

Diet

Naturally, of first importance for good nutrition and the gaining of weight is the diet. The slim muscular build of the ancient man was certainly due to the quality of the food grown in his day, but sadly, his slenderness was more often than not a result of the lack of regularly available food. The fact that tremendous physical workloads were performed with what we might call a scanty diet should lead us to investigate what made up the foods of the day, and how one could properly utilize them today in order to make the most efficient gains possible.

Compared to the man of time gone by, we have only a passing interest in food and nutrition. For to him, the responsibility of sustaining his life was one of brutal regularity—daily. Adam and Eve were in the already-created Garden of Eden with no cares for the maintenance of life until they were booted out and Adam was forced to become the first plowboy. He got into the right business, though, as the food industry is the biggest in the world. It has been said that the strength of nations depends on the type of supply of food available. Surely this can be said of the Romans, who, by their wise use of whole grains such as rice, wheat, corn, and barley, put together a mobile and sinewy army such as the world had never seen. It was a plain and simple diet that gave strength and stamina, and when in times of prosperity the old frugality of eating degenerated into intemperance, the Empire was on its way down. The book of Daniel tells how the people of the city of Babylon deteriorated from these same excesses.

It is the contention of the writer, as well as that of some authorities, that one does not have to stuff himself to the gills to gain weight properly. Now, I am not talking about putting on fat. Anyone can gain weight about the gut in a very short time if he scarfs down enough food. The attainment of a higher body weight as well as strength is a horse of a different color. Sometimes, frugality and simplicity of food is a direct boon toward development. At one time, the mainstay of the Scottish diet was oatmeal. It was defined once as “In England the food of horses, in Scotland, the food of men.” Yet the Scots have long been known through history as one of the most gallant and strong nations in the world.

If man lived in a completely natural habitat, without the sickening availability of the convenience and junk foods, his appetite would indeed be a healthy one, instead of one that craves foods that are injurious to his body. If man truly lived naturally, he could rely on his instincts to provide him with the proper selection of the proper kinds and amounts of his food.

Taking this into consideration, as well as the different types of foods eaten by people of Biblical times, I wish to set down some guidelines which you can start using right now in order to set your systems toward more efficient use of your food for weight gaining.

1. Don't eat unless you are hungry.

This sounds like a very simple, almost stupid thing to say, it seems so obvious. You are training with weights to gain weight and strength. You need all kinds of "Pro" supplements to keep up your strength so you can complete your workouts, right? WRONG! You need food only to the extent that your body requires it. The fact that your body will demand more food and increase your hunger when on a proper weight program is certainly true and we will get into that in routines. Please do not think that one must constantly eat to keep up his strength. Please do not think that one must eat at least three meals per day for proper nutrition. If you do not have very definite sensations of hunger, you are better off without food.

For an individual to receive any benefit from the food he eats, this food must first be digested, then absorbed in the mucosal lining in the walls of the intestine. This is a process that takes up a considerable amount of energy. Even if you ate food that would not be digested, it takes a good deal of energy to get it to that part of the rectum from where it can be eliminated. The exhaustion of this energy constantly uses up the reserves of the body, making you less efficient, and overworking the organs of your internal structure. Your recovery rate from training is therefore slower and less complete, and stale periods are the rule, instead of the exception. It is no wonder why there are so many "hard gainers," with the eating habits we have today.

Man violates the laws of nature when he overloads his stomach with food. Nature generally responds by providing the symptoms of heartburn, stomachache, and flatulence. Get back into a normal, natural appetite, and you will find that you have accomplished step one toward attaining that increase in size and strength that you desire.

How do you know when you have gotten this natural appetite? You will know when you are hungry enough to eat the plainest, simplest food around. When a piece of whole wheat bread by itself tastes good to you, you'll know that you have a naturally healthy appetite. When you can eat food without washing it down with water or anything else. When you can eat plain food without having to have condiments, spices, salts, or sweeteners to make it more palatable. When you have this kind of appetite, you are already way ahead of the game. You'll gain weight when properly stimulated, and it will be SOLID.

