

Forum: [Hack Forums](#)

Thread: [Fasting](#)

Omniscient - March 2, 2026, 10:46 am

I have been absorbing a lot of research about fasting. I know people that intermittent fast (24-48 hours) and I've read up on how fasting does metabolic changes and benefits and decided a couple weeks ago that starting today I was going to do a Water Fast.

It was actually Dana White which pushed me into the decision.

I'm Keto diet so I already do things metabolically which have benefited my health but all my research does seem to indicate that fasting has additional benefits.

I'm not going to do 7 days first time. Doing a min of 3 but I may go 5. The real goal is to hit Autophagy.

From AI...

Water Fasting – What Actually Happens to Your Body

Water fasting = consuming only water for a set period (typically 24–72 hours, sometimes longer).

It's not magic. It's metabolic.

1. Insulin Drops

Within hours of stopping food intake, insulin levels fall. Your body shifts from burning glucose to burning stored fat.

2. Glycogen Depletion (12–24 hours)

Your liver burns through stored glycogen. Once depleted, your body begins relying more heavily on fat for energy.

3. Ketosis (24+ hours)

Your body produces ketones from fat. Mental clarity often increases here because the brain efficiently uses ketones as fuel.

4. Autophagy (24–48+ hours)

Autophagy is your body's cellular cleanup process. Old or damaged cellular components are broken down and recycled. This is one of the most cited longevity-related benefits of fasting.

5. Reduced Inflammation

Short-term fasting may reduce inflammatory markers and improve metabolic flexibility.

6. Insulin Sensitivity Reset

After fasting, many people experience improved insulin sensitivity, especially if their diet improves afterward.

Potential Benefits:

- Fat loss (if not followed by binge eating)
- Improved metabolic flexibility
- Better blood sugar control
- Possible longevity support (via autophagy)
- Mental clarity during ketosis

Risks & Considerations:

- Electrolyte imbalance (especially sodium)
- Dizziness / low blood pressure
- Not recommended for diabetics without supervision
- Not ideal for underweight individuals
- Muscle loss if prolonged or repeated improperly

Important:

Water fasting is a tool, not a religion. Duration, health status, and refeed quality matter more than hype.

Start short (24 hours). Stay hydrated. Break your fast intelligently (protein first, avoid a massive carb spike).

Done correctly, fasting can be powerful.
Done incorrectly, it can be harmful.

Discuss.

I will be updating this thread each day with progress.

Oh, first day I'm starting at 183.5 lbs.

Charlie Sheen - March 2, 2026, 11:14 am

How many oz of bone broth do you think you'll drink?

They say you can drink 64 oz a day. I did 16 oz.

Omniscient - March 2, 2026, 12:19 pm

(Mar 2, 2026 12:14 PM)Charlie Sheen Wrote: [\[CITE\]](#) How many oz of bone broth do you think you'll drink?

They say you can drink 64 oz a day. I did 16 oz.

Not really sure, I keep wondering that too. Maybe I'll split that and do 32oz.

This is very experimental for me.

Stomach just growled. :(

CrusadersX - March 2, 2026, 3:15 pm

Fasting and semen retention is Christ like

The Pact - March 2, 2026, 5:02 pm

[Lowkey](#) has something to say on this topic I think.

I dunno I was largely fasting from February 18th to February 24th in the hospital because I threw up about 30 times the lunch and dinner they gave me on my first day that I think was just car sickness from the ambulance ride. Then they put me on nil by mouth, 3 times and then cancelled my surgery three times.

When they took my vitals I had the best on the ward which is why they kept cancelling my surgery for people in their 70s, 80s and 90s it seemed like the whole ward was older than me.

The first time they gave me vegetable broth I really enjoyed it, but then they gave me two more bowls of vegetable broth on two different occasions that I didn't evrn touch because I felt too sick. I drank some black tea. I lost at least 3 kilos maybe 5 not sure.

Lowkey - March 2, 2026, 5:21 pm

I just got done a 4 day fast for a parasite cleanse. Been intermittent fasting and hardcore for last 6 months.

Best tools:

Juicer (Juices from fruits for hydration)

Coconut water (no added sugar + non GMO)

Ionized + reverse osmosis / re-mineralized water as well.

Watermelon.

Cayenne pepper (mix in with tea of cloves / lemon juice)

Watermelon.

