

Anabolic Priming Overdrive

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Hey, if you're one of those guys who lifts like a badass and wants the most out of life then...

Discover the Dirty Cheat Code For 6-Pack Abs While Partying Your Face Off.

All without paying more money for fancy drinks, going into the gym for extra workouts, or starving yourself.

I remember being so excited starting college in the fall after slaving away in the gym all summer.

You know the feeling, right?

The training wheels are off and you want to make the BEST impression at parties.

You can't wait to show everyone that you're the man by taking home a new girl every weekend, looking like you just walked out of a Calvin Klein photo shoot, and even having guys offer to pay you half of their tuition for one or two training tips...

But that's not what happened to me.

Instead friends, partying, and finding time to do actual work too all led me to going from a buff 180 pounds at 5'11 to a skinny-fat 200+ pound freshman.

The worst part I had no clue what happened!

In the blink of an eye I went from the best shape of my life to over 30 pounds of fat AND lost at least 10 pounds of hard gained muscle.

I stumbled upon a few secrets to build muscle and lose fat (which you guys already read about) BUT the best training in the world can't beat poor nutrition.

Especially if you're going out drinking you can drastically change your body's hormonal environment. You'll see, if you make these common drinking mistakes it's like flipping a switch to turn off muscle building despite how long or how smart you train in the gym.

Hence Anabolic Drinking.

You can 110% lose fat, gain muscle, AND drink. You just need a plan.

Here are your 5 Keys to getting 6-pack abs instead of a keg belly...

1. Drinking doesn't cause you to store fat but...

It does slow down your metabolism.

Let's break down thousands of textbook pages, frustrated tears of organic chemistry students, and countless studies into one flow chart:

Ethanol → Acetaldehyde → Acetate → Acetyl-CoA

Any alcohol, or ethanol-rich beverage, will alarm your body and make ethanol the number one priority. You immediately get to work to transform ethanol from a deadly poison to energy.

Luckily, in terms of fat gaining, acetate and acetyl-CoA are tricky to turn into energy. You know how protein has a higher thermic effect? Meaning when you eat protein you burn more calories just processing it. It's the same deal with alcohol. So, while alcohol is known to have 7 calories per gram, effectively research shows that 17-20% of that energy is lost as heat.

Plus, once the body has done all of that hard work it isn't going to take that acetyl-CoA or acetate and store it as fat. More likely, your body will just avoid using fat and carbs because it has enough energy already.

The bottom line is that alcohol cuts the line so your fat and carbs have to wait even longer to be burned up as fuel

Overall, that doesn't sound too bad, right? Well hold on there, there's a few sneaky side effects of alcohol we have yet to discover.

We do have 4 more points left!

2. Heavy drinking won't cause fat gain but...

It'll grind muscle growth and recovery to a halt.

FVCK!

You've probably heard alcohol crushes muscle building. And in this area you are probably correct. You likely know a few heavy drinkers who are lean BUT they can never gain mass.

Or even worse- you may be a heavy drinker who looks great in clothes but looks skinny-fat when it comes to stripping down.

Alcohol does a few not so nice things that cut into your recovery and muscle growth.

Alcohol...

- Raises myostatin- literally switching off muscle growth.
- Decreases glycogen resynthesis so you have no "fuel in the tank" for your next workout.
- Decreases post-exercise inflammation which effectively puts up your muscles Do Not disturb sign so your body can't come in and make your muscles bigger and stronger.
- Suppresses exercise-induced mTOR, then main anabolic pathway in your body
- May impair IGF-1 signaling, which lets nutrients into your muscle in the first place.

There are a few bright spots in the muscle-alcohol equation, found in a review by Matthew J. Barnes published June 2014 issue of Sports Medicine.

One study had athletes do 300 eccentric reps for the quads to completely trash the muscle and then split the athletes into two groups. One group got lit. Now, if you don't know, scientists refer to drink 6 servings of alcohol as being lit. The other group just got orange juice, still fun (not really).

After both 36 and 60 hours both groups were still destroyed as seen in their strength of isometrics (hold still), concentric (raising up), and eccentric (lowering down) contractions.

But guess who's scores were worse? The alcohol's group lifted 22%, 12% and 15% percent less in those respective three contractions compared to the OJ group.

You're probably saying that study isn't really fair. Orange juice probably is a miraculous recovery drink, right? Good news for you anabolic drinkers, Barnes did ANOTHER study where everyone drank. Instead of 1 gram of alcohol per kilogram of bodyweight (like in the first study) versus OJ he changed it up. This time it was 1 gram versus ½ a gram per kilogram of bodyweight.

Once again the heavy drinkers were trashed BUT .5 g/kg alcohol consumption had no effect. So if 6 drinks crushes your recovery, 3 may be a good balance.

Scientists saw this and flocked over to their labs, stopping off at the liquor store first, and confirm this threshold of ½ gram per kilogram of alcohol per body weight as a safe amount of alcohol to drink and NOT ruin your gains.

3. More drinks = more recovery time.

If you're an athlete, or train like one, you might be shocked...

.. before I go into that imagine the type of athlete that drinks the most.

I bet you're picturing a rugby player, right?

Damn, those dudes can drink- even scientists know this, which is why they performed this study on rugby players:

This study gave male rugby player, on average, 20 drinks or about 3g/kg of alcohol per body weight. Basically, 3 times the amount that was seen to trash muscle recovery from the study we talked above and **right** after they had a match.