2. Always eat with enjoyment.

This point shouldn't be too hard to follow, as even pleasant company during a meal often tends to aid digestion. The important facet of this is that food that is pleasant to the taste will provide a greater stimulation to the salivary glands of the mouth, thus providing for more efficient primary breakdown of food. In turn, a greater mixture of saliva with the food provides for a greater stimulus of the gastric glands of the stomach, which secrete hydrochloric acid and pepsin for further breakdown. Why do you think that your mouth waters when you smell or have a special taste for a tantalizing food? Strictly speaking, your mouth should water a bit before every meal, unless you have a tendency to slobber all over the tablecloth. Remember: it is food absorbed by the intestine, not food eaten that will provide you with needed nutrients.

3. Don't stuff yourself.

A lot of guys trying to gain weight use this method. Every meal becomes contest-time, with the winner consuming the most. As explained previously, you are just overloading yourself with garbage that will do a great amount of harm, the least of which is the slowing down of your progress. If you only eat as much food as you honestly enjoy, chances are you are not overloading. It is better to eat a little less than even one mouthful too much. Always try to be on the safe side.

Food is used to provide energy for normal activity, to build body material, and to make necessary repairs in the body's many types of tissue. When one gains muscular bodyweight, he does it primarily as a result of the action of protein. However, protein can also be used to provide heat and energy, when necessary, although the fats and carbohydrates exist to perform this function. While the proteins can do the job of fats and carbohydrates as far as energy production goes, fats and carbohydrates cannot build tissue like protein. The value of the fats and carbohydrates is the fact that, as they are used up and made available to the body, the protein in the diet is spared for its tissue-building function. Therefore, we can say that fats and carbohydrates have a "protein-sparing effect" in the body, which is why it is so important (and much cheaper) to include these important elements in the diet.

Looking at it another way, we find that one pound of protein provides about 1825 calories; carbohydrates provide the same as protein, and fats about 4,045 calories per pound. Therefore, it is apparent that it would take better than two pounds of protein or carbohydrate to equal the caloric energy production capacity of one pound of fat. Energy is related to chemical reactions in the body which produce heat; thus one calorie is equal to the amount of heat required to raise the temperature of one gram of water one degree Centigrade.

From the point of view of gaining muscular bodyweight, we might say that food is that substance, which, when taken into the body, gives off energy, or builds up tissue. Following this theme, we can find that the food that is most efficiently suited to the needs of the eater is the most healthful food. Going one step further, we might conclude that the best food is that which is the most healthful (largest amount of nutrients) and the lowest in price.

As to economy in the use of food, it seems that less money can be spent for a superior diet if the sources of nutrition are chosen with more wisdom. For instance, why buy a more expensive cut of meat when a cheaper one will provide the same amounts of nutrients, and in some cases, more? Why spend so much money on the tissue-forming substances (proteins) to the neglect of the foods that provide energy? This just causes an imbalance that forces a greater expenditure of energy to convert the proteins into usable energy, which not only makes the wallet less efficient but the body as well. If you sit around two hours after a meal and still feel full, you have eaten too much. The excess was simply a waste of money and an added strain on the digestive organs, which will not complete the job. One could certainly eat a lot less and profit a lot more. For proper gains, one would be wise to stick with the old standbys: the cheaper cuts of meat, milk, beans, flour, fish, potatoes, fruits and vegetables. They worked well over 2000 years ago, even before Standard Brands.

Though I sound repetitive, let me state again: never eat to excess. You will not make solid bodyweight gains this way. Weight trainers will frequently scarf down food until they cannot eat anymore. A big meal will be eaten primarily because it tastes good, not because the partaker is particularly hungry. Not only can you become stronger by eating less, but you can also increase your longevity. Many diseases are caused by inefficiency of the internal digestive organs and overeating is one of the major reasons for this. Inefficient digestion often is the harbinger of many foreign particles in the blood stream, insufficient filtration by the kidneys. Don't beg for trouble; just eat less. You will get all the material necessary for growth. If only weight trainers would work out as hard as they eat. As an experiment, why don't those of you who feel full after every meal reduce your intake of food by one-fifth to one-fourth. I'll bet you feel better and get stronger. The extra energy that you feel will be the energy normally used to rid your body of the extra garbage that you have been used to ingesting. Just learn to eat what you need. It's bad enough with the polluted environment that we now live in. Why make it worse by polluting your own system? You can't recycle yourself.

