking for a way to break out of a weight loss stall. I kept lowering my carbs. I currently am eating VLC but I have noticed that with two or more ZC meals in a row, I experience a "whoosh" of weight loss that shows up in my clothes getting baggier.

I'm grateful to Jimmy for starting this forum and to Charles and the rest of the pioneer ZC'ers for sharing
their thoughts and experiences.
Melinda

RE: Zero-Carb/Meat and Water - montmorency - 10-04-2008 10:24 AM

suzanneyea Wrote:
I think I would rather starve than eat an organ meat! Gross!

Some people feel the same way about fish - my wife for one, but Stefansson included fish in his "meat" category, and as we know, at least some Inuit ate fish some of the time. Let's not get too hung up on organ meat. It is, IMHO, if you'll pardon the mixed metaphor, a red-herring in the wider discussion. For those of us who do eat it occasionally, very light cooking is the way, but then, that seems to be true of all meat.

There is an unprintable joke I could make about liver, but this is a family forum 😊

Regards,
Mike

RE: Zero-Carb/Meat and Water - Hilary - 10-04-2008 10:36 AM

"I was thinking about you this morning. I remember on the last forum that you and someone else were zero-carbing and doing very well. I know that you achieved your goal weight and got pregnant. Were you eating zero-carb (or close to it) when you became pregnant and then you started eating carbs while pregnant?"

Charles

Charles,

I was keeping it around 10 or under. I got to goal and then well, I got pregnant. I was keeping it pretty LC, but the pressure from everyone made me quit. I got depressed, gained weight, felt horrible and it just spiraled. Now, I don't give a crap what everyone else thinks because I was a lot healthier than them, running my 5Ks and being happy. Now, with the baby a lot of people are still giving me trouble, but I want the feeling of health back. I don't honestly know if I will stay ZC, I am going to give it a month and see how goes. But if not ZC, then still VLC.

BTW, I took the baby to the dr. yesterday and she is up 1lb 3oz in 11 days per the Dr.'s scale. So, I'm thinking that she is just fine. Everyone remarks about her beautiful coloring and how alert she is.

I am hanging in there, and yes Susanne, I was looking over my AS, LC surgery recipes and I was contemplating it. I didn't do it because I know you guys are here, so I posted instead. Thanks, MAC for the explaination of how the AS works to release insulin. I am more hungry once I eat these things.

RE: Zero-Carb/Meat and Water - Kristi31 - 10-04-2008 10:41 AM

I actually really like some organ meats. Raw or slightly cooked. The only liver I really enjoyed was from bison. But cooked, I enjoy calf liver too. To each their own. 😊
RE: Zero-Carb/Meat and Water - Charles - 10-04-2008 10:49 AM

Hilary Wrote:
I was keeping it around 10 or under. I got to goal and then well, I got pregnant. I was keeping it pretty LC, but the pressure from everyone made me quit. I got depressed, gained weight, felt horrible and it just spiraled. Now, I don't give a crap what everyone else thinks because I was a lot healthier than them, running my 5Ks and being happy.

That's just fine. My wonderful adversary, Regina, would say that those measely 10 grams gave you the proper nutrients you needed to get pregnant and that you couldn't have been so successful if you would have been at zero before you started. Of course, I disagree, but that's just me.

I hope you get back there, but as with everything, it's your choice. I'm with you no matter which way you go. And by the way, even if you go to 20 grams, you can still post at the new forum. We won't kick you or anyone else out!

It's not, my plan or no plan over there.

Regards,

Charles

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RE: Zero-Carb/Meat and Water - nyteez - 10-04-2008 12:12 PM

Mel Wrote:
I'll be moving over to the new forum. October 15th, 2007 was when I started LC. I was 3/4 of the way through reading GCBC and I saw the light. When I joined this forum last spring, I was looking for a way to break out of a weight loss stall. I kept lowering my carbs. I currently am eating VLC but I have noticed that with two or more ZC meals in a row, I experience a "whoosh" of weight loss that shows up in my clothes getting baggier.

I'm grateful to Jimmy for starting this forum and to Charles and the rest of the pioneer ZC'ers for sharing their thoughts and experiences.

Melinda

Me too! I am very grateful I found this forum. I started Atkins feb 2008, but I kept my carbs under 10. Atkins says you can stay on induction for up to 6 months. This made me wonder what is wrong if I kept doing 10 carbs forever. I really liked the diet and how I felt, I didn't want to add back carbs ever. So, I began researching low carb and no carbs on the internet and found this forum. Shortly there after this thread was created. Nobody convinced me to go zero carb, I already wanted to be ZC before I even got here. I just wanted to know if there was anything wrong with it. With all the research I have done I can't find any evidence that there is anything wrong with ZC, so I am going to continue to eat ZC, because I feel great! 😊

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RE: Zero-Carb/Meat and Water - chiara - 10-04-2008 03:29 PM

nyteez Wrote:

Me too! I am very grateful I found this forum. Nobody convinced me to go zero carb, I already wanted to be ZC before I even got here. I just wanted to know if there was anything wrong with it. With all the
research I have done I can't find any evidence that there is anything wrong with ZC, so I am going to continue to eat ZC, because I feel great! 😊

I feel the same way. I started atkins induction mid-July, but felt horrible...dizzy all of the time. I did some research, found this forum and I feel amazing! As long as I feel great, I'll stay with it.

RE: Zero-Carb/Meat and Water - dixonge - 10-04-2008 03:59 PM

Dangit. I just got here and now it's all moving. Except the new URL isn't working yet. And I have questions. But I still have a lot of reading to do.

Here's to the new site...

RE: Zero-Carb/Meat and Water - Charles - 10-04-2008 04:16 PM

dixonge Wrote:
Dangit. I just got here and now it's all moving. Except the new URL isn't working yet. And I have questions. But I still have a lot of reading to do.

Here's to the new site...

November 1st is the date. We'll be working behind the scenes to get this thing working.

I don't know what people can do to help, but I'll tell you, just as you look on this forum and see sponsor adds, I'm going to need them for the new forum as well so we can defray the cost. I would love to have people from the meat industry. If you are aware of any ranchers with websites or anything like that who you think may want to sponsor an add on the new forum, the by all means talk it up. I don't mind even seeing ads for steak sauce or seasonings even though I don't personally use these things. I would much rather a person used these types of things and eat meat than some other thing.

Atkins and people like that don't mind the publicity but it would be much better if it were companies we at least use. I'm going to approach my supermarket where I get my free beef fat from. They're probably too ignorant to care, but it's worth a try.

Regards,

Charles

RE: Zero-Carb/Meat and Water - southern-dahlin - 10-04-2008 04:17 PM

dixonge Wrote:
Dangit. I just got here and now it's all moving. Except the new URL isn't working yet. And I have questions. But I still have a lot of reading to do.

Here's to the new site...
Cheers to the new site!

RE: Zero-Carb/Meat and Water - dixonge - 10-04-2008 04:31 PM

beef.org seems to sponsor a lot of sites...

Speaking of fat, I picked up a little tray of fat from Kroger tonight. I'm about to start my first batch of dehydrated food for hiking and I figure pemmican would be as good a place as any to start. Thanks for the tip!

Charles Wrote:
November 1st is the date. We'll be working behind the scenes to get this thing working.

I don't know what people can do to help, but I'll tell you, just as you look on this forum and see sponsor adds, I'm going to need them for the new forum as well so we I can defray the cost. I would love to have people from the meat industry. If you are aware of any ranchers with websites or anything like that who you think may want to sponsor an add on the new forum, the by all means talk it up. I don't mind even seeing ads for steak sauce or seasonings even though I don't personally use these things. I would much rather a person used these types of things and eat meat than some other thing.

Atkins and people like that don't mind the publicity but it would be much better if it were companies we at least use. I'm going to approach my supermarket where I get my free beef fat from. They're probably too ignorant to care, but it's worth a try.

Regards,

Charles

RE: Zero-Carb/Meat and Water - Charles - 10-04-2008 04:36 PM

Speaking of Pemmican, I did buy my food dehydrator from Wal-Mart which is like Dana's, I believe. Now, I'm looking for the right lean meat. I was going to use some lean bison or something, but I'm not sure. I have to check my Stefansson again, but I think the most preferred fat was the fat around the kidneys. I wonder if a rancher or someone could get me some of the choice fat. I know I can use back fat, but I just wonder if it's possible to get some of the higher quality fats he mentioned. I want some premium pemmican made to order like it is in the book. I don't want any crap in it either!

Regards,

Charles

RE: Zero-Carb/Meat and Water - cleochatra - 10-04-2008 04:36 PM
Hey Charles! I read you are getting a new board and see you're talking about defraying costs.

You can get free board hosting software through: proboards (my favorite), ikonboard, phpBB, invisionfree and simplemachines.org, to name a few.

I would go for free forum software, and then in the future if you decide to go full-bore, consider at that point taking on sponsors and pay for forum software through vbulletin. I've run a few boards, and I've found the free software tends to be less glitchy and just as effective as more expensive board software.

Blessings and good luck to you.

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RE: Zero-Carb/Meat and Water - Charles - 10-04-2008 05:21 PM

cleochatra Wrote:
Hey Charles! I read you are getting a new board and see you're talking about defraying costs.

Thanks for the warm wishes. I have thought about that, but the last livinglowcarbdiscussion forum used some free stuff and we got hacked severely, so much so that we were out of commission. With the company we use, they handle the security, maintenance, backup, etc so it's one less thing I have to worry about since I have a full-time job in addition to this.