Set a good goal for yourself and really do the homework because...(carb spike among other downsides) it can get ugly when you go to eat food again if you haven't for a while on a literal empty stomach. Any hearty meal will likely result in indigestion and bloating / inflammation and overall gut-fuck. This of course depends on how long you're going for but still.

That 3rd day is the worst (i want chee burger) but you feel so fucking good.

You mentioned the metabolic changes - I always thought it was just for people with slow metabolism.

It's for people with an irregularity in general (if we're speaking just about metabolism)

Fasting is quite literally your body's natural reset button for almost all inter-body function.

It's strange, the first time I did a fast (again strange) I could literally feel the autophagy process. Like that feeling after you have some very healthy food and your body is like thanking you for not eating shit. That feeling.

The Pact - March 2, 2026, 11:58 pm

(Mar 2, 2026 06:21 PM)Lowkey Wrote: [\[CITE\]](#) Best tools:

Juicer (Juices from fruits for hydration)

Coconut water (no added sugar + non GMO)

Ionized + reverse osmosis / re-mineralized water as well.

Watermelon.

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It's strange, the first time I did a fast (again strange) I could literally feel the autophagy process. Like that feeling after you have some very healthy food and your body is like thanking you for not eating shit. That feeling.

My late husband talked about that feeling. When you actually eat something healthy and you can feel your body saying thank you. But I find it really confusing trying to work out what is REALLY healthy and what's not to be honest.

Omniscient - March 3, 2026, 11:17 am

[Lowkey](#) I'm Keto, highly against sugar intake. So I would never juice.

For my hydration I use Ultima electrolytes which I actually started when I began Keto 20 months ago because I was getting cramps. Awesome product, funny enough it's the one Dana White recommended in the video, but I was already taking it.

Ionized water, my wife has some gadget that does that. I have to look into it.

Quote:(carb spike among other downsides)

I'm Keto, don't really eat carbs. And not doing this really to lose weight, but to kick in the immune reset through Autophagy.

My plan is till Friday morning. Mainly because I can't see going the weekend without drinking any booze. Sat at the bar last night just with Club Soda and Lime while I watched hockey game.

My full first day was mostly fine. Ate nothing, had 2 cups of black coffee in the morning. Around 2-3 had a lot of stomach growling. Drank water with some electrolytes, mostly felt fine. Did some stuff around the house to keep myself occupied. Got bored around 5 and went to watch hockey at the bar for a couple hours with the wife (also doing the fast) and came home around 7. We watched TV till about 10 went to bed. Really nothing event full.

This is day 2 and I'm going to have a cup of chicken bone broth (Fire brand) around 3. I feel a bit light-headed but nothing like fainting level. I did some pull-ups today (have a home bar) which is part of my daily routine for exercise. I don't plan on doing a full gym workout. Sometimes it can feel like I'm inebriated, where I sway, my mind can wander, and I have a bit of a floating feeling; but it passes quickly enough.

So far so good, I'll update this again tomorrow.

Charlie Sheen - March 3, 2026, 5:16 pm

(Mar 3, 2026 12:17 PM)Omniscient Wrote: [CITE](#) [Lowkey](#) I'm Keto, highly against sugar intake. So I would never juice.

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So far so good, I'll update this again tomorrow.

That's how I felt when I did a little too much at work. Usually after I sat down for a few minutes it passed. How was the bone broth?

Prettykitty - March 3, 2026, 6:02 pm

Thanks for sharing.

I've been reading about Autophagy recently too. Very interesting.

<https://en.wikipedia.org/wiki/Autophagy>

Yoshinori Ohsumi, a professor in Tokyo actually won the 2016 Nobel Prize in Physiology or Medicine for related research on this subject.

<https://www.nobelprize.org/prizes/medicine/2016/advanced-information/>
<https://www.pnas.org/doi/10.1073/pnas.1619876114>

Personally, I'm going to experiment with water fasting.

Makemovesg - March 5, 2026, 7:32 am

When you complete 48 hours, try that 3 day liquid diet. On day 2-3 is when all the bad stuff in you starts getting nuked

Omniscient - March 5, 2026, 12:59 pm

<https://grokipedia.com/page/Autophagy>

That's a very detailed Grok explanation of Autophagy.

I'm on day 4 right now. I went golfing yesterday, I wanted to have some light activity to enhance my fat burning and kick up my metabolism, plus it was a really nice day out. I actually played better than usual of late. By 8pm I was tuckered out, very tired. Sat on the couch with the wife (who was also wiped out) and drank an electrolyte and a hot tea.