The results? Two days later they showed up for practice and...

... trained like beasts just like nothing had happened.

Other studies support that if you can handle the alcohol, i.e. your liver stays intact, you'll be able to drink like a fish and train like a beast with a few days off in between.

4. Don't drink another sip until you know this deadly anabolic drinking mistake...

You know **how** drinking affects your performance, muscle gain, and fat loss but you're missing the practical action steps!

What the FVCK do you drink?

Really, there are 3 things that define whether your night out will pull you closer to 6-pack abs or a belly that looks like a keg. We've already covered the first one:

Energy Balance

At the end of the day thermodynamics is a law we cannot break. If you take in more calories than you burn...

... you get fat.

Fortunately, when carbs or fat are replaced calorie-for-calorie with alcohol, there's no fat storing effect. So we know you're not gaining any extra fat just from the metabolic effects of alcohol. In fact, some of the research shows that alcohol can have a small weight loss effect because it has a high thermic effect, like protein.

Context

You may have stumbled upon this yourself, but alcohol leads to something called the "disinhibition effect".

In other words, people become uninhibited when they drink and end up saying or doing crazy things. This is excellent for stories, but not so great in controlling foods you want to eat.

Along with blood sugar changes you'll easily find yourself digging into wings, pizzas, and possible mac and cheese. Often all at once.

However, this depends on the alcohol your drink too! As a rule....

Beer tastes bitter, it's hoppy, meaning it releases something called GLP-1- which works to tell your brain you are not hungry.

Beer magically appears to lower your cortisol, the hormone that stores fat around your midsection. Although, too much beer raises cortisol. The balance is probably due to the hops found in beer that can lower cortisol and fight the cortisol-raising effects of the actual alcohol.

Red wine is full of histamine, the stuff that the bane of those with allergies. It also seems to raise cortisol and in turn increases appetite.

Spirits and white wine are weird to group together, but if you party with your mom you may end up ordering a Pinot Grigio with your vodka cranberry. These both lack bitterness and histamine.

One study by Dr. Anna Kokavec in the journal of Pharmacology, Biochemistry & Behavior confirmed that beer has a short-term appetite suppressing effect and drinkers of white wine saw a similar appetite suppressing effect.

At the end of the day all alcohol raises cortisol, which is not good in terms of losing belly fat and building muscle.

Hormones and Neurotransmitters

As a trend alcohol boosts dopamine and lower serotonin while raising adrenaline providing the perfect storm for cravings and binge-eating.

Did I mention that alcohol causes your melatonin to plummet to? That's right, a night of drinking can stop you from a restful night of deep sleep leading to further hunger and cravings the next day.

The Journal of Appetite clearly shows that all alcohol increases food intake. However, the amount you eat depends on what you drink. As you can imagine the story flows like this:

Beer & White Wine < Red Wine < Mixed Drinks

When you eat most after a mixed drink and eat the least after beer or white wine.

5. What about man-boobs and shrunken testicles?

Since muscle mass and sex hormones are related research shows that concerning testosterone, estrogen, and similar hormones you have a general threshold of $\frac{1}{2}$ g/kg.

Naturally this depends on type of alcohol consumed as well and when you're consuming it.

Let me explain, grabbing a drink after an exhaustive endurance session lowers testosterone even lower. Just for you keeping track, they drank 1.5g/kg- or about 8-9 drinks for your average 180 pound gentleman.

After weight training, grabbing 5-6 drinks, the same 180 pound gentleman displays elevated levels of both free and total testosterone.

Basically, if you perform exercise that lowers testosterone, alcohol will exaggerate that decrease, and if you lift weights alcohol will allow your testosterone levels to increase.

Alcohol is seen to lower HGH too across the board.

Concerning estrogen, alcohol doesn't seem to matter. A three week intervention on men and postmenopausal women showed once again that the .5g/kg alcohol level (about 30-40g alcohol in this study) had no impact on circulating estrogen.

Similar studies using 1.5g/kg and 1/75 g/kg didn't impact estrogen either.

So much for bitch tits. It seems that if anyone is going to be impacted by increased estrogen as it relates to alcohol it's women and not men.

Your Night of Anabolic Drinking...

- 1. Pregame like a caveman:** Stick to protein and veggies before a night of drinking or when you drink with a meal. This'll up the thermic effect of your meal (burn you some calories) and make sure there aren't excess fat or carbs to stuff into fat cells.
- 2. When drinking with food:** Go with beer or white wine, they seem to control appetite better in the short term.

3. **When drinking and NOT eating later:** Stick with clear spirits like tequila or vodka.
4. **Mixed drinks will get you as lean and strong as a shake weight:** Don't drink mixed drinks the alcohol plus sugar wreaks havoc on your blood sugar levels. Crazy blood sugar fluctuations = fat gain.
5. **Don't have more than 2-4 drinks a night:** Keep it under ½ gram alcohol per kilogram to keep body lean, muscles swole, and dick hard.
6. Don't drink after cardio
7. **Try to lift before drinking:** A friday lift will negate the bad effects of drinking, give you a sweet pump before going out,
8. **Don't sweat the small stuff:** The stress of worrying about man-boobs and shriveled testies will hurt your health more than drinking.
9. **Supplement:** alcohol is like a negative nutrient. It drains B-vitamins, zinc, magnesium, and a select few other nutrients. Most diseases related to malnutrition are linked to alcohol consumption. It sucks and can easily be corrected with a good quality multivitamin and mineral supplement or green juice.