



JIM HARSHAW.net

You Can't Get Pinned When You're on Top

Wrestling with Greatness Podcast

Action Plan Episode #24

with Karl Pilz

Today I bring you Karl Pilz, host of the I'm Too Busy for Nutrition Podcast. Karl is the first non-wrestler to make it onto the show so to do that he **MUST** be good. He is the first nutrition expert that I've met that understands **REAL** people like you and me. We're busy. We're focused on achieving big things and nutrition is important but it's not something I want to spend a lot of time (or money) on. With Karl's actionable and practical advice, you'll learn just enough science to understand the how and why of proper nutrition with an emphasis on increasing energy and focus so that you can power through your day and achieve huge goals.

You don't need to completely modify your diet to be healthy. Apply Pareto's Principle, otherwise known as the 80/20 rule.

Carbohydrates

- Fast digesting carbohydrates put more sugar into the blood than your body can use so is stored by the body as fat.
- Fast digesting carbohydrates spike blood sugar to unhealthy levels. Insulin enters the bloodstream to normalize it.
- Insulin removes not only sugar from the blood but also good amino acids that would otherwise be used by your brain to create serotonin, dopamine, adrenalin and endorphins.
- Fast digesting carbohydrates include white bread, white rice and white pasta as well as sugar in dessert and candy.
- Slow digesting carbohydrates, such as whole grain breads, beans and vegetables, are like an IV drip of sugar into the blood, helping you sustain energy.
- Proteins digest into amino acids that feed the brain.

Sleep

Light sleep is when our muscles are relaxing and preparing for deep sleep.

Deep sleep is when our body repairs itself. For example growth hormones are released to heal the micro tears that happen to our muscles when we climb stairs or exercise.

REM sleep is when our brain repairs itself. Short-term memories get converted into long-term memories. Your immune system also strengthens itself during REM sleep.

The amino acid tryptophan that's in meats and other proteins-- and gets a lot of play around Thanksgiving for being in turkey and making us sleepy-- is key in creating serotonin. When you eat fast digesting carbs you will not get into the deeper phases of sleep.

Fat

Leptin is a hormone created by your body that regulates your appetite and makes you feel full and is made when you eat fat. When you eat a low-fat diet, Karl says, you are not giving your body the input it needs to create leptin therefore your appetite is not regulated and you don't feel full after a meal.

Karl had blood work done before starting a high-fat diet and has learned that after doing so triglycerides cut in half, HDL went up 10%, LDL down 30%, and testosterone went up 75%!

Learn from Karl:

Check out the [Brain, Body and Business Transformation Video Course](#)

*Please consult a doctor before modifying your diet
or taking advice from Karl or me!*