I don't mind paying for it initially because I think we'll attract some good sponsors if the numbers are anything like they are over here. I expect them to be.

Regards,

Charles

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RE: Zero-Carb/Meat and Water - travis t - 10-04-2008 05:26 PM

Hey, just checking in to say that i have not died from meat and butter yet. I haven't posted in a while because i don't get on the internet much at home and usually get caught up at work. Well all of that stopped about a month ago. I work for Whirlpool and about a month ago corporate head quarters in Mich. called the head of HR at our plant about internet usage on a few computer terminals, mine was flagged as the No 1 in the entire corporation. Hey at least i am good at something. Needless to say i have not been on the internet since then.
Looking forward to the new site as it should be great.

travis t

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RE: Zero-Carb/Meat and Water - cleochatra - 10-04-2008 05:28 PM

I have never had a forum hacked before. Do you really think it will be an issue? I am shocked you think you might get hacked. 😞

I understand if you're expecting someone could do that, but forums like the Magic School Bus run on paleo plans and they haven't had any problems with hacking that I know of. I'm just cheap, and in this economy, thinking about paying for something you can score for free ...

I hear you, though! I am just being a mom over here. LOL.
Thanks for your response.

Jamie

Charles Wrote:

cleochatra Wrote:
Hey Charles! I read you are getting a new board and see you're talking about defraying costs.

Thanks for the warm wishes. I have thought about that, but the last livinglowcarbdiscussion forum used some free stuff and we got hacked severely, so much so that we were out of commission. With the company we use, they handle the security, maintenance, backup, etc so it's one less thing I have to worry about since I have a full-time job in addition to this.

I don't mind paying for it initially because I think we'll attract some good sponsors if the numbers are anything like they are over here. I expect them to be.

Regards,

Charles

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RE: Zero-Carb/Meat and Water - Charles - 10-04-2008 07:17 PM

cleochatra Wrote:
I have never had a forum hacked before. Do you really think it will be an issue? I am shocked you think you might get hacked. 😳

Well, our last forum got hacked and we still don't know who did it, although we have strong suspicions. This particular thread has caused a lot of controversy and upheaval in the low-carb world. I just think it's better to be safe on this one, plus I don't want the hassle of managing the details because I really don't have the time.

I will definitely give thought to what you're saying, for sure!

Charles

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RE: Zero-Carb/Meat and Water - Charles - 10-04-2008 07:19 PM

travis t Wrote:
Needless to say i have not been on the internet since then.
Looking forward to the new site as it should be great.

I hope they do that where I work.... Anyway, you're looking good, man! You're not still losing, are you?

Regards,

Charles
RE: Zero-Carb/Meat and Water - chiara - Yesterday 04:25 AM

Charles Wrote:

I don't mind paying for it initially because I think we'll attract some good sponsors if the numbers are anything like they are over here. I expect them to be.

Charles, is this something that you are paying for out of pocket??

RE: Zero-Carb/Meat and Water - Charles - Yesterday 04:36 AM

chiara Wrote:
Charles, is this something that you are paying for out of pocket??

Yes, until I can attract the kind of sponsors that you see floating around on the margins of this forum. It's necessary because I want someone to be responsible for the security, maintenance and backup of the new forum.

Charles

RE: Zero-Carb/Meat and Water - dixonge - Yesterday 05:37 AM

Perhaps we are confusing terms here. MyBB is free. Are you talking about paying for server maintenance and backup?

Charles Wrote:
chiara Wrote:
Charles, is this something that you are paying for out of pocket??

Yes, until I can attract the kind of sponsors that you see floating around on the margins of this forum. It's necessary because I want someone to be responsible for the security, maintenance and backup of the new forum.

Charles

RE: Zero-Carb/Meat and Water - Jeff - Yesterday 06:24 AM

Looking forward to the new Zero Carb forum. I'll be there.

RE: Zero-Carb/Meat and Water - Charles - Yesterday 07:49 AM

dixonge Wrote:
Perhaps we are confusing terms here. MyBB is free. Are you talking about paying for server maintenance and backup?
That's more of it, besides the hosting aspect of it. E-mail me information on the other solution and possible hosts who would provide adequate security, if you would. Don't forget to include costs if you have that information!

I like the MyBB only because I'm familiar with it and all of these users are as well. I'm open to anything, however.

Thanks,

Charles

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**RE: Zero-Carb/Meat and Water - Living_healthy - Yesterday 07:53 AM**

Question.....What is your take on eating shrimp? This and tuna are the only "fish" that I will eat. But I don't eat them because of the mercury issues. I read somewhere a few years ago that it takes 1 year for the body to rid itself of mercury. Can't find that info any more. What's your thoughts on this?

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**RE: Zero-Carb/Meat and Water - cbnebraska - Yesterday 08:09 AM**

Well, I'm back. I'm going to post this here even though it is already in my journal (called Zero Carb- Me & My Kids), simply because I talked about my race in this thread as well and many of you may not read my journal.

The race this weekend ended up taking 9 hours and 4 minutes!! Holy moly! That was a doozy. The longest race I'd done up until this one was 5.5 hours, I believe. We did win our division (women's), but there were only 3 teams of women. However, we were the only women's team that didn't quit half way through!! Woo-hoo!! There were 28 checkpoints spread out over Lord knows how much countryside. It took place in Cozad, Nebraska, which is a VERY small town that is a 5 hour drive from where I live. This race director created a BRUTAL course. Today I am physically exhausted. My muscles don't really want to work and my IT band on the outside of my right knee was a big problem during the race and is very sore now. I definitely have some work to do there. My hip doesn't hurt, which would seem to be a GREAT thing, however, I've been told the hip and knee thing are both IT band issues, so it's obvious the problem is still there.

We rode our mountain bikes and hiked/ran through miles and miles of pasteur along cattle trails. I can't believe some of the terrain those big animals make it across! Plus, they were right there along the trails staring at us with those big eyes!! Occasionally they would all of a sudden go darting across the trail! And I will tell you, there is NO grain feeding going on there. They have tons of grazing lands and they are VERY happy cows. These ones had kind of a longer fur and most of them were a beautiful reddish color. There was a black one here and there, but mostly reddish in color. My teammates kept joking that I need to quit salivating over them and keep moving!! Ha ha.

We also canoed up and down a canal for over two hours, stopping at various times to get clues or hit checkpoints along the way!! As luck would have it, we did while it was cloudy and windy, which is awful when wet. Ugh. (It did clear up later and get sunny - of course while we were running!!) I always take the back position when we row in any events because I like to steer. Other fun challenges we had to do: roll hay bales (huge!!), pull ourselves across the canal in a big silver trough of some kind, piece together a puzzle painted on big cement cinder blocks, use a telescope to locate a clue placed on a far away hill, solve word puzzles, and I can't even think how many more right now. We scaled some
incredible hills both on foot and on bike. I fell so many times I can't even count!

All that being said, it was a blast, but yet it was a lot less fun after about 7 hours. The last 2 were when I started to develop a bit of a pissy attitude!! My knee was killing me when we had to run and we made one very bad wrong turn that added 30ish minutes to our ordeal, caused us to miss our last checkpoint AND forced us to climb a very long, very brutally steep gravel road. Missing a checkpoint adds 30 minutes to your official time, so official time was actually 9 hours 34 minutes.

Lastly, and most importantly, I DID THIS ALL WITHOUT EVEN ONE CARB CROSSING MY LIPS!!!!!! For breakfast at 6 am, I heated up and ate a 1/2 lb. beef patty with lots of extra strips of fat from the broiled steak fat I had made at home. (Well, okay, maybe one as I had a single cup of coffee with whipping cream.) The race started promptly at 8 and I was fired up!! I packed in my pack a second 1/2 lb. patty so I'd have some fuel along the way. I ended up waiting until 3pm to eat it, as there was a good section when we'd be climbing on foot through lots of hills and having a patty in my stomach would not be uncomfortable. The kicker is, I really wasn't hungry, or low on energy, I just decided it was probably time to eat. I wish I could say it gave me some sort of boost, but not really, it seemed irrelevant. Honestly, I was not low on energy at all, the entire race, but my muscles were certainly exhausted. To me, that is just a huge confirmation that this IS the right way for me to eat even when I participate in these physically demanding events. I figured I was being fueled seamlessly by fatty acids, both dietary and stored, so there was no "wall" or lag in energy. I kept thinking about the tribal hunters and I knew it was no problem!! Woo-hoo.

Moving on, I've been catching up on my favorite threads, and have been reading for a few hours. I think it's time to spend time with the family now that they are up. I'll check in later!

Charles, please move my journal to the new site.

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**RE: Zero-Carb/Meat and Water** - Charles - Yesterday 08:11 AM

Living_healthy Wrote:
Question.....What is your take on eating shrimp? This and tuna are the only "fish" that I will eat. But I don't eat them because of the mercury issues. I read somewhere a few years ago that it takes 1 year for the body to rid itself of mercury. Can't find that info any more. What's your thoughts on this?

I don't have a problem with shrimp or fish. I will eat a couple of pieces of shrimp every now and then but fish isn't a regular part of the way I eat. For the record, any and all meats are just fine in my opinion. I typically eat beef, fat and water, but that's not 100% nor does it have to be for anyone else.