Naturally, I must again repeat and stress that one eat only nutritionally complete foods. In many instances, foods that are considered to be very wholesome are, in reality, very detrimental to health, or at least will not provide the nutrients in the proper balance for proper absorption, which will result in a greater expenditure of energy to get rid of the waste. A fine example of a food of this kind is white bread. This bread is often advertised as being "fortified," and "enriched." The only thing that is fortified and enriched by this kind of bread is the bank account of the processor. This kind of bread is not the "staff of life" that you so frequently hear about. This bread is made chiefly for profit, not nutrition.

The late nineteenth century brought about the use of the roller mill for wheat refining for the mass production of cheap white flour. It bakes and looks good. The white flour, though, does not possess the qualities and nutrients of the whole kernel of wheat, which possesses magnesium, calcium, trace minerals and the all-important B-vitamins. Manufacturers claim to have produced an "enriched" product by adding some synthetic vitamins to the white flour. These vitamins do little good because all too often they are not present in their natural ratios. That is, a certain amount of milligrams of one vitamin must be present along with a specific amount of another vitamin substance before the proper benefit can be obtained. These vitamins work together well, but only when in the proper proportion. This is also called synergism, or the synergistic effect, which is totally lacking in today's manufactured white bread. The outer covering of the grain and the wheat germ are what is necessary for total nutrition from wheat. This is most efficiently absorbed and eliminated by the body.

You will spend umpteen times the energy if you eat white bread, because it is so difficult to eliminate. It fails to contain any of the fibrous material that is so vital to the passage of food through the large intestine for elimination. The great ancient physician Hippocrates used to recommend white flour to those who had severe cases of diarrhea, because it plugged up the colon so efficiently! Imagine eating white bread as a staple in the diet. The proverbial "cork" would certainly be phased out.

Don't think that breakfast cereals are any better. They are robbed of the same ingredients as the white breads are. And, if we are still considering the rules of economy, get a load of this. A bushel of wheat that may normally cost \$1.50, will, after processing, cost the consumer upwards of \$20.00 if eaten in the form of cereal such as wheat flakes. So these products will make you a loser both nutritionally and financially.

One very important part of proper eating is, of course, chewing the food properly. This point, though it may sound ridiculously simple, is of utmost importance. The better the bolus of food has been digested, the more completely it has been masticated. The chewing of food is really the first step in digestion. This way, more surface area of the food is exposed for mixture with saliva for a better breakdown. You should chew your food until it is swallowed without any real conscious effort to do so. That is, you should force the teeth to do their job before the food leaves the mouth. Don't bolt the food.

The results of experimentation show how important thorough chewing is. In cases with patients having obstructions of the esophagus, obliterating the communication between mouth and stomach, food of the proper nutritional value was liquefied and placed in the stomach via a surgical opening. The patients progressively grew weaker, and lost weight. They were then instructed to chew this same type of food in the same amounts. After complete mastication, the food was removed from their mouths and placed into the stomach with excellent results. Their weights returned to normal, and there were no symptoms of starvation.

How often have you eaten after an interval of at least 12 hours since your last meal and yet felt your hunger satisfied after only 15 minutes of eating? Research physiologists have uncovered some interesting findings which would seem to indicate the importance of proper and complete mastication. First of all, the "center of appetite" of the nervous system is located in that part of the brain which is called the hypothalamus. Stimulation of one part of this appetite center will cause one to eat extraordinary amounts of food. Stimulation of the other will cause the subject to reduce or lose completely his desire to partake of repast. It has been suggested that perhaps there might be a pathway from the oral cavity to the hypothalamus, and work done on this idea has been encouraging to date.

The above should at least encourage one to realize the importance of chewing the food properly, as the oral breakdown may be the trigger which results in enhanced absorption, which naturally results in greater efficiency and greater strength.

