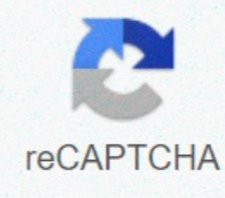




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Simplified and effective meal plans! Learn advanced weight loss strategies! Added chapter on intermittent fasting! More than 155 pictures and graphics! Amazing Pleasure Food Recipes! Before a new guide to body type, but mostly updated! This book is not about losing weight to get healthy; it's a healthy for weight loss. Dr. Berg updated his best-selling book, *The New Body Type Guide to the Healthy Keto Plan*. With new chapters on powerful new strategies, you'll get the latest updates on what works. This simple plan and a clearer method for adapting your diet to your body type! Dr. Berg's healthy keto plan teaches you how to eat, how to exercise and what nutrients to take - as well as anti-stress techniques to extract your old stress in your body. Dr. Berg guides you on what it really means to get better. Weight loss is just one of many health factors. The healthy body also has tons of energy, high stress tolerance, and can sleep peacefully during the night and get out of bed refreshed. Healthy bodies can digest their food and feel satisfied without any cravings. A healthy body has flexible joints, relaxed muscles and no inflammation. You don't need another fad diet with false promises of losing £15 a week. However, you need an effective and proven plan that addresses the very core of your weight symptom. The truth is that you have no problem with weight, but with a lack of health! Dr. Berg's healthy keto plan will help you create incredible health so that your body can release that extra weight in the healthiest way possible. That way your body will look nice as the weight comes off and stays off. FEATURES: 379 pages 19 chapters Full index & glossary 156 images & graphic illustrations fully newly updated easier to implement diet plans more efficient results added healthy ketosis & intermittent post PLUS: – Dr. Berg's companion guide, healthy Keto & intermittent post booklet. This booklet is easy to read with lots of colored pictures of what to eat and a summary of the most important strategies using intermittent fasting & healthy ketosis. Learn the basics of insulin, insulin resistance in simple conditions. See an example of a picture of a meal factoring in the exact percentage of carbohydrates, proteins and fats. Discover customized tips for your body type Understand every part of ket Practical tips help you lose weight and be healthy Illustrations and definitions make learning easier Know why you're losing weight instead of just telling you what to do Do you feel confused after trying to put together a weight loss puzzle for years? The Healthy Keto Plan is Dr. Berg's last book. Discover how weight loss works, what you need to be healthy and why fat doesn't get off your body even if you're trying to lose weight. Includes explanations, images and practical advice such as to fight cravings. Feel more in control of your health than ever before. Health Benefits Become a Weight Loss Specialist: Many diets are successful because patients do not know how weight loss works. This makes simple mistakes easier and you feel frustrated when you think you are following the guidelines, but you don't see success. A healthy Keto plan teaches you every part of a successful keto diet. Turn the fat burning switch in the body. Just eating less doesn't always make you healthier. This is especially true if your body needs a full switch after years of unhealthy diets. You will understand what foods naturally transfer your body to burning fat mode. Tips tailored to you: Everyone is different, so a unique approach to healthy living rarely works. Dr. Berg will introduce you to the four main body types. You will identify your own and get certain tips for your body. Cravings, snacks and other tips: A healthy Keto plan is far from a theoretical book on weight loss science. Chapters are dedicated to providing the right advice and tricks that you can use. This includes information on how to combat cravings, why you don't feel satisfied after a meal, and recommending healthy foods for pleasure that makes you happy. Illustrations and simple explanations: After focusing on keto for decades and educating thousands of healthcare professionals, Dr. Berg knows how to get anyone to understand keto. Useful illustrations, clear definitions and many different images make it even easier to become a health expert. Do you know how fat loss works? Most people just don't know their body well. This is not your fault, nutrition science has progressed tremendously over the past years. But you still don't learn in most schools. If you want to lose weight and be healthy, just doing what you're told may not always work. A typical example of this is if you are away from home and are not sure whether the meal suits your diet or not. Is certain food at work or family gathering healthy or can it reset diet days? Small mistakes like these explain why people can work so hard with dieting, but they don't always get the results they need. Actually understanding why your body loses and gains weight, what foods put you in weight loss mode, and what your specific body type is all supporting your new healthy lifestyle. Don't worry, this isn't complicated to learn. All the words or concepts you need to understand are explained as clearly as in Dr. Berg's online videos. Read this book to gain knowledge that Dr. Berg has researched for decades, understood your body, made your weight loss successful, and your health great. Bonus: © 1996-2014, Amazon.com, Inc. or its subsidiaries © 1996-2014, Amazon.com, Inc. or its subsidiaries