

CZECHUSOUT program for fat loss

START FRESH IN 2017

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In gyms all over, I see hundreds of folk pounding treadmills and ellipticals in vain attempts to lose body fat. Most are miserably unsuccessful, mainly because they don't understand the body's amazing design to store fat and guard it as its energy reserve, and release it only to exactly the right stimulation.

Aerobic exercise does burn some fat, but nowhere near what most folk think. To lose any fat at all, you first have to coax the adipose cells to release it. Then you have to oxidize the fat, that is, mix it with a whole lot of oxygen to turn it into energy. That requires a lot of deep breathing, roughly 8 times the usual person's breath while walking (1).

High school chemistry will tell you that fat molecules are mainly carbon. Given enough oxygen they are turned into carbon dioxide and expelled through your breath. Your lungs are the final exit point for most body fat. Unless you take in much more oxygen than usual, you haven't a prayer of losing fat (1).

Mixing the fat with oxygen happens mainly in your muscles. So you also need to have a lot of muscle to burn fat well. Most folk who come to us for fat loss programs, don't have enough muscle to burn the fat, and never get enough oxygen to do it anyway. It's easy to lose water and muscle, which is what happens on most fat loss programs. But it's not easy to lose substantial fat. If you follow the rules dictated by the design of the human body, however, it works like a charm. People who don't like rules, or mistakenly think there are magic ways to slim down in 30 days, often want to just grit their teeth, get their head down, and sweat the fat off. Not going to work. Sweat is a measure of water loss, not fat loss.

Anyone who has run a sweaty marathon or played game of hockey knows well they lost a lot of water, but very little fat. From those I have measured, an average 4-hour marathoner is lucky to lose a quarter pound of fat while running 26.2 miles. I tested my own body fat before and after 90 min hockey game and while losing 3.8 pounds of weight, only 0.12 pound of fat.

Some folk who stuff with, gels, bars or other ineffective goop during a marathon, actually GAIN fat. They may be 7 lbs lighter from water loss at the finish, because the carbs inhibit water absorption from their gut, but their weight rebounds to include more fat within 24 hours.

Here's a typical research study that measured fat loss in men and women over a 20-week training program for a half-marathon. They did 20 weeks of fairly intense endurance exercise. On average they did 80 workouts each. Workouts were all runs of 1-3 hours. The average training time over the whole study was 150 hours per runner. Note well. That is 150 HOURS of aerobic exercise. For the average person, that's 150 days of workouts at the gym. If you go 3 times a week, that's a year of workouts. Over the 20 weeks of training in the study, that is, 80 workouts totaling 150 hours, the men lost an average of 5.3 lbs of fat. That's only half-an-ounce of fat loss per workout. The women lost an average of only 2.0 lbs of fat in the 80 workouts. That's a tiny one-quarter ounce of fat loss per workout (2). That's about the best you can expect from most exercise programs for fat loss.

The average person doing aerobic exercise at the gym to lose fat, may go three times a week and spend an hour on the treadmill. That's 3 hours per week of the wrong exercise. Under the very best conditions, they will lose only about one ounce of fat per week. If they watch their diet, and work out religiously, every single week for a year, they can lose 52 ounces. That's 3.25 lbs of fat loss in a year. Divide the 20 lbs of fat they need to lose by 3.25. It will take more than 6 YEARS of these workouts to lose 20 lbs of fat. This miniscule loss of body fat with the usual aerobic exercise is confirmed again and again by science (2,3). But it's very depressing for the average person, because the weight loss media, especially shows like the Wizard of Oz, claim just the opposite. To listen to them you just need to walk around gobbling raspberry ketones to flush body-fat like magic, or green coffee beans, or whatever hokum is the magic of the month.

