

AGNIESZKA WILK · TOBIASZ WILK

2XME

MINIMUM EFFORT **MAXIMUM EFFECTS**



MINIMUM EFFORT
**MAXIMUM
EFFECTS**

**NO CARDIO
SYSTEM**



A FAIRLY EFFORTLESS WAY TO GET RID OF FAT

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Cover design:

Everywhere Studio

Logo design: Marcin Kłosowski

Typesetting:

Everywhere Studio

The nutrition methods described in this book are based on the rudiments of the physiology of human nutrition and on the experience of the authors with their clients. You are responsible for your own choices and it is up to you whether and to what degree to follow the body shaping and health improvement information included in this book.

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ISBN

978-83-942256-0-5

2nd revised edition, Kraków 2017

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About the authors

Tobiasz Wilk – MSc in Physiology of Human Nutrition, passionate about the dietetics that focuses on body shaping and health prophylaxis. He perfectly understands those struggling with excess fatty tissue because he admits he has a tendency to gain weight and loves to eat well. Over the past years, Tobiasz has been searching for the easiest and the most pleasant but also a safe way to lose fat. As a member of the networking organisation BNI, he was able to test and improve the system he has developed on hundreds of local entrepreneurs. It is thanks to the businessmen that Tobiasz has created an effective body shaping programme which does not require considerable effort, sacrifice and time.

Agnieszka Wilk – MSc in Food Technology, promoter of healthy nutrition in a broad sense of the term. While learning about food processing, she studied the contemporary food industry from the inside and she understood that all that mattered there was profit. She realised that she did not want to be a part of this so she started searching for a generally available alternative to highly-processed food. Working as a dietician, she shows her clients how to take delight in food with simple recipes, helping them successfully avoid the poison contained in junk food. Agnieszka specialises in healthy food, in particular in non-nutrients in food and their prophylactic and therapeutic properties. She believes that being unaware of what you eat is the main cause of excess weight and many lifestyle diseases. Using the example of

her clients, she shows how education regarding nutrition may help you improve both your appearance and your health.

Foreword 1

[Tobiasz Wilk]

As far as nutrition is concerned, people can be classified as those who “eat to live” or those who “live to eat.” The former do not care too much about the taste and composition of their meals – they simply eat in order not to be hungry and to have energy. The latter, on the other hand, have a completely different perspective on eating – they treat it as a tremendous source of pleasure, they celebrate every meal, every bite, and they often treat food as the highlight of the day. The former rarely have problems with excess weight and self-control while eating, while the latter usually have more fatty tissue and are simply addicted to food.

Unfortunately, I am one of the latter – highly prone to gaining weight and I love having a good meal! Without beating around the bush, I sometimes simply like to stuff myself. I struggled with excess fatty tissue for years, convinced that I can only dream about well shaped body free of fat. Whenever I was getting closer to the desired goal, the same problem kept popping up – my love for food. Every time it successfully presented me from sticking to my diet and thus from achieving low body fat.

If you are just like me – you treat a lavish, delicious meal as a pleasure comparable to sexual rapture and dream about lower

fatty tissue level, the information in this book is addressed especially to you. If you are not, pass the book over to someone who is unhappy in their body as it is and has never been strong-willed enough to lose weight. This book may change their life.

Foreword 2

[Agnieszka Wilk]

If you are holding this book in your hand, this probably means that nature has not blessed you with low fat level. I am highly prone to gaining weight too, and I find it challenging to get in shape. There was a moment in my life when I weighed 55 lb more than now so considering how short I am, I really did not look good. My excess weight was very noticeable and it made me feel really bad. Finally, I decided to do something about it and change my plump shapes to a fit figure. I started to exercise and eat healthy. Unfortunately, the effectiveness of my activities kept dropping so I had to keep increasing the training and restricting my diet even further. In time, my life became completely subordinated to becoming fit. Eating 5-6 tiny meals regularly required me to carry food divided to portions everywhere I went with me. I would usually eat in hiding to avoid the constant explanations that I am on a diet. Not to mention the smell coming out of the food boxes after I carried them with me all day long. But eating every 2-3 hours is just a half of the fight for beautiful body. Regular exercise required probably even more sacrifice on my part. No, it was not one or two hours but even three to four hours a day! Having regular meals and spending half of my day in the kitchen plus intense exercise – all this gave me little time left for work or studying, not to mention any other activities. To be able to keep up with everything, I had to sleep less, which made me feel even worse and affected the ability of my body to regenerate. Hungry all the