The beef, fat, and water stuff got started mostly because of Ogg/Mimi and her tirades. She seized upon my typical diet and concluded that I advise pregnant women to eat this and only this which is really not true. I think a woman would be fine on such a regimen if she so chose, but that's just my opinion.

Fish is fine, in my opinion. I don't have any thoughts about the mercury although it does sound pretty serious. Although, I haven't heard of any studies with zero-carb and mercury issues so the jury would be out for me. I wouldn't be surprised if someone said that the mercury exits faster when carbs aren't in the way, but I haven't heard that.

Regards,

Charles
RE: Zero-Carb/Meat and Water - Charles - Yesterday 08:14 AM

ebnebraska Wrote:
Moving on, I've been catching up on my favorite threads, and have been reading for a few hours. I think it's time to spend time with the family now that they are up. I'll check in later!

Charles, please move my journal to the new site.

Gotcha! Congratulations again! You're my hero!

I forgot to ask Regina Wilshire what she thinks about our athletic prowess over in this forum. We do an awful lot of races, running, working out, etc around here on different kinds of meat and water. Surely, we are exhausting our nutrients and we should be suffering from vitamin deficiencies. When someone goes out and does what Cynthia did this weekend, one has to wonder....

Now, if she would just get pregnant...😊

Regards,

Charles

RE: Zero-Carb/Meat and Water - Beth - Yesterday 08:25 AM

Personally, I just object to them on principle, in the same way that I detest any food that pretends to be something else. Thus I hated margarine and low-fat spreads, even when they were thought to be healthy. I'm feeling smugly vindicated on that one now.

The one that always baffled me is the meatless hamburgers that even have grill marks on them! No matter what your WOE- that's just SO WRONG!!

Beth

RE: Zero-Carb/Meat and Water - ebnebraska - Yesterday 08:32 AM

Charles Wrote:
I forgot to ask Regina Wilshire what she thinks about our athletic prowess over in this forum. We do an awful lot of races, running, working out, etc around here on different kinds of meat and water. Surely, we are exhausting our nutrients and we should be suffering from vitamin deficiencies. When someone goes out and does what Cynthia did this weekend, one has to wonder....

Now, if she would just get pregnant...😊

I would SO not hold up under fire the way you do Charles!! She would have me crying I'm sure!! I lose my ability to think when I become emotional and unfortunately, I get emotional more than I'd like to. I would just have to say "whatever" and move on - just like I teach my kids to do in many situations!!

And, you must have forgotten that I am 40 years old and my youngest child is 7 1/2 years old!!!
However, if by some failure of modern technology AND an act of a higher power, I do end up pregnant, I assure you I would remain on my same eating plan!!

**RE: Zero-Carb/Meat and Water - Jeff - Yesterday 08:33 AM**

Charles, good point about excercise exhausting our nutrients......or not. LOL It's worth noting that Bear is an avid exerciser. After 50 years of zero carb and exercising, he is has suffered no deficiencies.

**RE: Zero-Carb/Meat and Water - Riley - Yesterday 08:40 AM**

cbnebraska Wrote:
My muscles don't really want to work and my IT band on the outside of my right knee was a big problem during the race and is very sore now. I definitely have some work to do there. My hip doesn't hurt, which would seem to be a GREAT thing, however, I've been told the hip and knee thing are both IT band issues, so it's obvious the problem is still there.

Awesome job at the race. I have always wanted to do one of these races.

I have a good remedy for your IT band it's called a foam roller. You can pick one up at a "relax the back" store or [online](http://example.com). It's kinda hard to describe what to do but basically you lay on the roller right on your hip and roll down to your knee following your IT band. It's going to hurt but trust me it will help.

**RE: Zero-Carb/Meat and Water - Living_healthy - Yesterday 08:57 AM**

Charles Wrote:
Living_healthy Wrote:
Question.....What is your take on eating shrimp? This and tuna are the only "fish" that I will eat. But I don't eat them because of the mercury issues. I read somewhere a few years ago that it takes 1 year for the body to rid itself of mercury. Can't find that info any more. What's your thoughts on this?

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The beef, fat, and water stuff got started mostly because of Ogg/Mimi and her tirades. She seized upon my typical diet and concluded that I advise pregnant women to eat this and only this which is really not true. I think a woman would be fine on such a regimen if she so chose, but that's just my opinion.

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Regards,

Charles

I, basically, eat ribeyes. Sometimes I eat pork, brisket, and ground beef. I can't remember when I ate
chicken last. I, only, wondered how safe shrimp and tuna are. Ribeyes are quick and easy and I'm on my way to doing something besides eating.

My husband gets upset because I don't cook any more. He'll ask, "What's for supper?" Last night, I said, "Have you noticed that I rarely eat supper any more?" He then found himself something to eat. He doesn't fuss at me because he does notice the improvement in my overall health and his benefits from it. The cousins up the road invite him daily to eat with them, which he does. Do I feel a little guilty about it today? Yes, therefore, I will cook him some of his fresh mustard greens, from the garden, and pork chops. For now he has an invite for lunch and I don't have to worry about it until supper.

Sorry, I rambled on.....😊

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RE: Zero-Carb/Meat and Water - cbnebraska - Yesterday 09:19 AM

Living_healthy Wrote:
Cynthia, I am so proud of you. You are awesome!

Well, thanks! I don't think of myself that way, but I will tell you, we are a unique bunch that does this type of racing. Most of us have extreme type personalities and most of us live outside the box in some area or another. Diet wise, most of them are like the other athletes I've met at my triathlons or at the gym - convinced that carbs are the holy grail. However, most follow their chosen diets with complete conviction and quite rigidly so they tend to be open to my unusual ways - and those of others. Some of them have hilarious pre-race routines that are so superstitious in nature. Me, not so much. My morning fat routine, and now pulling out a hamburger patty to gnaw on, have become a joking point among us that I take quite well. I'm still new at Adventure Racing, so many of them check up on me, give me advice, offer up gear, etc..., but most have learned not to bother offering up "nutrition" as the gels and bars are called. I did have one bad episode a month or so ago that I won't go too far into but that had mostly to do with me trying to eat beef jerky (will NEVER touch the stuff again!!) and then drinking WAY too much water (once again, NEVER again). I did get some flak on that one, everyone trying to convince me that I should have taken in the carbs- but, after yesterday, I hope that has been squelched!!!!

Anyone who finds this type of racing interesting should google your state and Adventure Racing. Also, Urban Adventure Races - they are a blast as well. I'm sure you'll find a site. Ours here in nebraska is nscracing.com (Nebraska Sports Council). Our state is fairly new in the arena, but many states have been on the bandwagon a lot longer and probably have more of them.

---

RE: Zero-Carb/Meat and Water - cbnebraska - Yesterday 10:32 AM

Riley Wrote:
cbnebraska Wrote:
My muscles don't really want to work and my IT band on the outside of my right knee was a big problem during the race and is very sore now. I definitely have some work to do there. My hip doesn't hurt, which would seem to be a GREAT thing, however, I've been told the hip and knee thing are both IT band issues, so it's obvious the problem is still there.

Awesome job at the race. I have always wanted to do one of these races.

I have a good remedy for your IT band it's called a foam roller. You can pick one up at a "relax the
back" store or online. It's kinda hard to describe what to do but basically you lay on the roller right on your hip and roll down to your knee following your IT band. It's going to hurt but trust me it will help.

THANK you! Another member just suggested that roller and some other balls, so I am off to some online sites right now to check them out! If I'm going to continue being a "Weekend Warrior" I need to be sure my body is prepared - otherwise I'll have a hard time justifying doing these races. After all I do to eat healthy, I'd hate to think I'm counteracting it all by destroying my body in other ways. (Charles, that's for you!!)

Also, although this has nothing at all to do with ZC, I have another question for all of you. Do any of you have trouble sleeping comfortably? For years, my neck and shoulders are so sore when I wake up. I solved part of my problem by wearing a mouthpiece (I know, oh so attractive, but at least it's clear and only obvious when I talk) once it was determined that I clench in my sleep and was doing damage to my jaw, however it didn't solve it all. My shoulders fall asleep when I lay on my side and my neck down into the top of my shoulders is sore when I try to sleep on my back. I have a contoured pillow, but it leaves my head cranked at a funny angle as well. Anybody know the secret to a comfortable night's sleep? I can't sleep on my stomach, it makes my lower back hurt. Help?

**RE: Zero-Carb/Meat and Water - waywardsister - Yesterday 10:46 AM**

Cynthia, congrats! You're one tough babe.

I'll definitely be joining you all over at the new forum! And I like the name as it is 😊

This thread moves so fast, and I've had computer trouble since Friday and got way behind! So forgive me if I'm responding to posts that are about 6,000 pages ago.

A gluten-intolerant someone mentioned hydrolysed protein a few pages ago and said that it acts like gluten or contains gluten - not true, from what I understand. Not that it's something I'd be jazzed about eating anyway 😄. This someone (sorry, the 'quote these posts now' feature isn't working for me at the moment) mentioned that they react to HP's, and I just wanted to let them know that hydrolysed corn, soy protein etc don't contain gluten - but if the label doesn't say where the HP comes from (ie: hydrolysed vegetable protein), don't eat it be it could be gluten. Lots of GI ppl react to soy as well, in varying amounts, so that could be the culprit with non-gluten HP's.