Slept okay, not as good as usual imho, I kept thinking about food.

In the morning woke up lightheaded, nearing dizziness. Did not feel well at all. Immediately drank

an electrolyte with salt added and that helped me out some. Wife and I debated about if we should have the broth today. We've decided tomorrow we'll end the fast as planned and on the advice of AI I'm going to skip the broth today to maximize Autophagy because apparently, I'm in the sweet spot.

I had a couple cups of Black Coffee and so I feel better now, not dizzy or weak at the moment. Stomach growling a lot. Plan today to do some work around the house, clean my office, organize a few things, nothing crazy but I have to remain active else I'm just thinking of food.

Tomorrow morning it's hot Bone Broth and then a couple eggs and then 90 minutes later real food. I have to actually go to the grocery store today to ensure I have everything I need to cook one of my favorite dishes I make which is a chicken and cabbage casserole. It's amazing and I want it tomorrow for sure.

So far so good. I have lost about 6 lbs. Today I'm down to 177.5 lbs. I also have Ketone test strips and hit over 8 today, which just verifies I'm in the sweet spot for burning fat as fuel.

This is what my casserole looks like in the pan after cooking...

Here it is in the bowl...it's more like a stew, very brothy.

JoshAllen - March 6, 2026, 8:52 am

(Mar 2, 2026 11:46 AM)Omniscient Wrote: [\[CITE\]](#) I know people that intermittent fast (24-48 hours) and I've read up on how fasting does metabolic changes and benefits and decided a couple weeks ago that starting today I was going to do a Water Fast.

I wanted to clear up what Intermittent fasting is for people that may come up on this post as I have experience.

IF has multiple forms. The one you are mentioning is known as a 5:2. Eating like normal 5 days, and then fasting for 2 days, or something's very small amount of calories during those days around 500-600.

The more common version is the 16:8 which you fast for 16 hours, and eat during it. Most commonly 12-8pm.

I really suggest people try it if you are trying to lose weight. It focuses more on when to eat, instead of wanting to eat.

I was 232 when I started it, and got down to 198 in about 3 months, eating about 1800 calories a day.

Omniscient - March 6, 2026, 10:48 am

I do zero calorie counting on Keto diet. Because of high protein and fat intake, I just don't really overeat anyways.

Today I broke fast had my first break-fast. Literally my very first Break Fast in my life. Felt significant. Ended up making 3 hard boiled eggs (medium sized). Last night I had Bone Broth which was amazing. I immediately perked up.

Spent a lot of time with AI this week planning and learning. I feel super great right now. Clear-headed and vibrant.

I wanted to do the fast monthly but AI says it's no good. That twice a year is better. Which wife and I plan on doing. I'm also going to adjust my Keto diet to cheat every other month for 2 days to add complex carbs to my diet. AI says it does the following...

AI Quote: 1–2 days off keto every 4–8 weeks

This lets you:

refill glycogen

give thyroid/leptin signals a bump

add dietary variety

maintain metabolic flexibility

So then I'll be able to make Risotto for the wife and I (she loves my Risotto) and eat some potatoes.

Overall great experience. Definitely recommend. Do some research with AI using your own metrics and goals.

Komodo - March 7, 2026, 5:46 pm

(Mar 6, 2026 11:48 AM)Omniscient Wrote: [\[CITE\]](#) I do zero calorie counting on Keto diet. Because of high protein and fat intake, I just don't really overeat anyways.

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Overall great experience. Definitely recommend. Do some research with AI using your own metrics and goals.

I've heard you talk about the Keto diet for a while and glad it's going well.

For those of you just starting out, make sure you count your calories. He's experienced in it so can count calories off his head, but being in a calorie deficit for weight loss is the most important part.

Omniscient - March 8, 2026, 9:27 am

(Mar 7, 2026 06:46 PM)Komodo Wrote: [\[CITE\]](#) For those of you just starting out, make sure you count your calories. He's experienced in it so can count calories off his head, but being in a calorie deficit for weight loss is the most important part.

Disagree 100% and AI agrees with me.

AI Quote: For someone new to keto, the main focus should usually be carbohydrates, not calories. Keto works primarily by changing metabolism, not just by restricting energy intake.

1. The primary goal of keto: restrict carbs

Keto works by keeping carbs low enough that your body shifts into ketosis, where it burns fat for fuel instead of glucose.