Mealtime in Biblical times was a time of relaxation. The main meal generally was at the end of the day, when all the work was done. The fact that food was masticated well would seem to be evident by the fact that eating was not done in the big straight-backed chairs of the present day. People usually leaned or reclined, and a lot of chewing had to be done to avoid indigestion when in those positions. Mealtime was a time to be with friends, if possible, and this factor, plus good food, as well as a no-rush atmosphere combined to make nutrient absorption proceed at an optimum level. Physiologically, the more pleasant the surroundings, the greater the hunger, the less tension, and the tastier the food, the greater the secretion of saliva and gastric juices.

Now we come to a subject that will, as it always has, cause some controversy: vegetarianism. The Biblical world was a semi-vegetarian world. The People of the day were not big meat-eaters. Most of them could not afford meat.

Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.

Genesis 1:29.

Noah was commanded by God to take beasts into the ark before the flood. Later on, in the 11th chapter of Leviticus and the 14th chapter of Deuteronomy, one can find the listing of the animal food that was considered to be clean and unclean for human consumption.

From Biblical times many arguments have raged about the relative merits of meat eating. Many have said that it is essential to eat meat to nourish the body. Their opponents say that when beginning to abstain from eating meat, one will feel a craving for it for awhile, but will soon get over this feeling.

I understand the notion that one who is interested in gaining weight might have by now. He has, needless to say, encountered vegetarians who look very weak and frail, and naturally feels that he could never gain weight if he adhered to such a diet. Well, all too often, the so-called “vegetarian,” who looks so frail, has been following the diet incorrectly. Too often the vegetarian will neglect the natural foods which are so high in protein and which contain the amino acids that would normally be found in the meat diet. Therefore, he does not have the strength or physique of the meat eater, and the observer tends to get turned off by the thought of going “vegetable” in order to make gains. Eliminate meat and you must replace it with some of the well-selected legumes and nuts, as well as dairy products such as milk, eggs, and cheeses. True vegetarians are those who believe that animals should not be killed for food, so one is not inconsistent to the “cause” if he includes these substances in his diet.

There are many instances in the Bible where men partook of meat. These cases, though, seem to be exceptions to the rule, i.e., feasts and ceremonies. Before the Great Flood, meat used to be eaten, but only after an animal was offered to God as a sacrifice. These were religious affairs, which were not held every day. The major part of the diet was still vegetables and grain products.

However, in the strict sense, these people were not vegetarians because they did partake of meat on occasion. To eat meat to the exclusion of all else is extreme folly and a capital sin against the body. Biblical passages reveal the meats considered fit for human consumption, and man was encouraged to eat them. As you most likely have read, pork (swine’s flesh) was considered abominable and unclean food.

But you shall not eat any of the following that only chew the cud or only have hoofs: the camel, which indeed chews the cud, but does not have hoofs and is therefore unclean for you; the hard, which indeed chews the cud, but does not have hoofs and is therefore unclean for you: and the pig, which does indeed have hoofs and is cloven-footed, but does not chew the cud and therefore unclean for you.

Their flesh you shall not eat, and their dead bodies you shall not touch; they are unclean for you.

Leviticus 11:4-8

The main problem with meat is that it is so often filled with impurities, which are easily transmitted to the one who eats it. This was even a problem in Biblical times, when the ravages of pollution were virtually nonexistent and the growth hormones (stilbesterol, etc.), weren't being injected into cattle to fatten them up for market. This is what causes the major problem of excessive meat eating. If the food was constantly pure, and if one ate only the foods that were OK'd (approved—Orthodox-Kosher) in the Bible, there would be little sickness as a result of eating. Eat meat as a "treat" or as a specialty; don't rely on meat to be the mainstay of the diet. You won't gain in terms of truly usable strength, and worse yet, you will be utilizing the liberated energy to digest the food, which as we discussed, is defeating the purpose.

Today's soil is crowded with pollutants which surface in polluted foodstuffs, which in turn, are eaten by the cattle, which in turn, are eaten by the human being. That same cattle is "hormoned" to death in an attempt to speed up and increase growth for a heavier market price. It's bad enough that the soil has in-bred problems of its own; what's worse is that we are eating drugged animals that have already eaten the soiled produce of the ground. Isn't it far safer to eat more of the earth's produce, which is polluted less than the animal? Why consume an already sick beast with a polluted bloodstream of his own? We'd only have to tax our own digestive systems and especially the liver, in order to rid ourselves of the ever-present toxins, which we pay so much per pound for anyway.

