Twitter Thread by GuruAnaerobic

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HOW TO STAY YOUNG:

Starve-destroy-recycle-eat-build-eat-build-starve...

The human ecosystem (our internal environment) has the same processes as the environmental ecosystem. Destruction & Reconstruction is a universal process. This is how we stay young.

STARVE – DESTROY – RECYCLE - EAT – BUILD – EAT – BUILD – STARVE – DESTROY – RECYCLE – EAT – BUILD – EAT – BUILD…

Much of modern society is aimed at saving you energy whilst at the same time oversupplying you with energy in the form of calories. Then society supplies you with medication to counteract its insidious effects (heart disease, diabetes, metabolic syndrome, obesity, inflammatory disorders).

In the Wild, to get energy you have to expend energy; further, you may expend energy and not get any - for a while, or you may get some but not enough. In this scenario the body has to 'preserve' itself to survive. It knows how to cope with deficits (within reason) and it knows how to deal with acute (to a point) calorie inputs. [The idea that the body can only utilise 30grams (or whatever) of protein at one sitting is complete nonsense - especially following a period of protein deficit]

Starving (fasting) uses up your energy stores - glycogen, then amino acids, then fat, then more amino acids. It destroys and recycles damaged cells and proteins and makes new ones. Then you need to eat to build up your reserves, keep muscle mass, and stay strong. You need to keep doing this *as it keeps you healthy*. Ignoring any part of this long term either leads to derangements of too much energy input, or fragility from too much 'destruction' and not enough energy input.

None of this requires calorie counting, steady feeding, or knowledge of how many vitamins are in a lettuce leaf. This is the problem with many dieticians and nutritionists, stuck in a world of micronutrients, calories, balance and percentages. An old-skool dietician is like a mechanic who doesn't know how to drive. Worse than that, as a mechanic actually knows how a car works.

We should take our cue from the senolytic processes of nature. A coppiced Hazel tree is near immortal.

Lysis & Genesis - Fires, Floods, Storms and 'Thinning' Carrots

The Forrester and landowner know that techniques like coppicing keeps the wood healthy. The produce grower knows that 'pinching' off tomato flowers produces better fruit and stronger growth. Pruning, pollarding, dead-heading and other techniques are mechanisms which have been used by gardeners for generations
People who work the land are in tune with the processes of nature, they are acutely aware of the seasonal variations and cycles of dormancy, destruction and regrowth.

Fires, floods, and high winds or storms act as environmental senolytics - local autophagic systems, getting rid of dead and old growth, brittle and fragile structures, but also getting rid of ostensibly healthy growth. This pruning effect is apparent in every natural system. These systems work well on their own, they are self-organising - and utterly merciless.

When a gardener sows carrot seeds, rather than plant individual seeds (they are tiny) which is time consuming, she sprinkles them along a line; a few weeks later the saplings are 'thinned' out - generally the less robust saplings are pulled out leaving the more robust ones with room to grow - maybe some healthy ones are pulled out as well, but the net effect is positive.

Too much destruction (chronic calorie restriction) and too much growth (hyperfunction/ constant eating) are both bad and lead to derangement.

'A single bout of resistance training induced rapid clearance of senescent cells in muscle' h/t @Mangan150

https://t.co/MW7oFn6bgm

"Conc: Rapid senescent cell clearance of human skeletal muscle during resistance exercise seems to associate with enhanced in situ phagocytosis. High protein availability accelerates resolution of muscle inflammation and promotes muscle increment after training" h/t @SPKP1124

After Resistance or High-Intensity training I sometimes eat directly after (with sufficient protein) but very often don't eat for a couple hours as I want to continue the 'destruction' process.

Physical Standards. Note: These all involve intensity without killing yourself.

Physical Standards

These targets are straightforward and no bullshit. They're not complicated. These are not elite standards, but achieving all five would likely take you into the top 1% of the population. You'd be in tremendous physical shape.

1 **Deadlift**: One-rep max of 2 x body weight (general strength)

2 **Chin-ups**: 20 (usable upper body strength)

3 **100m sprint**: Under 13 seconds (speed)

4 **One mile**: Under 6 minutes (endurance)

5 **Body-fat**: 10-12% - a six-pack is just visible (health)

The most challenging for an older person (60yrs+) to achieve is a sub-13sec sprint; sub-14secs would be more appropriate (the others are not *too* difficult). Retaining the ability, as you age, to generate dynamic muscular contractions provides solid information about the general physical state of the muscles, tendons, ligaments and nerves. If you can do it *without a warm-up*, even better. Being able to turn on strength, quickness and agility without any warm-up is the pure expression of youth.

There are different health tests a person can do: In a *clinic/lab* – blood tests, biomarker tests, blood pressure, heart rate, scans; in a *gym* - stress tests, body fat, VO2 max, and so on. That's all well and good, but these five simple performance tests you can do yourself and are easy to measure. Physical performance is an excellent indicator of the general health of the body.

There is no point adding in more target categories – vertical high jump, rowing ability, back-flips, and so on, as it's the *engine* in the car that ultimately determines performance not what the car can be used for. The five categories give us a global view of the state of the 'engine'. That's enough.

FASTING - Why it works.

1 The brain 'improves' in response to hunger;

2 The body preserves itself in response to deprivation.

Seen as an evolutionary survival mechanism the fasting rationale becomes clear.

https://t.co/DTKkLkLGMc

Summary:

You have to recycle your body. Just like the environment recycles itself.

Hard exercise (on top of a good aerobic base/gen activity) but no need to overtrain. Work-out fasted (50% of time), eat 18/6, 2 meals a day, default is slight CR, + overfeeding once/twice a week