Unfortunately, the Wizard sells no magic, as the Federal Trade Commission has recently ruled, fining him and others on his show \$9 million for misrepresentation. The real magic lies only in the science. Follow it and you can become permanently slim

Here are 10 top things from the CZECHUSOUT fat loss Program. They are mandatory on our program, and anyone failing to comply is politely asked to leave, because we know from long experience they are not going to succeed. ☺

1. You will get 8 hours sleep per night. We all have a built-in circadian clock in the brain linked to light. Our circadian clock regulates almost everything, 24 hours a day, for life, including sleep-wake cycles, hormone cycles, brain growth, muscle growth and recovery, and, of course, fat loss. (4-6). The extra sleep is essential to get the fat loss and muscle growth you need.
2. You will work out every day, seven days a week, so that you provide an adaptive stimulus to the body each day, This adaptive stimulus will be used by the sleep recovery system that night, for fat loss via the breath, and for muscle recovery and growth. Do not lose a single circadian cycle. Once passed, the opportunity for growth during each cycle is gone forever (4-6).
3. You will join a yoga breathing class for two sessions each week to raise your habitual breathing volume by 6-8 times, to get the necessary oxygen to oxidize the fat (1).
4. You will work out in the mornings, the most anabolic time of the day (7).
5. You will work out on an empty stomach, except for a strong cup of coffee, or a proprietary jet fuel (made at the gym), and a creatine supplement taken 30 minutes before workout, to maximize the anabolic response of your muscles (8).
6. Each day at the gym, first you will do 30 minutes aerobic exercise. You will do this exercise in the fat-burning zone (heavy hands). This is essential to make the complex hormonal changes that switch the body from burning mainly sugar to higher fat burning (7). The aerobic gym device you use does not matter. We advise clients to jog to the gym to fulfill this requirement if possible.
7. Each day at the gym, you will do 30-45 minutes of a resistance program individually designed for your body, age, and condition. We set a goal of 2-4 ounces of muscle gain per week, depending on gender, age, weight, and condition. With the aerobic exercise, each workout burns an average of 450 calories, with about 225 calories from sugar and 225 calories from fat. The resistance exercise, plus our nutrition program prevents muscle loss. As muscle increases, you

will burn more fat, about 500 calories per workout, with about 250 calories from fat. Our aim is to burn 8 ounces of fat per week.

8. You will not slurp juice, or eat cookies or muffins or fruit or chocolate or whatever after workout. Instead, you will have a whey protein concentrate shake containing 35 grams of protein, the right amount of carbohydrates and Udo's oil within 30 minutes of finishing. This timing is essential to take advantage of the anabolic window of 90 minutes after workout, the period when the body will take most protein into muscle (7).

9. You will hire a mentor (Pavel or others). More than 90% of people who try to lose fat fail repeatedly. It's a very hard job alone. You need a personal mentor. Find an expert, someone who has done what you want to do, someone who is a living example of what they know, someone who walks their talk along the same path as yourself, lifelong.

10. You will follow the CZECHUSOUT Nutrition Program – religiously. Doing 10.5 hours exercise plus 2 hours yoga breathing a week is a lot of work. But, combined with our nutrition plan, it works like a charm for your health. An average woman of 30-something can reliably lose 20 lbs of fat, and gain 5 lbs of muscle in 40 weeks, without disrupting hormonal systems. With more muscle to burn the fat, and no hormonal drag, they are in a good position to stay that way for life. We have several clients who have lost over 100 lbs, and gained 20 lbs of muscle in 2 x 40 week programs, and have improved their bodies and their lives permanently.

Our results are in sharp contrast to fat loss achieved by dieting. Contrary to the muscle gain under our system, the average muscle loss with dieting is about 25% of the weight lost (2,3) Dieting also induces long-term detrimental hormonal changes that make fat regain almost inevitable (3,9). Also, the reduction of muscle mass makes fat loss much harder in repeat attempts. Research shows that approximately 97% of people who lose weight by dieting regain it, and more, within 2 years (2). In sharp contrast, our records show that almost all those who have stayed with us long-term, have maintained a slim body for up to 15 years.

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