Dairy - I've been experimenting lately with sheep and goat dairy. I bring this up bc some ppl here mention reacting to cheese, etc (weight gain and such). I get reactions like this from cow dairy, but not from sheep or goat. Now I don't seem to have an insulin problem, so that could be why, but if you do want to have some dairy now and then it may be worth testing yourself with sheep/goat stuff. I noticed that I don't bloat or get cravings, or become hungry after I eat it (or want to eat beyond my normal appetite), or retain water. Yup, I'm excited! With cow cheese, I'd get a block and eat it in a day or two bc I'd find ways to eat it with everything; with sheep cheese, I actually forget it's in the fridge. This is huge for me. I used to melt cheese on anything I could heat up. I found goat creme fraiche at the farmer's market this morning, and it will go well with my old '70's Julia Child cookbook - lotsa meat-with-fat-sauce recipes.

I wonder if this could be due to historical usage - perhaps sheep/goats were easier for HG's who became pastoralists to round up and 'use'? I'd love to know what animals were 'husbanded' first in various regions. Baby goats/sheep that had wandered from the herd would be fairly simple to snatch up and carry back to camp. I think. (Zog had a little lamb?)
Charles, I think we need a "Wild speculations about our wild ancestors" section in the new forum.

RE: Zero-Carb/Meat and Water - Charles - Yesterday 03:08 PM

waywardsister Wrote:
Charles, I think we need a "Wild speculations about our wild ancestors" section in the new forum.

Speaking of the new forum, I need help from all of you. I am going out to my low-carb meetup group, but I need some help on the domain name. I was previously going to use livinzerocarbdiscussion but I'm not going to do that now; however, I need a name and fast. So please type in your suggestions and I'll take a look at them this evening when I return!

Thanks,
Charles

RE: Zero-Carb/Meat and Water - nyteez - Yesterday 03:17 PM

nocarbdiscussion
gerocarbforslife
zerocarbsupport
vlcsupport

RE: Zero-Carb/Meat and Water - hpseids - Yesterday 03:22 PM

This is probably obvious but- zerocarbforum.com Differentiates itself from this forum but is still clear and easy to remember.

Cynthia, awesome job!! I told you you're badass! I'm ashamed of my sloth-ness now...

waywardsister- great points about dairy. I hate such a love-hate relationship with it, as in I love it and it...well, maybe it doesn't hate me but it doesn't love me quite so much. I laughed when you talked about buying a block of cheese and melting it on EVERYTHING until it was gone two days later...umm, me too. Including melting it on an empty plate. DEEElish! So tell me more about your sheep/goat dairy experiments...do you mostly use goat cheese and that creme fraiche? Any other ideas...any that I could find at a regular supermarket? Mmmmm...cheese...last time I was at the store (with no cheese left at home) I bought ONE pack of 10 slices of sharp cheddar to try to instill...well, force...some portion control. So sad.

My update is that I'm cutting back to weighing only once a week (maybe twice, haven't decided). So I haven't weighed since Thursday (I record it in a little notebook). I'm excited to see a more accurate trend rather than day to day fluctuations. I want these 20ish lbs OFF. They're just getting annoying now.

I'll keep thinking about forum titles, Charles. Thanks for asking for our input!

RE: Zero-Carb/Meat and Water - hpseids - Yesterday 03:24 PM
Groundzero? lol

Oooh, yeah, I like Dana's zerocarbforlife

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**RE: Zero-Carb/Meat and Water - [MAC](mailto:MAC) - Yesterday 03:27 PM**

zerocarbbacktothepast
zerocarbultimateinsulincontrol
beforeagriculturezerocarb
zerocarbinfinitehealth
carbsuckbigtime
forgettaboutthe carbs
bullseyezerocarb
nothingbutzerocarb
zerououtthe carbs
zerocarbsinhealthout
meatdoesabodygood
livinzerolovenlife
zerodoesabodygood
zeropluszeroequalshealth
zerocarbdonerare
anythingbutcarbs
welldonezerocarb
dumpthe carbs
nothingbutzerocarb

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**RE: Zero-Carb/Meat and Water - [dixonge](mailto:dixonge) - Yesterday 03:36 PM**

carcbs4me
meat247
zerocarbrevolution
meatspeak
beefitswhatsforbreakfast

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**RE: Zero-Carb/Meat and Water - [MAC](mailto:MAC) - Yesterday 03:52 PM**

dixonge Wrote:
'carbfree' anywhere in the domain name would be good too

carbfreelivefree
carbfreeforlife
carbfreeordie
carbfree-domforum

e tc
carnivores

RE: Zero-Carb/Meat and Water - susannevea - Yesterday 04:03 PM

Ha ha!! You guys are hilarious. I can't think of anything you all haven't.

I also want to address the issue of a FAQ page. I don't think a FAQ page would keep anyone from jumping into the forum when they feel ready. I know that many times I would love to give people something to read that explains our WOE more coherently than I can, but there really isn't one. Although I love GCBC, not everyone can get into such a heavy read. I do have the link to the article written by him "What if it's all been a big fat lie?" and I have given that to a few people, but I would love to have a FAQ page to recommend. Most people won't read 412 pages of this forum and even those that will feel obliged to read through all of it, spending days to find answers or explanations that would take less than an hour if it were all put together in a FAQ format. Hell, I think it would help a lot of us with remembering some of the scientific terms and processes that don't stick with us. A glossary page would be fabulous as well. It would, of course, be a work in progress, but I would love a framework around which to form my responses and a place to re-visit the basics when I forget something.

So, my vote is YES (please). I'm sure there are some of you out there who could help Charles with it as well. Even coming up with the questions and terms to include would allow him to search this forum and copy and paste some of his previous answers, cutting down on the work.

What do you all think?

dixonge Wrote:

cbnebraska Wrote:

So, my vote is YES (please). I'm sure there are some of you out there who could help Charles with it as well. Even coming up with the questions and terms to include would allow him to search this forum and copy and paste some of his previous answers, cutting down on the work.

What do you all think?

I think.......we have a volunteer! 😊

cbnebraska Wrote:

dixonge Wrote:

So, my vote is YES (please). I'm sure there are some of you out there who could help Charles with it as well. Even coming up with the questions and terms to include would allow him to search this forum and copy and paste some of his previous answers, cutting down on the work.

What do you all think?
I think.......we have a volunteer!

Oh, but you obviously haven't read many of my posts. I am the LEAST "scientifically inclined" person here. Nothing like that sticks with me. However, I am full of questions...

**RE: Zero-Carb/Meat and Water** - suzanneyea - Yesterday 04:48 PM

No, I am taking that title away from you. I should have a sub title under my name that reads "I follow zero carb and have no clue why."
I seriously do not really care about the science side, all I know is I am finally happy. And I do not eat my meals alone at 11:00 at night anymore.

**RE: Zero-Carb/Meat and Water** - con - Yesterday 05:27 PM

veryLowWayToGo
Livin'TheNoCrapLife
ZC eaters
ZeroCarbage
UltraLowCarb
HowLowCanYouGo
ZeroingOut
ZeroAndBeyond
ZeroingInOnHealth

This was fun. I think I like the last one, sorta'........

**RE: Zero-Carb/Meat and Water** - Living_healthy - Yesterday 05:31 PM

zerocarbnlimited.com
zerocarb.com
zerocarbpioneers.com
meatpeople.com

**RE: Zero-Carb/Meat and Water** - Riley - Yesterday 05:48 PM

insulinbusters.com
controlinsulin.com

**RE: Zero-Carb/Meat and Water** - Linda - Yesterday 05:50 PM

zerocarbrules.com
nocarbrules.com
mychoicezerocarb.com
I'm not good at this. 😞

**RE: Zero-Carb/Meat and Water** - MAC - Yesterday 05:54 PM

Linda Wrote:
zzerocarbrules.com
nocarbrules.com
mychoicezerocarb.com

I'm not good at this. 😞

Those are pretty good IMHO as are the rest of those submitted.

**RE: Zero-Carb/Meat and Water** - HarryHirsute - Yesterday 06:20 PM

charlesincharge.com 😏
meetthemeateaters.com

**RE: Zero-Carb/Meat and Water** - Charles - Yesterday 06:32 PM

Those are some absolutely wonderful suggestions and thanks to all of you for contributing. I can tell many of you are reading my mind when you list things like insulin and life.

Some that really stuck out to me are:

zeroinginonehealth.com

insulinbusters.com

zerocarbage.com

I'm thinking of something that tries to get to the main point which Gary Taubes seems to refuse to stress and that is chronically-high insulin will kill you.

Do you like these three? Vote on them. Don't wait because I'm ready to buy the forum!

Regards,

Charles

**RE: Zero-Carb/Meat and Water** - Boo454 - Yesterday 06:37 PM

Charles Wrote:
Those are some absolutely wonderful suggestions and thanks to all of you for contributing. I can tell many of you are reading my mind when you list things like insulin and life.

Some that really stuck out to me are:

zeroinginonehealth.com
insulinbusters.com

zerocarbage.com

I'm thinking of something that tries to get to the main point which Gary Taubes seems to refuse to stress and that is chronically-high insulin will kill you.

Do you like these three? Vote on them. Don't wait because I'm ready to buy the forum!

Regards,

Charles

The last is my favorite. Simple, easy to remember.

---

**RE: Zero-Carb/Meat and Water - Living_healthy - Yesterday 06:43 PM**

Is that zeroinginonhealth or zeroinginonehealth? This is the one that I choose, whichever spelling is correct.

