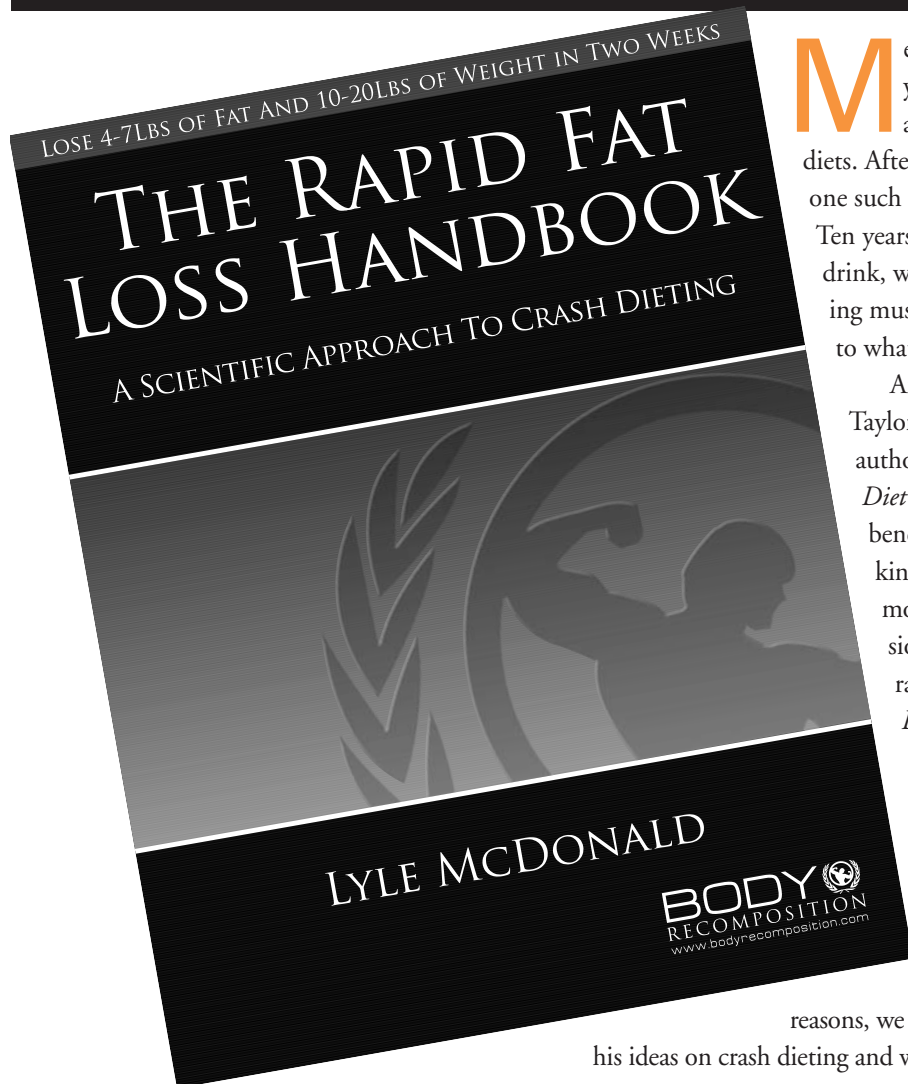


How to Crash Diet Without Getting

BURNED

A nutrition guru explains the pros and cons of a controversial diet technique

BY KIM GOSS



Mention crash dieting to most health professionals and you can count on plenty of cynicism and warnings about the unhealthy nature of severely restricted-calorie diets. After all, in the 1970s there were 58 deaths associated with one such diet, a low-calorie plan based on a liquid-protein drink. Ten years later a similar diet, also featuring a liquid-protein drink, was associated with the deaths of 30 people. Crash dieting must be bad news, right? Before answering yes or no, listen to what Lyle McDonald has to say.