time, forcing myself to a monotonous diet, fatigued and sleep-deprived, I lost all joy of life. Instead of feeling happy I was angry and miserable but I made it – I had the body of my dreams. Moreover, I entered a bikini fitness contest, which was a tremendous success. But was it all worth this huge effort? After all, I had to turn my life into a nightmare to achieve it! I cannot imagine a working mother or father being able to subordinate their whole life to exercise and diet. So does this mean that a great majority of the society has no chance at the body of their dreams? Is there no hope for them? Is changing your life into living hell the only way to achieve low body fat? Well, maybe there is an alternative after all...

What do we know about dieting?

[Tobiasz Wilk]

Giving lectures and seminars on body shaping, I usually start with the question: “What can I do to lose weight?” I do not have to wait long for the answers. The participants eagerly give tips on how to get rid of fatty tissue, and I carefully note everything down on the board. Here are the most frequent suggestions and their explanations:

- ▷ **You have to eat regularly, 5-6 meals a day (every 2-3 hours)** – greater frequency of meals accelerates metabolism.*

* **Metabolism** – I will not give the scientific definition because you can find one for instance in a book on the rudiments of nutrition. Contrary to popular belief, metabolism is not connected with how often you go to the lavatory. Metabolic rate can be defined as the ratio of the energy (calories) supplied to our body to the energy (calorie) expenditure. By saying that someone has quick metabolism we mean that their body is very uneconomical – it uses a lot of energy (calories) for activities of low intensity. And if we claim that someone's metabolism is slow, we want to say that their body is very economical and burns few calories even during intense physical effort.

- ▷ **Do not eat past 6.00 p.m.** – why eat late if we are going to bed and are unable to burn the calories.
- ▷ **Eat breakfast** – it is the most important meal as it gets our metabolism going for the whole day.
- ▷ **Do not eat products with a high glycemic index (for instance sweets)** – they increase the insulin level, which is conducive to the accumulation of fatty tissue.
- ▷ **Avoid carbohydrates** – they are the ones that are mostly deposited in the form of fatty tissue.
- ▷ **Eat a lot of proteins** – they build muscles and considerably boost metabolism – it is hard to put on weight because of excess protein.
- ▷ **Eat a lot of healthy food** – after all, you cannot gain weight because of something that is healthy.
- ▷ **Considerably increase the intake of fibre** – it improves bowel movement and boosts metabolism.
- ▷ **Exercise a lot and regularly** – physical activity is the best way to get rid of excess weight.
- ▷ **It is a good idea to support fat burning with specially designed supplements.**

When the participants run out of suggestions and the room becomes quiet, my favourite part of any lecture begins. I ask another question: “And what would you say if I told you that all these suggestions are complete rubbish?”

Then I firmly cross out all the notes or, if applicable, I tear off and destroy the sheet of paper.

The faces of the attendants are priceless. I can hear their thoughts in my head: “What the heck is he saying?”, “He must be confused,” “He has no idea about nutrition,” “The guy must be crazy” etc. But a second later, people start clapping. Why is that?

Those who have problems with excess fat love to eat. If we knew that our favourite dishes would not harm our health or

figure, we would be happy to eat them every day, even if they were not the healthiest of choices. Let's not kid ourselves – no one likes stuffing themselves with vegetables or high-fibre products. Few have the time to eat six times a day and to start their day with a large breakfast. Unfortunately, the majority of us are not sports enthusiasts and food has the best taste after 6.00 p.m.

Fight for survival

[Tobiasz Wilk]

What is the reason behind human ability to accumulate fatty tissue?

Is it particularly needed during increased physical activity?

Examining where our body draws energy from during any major physical effort, we may notice that fatty tissue is the most unpopular fuel. During any exercise, we use mostly the carbohydrates stored in the form of muscle glycogen or liver glycogen. Of course, our body does not use only carbohydrates or only fatty tissue at a given time. We draw from both of these sources at the same time but in different proportions. As far as our activity is concerned, the more intense the exercise the larger the share of carbohydrates in the fuel.

