

Forum:[Hack Forums](#)

Thread: [Fasting \(stop eating food!\) \(I Am Fat\)](#)

?nxy - February 5, 2024, 9:22 pm

I was on an LSD trip, and decided I hate my fat stupid body. I decided to force myself to change.

The trip also made me quit alcohol.

I decided to try fasting and at-home workouts.

Since January 26th, I've lost about 10 pounds.

My weight was 244

Today, Feb 5th.... now 233~

Splendid.

sYndroM - February 5, 2024, 10:07 pm

You are doing great! Keep it up. Need determination and will.

Deany - February 5, 2024, 10:28 pm

I would eat a steak every day until I died ong

Migos - February 5, 2024, 10:35 pm

(Feb 5, 2024 10:22 PM)?nxy Wrote: [\[CITE\]](#) I was on an LSD trip, and decided I hate my fat stupid body. I decided to force myself to change.

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My weight was 144

Today, Feb 5th.... now 133~

Splendid.

Wow great acid has some amazing effects like this about self realization.

I have also enjoyed these effects for the better.

Rahul007rhp - February 5, 2024, 10:40 pm

Great job brother keep going. We will all be motivated by seeing your progress

ubas - February 5, 2024, 11:07 pm

(Feb 5, 2024 10:22 PM)?nxy Wrote: [\[CITE\]](#) I was on an LSD trip, and decided I hate my fat stupid body. I decided to force myself to change.

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Splendid.

assuming you're short, if not 144 is pretty far under so be careful. fasting is good, but dont overdo it bro!

diiiaz - February 6, 2024, 1:27 am

How tall are u my bro

DashPHP - February 6, 2024, 1:47 am

I'm happy to hear you're making positive changes brother, keep at it!

Eran - February 6, 2024, 3:49 am

Was this the acid trip while you were in a bath tub?

?nxy - February 6, 2024, 6:37 am

Wow I misspelled my weight in the thread

244

Now

233

Lol

Moxfy - February 6, 2024, 7:53 am

(Feb 5, 2024 10:22 PM)?nxy Wrote: [\[CITE\]](#) I was on an LSD trip, and decided I hate my fat stupid body. I decided to force myself to change.

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Today, Feb 5th.... now 233~

Splendid.

Man, you're doing great! Keep up the hard work!

?nxy - February 6, 2024, 8:00 am

This morning!

Thanks for the kind words guys

Jamika - February 6, 2024, 8:38 am

Fasting is really very useful to health and you will nktice that urself on your body and mental health

diiiaz - February 6, 2024, 8:53 am

(Feb 6, 2024 07:37 AM)?nxy Wrote: [\[CITE\]](#) Wow I misspelled my weight in the thread

244

Now

233

Lol

that makes sense. really hoped you weren't fasting at 133.

an4l 1st - February 6, 2024, 9:20 am

fasting is good to lose weight... not to lose fat though...

but yeah... if that works for your brain... leeeets gooooo keep it up buddy...

when you break, make sure you get back to it as soon as you can...

when you mature, make a small deficit (500kcal) and 1g of protein per pound of bodyweight, dont cut carbs but remember that the "type of carb" you eat makes total difference... watch out for the glycemic index... workout hard and fast

Trust - February 6, 2024, 10:00 am

(Feb 6, 2024 09:00 AM)?nxy Wrote: [\[CITE\]](#)

This morning!

Thanks for the kind words guys

More inxy feet pics yay

Blora - February 6, 2024, 10:28 am

Thanks! I'll stop eating food, hopefully I'll live until 100 :))) Thanks.

SIM-1166170 - February 6, 2024, 5:45 pm

trim your dam toenails are you a barn animal :mad:

Monero-chan - February 7, 2024, 1:29 pm

(Feb 6, 2024 09:00 AM)?nxy Wrote: [\[CITE\]](#)

This morning!

Thanks for the kind words guys

Nice feet I would suck them toes ngl

blackrose_x0x0 - February 7, 2024, 1:34 pm

Congrats on making a positive change to your health. I had a similar experience with acid about ten

years ago. I saw a bag of McDonalds in a beautiful field when I was peaking, and it derailed my trip so badly. All I could think was how unnatural and terrible it was, something I never gave much thought before. Ever since then I rarely get fast food.

?nxy - February 7, 2024, 1:39 pm

I went to Buffalo Wild Wings yesterday and helped myself

Probably gained 2 pounds

Key - March 19, 2024, 9:33 am

Inspiration for the rest of us, how many pounds have you lost so far?

