

-the great aussie bloke project-

Starting status date: 6th April 2022.

Last recorded status date: 18th April 2022.

Subjects: 10 (men).

Recorded by: Brad Pamp & full blood screen results.

How it works!

- Consume all calories across the 24 hour day within a 7-hour window only.
- While listed and recommended dietary guidance, each subject can choose their calories.
- Consume the first calories at midday and the last calories at 7 pm.
- Consume a black coffee or tea with (1 tsp) MCT oil at 7 am.

Why time-restricted works!

With 16-17/24 hours of digestive relief,

Reported results.

- ✓ Blood glucose (sugar) stabilisation – typically lowering below 5.2 mmol/L.
 - ✓ Boost healthy ketone levels – ketone bodies drive energy from stored fat.
 - ✓ Boost in Growth Hormone (HGH) for improved cellular repair.
 - ✓ Gut biome recovery and repair.
 - ✓ Stabilised and regularised appetite – improved food behaviour (better and less food).
 - ✓ Lowering inflammation, re-alkalising the healthy balance.
 - ✓ Boost enduring cognitive sharpness.
 - ✓ Ideal body weight.
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- ✓ The 16-17th hour shows the most significant boost in biological benefits.
 - ✓ Extending the fasting beyond 18 hours did not result in health benefits.

Introduction of time-restricted eating.

- ✓ Extend typical eating practice by 30 minutes each day until you reach the 7-hour window.
- ✓ e.g. current 'breakfast' is eaten at 6.30 am – consume this first daily meal at 7.00 am, and so on.
- ✓ Or, practice the extended 30 minutes from typical eating time for as long as it feels comfortable before increasing the fasting period a further 30 minutes until reaching the 17 hour fasting period.
- ✓ This bridging practice typically takes 2-3 weeks.

Consider the bridging practice listed below.

This practice does not break the 'fast'.

- ✓ Start each day with a glass of water and drink water to thirst over the day.
- ✓ Black coffee or tea with a tsp MCT oil.
- ✓ A handful (1/4 cup) of nuts: Balanced Almonds, Macadamia, Pecan, Walnuts, and Pistachios.
- ✓ Get busy.

Why MCT Oil?

- Data shows Medium Chained Triglycerides drive the most health benefits of all (healthy) dietary fats.
- Despite being found most conveniently in coconuts, goats milk, and sheep milk, it is most practical, including 30ml a day via reputable MCT oil.

MCT Health benefits.

- ✓ Zero spikes in insulin.
- ✓ Very low inflammatory response.
- ✓ Promotes healthy ketosis.
- ✓ Enduring cognitive and athletic energy.

NOTE: More is not better. Research and my observation suggest that 30ml MCT oil, added to coffee, is the perfect healthy dose. Additional dosage drives little further advantage and can upset the gut in some people.

Brad Pamp dietary recommendations.

- ✓ A handshake agreement – no soft drink, including no sugar or reduced cal versions, energy drinks, commercial sauces, biscuits, cakes, fruit juice and minimal bread, pasta and commercial cereals.
- ✓ No limit on meal portions, alcohol, cigarettes or punting.
- ✓ All animal protein and all vegetables, including potatoes are go.