Typical keto targets:

Carbs: 20–50g net carbs per day

Protein: moderate (about 0.6–1g per lb of lean body mass) Fat: used to fill the rest of your energy needs

For beginners, the most important number to track is carbs.

2. Why calories are often ignored early

Many people starting keto don't count calories initially because:

Low carbs reduce insulin, which reduces fat storage. Fat and protein increase satiety, so people naturally eat less.

Appetite often drops after 1–3 weeks in ketosis.

So beginners are often told:

> Eat until full, keep carbs low, and don't worry about calories yet.

3. When calories start to matter

Calories become important if:

- Weight loss stalls

- Someone is overeating fat (easy to do with things like nuts, cheese, butter)

- * Someone wants very precise fat loss

Even on keto, energy balance still exists, but ketosis makes controlling hunger easier.

4. Practical beginner strategy

A simple approach for someone starting keto:

1. Track carbs strictly (under ~20–30g net carbs).
2. Eat protein first at meals.
3. Add fat until satisfied, not stuffed.
4. Ignore calories for the first 2–4 weeks.
5. If weight stalls later, then look at calories.

5. A mistake many beginners make

A lot of people think keto means:

- > “Eat unlimited fat.”

But keto is actually better thought of as:

- > Low carb -> moderate protein -> fat to satiety.

Fat is a lever, not the main goal.

6. Interesting side note

You mentioned you're already keto and considering periodic fasting. When someone is already keto-adapted, fasting becomes easier because the body is already comfortable using fat and ketones.

? Simple answer:

A beginner should mostly count carbs, not calories. Calories only become important later if progress stalls.

I could start counting calories because I am stalled on weight loss. I do eat my fair share of fats like cheese. But I'm also trying to build muscle mass so I don't really get bent about losing more weight. I'm 177-180 lbs now after the fast where I was 180-184 lbs before it. For me, I think I need to kick up my metabolism with heavier workouts and more cardio. Already doing more home workouts daily for maximum muscle activation.

[Komodo](#) I don't think you understand Ketosis if you think calorie counting is that vital. It's a

metabolic switch from carbs/sugars as energy to ketones. Forcing your body to burn fat. The weight I lost in the first 3-4 months was easily 25 lbs and with zero effort, just by killing carbs from my diet. I wasn't even working out yet.

JoshAllen - March 8, 2026, 10:23 am

(Mar 7, 2026 06:46 PM)Komodo Wrote: [\[CITE\]](#) I've heard you talk about the Keto diet for a while and glad it's going well.

For those of you just starting out, make sure you count your calories. He's experienced in it so can count calories off his head, but being in a calorie deficit for weight loss is the most important part. You should only count calories on keto if you are over eating and not losing weight, which is rare if you are properly on a keto diet.

Omniscient - March 8, 2026, 10:27 am

(Mar 8, 2026 10:23 AM)JoshAllen Wrote: [\[CITE\]](#) You should only count calories on keto if you are over eating and not losing weight, which is rare if you are properly on a keto diet.
Correct.

And imho, it's actually hard to eat too many calories because protein and fats are very filling. Empty carbs usually make people more hungry while protein satiates. It's why I can have steak and eggs at breakfast and I'm not hungry at all for 6+ hours.

Komodo - March 8, 2026, 11:44 am

(Mar 8, 2026 09:27 AM)Omniscient Wrote: [\[CITE\]](#) Disagree 100% and AI agrees with me.

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So beginners are often told:

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[Komodo](#) I don't think you understand Ketosis if you think calorie counting is that vital. It's a metabolic switch from carbs/sugars as energy to ketones. Forcing your body to burn fat. The weight I lost in the first 3-4 months was easily 25 lbs and with zero effort, just by killing carbs from my diet. I wasn't even working out yet.

(Mar 8, 2026 10:23 AM)JoshAllen Wrote: [\[CITE\]](#) You should only count calories on keto if you are over eating and not losing weight, which is rare if you are properly on a keto diet. How long have both of you had 6 packs for?

I whole heartily disagree. If you want to burn fat, I understand Ketosis.

Most people that need to burn fat, are overweight and not just getting leaner. If you are overweight, you need to lose weight on a scale. To lose weight on a scale, you need to be on a deficit.

JoshAllen - March 8, 2026, 11:54 am

(Mar 8, 2026 11:44 AM)Komodo Wrote: [\[CITE\]](#) How long have both of you had 6 packs for?