Academia.edu uses cookies for content, customizing ads, and improving your user experience. Using our site, you agree to our information using cookies. To learn more, please refer to our privacy policy x We are all unique. Yes, even you. Your mom was right and you're here because questions about your body type and genetics: What type of body am I? How does this affect my training and diet? I have bad genetics, how much am I? I'm [body type]. Does that mean I shouldn't be doing [the activity]? We all have different bodies, genetics, reactions to certain foods, strengths and weaknesses, and so each of us has different activities and behaviors in which we are predisposed to be good (or fight). The standard mindset tells us that we have three main body types: Ectomorph Ectomorph Mesomorph (Don't worry that we'll get into each of those below.) HOWEVER, when it comes to your genetic advantages and disadvantages, there is much more than just what category your body fits into. Just as you'll soon learn, just because you're predisposed to be good at one thing or terrible at another doesn't mean you should be swamped with pigeons or limited by what you can do. With a little help from our favorite role-playing games, we'll be digging into body types, character classes and ways to reduce the genetic lottery. Before we jump in, I want to note that our 1-on-1 online coaching program has helped many clients realize that they are not tied to their genetics. Our trainers have helped busy people just like you lose weight, build muscle and transform completely. They can do the same for you! Your NF trainer will build you a customized exercise program and provide nutritional guidance for your specific situation. Plus, they travel with you wherever you go - through our coaching app - which means you have worldwide responsibility in your pocket! Find out if coaching is right for you by clicking on the image below: The three main body types in the 1940s, american psychologist William Herbert Sheldon tried to classify us in three neat categories called catfish types: Ectomorphs Ectomorphs Mesomorphs Over the years, these three body types have become widely accepted as three solid classifications for how our bodies will generally react and grow based on our training and diet. We're going to ignore the parts about Sheldon trying to equate people's body types with wildly generalized psychological traits, or the fact that he got photographs for his study under suspicious circumstances. Or the fact that these somatypes can be BS to begin with[1] We will roll with it for educational purposes. Why? Because the three body types Sheldon created managed to hold on and found a place in fitness, so that's what we're going to talk about today. Of course, there's this complicated mathematical formula that you can use to calculate your catfish type, but we're going to skip the formula and get right into the things that you guys I need to know. [2] These are three types and how they are characterized. I bet you'll fit into one of them: Ectomorph (thin) Ectomorphs are characterized as having long, thin and thin muscles/limbs and low-fat storage. Ectomorphs are not predisposed to fat storage or muscle building. These are hardgainers who can't get fat even when they eat so much. I am an ectomorph, and I fought my genetics for 10 years – I also used this diagnosis as a crutch before I finally mastered it – I will talk more about it at the end of the article. Mesomorphic mesomorphic mesomorphic mesomorphs are the lucky ones. They have medium bones, a firm torso, low fat levels, broad shoulders with a narrow waist. Mesomorphs are predisposed to building muscle, but not for storing fat. Aka happy AF. You may know someone who can only look at weight and seems to be bigger and stronger: that person is a mesomorph. Ectomorph (curvy) Ectomorphs play a weight loss game at extreme difficulty. These are people with wider waists/lines, large bone structures, and are predisposed to storing fat instead of building muscle. If you're struggling to lose weight, or easily put on fat, you may be an endocrinal. Again, I will explain why diagnosis is not as important as how you react to it! IMPORTANT NOTE: These body types should not be confused with the fourth classification: Animorphs, which possess the ability to change into any animal they touch. The Animorphs are essential to defend Earth from a secret alien invasion. WHAT BODY TYPE AM I? While the three categories give us a decent foundation to build on, there is a litany of other factors at play here. For starters, instead of fitting neatly into three categories, it's more like a massive scale of 1-1000. Imagine if there was a triangle with each point representing one of the three body types. We humans can exist at any time within that triangle, from easy storage of fat to not gaining weight easily to building muscle well. The reality is we all have some parts of each one. Which actually comes down to: Some bodies are effective at burning energy for fuel. Some bodies are less efficient and tend to store more energy as fat. Some bodies are really effective at building muscle. Some bodies are ineffective at building muscle. Despite our genetics, our lifestyle choices, the foods we eat and the way we train will ultimately determine our body shape! Where the problem with catfish types begins: It is very easy to use your classification as a crutch for the unhealthy or weak. Let's use a different example: have you ever taken a personality profile for a job (I'm INFP! You're an ENTJ!), and then he used it as an excuse: Sorry, the test said I was an introvert, not that I'm an ASS. Deal