

---

---

# GRAY MATTER

Newsletter # 5 – May 2008

---

---

**“As to methods there may be a million and then some, but principles are few. The man who grasps principles can successfully select his own methods. The man who tries methods, ignoring principles, is sure to have trouble.”** *(Ralph Waldo Emerson)*

I was talking to a friend the other day and she mentioned that she let her husband take a look at the nutritional guidelines I've outline for her. I asked what he thought about it. She said her husband thought that it was "okay", "a bit basic" and "there was nothing special, just eat healthy and often". I laughed at the comment. My friends' husband is over 300 pounds and not in great shape at all! There is nothing "special" and "cutting edge" about nutrition. A 300 pound obese man really doesn't need to concern himself with *cybernetic periodization, cyclical ketogenic diets, branched chain amino acid intake, or intermittent fasting* (does it sound "more advance" now?).



**IT'S ALL ABOUT THE BASICS.** Don't get caught up in the unimportant "fancy" details from time to time.

**Frequency:** Eat more often. Period!

**Variety:** Sticking to the "just rice cakes diet" won't get you to your goal any faster. Instead one would most likely develop a sub-clinical deficiency in some vitamin or mineral. That will disrupt the body and ruin progress. Eating the same food day-in and day-out isn't a lifestyle that most people can maintain. Not only does it increase the risk of developing food allergies, it also promotes eventual cheating on their diet.

**Loading and Progressions:** One needs to be in a caloric deficient to lose fat and a caloric surplus to gain muscle. The extent of these deficits or surpluses is very individual but here are some general guidelines. For fat loss, it's best if calories are not reduce too fast. Initially, shoot for a 500 calorie deficit. For muscle gain, increase caloric intake every two weeks by 300 to 500 calories.

**Are consistently applying these principles ?  
If not, stop complaining and make it happen.**

## ATHLETE SPOTLIGHT



**Sue Bird (Basketball)**

**BOOK  
OF  
THE  
MONTH**  
**Who  
Moved  
My  
Cheese?**  
DR SPENCER JOHNSON