I whole heartily disagree. If you want to burn fat, I understand Ketosis.

Most people that need to burn fat, are overweight and not just getting leaner. If you are overweight, you need to lose weight on a scale. To lose weight on a scale, you need to be on a deficit. I'm sorry, but do you know how to read?

I specifically mention you should only count calories if are managing to not lose weight, which is hard to do on Keto.

Here is a list of articles backing the fact you do NOT need to count calories on Keto. There are the top 3 results on Google with the prompt "do you count calories on keto."

https://deliceslowcarb.com/en/blogs/infos/doi-on-compter-les-calories-en-keto?srsId=AfmBOorrzASkzWG0UvahDJsGli6EjOpOIhHxWNfu0eju5vsm_aZZnTUD
<https://www.dietdoctor.com/low-carb/calories>
<https://perfectketo.com/do-calories-matter-keto/>

Quote:Although in a ketogenic diet we should not count calories

Quote:Research suggests that low-carb and keto meals may trigger satiety hormones and suppress hunger hormones, leading to a natural reduction in calorie intake.

Quote:The general consensus is that strict calorie counting on keto is unnecessary because ketosis, which results from eating very few carbohydrates, teaches your body to burn fat at a greater rate.

So maybe instead of coming for an argument, maybe try listening.

Omniscient - March 8, 2026, 12:04 pm

(Mar 8, 2026 11:44 AM)Komodo Wrote: [\[CITE\]](#) How long have both of you had 6 packs for?

I whole heartily disagree. If you want to burn fat, I understand Ketosis.

Most people that need to burn fat, are overweight and not just getting leaner. If you are overweight, you need to lose weight on a scale. To lose weight on a scale, you need to be on a deficit. You might know what Keto diet is but you definitely don't understand it. And what do abs have to

do with it? Unless you've actually been keto diet for an extended period, I don't think you can grasp what we're talking about. Especially, if you're going to ignore what the entire internet says which Josh Allen posted. I also posted the same things from AI.

With Keto, calorie counting pointless, just a fact. Multiple reasons for this, some of which already in the thread.

Komodo - March 8, 2026, 2:16 pm

(Mar 8, 2026 12:04 PM)Omniscient Wrote: [\[CITE\]](#) You might know what Keto diet is but you definitely don't understand it. And what do abs have to do with it? Unless you've actually been keto diet for an extended period, I don't think you can grasp what we're talking about. Especially, if you're going to ignore what the entire internet says which Josh Allen posted. I also posted the same things from AI.

With Keto, calorie counting pointless, just a fact. Multiple reasons for this, some of which already in the thread.

I'll take my decade of training over your AI.

Best of luck continuing your weight loss journey.

Omniscient - March 8, 2026, 3:00 pm

(Mar 8, 2026 02:16 PM)Komodo Wrote: [\[CITE\]](#) I'll take my decade of training over your AI.

Best of luck continuing your weight loss journey.

I've already lost 90% of the weight I want. From 208 to 177 and my goal is to be 172-177 as walk around weight. Mostly want to just convert some of the fat I have left into muscle. I'm actually more likely going to gain weight since muscle weighs more than fat. I may end being closer to 185-190 by the time I've reached mass goals.

Komodo - March 8, 2026, 3:18 pm

(Mar 8, 2026 03:00 PM)Omniscient Wrote: [\[CITE\]](#) I've already lost 90% of the weight I want. From 208 to 177 and my goal is to be 172-177 as walk around weight. Mostly want to just convert some of the fat I have left into muscle. I'm actually more likely going to gain weight since muscle weighs more than fat. I may end being closer to 185-190 by the time I've reached mass goals.

What BMI are you shooting for?

Omniscient - March 8, 2026, 3:30 pm

(Mar 8, 2026 03:18 PM)Komodo Wrote: [\[CITE\]](#) What BMI are you shooting for?

Not really a metric I'm concerned about. I'm shooting for a healthy look for a guy my age. Where it's obvious I workout. Bigger arms, some chest, flatter stomach. Getting rid of the dad-bod I used to have and converting into Based Grandpa.

Let's use this image I found.

I'd say I'm closing in on the 3rd pic. I'd be very happy as the 4th one. I definitely started off in worse shape than the 1st pic.

I just assume my BMI will be low once goals are met.

Also, note, I don't mind if takes me 2-3 more years to reach my goals. I'm not in a hurry and rushing is how you injure yourself.