So when do we get rid of the greatest quantities of fat? When we do nothing! Yes, we burn the most fat if our lifestyle is not very active. The quantity of calories utilised over a short period is not too high in this case, obviously, but should this bother us? After all, hardly anyone has problems refraining from any major physical activity for many of hours. So you probably ask yourself why there are so many overweight people. To find the answer to that, we must go back to our discussion about the reason for depositing fat.

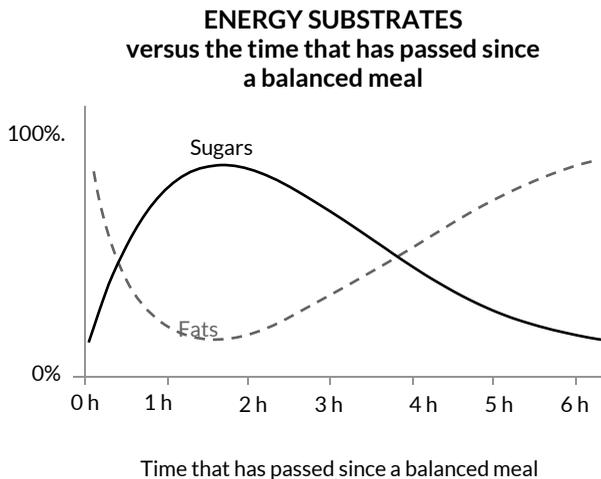
An analysis of the life of primeval people suggests that their physical activity level was basically the same their whole lives. We know that they mostly hunted and travelled long distances every day but there were usually no situations where their daily physical activity considerably increased (for instance they started to run additional 10 kilometres every day). Fatty tissue was never the source of energy in increased physical activity. Why do we need the ability to accumulate it? You probably already know the answer – to survive through a period of hunger. Significantly increased daily energy expenditure was not common in the life of a primeval man but periods where food was sparse occurred nonetheless. This is why we are capable of depositing fatty tissue – it is our basic fuel for daily life activities, especially useful during shortage of food. I hope that it is starting to become clear why it is proper nutrition and not exercise that is crucial in the process of losing weight! Even the laziest person can lose weight easily provided that they eat less calories than their total demand.

- ① • During high- and medium-intensity physical activity human body uses mostly the carbohydrates accumulated in the form of muscle and liver glycogen.
- Fatty tissue is the main source of low-intensity activity.
- A lifestyle characterised by low physical activity combined with a low-calorie diet helps deplete the fat reserves.

6 meals a day, or how to make money off you

[Tobiasz Wilk]

Eating every 2-3 hours boosts metabolism – the more small meals the better. If you do not eat anything for a longer period, the body senses shortage of energy supplies and stores it in the form of fat deposits. You have probably been hearing these theories every step of the way for at least 20 years now... but have you ever managed to test if they are true? But why verify the knowledge repeated for the past quarter of a century by all “nutrition experts”. Yet I couldn't shake off the feeling that something was wrong here... If this is so obvious than there should be an annotation about this in university nutrition textbooks... I kept looking only to find nothing! If not there,



then maybe in biochemistry, dietetics... The information that eating more small meals boosts metabolism is nowhere to be found. Actually, scientific literature reports the opposite. It tells us that the fat burning process becomes inhibited soon after we eat. The more time passes since the meal, the lower the blood sugar (and thus insulin) level and the greater the use of fatty tissue as the source of energy. So why eat 5-6 meals a day?

The correlation between fat loss and the frequency/number of meals caught my attention and I started to carefully study the related scientific studies. A vast majority of them show that the number of portions is of no significance for the loss of body weight (provided that the calorie supply and proportion of macronutrients in the diet stays the same). Here are several studies confirming this claim:

www.ncbi.nlm.nih.gov/pubmed/9155494

www.ncbi.nlm.nih.gov/pubmed/8383639

www.ncbi.nlm.nih.gov/pubmed/1905998

Curiously enough, while analysing scientific experiments we can come across results in support of fewer (e.g. 2 a day) rather than more (6 a day) meals. Here is an example:

www.nature.com/ijo/journal/v25/n4/abs/0801572a.html

I have found no studies pointing to better effects of more versus fewer meals.