Among serious athletes and coaches, Lyle McDonald of Taylorsville, Utah, is considered one of the most respected authorities on dieting for athletes. His book *The Ketogenic Diet* is regarded as one of the ultimate sources on both the benefits and risks of low-carb dieting. A UCLA graduate in kinesiology who has worked with elite athletes and mere mortals alike, Lyle has made diet research his lifelong passion. His books are widely consulted, and recently he raised more than a few eyebrows by writing *The Rapid Fat Loss Handbook: A Scientific Approach to Crash Dieting*.

BFS takes an official stand against crash dieting, as would most coaches who deal with young athletes. However, the fact is that crash dieting is a common practice among not only athletes but also the general population – and it's also true that there are far safer ways to crash diet than by relying on those liquid protein diets that they are often associated with. For these

reasons, we asked Mr. McDonald if he would share with our readers his ideas on crash dieting and why he would risk his reputation by publishing a book on

such a controversial topic. Here is what we learned:

BFS: Lyle, what on earth were you thinking when you decided to publish a book about crash dieting?

LM: Knowing what I know, I would love to see everyone who needs to lose weight make small or moderate changes in their diets, but the reality is that some people are going to crash diet no matter what you tell them. It's also a fact that there are a lot of bad ways to crash diet, and I want to at least put a way of doing it out there that is nutritionally sound, based on good science and as safe as it can be made. I say this because crash dieting is never completely safe, but there are comparatively better ways of doing it.

BFS: In what situations might a crash diet be appropriate?

LM: Let's say there's a wrestler who has two weeks to make weight, and if he doesn't make weight all his dreams for that national championship go right out the window. In working with bodybuilders, I've found that many of them often get behind on their contest preparation. Then of course there are folks who simply want to get in shape on very short notice for spring break, a wedding or a high school reunion.

BFS: What about those diets that simply have you substitute a protein shake for a meal – isn't that the simplest way to diet?

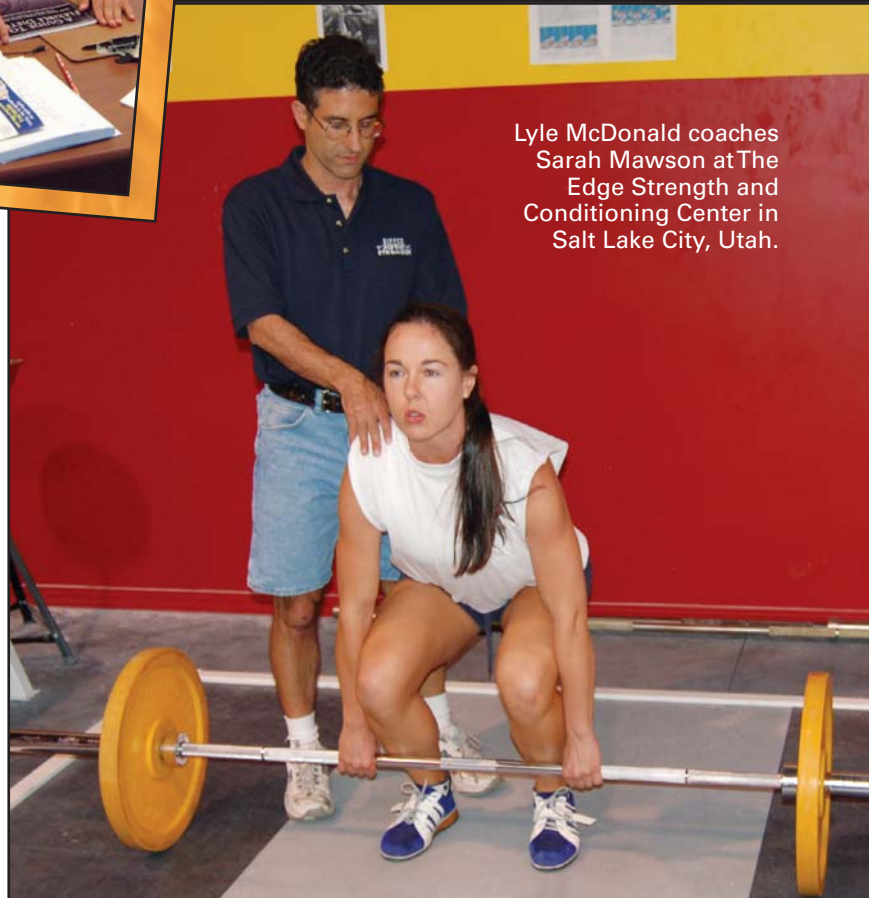
LM: Simple, no doubt, and yes, I would love for people to take a longer-term approach, rather than taking 12-20 weeks to lose the weight. The problem is there are situations where a moderate approach simply won't work.