Komodo - March 8, 2026, 4:31 pm

(Mar 8, 2026 03:30 PM)Omniscient Wrote: [\[CITE\]](#) Not really a metric I'm concerned about. I'm shooting for a healthy look for a guy my age. Where it's obvious I workout. Bigger arms, some chest, flatter stomach. Getting rid of the dad-bod I used to have and converting into Based Grandpa.

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No shit, good for you man.

What's your workout routine looking like?

Abs start in the kitchen, but defined abs come with working out. Same with rounded shoulder / biceps.

Think of it like shedding the layer of fat on top, and working the muscle underneath it. If you lose the fat on top and haven't been working on the muscle underneath, you just look skinny. If you've been working on the muscle underneath, you'll look more full and defined.

You might already know all that, no idea. I've been gone a while and haven't been following your journey. I do remember pics of you in the past, and picture #3 is a huge jump from where you were.

Omniscient - March 9, 2026, 11:24 am

(Mar 8, 2026 04:31 PM)Komodo Wrote: [\[CITE\]](#) No shit, good for you man.

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Yes, know all that. Partly why I did the Fast. I was hoping to see some better shred from it. I'll do another fast in 6 months and in the meantime I continue my workouts and I'm trying to increase intensity. I'm 55 so really not wise to overdo it.

Philosophically on my workouts I consider Mike Mentzer a mentor. He's more about short intense workouts going to failure, even if it's just one set. Not sure if you know who Mike Mentzer was.

Komodo - March 9, 2026, 6:47 pm

(Mar 9, 2026 11:24 AM)Omniscient Wrote: [\[CITE\]](#) Yes, know all that. Partly why I did the Fast. I was hoping to see some better shred from it. I'll do another fast in 6 months and in the meantime I continue my workouts and I'm trying to increase intensity. I'm 55 so really not wise to overdo it.

Philosophically on my workouts I consider Mike Mentzer a mentor. He's more about short intense workouts going to failure, even if it's just one set. Not sure if you know who Mike Mentzer was. Mike is a legend.

One of the first people to realize carbs were good for you instead of bad. Before him they were doing high fat and protein diets with low carbs. He changed the game, originally was an outcast but came back in the end.

Love his workout philosophy. Would record everything and say if you're not going up in weight or reps you're wasting your time.

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Ugh, that's really strange. Metzner was a low-carb guy.

AI Quote: Mike Mentzer had a very different view on carbohydrates compared to the traditional bodybuilding diets of his era (which were extremely high-carb). His stance evolved over time, but overall he leaned toward lower carb intake and higher fat intake, especially later in his career.

Here is a clear breakdown of his position.

1. Early Mentzer (1970s competitive bodybuilding)

Early in his career Mentzer followed more conventional bodybuilding nutrition:

High protein

Moderate carbohydrates Lower fat

But even then he questioned very high carb diets that many bodybuilders used.

2. Later Mentzer philosophy (Heavy Duty era)

Later in life, particularly during the Heavy Duty training system period, Mentzer shifted strongly toward a lower-carb, higher-fat diet.

Typical recommendations from him:

Protein: ~30–35% Fat: ~50–55%

Carbs: ~10–15%

He argued that:

Most people consume far more carbs than needed
Fat is a stable energy source Carbs spike insulin unnecessarily

He often recommended foods like:

Steak Eggs
Cheese Fish
Some vegetables

And limited starches and sugars.

3. His reasoning

Mentzer believed carbs were not essential in large amounts because:

1. The body can produce glucose through gluconeogenesis.
2. Fat is a better long-term fuel source.
3. Excess carbs encourage fat storage through insulin spikes.

These ideas were influenced by the work of:

Arthur Jones
early metabolic research on insulin and fat storage.

4. His view on bodybuilding carb loading

Mentzer also criticized the typical bodybuilding diet of:

huge pasta meals
massive carb loading low fat intake

He thought this approach:

caused energy crashes promoted fat gain
wasn't necessary for muscle growth

5. How his diet compares to keto

Mentzer's diet was not strictly ketogenic, but it was close.

Typical Mentzer diet might look like:

Steak and eggs breakfast
Chicken + vegetables lunch Fish or beef dinner
Nuts or cheese snacks

Carbs mainly came from:

vegetables
occasional fruit
* small starch portions

6. Interesting overlap with your diet

Since you've mentioned you're already doing keto and periodic fasting, your approach is actually very similar to Mentzer's later philosophy.