Of course when we analyse scientific experiments we must consider a possibility that some of them may have flaws

arising from improper study conditions, failure to take into account all the relevant factors or simply incorrect interpretation of results. It is also important to check who conducts them, whether they are independent or sponsored by companies which may influence the results depending on their own agendas. This is why many people to whom I presented study results in support of a particular theory said: “I don't care about studies, I only believe in what brings noticeable results or what my ancestors did.” Ok, so let's tackle the latter first... Did our primeval man eat 6 times a day every 2-3 hours? No! The meals were irregular, depending on access to food. Did your grandparents eat 6 times a day every 2-3 hours? They probably did not. Don't you ever wonder about the fact that the obese population has not dropped over the past two decades but is alarmingly increasing, despite the idea of eating frequently being widely promoted?

To get to those who do not trust research, I try to touch upon the issue that they consider to be of greatest credibility, i.e. the noticeability of results. I am open-minded and I like to listen to unconventional opinions about nutrition. I seek to find their confirmation in science and, what is of primary importance, I test them in practice! First on myself, and if I am satisfied with the results – also on my clients (each one of them was first asked if they wish to take part in tests regarding a particular method).

Both I and almost two hundred of my clients who have followed diets based on no more than 3 meals a day may unanimously confirm that you do not have to eat 5-6 meals a day to successfully lose weight. From a practical point of view, having compared fatty tissue losses between the two

nutrition methods, I can easily say that they were similar (assuming the same calorie supply in the diet and the same proportion of macronutrients), and sometimes they were even better for diets consisting of three meals only.

Someone may say that if the number of meals is insignificant for the process of losing fatty tissue, maybe it is better to have six rather than three meals after all. No problem. Diets with more meals can yield just as good results provided that they are properly designed. The thing is that few people can stand such a regime for more than a few days. Why is that?

Let us take a look at the most important and the most fundamental rule of fat reduction. To lose weight, your calorie (energy) intake must be lower than your demand so your diet should have a calorie (energy) deficit!

This book is probably not your first encounter with the issue of fatty tissue loss so I hope that you are familiar with this basic rule.

Just to be sure, I will use an example. Let's assume that your total demand for energy (TMR*) is 2000 kcal – if you want to lose 1 lb a week, the energy deficit in your diet should be - 500 kcal.

As a remainder: $7 \text{ days} \times 500 \text{ kcal} = 3500 \text{ kcal}$ (the energy that the body draws from 1 lb of fatty tissue).

Considering the above assumptions, you have to eat 1500 kcal a day to successfully lose weight. Now try to divide the one and a half thousand calories into six meals. Each of them would have about 250 kcal.

Are you sure you know what 250 calories look like on the plate? Is it a filling portion? Not really. This is actually the main reason why people lack the persistence to follow through with such diets. Eating 5-6 very small meals usually

means leaving the table still hungry, which the majority of people consider a terrible feeling! Not to mention that modest meals usually boost our appetite and thus leave us irritated. If such situation is continuously repeated, we feel constantly hungry and annoyed. We finally can't take it any longer and we say: "Enough is enough! I'm getting a pizza." The feast is then followed by a moment of reflection and we realise that we have failed once again. We stop believing in ourselves and we doubt that we will ever be able to get rid of the excess fat.

To burn fat with a diet that makes you feel hungry all the time you either need very strong nerves or you must be a madman. Lack of satiety for a longer period is unbearable for those who love eating.

Let's come back to our hypothetical 1500 kcal reducing diet (with 500 kcal of energy deficit). If you give up the idea of six meals and divide the total number of calories into three dishes, you get

✳ **Total Metabolic Rate (TMR)** – aggregate energy expenditure of the body. It consists of: Basal Metabolic Rate (BMR) (the minimum energy required for proper functioning of the body) and Active Metabolic Rate (AMR), i.e. the energy used during physical activity and in food digestion processes).

Total Metabolic Rate can be also referred to as the 'metabolic rate' or simply as 'metabolism.'

portions of 500 kcal, which gives you a great chance at feeling satiated and taking joy in your meals. A smaller number of meals in a diet means a lot of happiness while eating but what to do about the time between meals? How to survive it? And won't a diet where moments when you eat your fill are interwoven with longer periods without food have adverse effects on your health?

Let me leave the first question for the dessert, to be discussed in the next chapter, and allow me to tackle the latter first.

As you know, prehistoric people did not have regular meals because their access to food varied. To survive longer periods of hunger they stored energy in the form of fatty tissue.