BFS: There has been a lot of bad press about crash dieting. Take, for instance, the uproar over the diet in the book *The Last Chance Diet* after it was associated with the deaths of many individuals. What was the problem there?

LM: That is probably the most infamous crash



Lyle McDonald coaches Sarah Mawson at The Edge Strength and Conditioning Center in Salt Lake City, Utah.



diet, which came out in the early 70s. It is only superficially similar to what I describe in my book. The 70s diet was based on nothing but lean protein in the form of a protein supplement that had zero bioavailability. On top of that the book failed to recommend vitamin-mineral supplements. As a result, several people got into problems where their bodies were burning cardiac tissue because of the totally inadequate protein intake, and they were suffering from other deficiencies from mineral depletion. In later studies using similar types of diets based instead on whole foods and providing high-quality protein and vitamins and minerals, individuals experienced none of these problems.

BFS: Two popular books that deal with crash dieting are *Extreme Crash Dieting* by Dr. Eric Serrano and *The Radical Diet* by Dr. Mauro Di Pasquale. What do you think about those books?

LM: They are based on similar concepts. What is unfortunate about Dr. Serrano's diet – and by the way Dr. Serrano and I are good friends – is that it's very heavily supplemented. To follow his diet requires about \$300 to \$400 worth of supplements each month. The diet probably works, but I don't think it does anything to help with long-term adherence because when someone finishes with the diet they still don't know how to eat. I think it's just as easy to use whole foods, which are cheaper and typically taste better, than to take a lot of pills and powders. I don't want people trying to live on protein drinks.

As for Dr. Di Pasquale's book, that is almost a carbon copy of his

Anabolic Diet, which was a five-day low-carb diet alternated with two days of carb-load, just with lower calories. He didn't really change anything. But my biggest problem with his book is that of the 97 pages, it's about 20 pages of information and 70 pages of supplement ads that he tells you are required to make the diet work.

BFS: Is it also true, then, that one of the advantages of pre-measured meals is that you can follow the diet precisely, but the drawback is that it doesn't teach you how to eat properly when the diet is over?

LM: Precisely. These meals are convenient and can be prepared quickly, but as far as helping you to keep that weight off in the long term they are less than ideal. I would rather get people into the habit of eating whole foods while they are on a crash diet so when they get off, all they have to do is add other foods to what they are already eating.

BFS: What about the benefits of fasting, such as cleaning out toxins and giving the digestive system a rest?