The main difference:

Mentzer did not emphasize ketosis or fasting, but his macronutrient ratios often naturally pushed people near ketosis.

? In short:

Mike Mentzer believed carbohydrates should be kept relatively low, with higher fat intake and adequate protein, arguing that most people eat far more carbs than needed for muscle growth or health.

If you want, I can also show you something interesting: Mentzer's exact daily meal plan from his Heavy Duty book, which looks surprisingly similar to modern keto bodybuilding. It's pretty ahead of its time.

Maybe you misspoke?

Omniscient - March 10, 2026, 11:59 am

EDIT: Yeah, seeing all his high-carb diet videos online now. But for me it's more about his workout stance than his diet suggestions. Push to failure, rest.

Komodo - March 10, 2026, 1:04 pm

(Mar 10, 2026 11:59 AM)Omniscient Wrote: [\[CITE\]](#) EDIT: Yeah, seeing all his high-carb diet videos online now. But for me it's more about his workout stance than his diet suggestions. Push to failure, rest.

<https://mikementzer.org/carbs-are-not-the-enemy/>

I was about to say, that AI is crap.

Omniscient - March 10, 2026, 1:35 pm

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I was about to say, that AI is crap.

But one thing is he was dealing with guys who needed 5000+ calories per day which is much harder on a protein/fat diet. I'd say nearly impossible to bulk that hard with food alone.

There is definitely a difference from those who are professional body builders and just people trying to be in better shape. I have no desire to be a body builder. I think those dudes are losers. I understand the discipline and can respect the art but it's unhealthy and retarded way to spend your time.

Komodo - March 10, 2026, 2:18 pm

(Mar 10, 2026 01:35 PM)Omniscient Wrote: [\[CITE\]](#) But one thing is he was dealing with guys who needed 5000+ calories per day which is much harder on a protein/fat diet. I'd say nearly impossible to bulk that hard with food alone.

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time.

His time was definitely crushing protein shakes. Easily 4-600g of protein a day to maintain that. They also ate a ton. Ronnie Coleman would eat 6-8 meals a day. He'd wake up in the middle of the night just to hop on a walking treadmill, and eat. Absolute determination, but fuck that. I'm out at that point.

They were also pumping a shit ton of steroids which I wouldn't recommend lol.

If I remember correctly, Mike was the reason the legends like Arnold and Ronnie changed their diet from strictly fat and protein / no carbs.

But anyway, I agree about his workouts. He's one of the first people I watched when I started working out.

Charlie Sheen - March 10, 2026, 5:00 pm

Have you been able to remain at 177, or did you float up a couple lbs after eating?

I lost 10 lbs, after eating I went up a pound or two. I'm still on my carnivore diet and currently down 47 lbs since January 10th.

Omniscient - March 10, 2026, 8:20 pm

I am chilling at 177-180. So far so good.

C00Lssh - March 10, 2026, 8:30 pm

Honestly i think there is more to it then that. it goes wayy back to century's ago. our body make mucus to digest and break down the foods and toxins we eat day to day that we are poisoned with. Our stomachs create the mucus and which then creates the acid to break down the foods we arent suppose to have. That is all then stored and stuck in our gut and barely rarely leaves.

want to blow your mind? read more yourself sir:

<https://www.amazon.com/Mucusless-Diet-Healing-System-Scientific/dp/B011T7QTZW>

Omniscient - March 12, 2026, 8:08 am

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That dude was born in 1866. I wouldn't trust his "science" from that era.

https://en.wikipedia.org/wiki/Arnold_Ehret

Quote:In opposition to medical science that asserts white blood cells are important components of the immune system, Ehret believed that white blood cells are caused by consuming mucus-forming foods, and as waste materials, poison the blood.[5] His ideas about diet and disease have no scientific basis and have been criticized by medical experts as dangerous

Komodo - March 13, 2026, 5:20 am

(Mar 12, 2026 08:08 AM)Omniscient Wrote: [\[CITE\]](#) That dude was born in 1866. I wouldn't trust his "science" from that era.

https://en.wikipedia.org/wiki/Arnold_Ehret
"poison the blood"

All I needed to read to not press on the article.

No offense to the other guy but it amazes me that people will read one article they found on Reddit / TikTok / whatever, and completely believe it without doing any additional research.

Omniscient - March 13, 2026, 10:18 am

AI Quote: Arnold Ehret's theory on white blood cells was highly unconventional and directly contradicted mainstream medical science of his time (and today).