No look at your fat reserves and answer the question: Has contemporary man lost the ability to store energy as a result of evolution? If not, this means we are still ready to go through longer periods without food! Nowadays there is a belief that if we are hungry, this means that a number of negative reactions take place in the body, while it is actually to the contrary.

Note that modern man keeps "throwing something inside himself" all the time. He rarely lets hunger creep upon him, which leads in elevated blood levels of sugar and other nutrients. This renders tissues insensitive to the consumed substances (a defence mechanism to their continuous overflow) and results for instance in insulin resistance, and subsequently – in diabetes and obesity. Wait a second, aren't these contemporary lifestyle diseases? Isn't it interesting that the tremendous increase in the incidence rate of these diseases coincides with easier access to food, and with its more frequent consumption

(a lot of meals, snacks and grazing)? For your body to function properly, you must only get down to a meal while being truly hungry. Eating cannot be your solution to boredom... When you are hungry, your body has a chance to become sensitive to nutrients and make the best use of them and, which is equally important, considerably draw from the fatty tissue reserves. Don't be afraid to be hungry between meals, this won't hurt you! On the contrary – you will do something wonderful for yourself, and the thought of using your carefully accumulated reserves of fat will give you the greatest motivation. You will be additionally rewarded for the moments of hunger with a delicious meal... Eaten to your fill!

Since high frequency of meals has no scientific explanation and practical application, who do the media and “nutrition experts” promote eating every 2-3 hours so much?

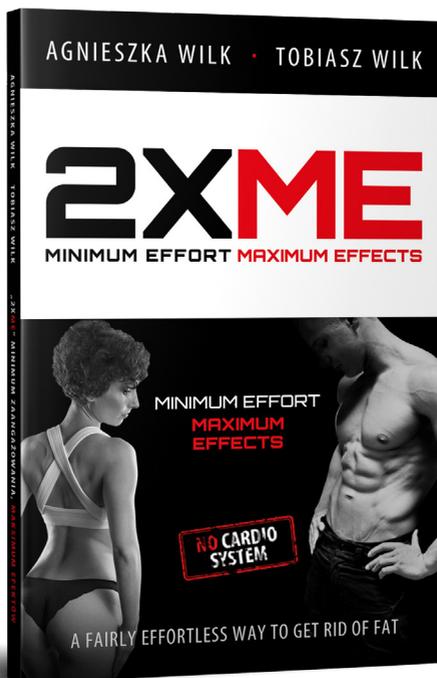
Well, it's usually all about... Exactly. The need to eat 5-6 or more meals a day suits many companies, especially those from the food and food supplement industry. Let's take a look at the advertising slogans we are being attacked with: “Hungry? What are you waiting for? Have a snack!”, “Feeling slightly hungry? Have a yoghurt!”. Cereal for a perfect beginning of the day, a wafer for second breakfast, no later than at nine thirty. The “time for a break, time for a snack,” fast food or instant soup for dinner, preferably frozen pizza for supper or another ready-to-eat dish. And of course snacks between meals: cookies, candy, salty sticks, crisps, nuts. All this rinsed down with sweetened beverages and juices to prevent your blood sugar level from dropping even a bit. You already know the adverse consequences of all this but the food industry doesn't care. All that matters is business. After all, if we ate three instead of six times a day (plus snacks and beverages), the volume of our shopping would have

dropped at least by half. By leading us to believe that low sugar level and the feeling of hunger is bad, they can easily encourage us to make an additional unnecessary purchase. The food supplement industry has also been taking advantage of our lack of knowledge. Manufacturers are well aware that contemporary man has no time to eat every 2-3 hours. Exploiting this situation, they suggest that you take a supplement, a protein bar or at least amino acids instead of another meal to protect yourself against the alleged muscle catabolism. Note that twenty years ago there were just a few food supplement companies in Poland, while today's number is two hundred and fifty! It is yet another huge business preying on the naivety of those who dream about a perfect body. You will learn more details soon...

- Eating every 2-3 hours does not increase your metabolic rate.
- The longer the interval between meals the greater the use of fatty tissue as the source of energy.
- Diets with reduced calories based on many (5-6) small meals often leave you feeling hungry. They also pose organisational challenges, contrary to a diet based on 3 meals a day.
- Eating too many meals and grazing may be disastrous for our health and figure.

2XME

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Read the whole thing.

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