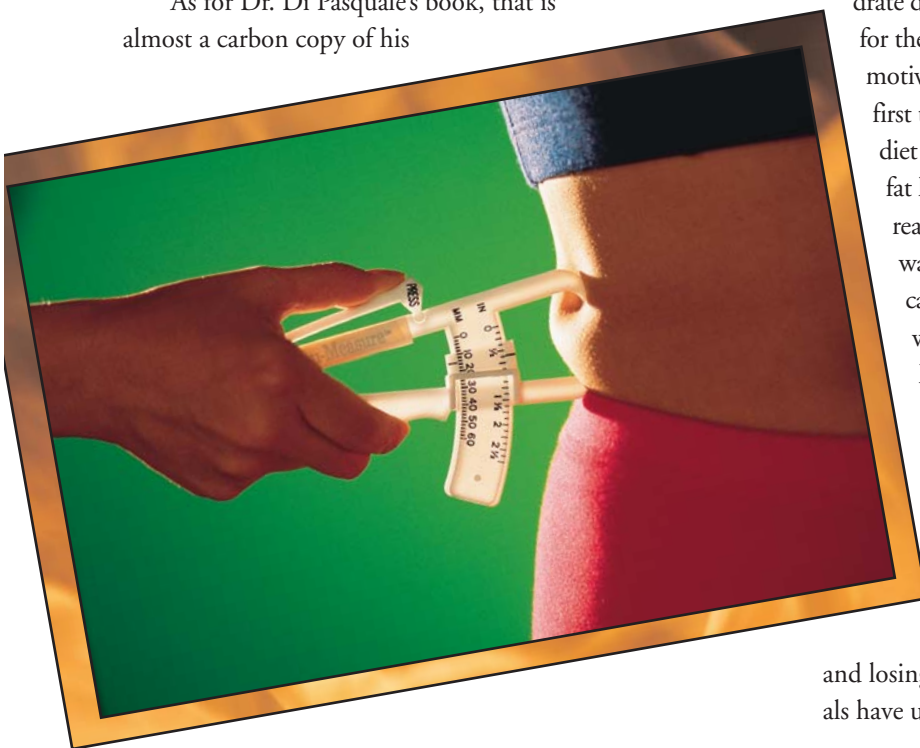
LM: The liver is amazing at clearing the toxins out of our systems, and I've never seen any research that suggests that the digestive system needs a rest.

BFS: The subtitle of your book is *How to Lose 4-7 Pounds of Fat and 10-20 Pounds of Weight in Two Weeks*. Why do you emphasize the distinction between fat and weight?

LM: A significant part of the weight loss in a low-carbohydrate diet tends to be from water. This was one of the reasons for the popularity of the Atkins Diet, because it was very motivating to watch the scale drop by seven pounds in the first two or three days. But what you have to realize with that diet is that people are primarily experiencing water loss, not fat loss – it's not fat loss yet. And it's doubly important to realize that if the Atkins dieters eat carbohydrates again the water weight tends to come back just as quickly, which can be very demoralizing. In my book, right up front, I wanted to make certain that the reader is not being misled into believing that losing 20 pounds in two weeks is the same as losing 20 pounds of fat tissue.

BFS: What kind of results can a person realistically expect on your diet?

LM: The results have been about what's promised in that subtitle. I get e-mails that some people are dropping 10-20 pounds of weight in two weeks, and losing about 4-7 pounds of bodyfat. Some larger individuals have used it for extended periods and have lost tremendous



amounts of weight, 150 pounds and more, whereas lighter females tend not to lose as much. However, lighter females tend not to lose that much on any approach simply because their requirements for maintenance calories are so much lower. Even leaner individuals have reported no loss of muscle mass, no loss of strength, no loss of performance – as long as they did it exactly the way I set it up in the book.

BFS: We often hear trainers and people in medical fields saying if you go on a diet, you should never lose more than two pounds a week. Where did that idea come from?

LM: That's a really good question, and I don't have an answer about its source. When they've done research looking at the type of diet I'm recommending, usually involving very obese individuals, fat losses of 4-7 pounds a week are not uncommon.

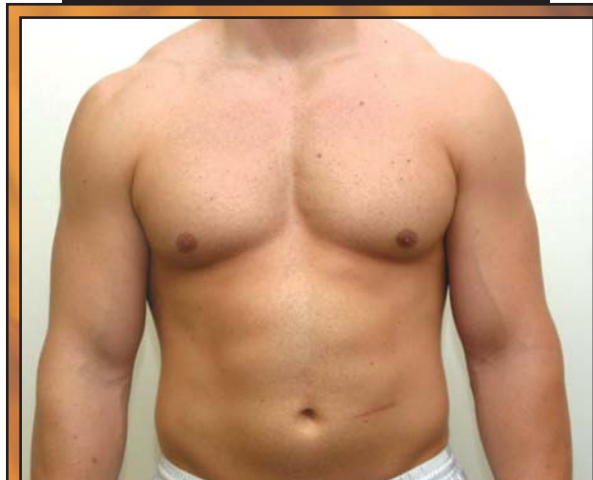
BFS: When you look at top competitive bodybuilders you worked with, are such ultra-lean athletes following the types of guidelines for crash dieting you're recommending?

