



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #149

Drew Manning

If Drew's name sounds familiar, you may remember him from about 100 episodes ago in episode #53. Drew is the NY Times Best Selling Author of the book, Fit2Fat2Fit. He is best known for his Fit2Fat2Fit.com experiment that took the media by storm when his story went viral. He has been featured on shows such as Dr. Oz, Good Morning America, The Tonight Show with Jay Leno, The View and many more. He is a certified personal trainer and through his Fit2Fat2Fit journey has inspired thousands across the world to embrace a healthier lifestyle through some dramatic self experimentations. His experiment has now turned into a hit TV show, called Fit to Fat to Fit which airs on A&E.

Quotes

"We're overfed but we're undernourished."

"Why I love keto is because my brain feels so much better running off ketones."

"We can progress and move forward in life. But if we're living in the past and we're always worrying about the future, we're never truly present in the moment which means we're never truly living."

About Why it's Hard to Eat Healthy

"Here's what happen to our bodies when we eat Cinnamon Crunch and Pop Tarts and those kinds of things. We get a spike in blood sugar, which feels good to our body. It's almost like a high, which is similar to drugs in a way, where we get this high but with that high, we get a crash. And when we crash, we feel horrible and miserable. Our body is telling us, 'I like that feeling. Let's get that feeling back again.' Have a whole can of Pringles and some soda, and you feel good again for a minute. And then you feel horrible again and it creates this vicious cycle. When you try and stop it, your body goes through these withdrawal symptoms of wanting that food again. So this is the problem. You wouldn't tell a drug addict, 'Hey, what's wrong with you? Just stop doing drugs. It's not that hard.' We realize that that's a serious

addiction. The problem with food addiction is that food is legal. You see it every day at the grocery stores, you see your friends eating it and you see commercials for it. It's shoved in our face all the time. That's why it's so dang hard."

About How Fat isn't the Enemy

"You cannot deny the trend in the obesity epidemic, ever since we introduced low-fat, low-cholesterol foods. So it's hard for someone like a doctor to admit that maybe their science was not the best science to base these opinions on. It's going to take a long time for people to realize that we we're teaching the wrong stuff and we had been lied to. A couple of years ago, there was an NPR article where they showed these leaked documents of these doctors who were paid off by the food industry to lie about certain studies to demonize fat so that these food companies could profit big off of these low-fat foods."

About Intermittent Fasting

"Intermittent fasting is basically when you schedule an eating window and a fasting window. So the most popular method is 16 hours of fasting, followed by 8 hours of eating. So you wake up in the morning, you wait till noon to eat your first meal. Between noon and 8pm is when you fit in your two, three, how many meals you want, and then you stop at 8pm. And then you fast the rest of the 16 hours of the day. That puts your body into a mild state of ketosis because you're 16 hours without food whereas most people, they eat first thing when they wake up, a few hours later, and then again and again. This is giving your body's digestive system a break and better nutrient absorption from the food that you eat."

A Sample Meal

Breakfast: Bulletproof coffee

Lunch: Eggs and Bacon and Avocado

Dinner: Couple of grass-fed burgers with avocado and cheese, sautéed vegetables in butter with a lot of salt.

Tool Recommended

"My FitnessPal is a free app that's great to track your keto diet in the beginning. All the recipes are in there and it's pretty accurate. If that's too complicated for you, just start with focusing on making sure your carbohydrates is at 30 grams or less. Look up online how much of carbs is in half an avocado. That's where MyFitnessPal comes in. When you get that done, track your protein. From there, track your fat."

Tim Ferriss and Dom D' Agostino on Keto (Podcast)

<https://tim.blog/2015/11/03/dominic-dagostino/>

Drew Manning Podcast

Episode 100: <http://www.fit2fat2fit.com/episode-100/>

Episode 31:
<http://www.fit2fat2fit.com/podcasts/ep134-will-adapting-ketogenic-diet-help-athletes-workout-efficiently-dr-dom-dagostino/>

NPR Article on the Food Industry

<https://www.npr.org/sections/thetwo-way/2016/09/13/493739074/50-years-ago-sugar-industry-quietly-paid-scientists-to-point-blame-at-fat>

60-Day Meal Plan

<https://keto.fit2fat2fit.com/fat-for-fuel>

Blog Links

Recommended Books

Keto Clarity by Jimmy Moore:

<https://www.amazon.com/Keto-Clarity-Definitive-Benefits-Low-Carb/dp/1628600071>

Episodes Referred

Drew Manning: <http://jimharshawjr.com/53/>

Karl Pilz: <http://jimharshawjr.com/24/>

Website and Social

Website: <http://www.fit2fat2fit.com/>

Twitter: <https://twitter.com/fit2fat2fit>

Instagram: <https://www.instagram.com/fit2fat2fit/>