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**RE: Zero-Carb/Meat and Water - MAC - Yesterday 06:44 PM**

Charles Wrote:

Those are some absolutely wonderful suggestions and thanks to all of you for contributing. I can tell many of you are reading my mind when you list things like insulin and life.

Some that really stuck out to me are:

zeroinginonehealth.com
insulinbusters.com
zerocarbage.com

I'm thinking of something that tries to get to the main point which Gary Taubes seems to refuse to stress and that is chronically-high insulin will kill you.

Do you like these three? Vote on them. Don't wait because I'm ready to buy the forum!

Regards,

Charles
I like the zeroinginonhealth. It means one can NOT be doing zero carb but getting there and emphasizes the health goal. The insulin one I like but could lead one to believe it is for diabetics.

**RE: Zero-Carb/Meat and Water - Living_healthy - Yesterday 06:50 PM**

I know you didn't ask for more, but I couldn't resist.

zeroinginoninsulin.com
insulincontrol.com
simplylivinghealthy.com (Oh, that's my name!....Ha!)

**RE: Zero-Carb/Meat and Water - Charles - Yesterday 07:00 PM**

I have been listening to you all on the FAQ and as soon as I get the new forum together I will begin work on it, along with the book discussion, and the forum, and....

**RE: Zero-Carb/Meat and Water - dixonge - Yesterday 07:03 PM**

MAC Wrote:
I like the zeroinginonhealth. It means one can NOT be doing zero carb but getting there and emphasizes the health goal. The insulin one I like but could lead one to believe it is for diabetics.

I agree about the 'zeroing in' part - I wonder if using the word health will make it sound too general?

but then, losing weight down to proper proportions, gaining some lean muscle mass and running marathons is pretty freakin' healthy.

OK, yeah, you've convinced me.

**RE: Zero-Carb/Meat and Water - Charles - Yesterday 07:52 PM**

Okay, we're all set. Thanks everyone for your help in coming up with the name of the new forum. I will provide additional information in the coming week as it becomes available. Just keep posting and keep living for now and soon we'll be outta' here!

**Intro and questions - dixonge - Yesterday 08:28 PM**

ok, I know the new forum is coming, but I've got comments and questions NOW.... 😊

Intro: I did Atkins years ago, actually got down under 200 for the first time in ages. Then we slowly but surely drifted away. At the beginning of 2008 I was up to 240 and I went back on low-carb with zero exercise as my new diet plan. Lost 20 pounds, plateaued, slowly began 'cheating' and floating back up again. But I read GCBC and found Charles' discussion of it. Took note of the zero carb idea but just barely.
More recently started the infamous 'Couch to 5K' running program. Came back here looking for some advice on running and carbs, finally started reading some of the zero-carb posts. It is clicking for me so far.

Now my fridge is full of steaks, brisket and burger patties and the wife is hoping both of us can break through our weight stasis.

That is all for now...

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**RE: Zero-Carb/Meat and Water - suzanneeya - Today 02:52 AM**

I workout everyday and love it, it gets me going for the day and helps with my mental health. I only do 30 minutes cardio and 30 minute weight and stretching. Everyone seems to have their own plan, a lot of people only workout once or twice a week. You need to find out what works for you and your lifestyle.

Do not forget chicken, cold chicken is so yummy too.

---

**RE: Zero-Carb/Meat and Water - hpseids - Today 05:38 AM**

Zeroinginonhealth is great!!

Just checkin in...weighed in this morning. I'm thinking I'll weigh twice a week, Mondays and Fridays, to see if weekend eating (which isn't bad or worse, just a little different) changes anything. I ate very little yesterday because I just wasn't hungry and my weight this morning was only .2 lbs. lower than the lowest weight, from Thursday. It's ok though because I woke up knowing it would be higher than it is...I just had that feeling. Maybe too much cheese Friday...? I just felt kinda bloated (sorry, TMI) which is really weird for this WOE. Anyway, I know it'll pass...I did, however, wake up with lots of energy after less sleep than usual!

I'll let y'all know Friday if it's gone down, for anyone who's interested...maybe I'm not eating enough but I'm barely hungry (which is bizarre for me lol)...I'm sure my appetite will regulate itself once I'm more used to it...I'm only ~2 weeks in. Of course other factors, cravings, energy, heartburn (no more!) and others are really important, primary concerns...but I'm not gonna lie and say the weight loss part isn't important too! It'll be nice once I lose what I want to lose and am maintaining and don't have to think about it anymore 😞

I agree with Suzanne- sometimes munching on a cold roasted chicken leg or some wings for breakfast is all I'm in the mood for. It IS yummy!

Exam tomorrow...off to the lab. Happy Monday! 😊

---

**RE: Zero-Carb/Meat and Water - southern-dahlin - Today 06:25 AM**

Morning all........all the ideas are grand and I really like the 2 below.

insulinbusters.com

and zeroinginonhealth
RE: Zero-Carb/Meat and Water - nyteez - Today 06:58 AM

Zeroinginonhealth seems too general. I found Jimmy's forum because I was wanting to know about low carb. I may not have found or paid attention to zeroinginonhealth site.

I like zerocarbage. I think carbs or insulin should be part of it.

RE: Zero-Carb/Meat and Water - MAC - Today 07:08 AM

nyteez Wrote:
Zeroinginonhealth seems too general. I found Jimmy's forum because I was wanting to know about low carb. I may not have found or paid attention to zeroinginonhealth site.

I like zerocarbage. I think carbs or insulin should be part of it.

I can see both sides. How about (although long), zeroinginonhealthwithzerocarbs or zeroarbyourwaytohealth or zeroarbtotohealth.

Charles wants to emphasize the health and/or the insulin control.

RE: Zero-Carb/Meat and Water - LindaSue - Today 07:16 AM

I cast my vote for "zerocarbage.com". It's short and to the point. Also easy to remember.

RE: Zero-Carb/Meat and Water - Sambezious - Today 07:19 AM

Wow! Major changes are happening around here! I guess I need to drop by more often and see what everyone is up to. Charles, I wish you much luck with the new forum! You are a class act and one intelligent person! I've enjoyed reading your posts, so, if you don't mind, I'm gonna join up with your forum too! I don't follow a *true* zero carb diet (although I do try and stay below 10 carbs per day), but I do enjoy reading the posts and educating myself on all aspects of low carb'ing.

Thanks for all the wisdom you've shared over the last couple of months that I have been a member here. I'm sure the new forum will be a big hit!

Take care,

Sam

RE: Zero-Carb/Meat and Water - nyteez - Today 07:20 AM

LindaSue Wrote:
I cast my vote for "zerocarbage.com". It's short and to the point. Also easy to remember.

A very good point also...keeping it short & easy to remember.
RE: Zero-Carb/Meat and Water - Kristi31 - Today 07:24 AM

I really like zerocarbage too.

RE: Zero-Carb/Meat and Water - cbnebraska - Today 07:32 AM

hpseids Wrote:
Maybe too much cheese Friday...? I just felt kinda bloated (sorry, TMI) which is really weird for this WOE. Anyway, I know it'll pass...I did, however, wake up with lots of energy after less sleep than usual!

Cheese is very bloating for me as well as constipating, it's very salty, which makes me thirsty, which makes me drink more water, which causes more bloating, which weighs more...... etc.... Also, didn't you say something about having had alcohol? Unfortunately, it seems to stall me more than anything, even than coffee. I don't think it's as obvious in people who have more weight to lose, but if you're only trying to lose a few, alcohol could be the culprit..... I find that my stalls last around 5 days or so after alcohol. Ugh, and I LOVE my Merlot!

I think maybe Charles already made his decision on the website name. He said something like "we're all set to go" a few pages back... However, how about

zerocarbsforhealth.com
nocarbsforhealth.com
zerocarbhealth.com

Maybe someone said these, but I've lost track.....

My hunch is that using insulin in the name will most likely be understood to be for diabetics. Obviously not true, but we've got to get people to the site before they will realize that.

Also, Charles, maybe for ease of construction of a FAQ page it could just be a page that is constantly added to, one question at a time, as they come up. As a question is asked in the forum and you answer it, just copy it to that page in some sort of relevant order and the page will grow slowly. A note at the top would point this out. Eventually the page would be complete and you wouldn't have any extra work to do. The note could then be removed.

On the same note, THANK YOU so very much for all the work you do here!! I know that you have no intent to make money from all this as your interests lie strictly in educating people about what you've learned. That is so incredibly admirable and selfless and goes against capitalism in every way!! You are the ultimate volunteer!! Regardless, I hope that someday you are able to make money from it anyways.

RE: Zero-Carb/Meat and Water - cbnebraska - Today 07:49 AM

Okay, my question is

zero carb age or

zero carbage

I guess it doesn't matter, but carbage is a made up word that will confuse most people. I would never use
it in front of people who eat carbs and it is insulting to equate their food to garbage......... even though it is!!!

Just the possibility of having it confused is reason to think about it.

---

**RE: Zero-Carb/Meat and Water - nyteez - Today 07:49 AM**

Quote:
Also, Charles, maybe for ease of construction of a FAQ page it could just be a page that is constantly added to, one question at a time, as they come up. As a question is asked in the forum and you answer it, just copy it to that page in some sort of relevant order and the page will grow slowly. A note at the top would point this out. Eventually the page would be complete and you wouldn't have any extra work to do. The note could then be removed.

A faq page would be kinda hard and would eventually be 400 pages long because there are so many questions. There is no easy way to put information in any kind of order in a forum thread. I think the easiest thing would be to have a Sticky explaining to people how to use the "search" feature.