LM: Probably not to quite that degree. The typical natural bodybuilder may start dieting at about 10-12 percent bodyfat, but they may start 16 weeks out from their contest. If they know what they are doing, they will give themselves a very long time to get into shape, because their goal is to lose as much fat as possible without losing any muscle so they can look their best on stage. Typically what they'll do is start with a diet that is moderately calorie-deficient while they weight train intensively, and as they get leaner they'll start to eliminate more foods.



BEFORE

If you diet smartly, you don't have to lose muscle while losing fat. Four years ago NFL veteran Ethan Brooks dropped 6.7 percent bodyfat in six weeks while gaining strength and building muscle. Ethan's story was featured in our Spring 2003 issue.



AFTER

BFS: When you pick up fitness magazines, you read about celebrities who have "discovered" a new way to lose weight quickly. Do you think it's a big problem in the United States for people to follow what celebrities are doing?

LM: Yes, because celebrities are in a situation where if a producer tells a celebrity you have to lose 15 pounds or we are not going to pay you 10 million dollars to do this movie, the celebrity is going to get into shape. If average people had ten million dollars on the line, they could do it too. Celebrities also have the ability to hire personal trainers, cooks and other facilitators that the average person cannot afford. The American public is getting a little bit misled in that they are trying to get the same results as celebrities without having the same support network.

BFS: Do you have any formulas to determine specific caloric intakes on your program?

LM: Typically I recommend 10-12 calories per pound as a starting point, so if you weigh 150 pounds you should have 1,500-1,800 calories. I find that usually works pretty well for most people. But on this diet, rather than starting from calories and working backwards, I find it works well to start from protein and let the calories fall where they may.

BFS: How does that work?

LM: The way I set it up is that people have to determine their bodyfat percentage and their activity level, and this determines how much protein they're going to need per day. Since the diet is primarily all protein, that is going to set their calorie level.

NUTRITION

BFS: Are you concerned that some people who hear about your diet will simply just eat protein and think that's all there is to know?

LM: It never is that simple: Being haphazard about nutrition is asking for trouble. For this type of diet the information in the book is essential. There's a lot of information in there about what is necessary to eat, what protein sources are best, what vegetables are allowed, along with advice about getting essential fatty acids.

BFS: But you wouldn't recommend going on this diet for months at a time?

LM: In general, no, but there are some exceptions. The way I have it set up, the fatter you are, the longer you can stay

on essentially any diet. Lean individuals may only want to stay on it for two weeks at a time, because any longer than that they will get into performance loss and muscle loss. For these reasons, the last four chapters of my book detail how to move from the rapid fat loss diet to either a more moderate or maintenance diet.

BFS: Are most of the meals basically the same?

