



If You Want to Get Big Eat a Pig: The Ultimate Anti-Dieting Book (Advice & How To 1)

Dr. Leland Benton

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If You Want to Get Big Eat a Pig - The Ultimate Anti-Diet Book is all about the harmful effects of dieting and fast weight loss. It covers topics such as the harmful effects of dieting, harmful effects of diet soda, rapid weight loss, quick weight loss, weight loss fast, how to lose weight fast, and weight loss secrets. It offers proactive advice on the proper ways to lose weight and how to combat food addiction. Some people have a difficult time gaining weight; these people have body somatotypes called ectomorph. The Ectomorph will need to take in more calories than most body types, as their metabolism is so efficient it burns up food easily and effectively. They usually have to eat consistently to gain weight, and may be underweight. Properly formulated weight gain powders are usually required to add muscle mass to the Ectomorph. What the ectomorph does not need is sucrose or glucose in foods, supplements or weight gainers as those types of sugars tend to make his abdominal region round and soft. Ectomorphs are usually extremely flexible. They also make excellent long distance runners. In training, an Ectomorph will need to work harder to build maximum muscle, and will need a lot of sleep (8-10 hours per night). If they are not gaining muscle, then caloric and total nutrient intake will need to increase and they will need to eat more frequently. Unlike the other body types, the Ectomorph can usually eat as much food as he desires and not gain weight. That same metabolic blessing becomes a problem when attempting to add muscle mass. An Ectomorph can usually eat higher glycemic foods than the other two body types and not gain body fat. If an Ectomorph is gaining too much body fat as they work to gain muscle, they can eat foods lower in the glycemic index. For an Ectomorph, the key to gaining muscle mass is to steadily increase their total daily intake of calories until muscle mass is evidenced. Ectomorphs have been known to consume from 8,000 to 10,000 calories per day before gaining substantial muscle mass. In bodybuilding Ectomorphs, very intense weight training balanced with long rest periods is essential. Aerobic exercise should be kept to a minimum, as an Ectomorph who gets a lot of aerobic exercise can easily develop a body profile of 98% lean mass with 2% body fat. The Ectomorph will feel lethargic if he does not get exercise of some type at least three times per week. For cardiovascular fitness, using the Stairmaster or swimming for 1/2 hour, three times per week, would suit the Ectomorph's system. This book offers advice on how to gain weight for people with ectomorph body types.

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