with it! Just as with personality tests, our The species should be half the starting point for us to set the agenda. We will no longer use our genetics as a crutch. I did it for a decade until I finally allowed myself to create a different identity! I'm an endocrine, so that's why I'm overweight. How lucky is he? He can eat whatever he wants and not get fat! This guy just looks at weights and gets bigger. It must be nice. Here's the truth: we all rolled a random character in this Game of Life. We can't choose our parents, we just have to play the hand that we got to the best of our emacia: some people are eligible for the genetic lottery and can play Life on Easy Hardship. Some people have really shitty genetics and have to play on Legendary Difficulties. Your genetic makeup isn't your fault, but it's your responsibility. And this whole concept of dramatically different metabolisms due to catfish types is overblown, which is GREAT NEWS: Research has shown that most people tend to drop within 200-300 calories of each other on the metabolic speed scale. [3] Your genetics can only help you so much or hinder you – the decisions you make after your character rolls determine how fast you progress through the game. What it means: If you're really obese, you don't have as slow a metabolism as you think. In fact, your metabolism is FASTER than someone who is thinner than you (your body burns more calories to stimulate your extra mass). What it actually means is that you probably eat too much compared to how many calories you burn. If you're really malnourished (as I was), you don't have as fast a metabolism as you think. Even though you think you eat so much, I bet if we followed it, it's significantly less than you estimate. I will address each body type below with specific instructions on how to react! This is great news, but it means you're going to have to work for it! Now, in addition to body types, we also get a lot of questions about muscle fibers and how they affect your physical fitness... Get your nerdy fitness starter kit 15 mistakes you don't want to make. A full guide to the most effective diet and why it works. Finish and follow your first workout today, no gym required. To further emphasize that we are all unique snowflakes, our muscles also have different types of features. Based on your genetic composition than the percentage of each type of muscle fiber you have, you may have a higher athletic ceiling when it comes to certain activities. Again, this is only half the starting point; I'll get to how we can change fate later. Our muscle fibers can generally be classified as rapid twitching or slow twitching: Slow fiber twitching (Type I): These muscle fibers can carry more oxygen and withstand longer periods of aerobic activity (activities that require your muscles to use oxygen) than they do types of fibre, using fats or carbohydrates as fuel. They can be made for a long time, but they're weak. Think: running long distances or hours of cardio. Fast Twitch fibers (Type IIb): These muscle fibers can carry less oxygen and only work with short periods of anaerobic activity (activities that require your muscles to burn glycogen) before they become depleted. They have the greatest potential for strength and to gain size. Think: sprint, power lifting, strength training. High-speed twitch fibers (type IIa): These are a mixture of Type I and Type IIb fibers and can therefore be used for aerobic or anaerobic activities. So if you're someone who genetically has more slow-twitch fiber than a quick twitch, you're genetically predisposed to being a better distance runner. If you have more fast twitch fibers than slow-twitching, you are genetically predisposed to be a better powerlifter or sprinter. Either way, we have some of each: as we age, our Type I fibers remain generally unchanged, while our quantities and sizes of our Type II fibers will decrease. [4] So, were we born with muscle fibers that cemented our destiny, and we can be either marathon runners or sprinters? Hell doesn't! We can actually change our muscle fibers based on our training! A study conducted on men tasked with sprinting everyone on a bike with a specific training regimen over 4-6 weeks resulted in a reduction in their slow-fiber twitching from 57% to 48% while increasing their Type IIa fibers from 32% to 38%. [5] . In another study conducted on females that went through a rigorous endurance training schedule, Type I fibers did not increase, Type IIb fibers decreased, and Type IIa fibers increased significantly. Type IIa fibers are switch hitters that can be used for increased strength or endurance. [6] Although more studies need (and will) be done on muscle fibers and how they are influenced by training, and how it differs between men and women that is the conclusion I drew. Genetics to be cursed. It may be an uphill battle, but we can change fate. Body type, metabolism, muscle fibers, they're just the starting point for discussion. We can change our size and percentage of our muscle fibers with the right training, just as we can change our body composition with the right diet. Yes, in the upper echelon of elite world-class athletes, those with a higher genetic ceiling may have a physical advantage over those who have less useful muscle fibers. But for regular Beziaks like you and me, there's no reason we can't be who we want to be, and look what we want to look like. To nail this point home, we'll dive deep into online role-playing. Even if you're not a gamer, I guarantee this analogy will make you say I understand that, and damn Steve, you're both smart and smart and you look really good also