

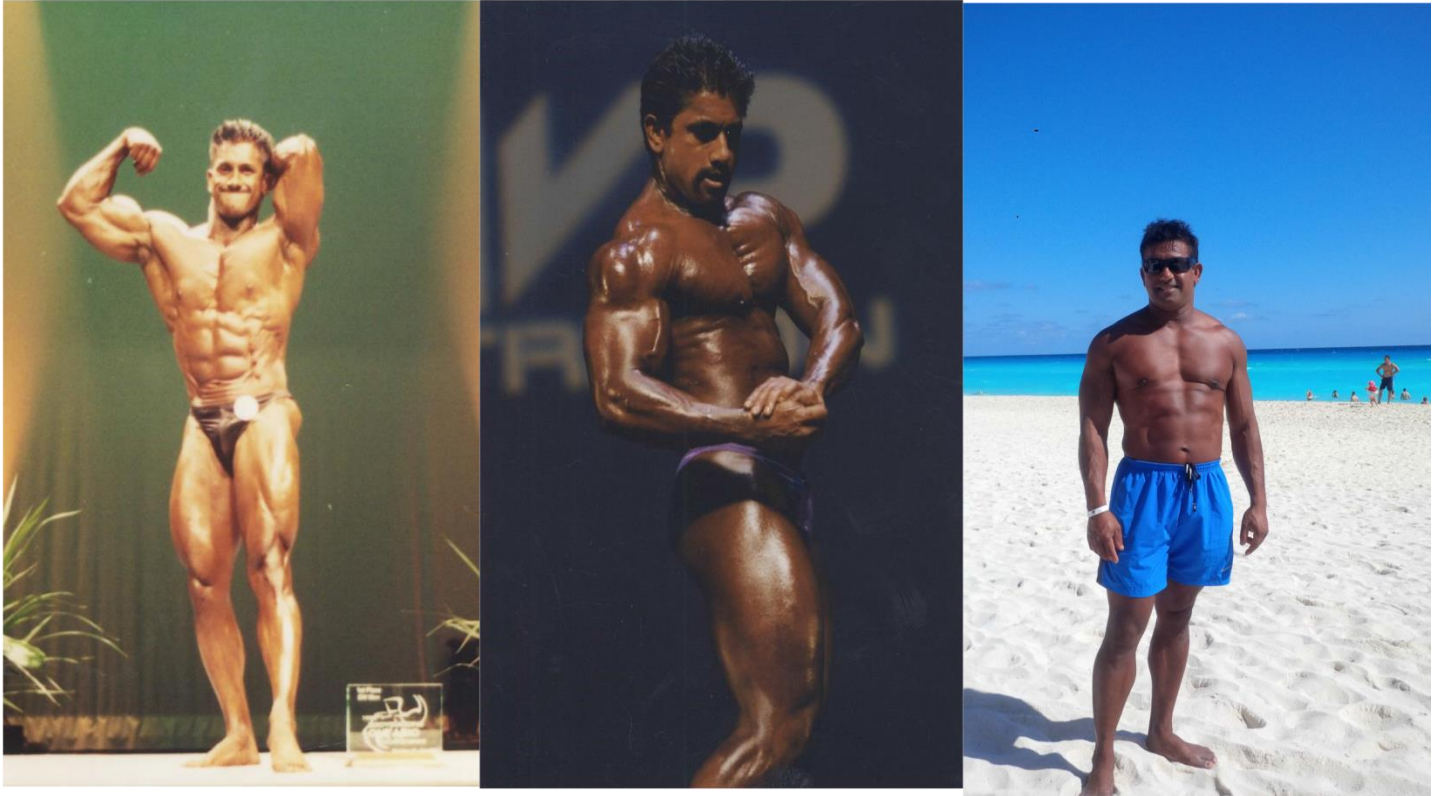
# THE TWENTY YEAR EXPERIMENT

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1996

2001

2015



My fascination with the body came at a young age. I started lifting weights and exercising when I was what would be considered by most far too young to start. During this process I was told about all the so called negatives in weight training i.e. you cannot change your body because of you genetics, bone type, body shape. If you don't exercise your muscle will turn into fat; you have to gain fat and then turn it into muscle etc., etc., I was not sure what to believe. All I knew is that I wanted to be stronger and faster.

After years of weight training and exercising, making some mistakes along the way which prompted me to do more research on my own? I started to study as passionately as I trained. I focused my studies on how the body functions with exercise and nutrition. I experimented with several weight training techniques and different nutrition programs based on actual scientific studies. I was quite shocked how well the body does respond, the results were amazing. It seemed so simple, why didn't anyone tell me this before. Why was I struggling in the gym when I could obtain surmountable results by combining excellent nutrition with an appropriate workout regiment. Why has this not been told instead of all those myths along the way? The body will function as it is designed to do. It was pretty straight forward in my eyes.

I decided to compete as a bodybuilder just so I could take my learning to more of an extreme level. Every show I did I used different training techniques, i.e. heavy weight, light weight, high rep, low rep. cardio, cardio on an empty stomach etc. then no cardio at all . I must say some these were just a big waste of time and energy but nonetheless a learning experience.

I decided to retire from bodybuilding as it a physically and mentally exhaustive sport. This extreme side of training and nutrition helped me gain a vast amount of knowledge and I wanted to start my final experiment," will muscle cells convert into fat cells".

For over fifteen years I have not done any sort of weight training, cardio or ab exercise and was able to keep my body fat under 10% very easily. It proved me to me that you can maintain your muscle cells with proper lifestyle choices. The lack of exercise and cardio had very little to no effect on my weight or fat gain. Once you build the foundation, then maintaining it is the easy part. This did not come to me because I was blessed with great genetics or bone structure; it

came because of the simple rules of the body. These rules are the same for male or female. Our internal system is the same. As an example, you can see in the pictures below, not only she was able to maintain the weight but was also successful in maintaining great health. Given her family history, there is a tremendous amount of 'genetic' illnesses which she should be susceptible. Given her age, she underwent a barrage of routine tests to check as she was a prime candidate for these diseases. She not only is in great health, but is not on any medication whatsoever. Something which is very baffling to her medical professionals.

I do miss the gym, and promise myself that after this experiment is over, when I am fifty years old, I will do some training again. I have gained a tremendous amount of knowledge over the past 30 years; I fully understand how the body functions and it still fascinates me to this day. The way the muscles and our digestive system function will never change. Muscles need exercise to stay healthy and more importantly is nutrients to the muscle cells. If our digestive system is not functioning properly, it is impossible to stay healthy and fit. The science of the body is clear.