In his works, particularly *Rational Fasting* and **Mucusless Diet Healing System**, Ehret claimed that white blood cells (which he often called "white corpuscles" or "white blood corpuscles") are not protective immune cells as described by conventional biology. Instead, he viewed them as waste products — specifically decayed, undigested, or "dead" mucus that accumulates in the blood from eating what he termed "mucus-forming foods" (such as dairy, starches, grains, eggs, and most animal products).

Key points from Ehret's perspective:

- These white cells represent foreign, obstructing matter (mucus and pus-like substances) that clog the circulatory system, poison the blood, and cause all diseases.
- In a truly healthy body (achieved through his mucusless diet of fruits and leafy greens, plus fasting), the blood would be predominantly red (from vital sugars and iron in plant foods), with minimal or no white cells. He associated whiteness/paleness with disease, decay, and mucus overload — even linking it to the "unnatural" pale skin of the white race as a result of mucus-clogged blood.
- He argued that bacteria and pathogens thrive on this mucus, not that white cells fight them. In fact, he suggested medical science had erred by mistaking these mucus-derived cells for defenders.
- Excessive white cells (as in leukemia, which he reinterpreted as "white-bloodedness" or "more mucus than blood") were dangerous because they indicated overwhelming mucus accumulation, leading to obstruction and death rather than any protective role.

For example, in **Rational Fasting**, Ehret wrote passages questioning the nature of white corpuscles, suggesting they resemble granulated mucus cells bred in lab cultures of starchy or nitrogenous foods (like potatoes or broth). He described how fasting or switching to mucus-free foods mobilizes and eliminates this "corpse-mucus," reducing white cells and restoring vibrant red blood.

Note: Ehret's ideas on this (and related claims, like the lungs pumping blood instead of the heart) are considered pseudoscientific and rejected by modern biology. White blood cells are well-established as essential immune components that fight infection, not decayed food waste. His theories stem from early 20th-century naturopathic observations and personal experiments rather than empirical evidence accepted today.

Seems like his theory on White Blood cells doesn't align at all with anyone else. I mean, it's a theory that potentially could have some validity but after 150 years you'd think if he was right someone else might have aligned with his theory.

My first reaction to any new information is that I'm skeptical and I want more proof. You say I shouldn't believe some random information on the internet, but that's exactly who you are. Some random guy saying something on the internet. It's on you to show me at the very least additional information to back up your claim.

AI Quote: No, no one in mainstream medical science today agrees with Arnold Ehret's core theories, and none of them have been scientifically proven or validated through rigorous, evidence-based research. His ideas, including the notion that white blood cells are waste products from "mucus-forming" foods rather than essential immune components, are widely regarded as pseudoscientific and contradicted by established biology. They stem from early 20th-century naturopathic beliefs rooted in vitalism and folk medicine, not empirical data.

If you want to align your own beliefs about health with a quack from 150 years ago, go for it. But don't try to tell me I've not done any research. Instead, show me what research you've found which convinced you.

Komodo - March 13, 2026, 1:57 pm

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Omniscient - March 15, 2026, 9:52 am

(Mar 13, 2026 01:57 PM)Komodo Wrote: [\[CITE\]](#) ...

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My wife says I'm argumentative.

Komodo - March 15, 2026, 9:57 am

(Mar 15, 2026 09:52 AM)Omniscient Wrote: [\[CITE\]](#) My wife says I'm argumentative.
I concur with your wife's medical assessment.

Omniscient - March 15, 2026, 10:18 am

(Mar 15, 2026 09:57 AM)Komodo Wrote: [\[CITE\]](#) I concur with your wife's medical assessment.
I disagree.

?

Zher0 - March 15, 2026, 10:24 am

Also, something that came up with my health/stomach issues. I used to eat 5-6 meals/snacks a day for the past 10+ years for bulking and lifting purposes. I've now been diagnosed with SIBO, which is caused by a dysfunctional migrating motor complex (MMC).

"The Migrating Motor Complex (MMC) is a cyclic, wave-like, muscle contraction pattern in the stomach and small intestine occurring every 90–230 minutes during fasting. Known as the gut's "housekeeper," it cleans out leftover bacteria and indigestible debris. It is regulated by motilin and stops upon eating"

So I'm now eating 3 square meals a day, no snacking + adding digestive motility boosters.

Fasting is definitely important.