modest. Modes. You, you! Role Playing Games and Body Types I remember playing Everquest (a game that paved the way for World of Warcraft) back in 2001. I spent hours reading the official strategy guide to race for my character, Morphis Novastorm, who was supposed to be the greatest wizard in all of Norrath. Why wizards? Because they always start skinny and weak and end up really fucking powerful. Spirit, spirit. According to the guide, my best choice was to choose Erudites; they possessed the greatest amount of intelligence to begin with (INT), and so would give me an advantage over non-Erudite wizards. I struggled with this decision and spent hours before I even started the game because I assumed this decision would haunt me forever if it was wrong! And then I started playing. As I watched the Ogre Wizards, Gnome Wizards, Elf Wizards, Halfling Wizards hit a serious bug in later levels, I realized that while my skill potential had a little impact on my race... it had no effect on how good I was in the game! There were so many other factors that were more important: my style of play. The equipment my character wears who's in my group. Did I have fun and challenge in a certain way? Do you see the point I'm trying to make here? YOUR BODY TYPE IS NO DIFFERENT. Genetically, you can fit into one of the catfish types above: ectomorph, mesomorph or endomorph (animorf? Ultimately, think of your body type as your character's race in the role-playing game: How you choose to play that character in this game of life makes all the difference in the world. ok! So we established 3 catfish species. We talked about muscle fibers and genetics. And then we learned that the difference between body types is minimal and that you can change the composition of muscle fibers with training. I have a few end points to do, but you may be looking for some recommendations: I'm An Ectomorph, Endomorph or Mesomorph. What should I do? Okay okay, you read everything this way, and now you're wondering what you should actually do. Let's say you firmly believe you're An Ectomorph, Endomorph or Mesomorph and want to know the best steps forward. This assumes that you are really the type of catfish listed below. Just know that I bet a lot of people who think they're gaining weight easily aren't really endocrine, they just have a sedatey lifestyle and bad eating habits! I'll cover that below though: I'm ECTOMORPH: Congratulations, you're someone who can't put on any weight or muscle! So did I, and I assumed for a decade that I was doomed to be as thin as a rail. The reality was I just didn't eat enough. I had to break my identity to go from Steve Rogers to Captain America. If you're trying to get bigger, you should minimize cardio, maximize strength training, and whenever you're in doubt eat more calories! Also recommend reading the following articles: I AM MESOMORPH: Congratulations, you can play life on easy difficulty! You are more likely to build muscles and not store fat, but this does not mean that you will rest on laurels! You will want strength to train, and depending on how old you are, you will need to become more disciplined with your diet. You can get away with it when you're younger, but building healthy habits at a younger age and keeping your diet on track means you'll keep a good physique as you get older! I would recommend reading the following to determine how you want to train: How to build the physique you want. I AM ENDOMORPH: Congratulations, you play life at a higher level of difficulty. For starters, I want you to take the stim out of your mind that you're a lost cause. For starters, your metabolism isn't slow, I promise. The truth is that you most likely eat more than you think, and you don't do enough strength training to combat it. You can also eat unhealthy foods (and/or consume a lot of sugar) that leads to physiological responses in the blood that encourage fat storage! What that means: You can't use your genetics as a crutch or pronunciation. It's just that's what it is. This means that you will also have to deal with the quantity and quality of food. I would focus on eating protein and healthy fats and try to reduce my carbohydrate consumption. As you begin to train strength and make better food choices, you can influence how your body processes the calories you ingest and start changing your body's makeup. You can change it from store fat to build muscles, but you need to be disciplined about it! May I recommend: No matter what you think your body type is and what your actual genetic make-up is, it's a tiny little piece of the puzzle. The rest comes to how you want to play the game! What happens if I don't like my category? You might have a few final questions, and I bet they fit into these categories: Steve I'm an overweight guy, but I hate strength training, can I still run? I'm skinny and I hate running, and I want strength to train, is that cool? Here's what to do if you don't line up with what your genetics say you'll be good at: acknowledge them, then move on. Write your fate. Become the hero you want to be, not who you're supposed to be. True: Your body will store fat and burn energy in a certain way. Depending on your genetics, gender, hormone balance, age and medical conditions, you may need to be more careful with your consumption of sugar and processed foods than other people, as you may be genetically more likely to store these foods as fat instead of burning them as fuel. I've learned that there's a lot more that I'm healthy than just eating less and moving more. This is a complex topic that includes variables that we still do not fully understand. Your