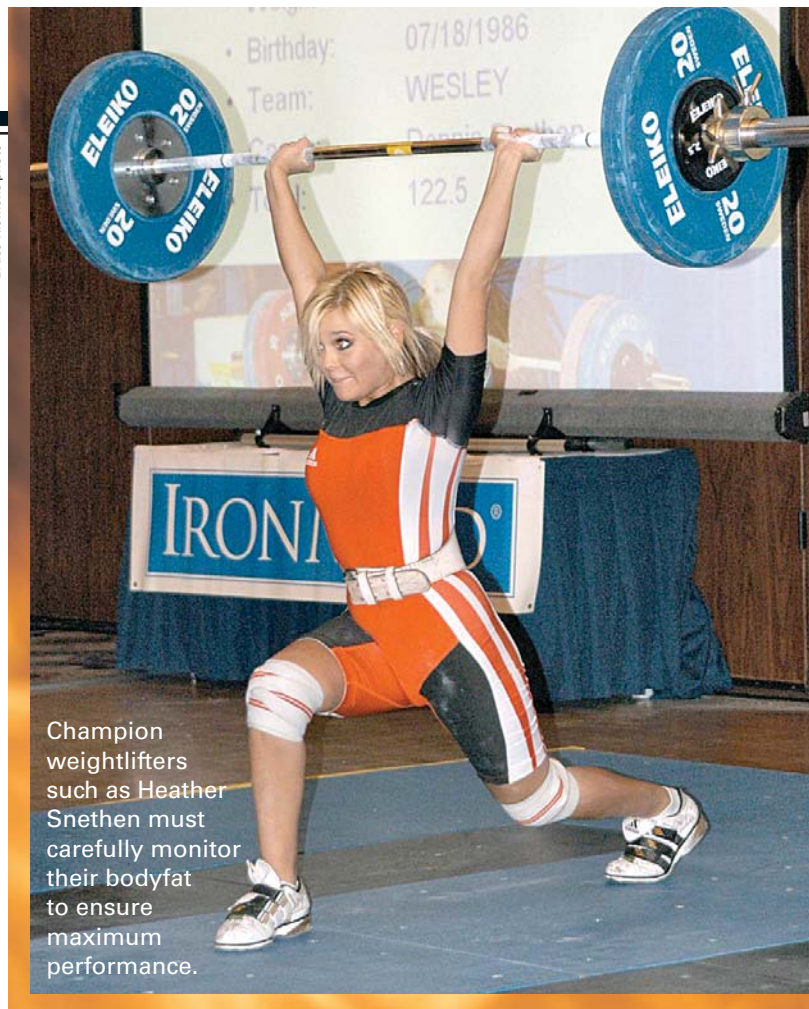
LM: Yes, pretty much every meal is going to contain a lean protein source, such as chicken or tuna, and some sort of fibrous vegetable source. You should also have some source of essential fatty acids, such as fish oil, and a multi-vitamin/mineral supplement.

BFS: Why do you recommend a multi-vitamin/mineral?

LM: Even though we are trying to ensure you get all the essential nutrients with this type of diet, as the calories go down it becomes more difficult to get all your vitamins and minerals. Also, low-carb diets tend to cause the excretion of minerals such as calcium, magnesium and potassium.

Bruce Klemens photo

Chris Trim, Action Photography



Champion weightlifters such as Heather Snethen must carefully monitor their bodyfat to ensure maximum performance.

BFS: Would people on this diet have to take dosages of vitamins that are much higher than usual?

LM: Not really, because this diet consists of whole foods. This type of supplement certainly wouldn't hurt, and will absolutely cover any potential nutritional deficiencies.

BFS: What type of exercise is better when using this type of diet: weight training or aerobic exercise?

LM: Weight training, definitely, as it will help maintain muscle mass much more effectively than aerobic training.

BFS: A lot of people have a hard time starting a diet because it can be overwhelming to commit to doing something for such a long period, say, six months or more. Would you say that this is an advantage of your diet?

LM: Absolutely. In fact, I believe one of the biggest advantages of my diet is that it gets you motivated. There is research to show that initial quick weight loss seems to help with moving into a longer-term approach. In my book I suggest that you might use the diet for two weeks to take off some fat quickly to get things moving, then move into a more moderate, traditional diet. The crash diet is not supposed to be maintained for the long term. It is a short-term solution for when people have to lose weight quickly. BFS

WINNING NUTRITION

BFS is proud to endorse and provide the full line of Pharmanex® nutritional products. Pharmanex products are used by athletes at all levels, from grade school athletes to Olympians. In the interest of helping athletes achieve physical superiority and enjoy optimal health, BFS recommends you start with the following Pharmanex products:

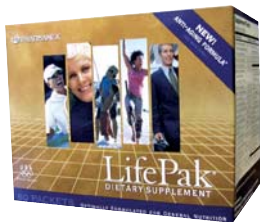


> G3® Superfruit Juice

- Derived from carefully selected "Super Fruits"
- Provides strong vascular and cellular protection
- High in antioxidants
- Delicious!

> G3® Superfruit Juice Pouches

- Same superior nutrition as G3 Superfruit Juice
- Convenient, spill-resistant pouches
- Each pouch provides two daily servings
- Delicious!