---

**RE: Zero-Carb/Meat and Water - ANOVA - Today 08:26 AM**

If I were trying to use a search engine to find out about zero or no carb diet forums, I would probable type in "zero carb diet forums". Would using some or all of these words in the domain name push us to the top of a search or not. I'm not privvey to how search engines rate a domain. Who are our web gurus?

zero-carb-age is catchy.

If this thing is going to pay for itself (or maybe be profitable) people need to find it.

John

BTW: CBNEBRASKA;
Awesome ride. Hope to be able to post my own exploits soon.

---

**RE: Zero-Carb/Meat and Water - lynn hopes - Today 08:37 AM**

Yes I vote for zero carbage too. Zeroing in on health is too long and there are spelling issues with it also. We don't want people missing out on the site because they can't figure out the domain. A shorter, snappier domain name seems better.

---

**RE: Intro and questions - Charles - Today 08:38 AM**

dixonge Wrote:
ok, I know the new forum is coming, but I've got comments and questions NOW....

Okay, but I didn't see any questions.....

I will say that your experience is all too common for the modern low-carb plans. I will continue to repeat
this until everyone gets it. Zero-carb was the first thing and low-carb came along later. Blake Donaldson was the first doctor and he even consulted with Stefansson. So why didn't he go zero-carb?

He treated obese people and he didn't think they would take to the diet so he studied several groups of Inuit and found a district who already were influenced by whites. They had a minimal amount of vegetables in their diet and the seasonal fruit. Donaldson seized upon this and prescribed this regimen to his patients.

What's so wrong with this?

Because he was only concerned with weight loss. Insulin had not been discovered to be the menace that it is today because no one understood fat metabolism and that insulin is the regulator of fat metabolism. Insulin itself was only discovered in 1920. It took until Yalow and Berson came along in 1965 and proved its role. The won the Nobel! Dennis McGarry came along in the 1990s and was able to trace the train of progression from hyperinsulinemia to Type 2 diabetes and obesity.

Anything that increases insulin, induces insulin resistance, and induces the pancreas to compensate by secreting still more insulin, which will lead to an excess accumulation of body fat and make a person prone to the metabolic syndrome and all the diseases of civilization. To reverse it, one must decrease insulin and keep it that way.

I just bought Gary Taubes' book in paperback today and he wrote a new "after word" and in it, he even acknowledges that he should have stressed insulin more than he did and the deleterious aspect it has on all health, not just weight loss.

None of the low-carb experts seem to get this today. You must!

Your Atkins diet didn't work then because it never controlled your insulin and thus it didn't control your hunger. Write this down and remember it forever:

Charles Wrote:
No diet will work for anything or anyone if it does not control your insulin!

We need to "zero in" on this concept (Thanks, Con) and digest it and tell it to everyone who will listen.

Zero-carb will work for anyone if they are able to overcome their upbringing and adapt their tastes to the types of foods that our bodies prefer.

As The Bear said, if you are hungry, you are eating carbohydrates, plain and simple. There are no good carbohydrates, only bad. Once your adaptation to bad fuel has run its course, the only thing that can be done to control it is to eliminate the carbohydrates.

Sorry to be so blunt, but that's just how it is!

Regards,

Charles

RE: Zero-Carb/Meat and Water - lynnhopes - Today 08:41 AM

I wanted to ask you ZC's a question while I have you here also:
I know Atkins has the carb ladder where he puts the least damaging carbs in order. I am wondering what you ZC's would put if you designed a carb ladder. Obviously white flour and sugar and sweeteners are out. But would it be meat, then eggs, then cheese, then cream, then coffee/tea, then alcohol, then nuts, then veggies? What order would you put these in?

Opinions please. I am trying out different meats at the moment as I was veggie for quite a while so lots of meat I have never eaten and I am trying to train my palate. In the meantime I am always eager to learn about ZC.

Thanks!

RE: Zero-Carb/Meat and Water - Charles - Today 08:49 AM

Sorry, guys and gals, I was ready to go forward last night and I went with the "zeroing in" because I will use that as a theme throughout the new forum. There will be some aspect of FAQ that I can use because of that name so I think we can find a nice compromise. I too liked the zero-crbagge name, but something about the other touched me on a different level. All of our so-called experts are focused on carbs when they should be concerned about insulin which affects not only weight, but also health and we're first and foremost about being healthy. This is why the first one stuck, followed by insulinbusters, and then followed by zero-carbage.

I will add these other terms in the description of the site which will make it easy for search engines to find the forum.

Regards,

Charles

RE: Zero-Carb/Meat and Water - MAC - Today 08:49 AM

lynhopes Wrote:
I wanted to ask you ZC's a question while I have you here also:

I know Atkins has the carb ladder where he puts the least damaging carbs in order. I am wondering what you ZC's would put if you designed a carb ladder. Obviously white flour and sugar and sweeteners are out. But would it be meat, then eggs, then cheese, then cream, then coffee/tea, then alcohol, then nuts, then veggies? What order would you put these in?

Opinions please. I am trying out different meats at the moment as I was veggie for quite a while so lots of meat I have never eaten and I am trying to train my palate. In the meantime I am always eager to learn about ZC.

Thanks!

You have to look at this anthropologically.

1. Meat as it provides all necessary nutrients.
2. Eggs
3. root vegetables
4. Nuts
5. Seasonal fruits

The rest are out. Husbandry of animals (dairy, cheese) came along a lot later than feasting on carcasses or killing woolly mammoths. Plus genetically asian populations are lactose intolerant.

**RE: Zero-Carb/Meat and Water - southern-dahlin - Today 08:54 AM**

lynhopes Wrote:
I wanted to ask you ZC's a question while I have you here also:

I know Atkins has the carb ladder where he puts the least damaging carbs in order. I am wondering what you ZC's would put if you designed a carb ladder. Obviously white flour and sugar and sweeteners are out. But would it be meat, then eggs, then cheese, then cream, then coffee/tea, then alcohol, then nuts, then veggies? What order would you put these in?

Opinions please. I am trying out different meats at the moment as I was veggie for quite a while so lots of meat I have never eaten and I am trying to train my palatte. In the meantime I am always eager to learn about ZC.

Thanks!
Scarlet
Honestly from my experience my body cannot tell the difference between veggies,nuts,cake.

I would rate them as
(1)flour sugah veggies nuts....worst
(2)eggs,cheese
(3)coffee,cream

Now this is how my body honestly seems to respond to them....I don't drink alcohol so i cannot answer that one.

Charles i got the insulin quote in my siggy.....hehe

I also want to note that when I did well on the Atkins Fat fast.....i used only lower carb items like cream cheese.
If I used nuts or peanut buttah even in small amounts I became a carb-o-holic on a binge!

**RE: Zero-Carb/Meat and Water - caroline - Today 09:01 AM**

I have found exact same thing with peanut butter. It makes me physically sick along with almonds. This is since I am on this WOE.

southern-dahlin Wrote:
Honestly from my experience my body cannot tell the difference between veggies,nuts,cake.
nuts or peanut buttah even in small amounts I became a carb-o-holic on a binge![/color]
Charles Wrote:
Keep in mind that it's not only this thread that will be gone, but also any journals and other threads that
you have started, these will also be removed from this forum. I will depend on you to tell me that you
want your personal journal migrated to my forum. If you don't tell me, I will not move it and it will be
deleted if it contains the title or a discussion of zero-carb. This will be a strictly low-carb forum after
November 1st.

I used zero carb to get back on track and my personal journal will be deleted so count me in.
Cie

RE: Intro and questions - dixonge - Today 09:21 AM

Charles Wrote:
Okay, but I didn't see any questions.....
I'm working on it! 😊

Charles Wrote:
Your Atkins diet didn't work then because it never controlled your insulin and thus it didn't control your
hunger. Write this down and remember it forever:

As The Bear said, if you are hungry, you are eating carbohydrates, plain and simple. There are no good
carbohydrates, only bad. Once your adaptation to bad fuel has run its course, the only thing that can be
done to control it is to eliminate the carbohydrates.

Sorry to be so blunt, but that's just how it is!

Regards,

Charles

I think I'm starting to get it....

RE: Zero-Carb/Meat and Water - daveo - Today 09:21 AM

suzanneyea Wrote:
I think I would rather starve than eat an organ meat! Gross!

Me too. I AM taking Cod Liver Oil though, which basically has no flavor, just in case those organ
vitamins are helpful 😊

RE: Zero-Carb/Meat and Water - dixonge - Today 09:24 AM

Charles Wrote:
Sorry, guys and gals, I was ready to go forward last night and I went with the "zeroing in" because I will
use that as a theme throughout the new forum. There will be some aspect of FAQ that I can use because
of that name so I think we can find a nice compromise. I too liked the zerocarbage name, but something
about the other touched me on a different level. All of our so-called experts are focused on carbs when they should be concerned about insulin which affects not only weight, but also health and we're first and foremost about being healthy. This is why the first one stuck, followed by insulinbusters, and then followed by zero carbage.

I will add these other terms in the description of the site which will make it easy for search engines to find the forum.

Regards,

Charles

Plus you can always buy other domain names and point them to the main site. $10/year - cheap

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**RE: Zero-Carb/Meat and Water - MAC - Today 09:28 AM**

daveo Wrote:
suzannyea Wrote:
I think I would rather starve than eat an organ meat! Gross!