That Biblical man was aware of the problems of disease borne by animals that were ordinarily considered "clean" for human consumption is evident.

When one of the animals that you could otherwise eat, dies of itself, anyone who touches its dead body shall be unclean until evening.

Leviticus 11:39.

That refers to just the touching, the physical contact with the animal, much less the eating of it!

It is my judgment, therefore, that we ought not to cause God's Gentile converts any difficulties. We should merely write to them to abstain from anything contaminated by idols, from illicit sexual union, from the meat of strangled animals and from eating blood.

Acts 15:19-21

These people knew that, from experience, people eating this kind of animal often became ill to the point of death.

Only be sure that thou eat not the blood: for the blood is the life; and thou mayest not eat the life with the flesh.

Deuteronomy 12:23

The blood carries the impurities out of the system. A strangled animal has not been bled, and its blood, along with whatever pathogenic substances might be present, is allowed to coagulate in the vessels. Eating this animal might release the harmful inhabitants into the body of the consumer.

I do believe, though, that if you can find a good source of naturally fed cattle, not drugged, allowed to graze, and allowed to reach maturity at the natural time, then by all means, take advantage of it! This type of clean meat is certainly an asset. The Bible did not seek to discourage the use of meat, but merely wished to relate that it should be used with caution, cleanliness, and discretion.

The Spirit distinctly says that in later times some will turn away from the faith and will heed deceitful spirits and things taught by demons through plausible liars—men with seared consciences who forbid marriage and require abstinence from foods which God created to be received with thanksgiving by believers who know the truth;

I Timothy 4:1-4

If you can find a good source of pure meat that is listed as being clean in the Bible, then “eat it with thanksgiving.”

Another bone of contention is the question of raw vs. cooked foods. What type is more digestible? Originally, cooking was considered to be the process by which undigestible foods were made more digestible. Proponents of the raw food diet, however, dispute this claim, stating that cooking destroys necessary digestive enzymes as well as coagulating proteins, making them harder to utilize for their tissue-building qualities. The general consensus is that cooking breaks down the cellulose envelope of grains like wheat, corn, oats, rice, barley, etc. The body itself cannot break down the cellulose cover if a grain of wheat, for example, is swallowed. Experiments have shown that cooking tends to coagulate the protein in the grain of wheat or any other regular crop grain, for that matter. (I am talking about moist cooking.) Softer, mushier types of cereals from these grains tend to be less digestible for the simple reason that they are not properly masticated. This lack reduces the flow of saliva, which, in turn, slows down the rate of gastric secretion. The whole grains must be masticated thoroughly, which naturally provides for the full complements of digestive juices. Try not to overcook the food. If necessary, soak grains overnight, then cook them lightly the next day for only a few minutes.

You will find mastication will be easier, but assimilation will be optimum. The reader probably thinks that I am nuts already, but wait until you read this one. The big thing in the weight game today, and especially for those who are trying to gain weight, is the multiple-meal plan. This calls for from four to six meals per day; usually three heavy meals and three light meals. Some eat six heavy meals per day, depending upon how desperate they are to gain poundage. Now here comes the “nutty” part. I feel that for optimum nutrition, as well as for creating the proper internal environment for proper weight gain, you should only partake of two meals per day.

If you weren't interested in strength or weight-gaining, ask yourself why you have been eating three meals per day for the entire or at least greater portion of your life. You know the

reason: because you have been brought up that way, no other reason. How often have you gotten up in the morning with no real appetite, yet eaten at least one sweet-roll and drunk a cup of coffee? How often have you sat down to a dinner that you had no real taste for, but eaten it anyway because of all the work that went into preparing it?—then regretted it all night?

Always remember that the food you eat above that which is deemed absolutely necessary by the appetite only serves to diminish the natural outflow of saliva and the following gastric juices. It is better to eat one meal per day of the finest food available when the appetite is there. Don't eat constantly and force your body into prematurely eliminating your previous meal. Only partake of food when you are really hungry. It is better to eat a little less than a little too much.