> LifePak®

- The world's most complete and effective nutritional product
- High in vitamins, minerals and antioxidants
- Convenient, pre-sorted packages

> XÔI Bar®

- Superior energy bar with G3 Superfruit Juice
- A food-based product with nuts, fruits and whole grains
- Low-glycemic carbohydrates to provide sustained energy
- High in vitamins, minerals and antioxidants
- Convenient, individually-wrapped bars for maximum freshness
- Delicious!



> LifePak® Women

- Scientifically formulated to fulfill the special needs of women
- Helps prevent osteoporosis
- High in vitamins, minerals and antioxidants
- Convenient, pre-sorted packages

> LifePak® Teen

- Specifically designed to fulfill the special needs of children 9 to 18
- Protects and nourishes growing bodies
- High in vitamins, minerals and antioxidants



> Marine Omega

- Provides essential omega-3 fatty acids
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Here's how it works



Athletes fill out a form listing current core & auxiliary lifts.



Enter the lifts into the computer, which calculates the precise weights for each set and creates individual sport-specific workouts.



At the beginning of each week simply print out the athlete's BFS Set-Rep Program weekly workout schedule.

Here's what you get

10/13/2005 1:59 AM

Beat the Computer Pre-Workout Test Sheet
East Side High School
Bigger Faster Stronger

Name: _____ ID Number: _____ Sex: _____
Address: _____ Weight: _____ Height: _____
Phone: _____ Grade/Period: _____
City, St, Zip: _____

Weekly Workout Schedule: _____ Sport: _____ Positions: _____
Number of Workout Days per Week: _____ Sport: _____ Positions: _____
Start (2 sets) or Long (3 sets) Workout: _____ Sport: _____ Positions: _____
Number of Weeks in Program: _____ Parent's Name: _____
Date to Begin Program: _____

Core Lifts
Select a weight for each core lift that is challenging enough to get between 8 and 10 reps on the Bench and Squat exercises, and between 1 and 3 reps on the Hex Bar Dead Lift and Power Clean.

Core Lift: _____ # of Reps: _____ Weight Lifted: _____ Date: _____

Parallel Squat: _____
Bench Press: _____
Hex Bar Dead Lift: _____
Power Clean: _____
Hex Squat: _____
Tower Bench: _____

Speed and Flexibility
Enter Your Scores in the following events:

Event: _____ Score: _____ Date: _____

20 Yard Dash: _____
40 Yard Dash: _____
Dot Drill: _____
Vertical Jump: _____
Long Jump: _____
Sit & Reach: _____

Print Test Sheets

Forms for weights and field testing

October 17, 2005 1:59 AM

East Side High School
Individual Ironman, Power, and Overall Rankings
Bigger Faster Stronger

Athlete Information
Deans, Carter
ID Number: 2 Height: 6 Ft 1 In
Grade/Period: 9 Weight: 160 Lbs
Weekly Workout Schedule: FB-C Sport: FOOTBALL CB WR

Note: For all Lifts and Speed & Agility Events, higher Point Values are better

Ironman Ranking

Core Lift	Max	Point	Ironman Ranking	Grade	School
Squat	225 lbs	2	Good	4th	4th
Bench	145 lbs	2	Good	3rd	3rd
Dead Lift	200 lbs	1	Beginning	6th	6th
Clean	125 lbs	1	Beginning	4th	4th
Point Total:	6				
Overall Ironman Ranking:	Beginning				

Power Ranking

Event	Most Recent Score	Point	Power Ranking	Grade	School
20 Yard Dash	3.85 sec	12	Great	3rd	3rd
40 yard Dash	4.90 sec	10	Great	3rd	3rd
Dot Drill	72 sec	7	Beginning	7th	7th
Vertical Jump	18"	9	Good	5th	5th
Long Jump	4' 7"	6	Beginning	9th	9th
Sit & Reach	2"			9th	9th
Point Total:	34				
Overall Power Ranking:	5,440				

Remember! It is not where you start, it is where you finish.
Be totally committed to breaking your personal records each day, and you will learn the true path to success, happiness, and achieving your goals.