Me too. I AM taking Cod Liver Oil though, which basically has no flavor, just in case those organ vitamins are helpful 😊

Yes what is in organ meats that you miss if you only eat muscle meat and not other parts of the animal such as brains, etc? Now if it is Vitamin A which as far as I can tell is absent from muscle that would mean that one would want to eat butter or take cod liver oil for the Vitamin A. But vitamin A is stored as I understand it and it takes a long time to deplete oneself of it if I understand things correctly. And is this another of those vitamins like C that only gets depleted because you are eating carbs?

---

**RE: Zero-Carb/Meat and Water - daveo - Today 09:31 AM**

MAC Wrote:
daveo Wrote:
suzannyea Wrote:
I think I would rather starve than eat an organ meat! Gross!

Me too. I AM taking Cod Liver Oil though, which basically has no flavor, just in case those organ vitamins are helpful 😊

Yes what is in organ meats that you miss if you only eat muscle meat and not other parts of the animal such as brains, etc? Now if it is Vitamin A which as far as I can tell is absent from muscle that would mean that one would want to eat butter or take cod liver oil for the Vitamin A. But vitamin A is stored as I understand it and it takes a long time to deplete oneself of it if I understand things correctly. And is this another of those vitamins like C that only gets depleted because you are eating carbs?

I'm not sure about depletion, but since it does get stored I am not taking the cod liver oil all the time. After I get through a bottle I'll wait a few weeks before starting a new one. Maybe a little more steady in
the winter for the Vitamin D due to lack of sun. Seems to me that all that is missing from the muscle meats is the Vit A, D, and E possibly, though I am not 100% sure on E. I know it is in eggs, but I am not currently eating them.

**RE: Zero-Carb/Meat and Water - Charles - Today 09:32 AM**

dixonge Wrote:
Plus you can always buy other domain names and point them to the main site. $10/year - cheap

I was just about to e-mail you that question. Do I go and purchase the other name or can I do it through the site?

**RE: Zero-Carb/Meat and Water - Charles - Today 09:43 AM**

I'm not so sure about the nutrients in muscle meats. I know what the USDA site says, but they only list the nutrients per serving so if there is a small amount of these other nutrients in the meat, they don't register. However, I am firmly convinced that meat has all these nutrients in the proper amounts so if there is not much present in the fattier portions, we must not need so much of it. Since I have no deficiencies, I would worry about over-supplementation of these nutrients which are not abundant in meat such as Vitamin C and A. Any of you who lift weights and make muscles should know that you obviously have vitamin A in good supply!

Regards,

Charles

**RE: Zero-Carb/Meat and Water - Charles - Today 09:53 AM**

Okay, gang. Both names will work for the new forum. You can type zerocarbage.com or zeroinginonhealth.com. I'm moving right along...

**RE: Zero-Carb/Meat and Water - MAC - Today 09:55 AM**

Charles Wrote:
I'm not so sure about the nutrients in muscle meats. I know what the USDA site says, but they only list the nutrients per serving so if there is a small amount of these other nutrients in the meat, they don't register. However, I am firmly convinced that meat has all these nutrients in the proper amounts so if there is not much present in the fattier portions, we must not need so much of it. Since I have no deficiencies, I would worry about over-supplementation of these nutrients which are not abundant in meat such as Vitamin C and A. Any of you who lift weights and make muscles should know that you obviously have vitamin A in good supply!

Regards,

Charles

When I get the time I am going to see if GCBC has any references in the back of the book for the
chapter where he states that meat provides all necessary nutrients except maybe Vitamin C. Regina has my curiosity up.

RE: Zero-Carb/Meat and Water - daveo - Today 10:02 AM

MAC Wrote:
Charles Wrote:
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Regards,

Charles

When I get the time I am going to see if GCBC has any references in the back of the book for the chapter where he states that meat provides all necessary nutrients except maybe Vitamin C. Regina has my curiosity up.

He DOES make the statement that meat provides all the necessary nutrients except Vitamin C, but in another thread, the way he was quoted implies that he wasn't referring to muscle meat only.

Here is the exact quote by Tabues from Jimmy's Blog:

“It does seem a bit extreme going to consume meat and water only, and as Dr. Carlson points out, muscle meat might not be sufficient to provide all the vitamins needed, if that's all that’s being consumed. So, yes, why limit it to store bought meat and nothing else, other than to set up a hypothetical situation for discussion? Finally, one minor point: even a diet of meat and water is not zero carb. There will be a few percent carbohydrates from glycogen stored in the muscle.”

Me, I don't mind the Cod Liver Oil at all, I just take a spoonful before one meal a day most days. I figure, why risk it. It's not like I'm forcing myself to choke down some broccoli 😞

RE: Zero-Carb/Meat and Water - chris m. - Today 10:19 AM

daveo Wrote:
MAC Wrote:
daveo Wrote:
suzanneyea Wrote:
I think I would rather starve than eat an organ meat! Gross!

Me too. I AM taking Cod Liver Oil though, which basically has no flavor, just in case those organ vitamins are helpful 😊
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I do not think Biotin is in animal products at all.

chris

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**RE: Zero-Carb/Meat and Water - [cbnebraska](#) - Today 10:21 AM**

Do those of you who supplement with some vitamin or another actually notice any kind of difference in your body when you do so? I just can't help but believe that our bodies would tell us if we needed something. They are so good at speaking to us. If we are feeling great, staying healthy, losing weight, showing no issues whatsoever, why should we assume we're missing something? I would be nervous taking something "just in case" when I'm so healthy...

I have noticed something very peculiar recently and I'm wondering if I'm crazy.... I have noticed that the reflex that makes my heart quicken and my hair follicles stand on end has been extremely heightened. I know this sounds absurd, but I just notice that I am much quicker to act when I need to. Examples would be as simple as something slipping out of my hands that could smash my toes or a loud noise. Do any of you, by chance, notice anything like this? I was just wondering if maybe my body is more "on" than it used to be.

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**RE: Zero-Carb/Meat and Water - [MAC](#) - Today 10:26 AM**

chris m. Wrote:
daveo Wrote:
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I do not think Biotin is in animal products at all.

chris

Biotin can be found in liver and eggs. [http://www.essortment.com/all/vitaminsmineral_rtd.htm](http://www.essortment.com/all/vitaminsmineral_rtd.htm)

**RE: Zero-Carb/Meat and Water** - MAC - Today 10:28 AM

cbnebraska Wrote:
Do those of you who supplement with some vitamin or another actually notice any kind of difference in your body when you do so? I just can't help but believe that our bodies would tell us if we needed something. They are so good at speaking to us. If we are feeling great, staying healthy, losing weight, showing no issues whatsoever, why should we assume we're missing something? I would be nervous taking something "just in case" when I'm so healthy...

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Your hair and nails grow faster on a low carb diet per Dr. Lutz in his book "Life without Bread". Dr. Lutz was a low carb doctor in Austria for 40 years.

**RE: Zero-Carb/Meat and Water** - Charles - Today 10:31 AM

MAC Wrote:
When I get the time I am going to see if GCBC has any references in the back of the book for the chapter where he states that meat provides all necessary nutrients except maybe Vitamin C. Regina has my curiosity up.

The quote comes from anthropologist Marvin Harris in 1985 and I have his books. The anthropologists know that the isolated populations were only concerned with the fattier portions for the most part. There would have only been so much liver to go around.

What happens if one doesn't get enough vitamin A? Think about it. Pemmican was only beef and fat as well yet men subsisted on it. I didn't bring that to the conversation because we were talking about pregnant women. Her response is to bring up pregnant women with a genetic issue likely caused by the parents bad diet.

I ran half-marathons and lift weights. Surely I would have exhibited deficiency symptoms by now, shouldn't I?
Charles Wrote:
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I ran half-marathons and lift weights. Surely I would have exhibited deficiency symptoms by now, shouldn't I?

One would think so. Vitamin A takes a long time per Regina. I noticed my teeth haven't fallen out eating mainly pretty close to zero carb this past year. 😐 How long did it take to get scurvy? Not that long if I remember right and your teeth start to fall out if you get scurvy. I think the thing I would like to know more about is this depletion of vitamins eating carbs. How does that work? How fast? etc.

Well, not long, according to Taubes. On that same page that Dave quoted, 321, it says that scientists were able to induce pellagra, scruvy and all of them very quickly when they fed refined carbohydrate diets to animals. It seems that if your diet is only refined carbs such as rice, you can break out with this stuff pretty quickly. I've never heard of an exclusive meat-eater getting scurvy.

Stefansson gave the three explorers (who ate carbs instead of the meat) in his crew fresh meat. It didn't specify that it was an organ meat which cured the scurvy; just some fresh muscle meat. That's enough for me.

Regards,

Charles
On a different forum a member sent the Bear a few question because of his training and some carbs he
need's; he gave me his o.k. to print both questions and answers on this forum.

Here's "the Bear"'s reply:

1 - If muscle glycogen doesn't vary with exercise, why do we "hit the wall"?
That is the liver, which on carbs fills with glycogen while removing it from the blood. the bloating then
interferes with blood transit and slows furnishing fat on demand. After ketoadaptation, fat moves freely
and the liver does not act as a first line of action (sweeper) to remove the glucose from the blood, first as
glycogen, and then converting it into fatty acids..