Is this journey still going?

Kalvaxas - March 19, 2024, 9:38 am

That's awesome! Keep up the great work. I don't have any experience with fasting because I like food too much. I've heard there's a ton of health benefits to be had though.

?nxy - March 19, 2024, 9:39 am

(Mar 19, 2024 09:38 AM)Kalvaxas Wrote: [\[CITE\]](#) That's awesome! Keep up the great work. I don't have any experience with fasting because I like food too much. I've heard there's a ton of health benefits to be had though.

Yes!

(Jan 26th)

Start: 244 lbs

(This morning)

Weight: 212.2 lbs

I am loving the results!

jakemala - March 19, 2024, 2:37 pm

good luck big man hope to see some updates w progress

Syndicate - March 19, 2024, 7:10 pm

(Mar 19, 2024 09:39 AM)?nxy Wrote: [\[CITE\]](#) Yes!

(Jan 26th)

Start: 244 lbs

(This morning)

Weight: 212.2 lbs

I am loving the results!

What are you doing exactly to lose said weight? You've lost about 30 pounds so far in almost two months, that's impressive!

?nxy - March 19, 2024, 7:43 pm

(Mar 19, 2024 07:10 PM)Syndicate Wrote: [\[CITE\]](#) What are you doing exactly to lose said weight? You've lost about 30 pounds so far in almost two months, that's impressive!

31.8 pounds lost

I am eating 2-4 cans of sardines a day

It's a keto diet

Basically you trick your body into thinking you've eaten by giving yourself 0 carbs

I suggest it for anyone reading

Sardines are a good choice -mercury

eating only sardines... lol imma goat

Syndicate - March 19, 2024, 7:56 pm

(Mar 19, 2024 07:43 PM)?nxy Wrote: [\[CITE\]](#) 31.8 pounds lost

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There aint no way that you've been eating sardines for 2 months straight bro ?

The Pact - March 20, 2024, 2:18 am

KETO SUCKS because I LOVE carbs. I lost 43 pounds on a high carb low fat diet in 2003 Weight Watchers. But now I'm scared Weight Watchers will have turned to Keto.

Komodo - March 20, 2024, 2:36 am

(Mar 19, 2024 07:43 PM)?nxy Wrote: [\[CITE\]](#) 31.8 pounds lost

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Meh, it's like 1/10th the mercury level of eating tuna.

And honestly at the end of the day if we're talking brain damage or cardiovascular damage, it's way better for you than LSD and alcohol.

Maskin - March 28, 2024, 3:04 pm

It's better to find a weight loss routine that you can keep your whole life, rather than fasting and

having a too low calorie intake. The risk is you might struggle finding a good balance later when you're done with your weight loss.

It would be better (long term), if you made a list of reasons that caused you to be overweight. Then take that list and find solutions for all the reasons, that you could keep doing for the rest of your life.

Everyone is different so if you think it works and you're seeing desired results, by all means go for it!

But overweight people will usually need a full lifestyle change and not just a temporary diet or fasting season in order to succeed long term. Good luck mate I wish you all the best and good job so far.

MyHighness - April 21, 2024, 10:27 am

Keep going bro, you got this.

thistooshallpass - May 4, 2024, 6:53 pm

thank you for the tips.

Blogger - May 29, 2024, 7:37 pm

I need an update on this! I'm invested. <3

encryX - May 31, 2024, 1:12 pm

Just keep going! I believe in you?

Exo-M - June 2, 2024, 9:35 am

Did a shroom trip in Yosemite last year that told me to stay sober and stop eating so damn much. Basically felt like my mind was just telling me to take care of my young body while I got it. Down 30 pounds! I sip the occasional wine and will pop a 3.5g of the little guys every now and then

fork - June 24, 2024, 12:52 pm

Congratulations on the progress.

Ive fasted for 100+ hours before it can be tough but doable under the right safe circumstances.

If your fasting even a half or quarter of that multiple times a week you will loose a lot of weight you just have to maintain it by exercising a lot and eating properer foods or else it will all come back.

?nxy - June 25, 2024, 5:03 am

(Jun 24, 2024 12:52 PM)fork Wrote: [\[CITE\]](#) Congratulations on the progress.

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If your fasting even a half or quarter of that multiple times a week you will loose a lot of weight you just have to maintain it by exercising a lot and eating properer foods or else it will all come back.

I'm in the 180's now my man!