Most will probably be asking: "What about Paul Anderson? He recommends a tremendous amount of protein foods, not to mention the other classes of nutrition." Remember, that in Anderson's own words, he "craved" certain types of protein foods. (Canned fish of many varieties and rare cuts of beef and lamb.) Anderson's mode of activity was of a very strenuous nature; the more demand he put on his body, the more he desired to eat, which is perfectly natural. Paul is a big-boned person whom some consider fat, however, we probably will never know what he could do if he continued his training while cutting back his intake of food somewhat. If Paul is genuinely hungry when he sits down to his tasty repast, then more power to him. He is one of the strongest human beings to ever grace the face of the earth, but I still contend that the voracious appetite must be there before any benefit will be gained from the food ingested. If it takes ten pounds per day of food to stay your hunger, then you are eating according to your body type and heredity, à la Anderson.

No matter how hard you work at your job or at your training routine, you can make tremendous gains by eating just two meals per day. Let your own appetite be your guide. Wait a few hours after getting up to eat your first meal; this way your appetite will be stronger and you will digest your food that much better. Make your first meal about 10:00 or 10:30 in the morning. You can arrange for your lunch hour at work to occur at that time. The physical activity of the job, plus the interval between your last meal, will make for a great increase of digestive juices which, naturally, will completely break down the meal. Remember, it is not how heavy and how often you eat that counts; it is the amount that you assimilate. That is the principle by which to regulate your diet.

If you are training hard, you will produce a need in your body for a larger amount of nutritious food, which will be properly digested upon ingestion. That is why Anderson can eat such tremendous quantities of food with the resulting gains in strength, not to mention size. The thing to realize about Anderson, though, is the tremendous amount of training that the man does. When in hard training, for example, he will work out with heavy weights every day. By heavy weights, I mean heavy weights for Anderson, not for the average man. Naturally, he tears down tremendous quantities of body tissue that must be replaced every day, which accounts for the voracious appetite that the man possesses.

Try to eat your second meal of the day between about 5:00 and 6:00 p.m., give or take a half-hour either way. This way, you will have time to train either before or after the meal. Again, let your appetite be your main guide for when this meal should take place. That is,

don't eat this meal every day at 5:00 p.m. out of habit. Eat when you are hungriest. If you train after your evening meal, try to wait about two hours to give the food a chance to digest. Don't eat and jump into a set of squats unless you want an acute case of anorexia, the treatment for which would be scrubbing the floor where you were standing when you started squatting.

Fasting

One of the oldest healing techniques ever used is fasting. Most people (and animals) fast naturally when they don't feel well because their appetite is diminished. Healing naturally occurs while relieved from the burden of digestion which uses up strength. During a fast the body releases a hormone that stimulates the immune system which helps the body recover from fevers and infections.

Once or twice a month a voluntary fast for a full day gives the body a chance to rest from the daily rigors of digestion. Daily fasting for 12-14 hours (for example, from supper at 6 p.m. to breakfast at 8 a.m. with no snacks in between) can reduce the chances of serious illness and may eliminate the need for longer fasts.

Fasting can be done with only water to drink or 100% juice (no sugar added), depending upon the goals and health of the individual.

The body stores toxins where they pose the least hazard: the body fat. During a fast in which body fat is broken down, the toxins will get released into the bloodstream where they can cause illness. A juice fast can slow the breakdown of fat and dilutes the toxins that get released. Juice can also help to balance the acid in a diet that has been high in protein, flour, and sugar.

To break your fast eat a small meal with no fat, low in protein. Don't overeat at the end of your fast or you may end up losing any benefits you may have gained or you may even make yourself sick.

Fasting is mentioned throughout the Bible. Biblical instructions for an annual fast from leaven (yeast) for seven days at Passover are found in Leviticus 23:5-6 and Deuteronomy 16:1-8. The instructions for an annual fast in the fall—complete rest and abstinence from *all* food and drink, not even water, according to tradition—from sundown to sundown are found in Leviticus 23:27-32 and Numbers 29:7.