- A long adaptation period is needed to zero carb adaptation. What will happen if, after adaptation it
happens to eat some carb? Shall we wait for that long adaptation period after just one carb meal?
Takes from two to four weeks only to keto-adapt. Eating carbs will interfere with adaptation for the
simple reason that glucose is so toxic it will kill you very quickly (diabetic coma) if not removed from
the blood- thus the adaptation is quenched, insulin floods out and the carbs stored as fat... and you must
start over.

2 - In a 2 minutes high intensity effort, after ATP depletion (ATP stoks endure just some 10 seconds)
glycogen is needed to provide energy via the chain: glycogen - glucose - pyruvic acid - lactic acid
This is what we know. It that chain wrong? Is there a study that proves it wrong?
It does not happen. ONLY ATP provides the energy for muscular contractions, and is renewed by an
enzymatic process involving n-carnityl-FFA complex. You are completely wrong about the ATP supply.
What you have partially described (pyruvic/Krebs) is part of the conversion process for making fat from
glucose.

3 - You say that you never get muscle soreness, but later you say that if you train hard you get doms.
This is a contraddiction. What about a serious athlete who trains hard almost everyday? I agree that
one can train moderately with zero carb. But it's impossible to have big training volume with zero carb
(recovery time will be too long)
Quite simple- if you train every day you will become weaker and smaller. NO 'serious' athlete trains
more than two or three days/week. Your body does NOT grow from exercise, which actually damages it.
Working too heavy or for too long causes enough damage to make you sore, the proper level does not.
You only grow or improve in strength and fitness while resting and recovering from exercise.

4 - I agree with you that both muscle fibre type work on ATP-ADP, that is produced from fat, but when
you have to resinthesitze ATP quickly and in oxygen debt (anaerobically) glucose is needed to provide
the required energy. This is chemistry. I agre that ADT-ATPi's done with FFA (if there is enough
oxygen). Where is the required energy taken, if there's not enough oxygen to oxidize FFA? (i.e.
working at an anaerobical regime)
No you are wrong again, as you have been from your first paragraph.

5 - You say you are a very active person, ok. But there's dofference between dancing and training just
for hobby, or training hard everyday (someone twice a day) for racing and possibly get some good
results. For instance I am a cyclist and my long rides are 4-5 hours at medium-high intensity. Do you see
what I mean?
I see that you have nothing to contribute, and like to make a lot of 'noise' about bullshit. You haven't a
clue as to my level of activity OR my fitness. Only fools train twice a day. Overtraining is not worthy of braggadocio.

6 - Again, glycogen is not the fuel, it's the energy source to produce ATP from FFA via lactic acid formation.
Wrong.

- You say that glycogen only serves as a storage to regulate blood sugar levels. So, what's the purpose of sugar in blood, is we don't use it?
SOME tissues do use it- tendons, cartilage and dense nervous tissues for instance.
On a zero carb regime, we use a very small amount of glucose- <5gm/day in the presence of ketone bodies, a fat metabolite which substitutes for glucose and provides the major energy source for the few tissues unable to utilise fat. The normal blood level is ~100 mg/dl, or a total in an average person of less than 5 gms. Glucose is VERY toxic, only insulin is somewhat more damaging- but won't kill you quite so rapidly as excess blood glucose.

Take my advice, don't believe what you hear about diet and biomechanics- it is all rubbish.

If you like meat and love fat, and can eat it rare and without salt, and want to eat the all meat way, and are happy doing that, then go for it. If not- then stay where you are.

I know it is the right way, but I really have no interest in arguing with anyone who can't accept what I have to say, and trust me, after 50 years eating this regime, there is no question whatsoever about what is real and what is nonsense. Science? All lies- told for money.

I am including my simple rules. Be careful and don't obsess over the food- if you can't eat it with pleasure and without thinking much about it you should stay where you are dietary wise.
--

Cheers.

RE: Zero-Carb/Meat and Water - chiara - Today 11:21 AM

chnebraska Wrote:
Do those of you who supplement with some vitamin or another actually notice any kind of difference in your body when you do so? I just can't help but believe that our bodies would tell us if we needed something. They are so good at speaking to us. If we are feeling great, staying healthy, losing weight, showing no issues whatsoever, why should we assume we're missing something? I would be nervous taking something "just in case" when I'm so healthy...

I've been supplementing about once a week with a multivitamin. I tried going without one, but I was still getting muscle cramps in the middle of the night. Once a week seems enough to keep them at bay. Once I've been on zero carb for a few months I'll try and drop them all together.
I have noticed in the last week or so that I am bruising A LOT. I've always bruised easily, but I am covered now! Just from the slightest bump...it looks completely gross. Anyone else have that problem?

RE: Zero-Carb/Meat and Water - Charles - Today 11:26 AM
That's the Bear. One of these days I'm going to develop such moxy and you people aren't going to be able to deal with me. Don't obsess over this stuff. Eat fatty meat, drink water and get over it! 😄

**RE: Zero-Carb/Meat and Water - Charles - Today 11:27 AM**

chiara Wrote:
I've been supplementing about once a week with a multivitamin. I tried going without one, but I was still getting muscle cramps in the middle of the night. Once a week seems enough to keep them at bay. Once I've been on zero carb for a few months I'll try and drop them all together.

I would try to cut the salt. That completely eliminated my leg cramps.

Charles

**RE: Zero-Carb/Meat and Water - Charles - Today 11:30 AM**

Okay, THIS IS IMPORTANT:

I just got off the phone with Jimmy and I have to tell you all that I'm not so sure I will be able to move the things on this thread. I'm trying to work with Jimmy's company to get a backup of this forum so I can migrate the threads but I'm not sure they're willing to do it.

I don't know conclusively yet, but I want to warn you that your journals and even this humongous thread will be history on October 31st unless something can be worked out.

MAC had given us information on priting the thread out to PDF and things like that, but I don't know of an easy way to get that stuff to the new forum without a backup of this one.

If anyone has ideas, now is the time to share them!

Regards,

Charles

**RE: Zero-Carb/Meat and Water - MAC - Today 11:35 AM**

Charles Wrote:
MAC had given us information on priting the thread out to PDF and things like that, but I don't know of an easy way to get that stuff to the new forum without a backup of this one.

The PRIMOPDF tool really only works well for single pages of HTML as it just captures a print page to PDF. Pages have to be done one at a time to the best of my knowledge. A real pain.

**RE: Zero-Carb/Meat and Water - Living_healthy - Today 11:36 AM**

Charles Wrote:
That's the Bear. One of these days I'm going to develop such moxy and you people aren't going to be able to deal with me. Don't obsess over this stuff. Eat fatty meat, drink water and get over it! 😊
Moxygoshthisitchesherpes? Just kidding, I know what moxy means. LOL!!

RE: Zero-Carb/Meat and Water - nyteez - Today 11:46 AM

Aren't they removing these posts & journals anyway? Why not just give you the backup, takes 30 seconds?

We will think of something! I would hate to lose all this info.

RE: Zero-Carb/Meat and Water - snailspace - Today 11:51 AM

After Jimmy's blog over all the fuss about zero carb and pregnancy, and his announcement that you are going to have your own zero carb forum, I had to check in and see what's up lately. It's been a long time since I've peeked into this particular forum, and I was interested in reading more about zero carb, so I started looking into this thread. Holy cow, it's long! I spent a lot of time just skimming, getting highlights, with a bit of more in-depth reading.

What really piqued my interest are all the first-hand experiences with vlc here, and the positive effects that it's had on all of you. Not only weight loss, but improvements in your overall health. Stunning!

You might just find me hopping on board, too. I've had moderate success with Atkins, but have hit a long-term stall, just hovering at the same weight for months on end, not losing at all. If this will get the losses started again, then I'm all for trying it. I'll watch for the new forum, and catch you over there.

As far as organ meats go, I eat them because I like them, not for any special nutritional value. Right now I have beef liver in the fridge, ready to pan fry in a bit of coconut oil. Since by husband is not a liver enthusiast, he'll get something else.

RE: Zero-Carb/Meat and Water - southern-dahlin - Today 11:56 AM

Chiara
I bruise easily on Low carb plans also. I have heard everything from ketogenic diets thin the blood, to vitamins causing it.
Just to ease your own worries you could have a blood workup done. Maybe someone else will read this and respond.
chiara Wrote:
I've been supplementing about once a week with a multivitamin. I tried going without one, but I was still getting muscle cramps in the middle of the night. Once a week seems enough to keep them at bay. Once I've been on zero carb for a few months I'll try and drop them all together.
I have noticed in the last week or so that I am bruising A LOT. I've always bruised easily, but I am covered now! Just from the slightest bump...it looks completely gross. Anyone else have that problem?

RE: Zero-Carb/Meat and Water - dixonge - Today 12:32 PM

nyteez Wrote:
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We will think of something! I would hate to lose all this info.

Just a suggestion - if you have a journal you might want to go there and then click on "View a Printable Version" in the lower left-hand corner. Then do a 'save-as' to save that page to your hard drive. I've already done that with this thread, just in case.

RE: Zero-Carb/Meat and Water - nyteez - Today 12:39 PM

dixonge Wrote:
nyteez Wrote:
Aren't they removing these posts & journals anyway? Why not just give you the backup, takes 30 seconds?

We will think of something! I would hate to lose all this info.

Just a suggestion - if you have a journal you might want to go there and then click on "View a Printable Version" in the lower left-hand corner. Then do a 'save-as' to save that page to your hard drive. I've already done that with this thread, just in case.

LOL! Me too, I'm saving this thread in Word.

THE END