genetics are the opening group, and your diet is the main actor in this story. It is, but it's true. Your diet will be responsible for 80-90% of your success or failure when it comes to weight regulation. So the best way to change your destiny is to focus on eating the right kinds of food. How you choose to exercise makes the other 10-20%. Ultimately, it comes down to one big rule with exercise: Enjoy it. We've already covered different occupations and how you can be anything you want in real life, whether it's Warrior, Druid, Assassin, Monk, Scout, Ranger or any combination. Hell, we even built a free character creation system here at NF so you can actually treat life like a role-playing game! I can't think of a better example of someone deciding to write their way than Staci on the NF team. She also recently performed genetic testing, and found that she should be awful in powerlifting based on her genetic makeup. Luckily, she didn't listen to it, and now consistently deadlifts 400+ pounds: I'm definitely an ectomorf. I have thin joints, lean legs, lean ankles and I've struggled to put on weight, whether it's muscles or fat, for most of my life. I'm genetically predisposed to be a good distance runner, and I'm not cut out for strength training. On top of that, I have a genetic spinal condition that will severely limit my potential when it comes to getting big and strong. I don't care! I love strength training, so I train strength. I don't like long-distance running, so I don't run. I train the way I want to because I find it much more fun – I don't care what my top genetic alignment says – I want to do things that make me feel alive. And that's gymnastics! A post shared by Steve Kamb (@stevekamb) on Oct 21, 2017 at 12:00pm PDT You may be an overweight or girl type and want to become Parkour Assassin or Martial Arts Monk or Elite Scout. That's amazing! Freaking go for it. Yes, you may have an uphill lead, but there's no reason why you shouldn't come up with a great level of expertise with your desired profession and have fun with it. We have a community full of characters of all races playing the game of life at different levels of difficulty.... and they're having a hell of a time doing it. I want to leave you the last public service announcement. Speaking of which, the comparisons are silly. I once wrote about why comparing ourselves to our famous heroes in movies is stupid: their lives are so different, their motivations are different, and their situation is different. It's not a fair fight. The same goes for comparing yourself to others in the gym or those you see in magazines. You can walk into a gym and see a level 50 guy or girl, absolutely in the weights section and think: Wow! If only I had the genetics! I must be nice... Must be nice is one of the most dangerous phrases in the English language. Follow him Hold my beer, watch this and believe me, they don't bite. The truth is, the people you want to be like, no matter how good their genetics are, have achieved their high level of fitness through consistent dedication to regular workouts and healthy eating. Whatever advantage of the watch you may possess genetically, you won't see results without hard work. Don't let the fact that everyone is at different points in their quest be an excuse to blame genetics! You have no idea what someone's genetics are like – it's just easier to say it has to be their genes, not them doing a LOT more and being much more disciplined than I am. We have different genetic makeup: different amounts of rapid twitching or slow twitching of muscle fibers, different bone densities, different levels of effectiveness when it comes to fat storage and fuel consumption. For these reasons, don't compare your reality to someone's distinguished reel: If you're a night elf, comparing yourself to orca when it comes to being a tank/warrior won't be a fair fight. Conversely, comparing yourself as an Orca to night elves on the subject of speed is a losing proposition. Just because someone's muscular or thin doesn't mean they're healthy. Just because someone can be overweight compared to others doesn't mean they're not in great physical condition. So the only comparison you should make is who you were yesterday. Get your nerdy fitness starter kit 15 mistakes you don't want to make. A full guide to the most effective diet and why it works. Finish and follow your first workout today, no gym required. And that concludes today's World of Warcraft lesson on genetics. Remember, there's only one thing we say to our genetics: Not today! To recap: As in any role-playing game, your character has strengths and weaknesses in the game of life, but you shouldn't determine how you play the game. So regardless of your catfish type (ectomorph, endomorph or mesomorph), or muscle fiber composition, you can do whatever you want. Training and proper nutrition can fix almost any genetic deficiency, it can only require a very strict regimen and discipline and help. If you want to be an elf warrior, or an ogre wizard, go ahead, I'd love to hear from you: And what catfish type are you, and have you changed fate or decided to do it? Leave a comment and let me know! - Steve P.S. If you're someone who wants to know they're following a program that's tailored to their body type and goals, check out our popular 1-on-1 coaching program. You will work with our certified NF instructors who will come to You better than you know yourself, and program your diet and exercises for you. ## Photo Sources: Wizard, World of Warcraft Minis, Apple & s & Orange, Punch, Mushroom, Tube, Butterfly, Oky - Space Ranger Inside Out Minifigs Minifigs