

BS Nutrition Myths

- 1) Carbs do not make you fat.
- 2) Evening eating does not make you fat.
- 3) Gluten-free, organic, low fat, or dairy free does not override calories.
- 4) You do not have to skip breakfast, unless you want to, or have irritable bowel movements / digestion (*cough* intermittent fasting).
- 5) Diet Coke doesn't make you fat unless it triggers you to eat excess calories in comparison to your total daily energy expenditure. (It has NO calories)
- 6) You do not have to train fasted for fat loss.
- 7) Keto does not allow you to eat all the bacon you want AND Keto Cheesecake is not healthy, despite what your friend Tina told you at a party.
- 8) The Vegan diet is best because nature loves you more and therefore you lose more fat or something like that.
- 9) You should train "Beast Mode" each session, every week, year round. (Fact: Your body will start to hate you a fight back)
- 10) Definitely BS: Anything starting or ending with the word cleanse.

*FYI: Nutritional status is like a slingshot or a rubber band, the further you pull away from moderation, the more rapidly it snaps back to go the opposite direction. Or we snap completely and you need to start from scratch and rebuild the entire apparatus.

Here are some truths, despite the lies you might have been told:

- You can intermittently fast, INTERMITTENTLY.
- You can eat before & after the gym and still lose body fat.
- You can drink carbs during a workout and still lose body fat
- Creatine will not make you bulky and is 100% safe and applicable for women to take
- No one diet strategy is THE BEST. Not one single one is GOOD, or BAD. It's entirely all in the content of which you are using it.

I could honestly keep going, but I will stop there!