Recommendation # 1
Flexibility is key to improving speed. Stretch with intensity every day with the BFS 1-0-3-4 Flexibility program.

Recommendation # 2
The key to explosive power is the Parallel Squat, Power Squat, and Pivometrics. You need to really embrace this part of your total program.

Recommendation # 3
You need to do the BFS Dot Drill every day. Get Good!

ADDITIONAL REPORTS: Ironman & Power Rankings

Compare to national standards



Enter athlete's lifts into the computer

October 16, 2005 1:59 PM

East Side High School
Weekly Workout Schedule for the week of October 17, 2005
Bigger Faster Stronger

Athlete Information
Deans, Carter
ID Number: 2
Grade/Period: 9
Sport / Positions: FOOTBALL CB WR
Weekly Workout Schedule: FB-C

Notes on the Workout
For Core Lifts: For Squat and Bench lifts, we recommend a max of 10 reps, and for Dead Lifts and Cleans, a max of 5 reps. Use the weight and reps shown for each set, except on the last set. On the last set use the weight shown, but try to get more reps than the computer shows so that you **Beat the Computer!**
For Aux Lifts: Your last recorded lift is shown. Use the number of the shown, but try to increase the weight lift.

Day Number: 1 Did you BEAT THE COMPUTER on your last set? Yes No

Core Lifts	Set 1	Set 2	Set 3	Auxiliary Lifts	Set 1	Set 2	Weight
Bench Squat	3x 215	3x 205	3x 205	Glute Ham	10x 0	10x 0	0
Tower Bench	3x 160	3x 165	3x 175	Neck Exercise	10x 65	10x 65	65
				Single Leg Dead Lift	10x 45	10x 45	45

Day Number: 2 Did you BEAT THE COMPUTER on your last set? Yes No

Core Lifts	Set 1	Set 2	Set 3	Auxiliary Lifts	Set 1	Set 2	Weight
Power Clean	3x 105	3x 110	3x 115	Lunges	10x 100	10x 100	100
Hex Bar Dead Lift	3x 170	3x 175	3x 185	Incline Press	10x 115	10x 115	115
				Neck Exercise	10x 65	10x 65	65
				Power Snatch	10x 65	10x 65	65

Day Number: 3 Did you BEAT THE COMPUTER on your last set? Yes No

Core Lifts	Set 1	Set 2	Set 3	Auxiliary Lifts	Set 1	Set 2	Weight
Parallel Squat	3x 190	3x 200	3x 210	Glute Ham	10x 0	10x 0	0
Bench Press	3x 140	3x 145	3x 155	Single Leg Dead Lift	10x 45	10x 45	45
				Power Snatch	10x 65	10x 65	65

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Top 10

October 17, 2005
East Side High School
Top 10 scores among Current Athletes in the

Parallel Squat

Rank	Name	Date	Weight
1st	John Titus	5/24/2004	96th 315 lbs
2nd	Jason Merrill	7/12/2004	96th 255 lbs
3rd	Andy Selcho	7/11/2004	96th 245 lbs
4th	Carver Deans	7/11/2004	96th 225 lbs
5th	Amy Coulam	7/12/2004	96th 205 lbs
6th	Kelly Vinyl	7/12/2004	96th 180 lbs
7th	Jason Castleton	7/12/2004	96th 155 lbs
8th	Carolyn Bobertson	7/12/2004	96th 145 lbs
9th	Celina Tamayo	7/12/2004	96th 135 lbs
10th	Sara Clarke	7/12/2004	96th 125 lbs

BFS Beat the Computer

ADDITIONAL REPORTS: Produce Top 10 Lists

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#325091

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Each program is customized with the school name and CANNOT BE RETURNED. Please get the demo version if you are unsure of your purchase. Demos are available via download from biggerfasterstronger.com or call BFS. System Requirements: Pentium 133 or better, 8 megs of RAM, Windows 95/98, ME or XP, 10 megs of disk space, CD-Rom drive.