

# GabrielMaestas@effthatdiet PODCAST show references

## Science Sunday

### *#2 Plant This*

Plant Based Diet: Everything You Need to Know

By Christine Byrne

<https://www.huffpost.com/entry/plant-based-diet | 5e309669c5b6e8375f642545?ncid=NEWSSTAND0001>

Seven Strategies to out your diet on a plant based path by Karen Asp

<https://www.usatoday.com/story/life/2019/08/25/putting-your-diet-plant-based-path/2101240001/>

Healthline Whole Foods, Plant Based Diet: a Detailed Beginners Guide

by Jillian Kubala and its entitled

<https://www.healthline.com/nutrition/plant-based-diet-guide>

Eat More plants and less meat to live longer and improve heart health, study suggests...by Jacqueline Howard

<https://www.cnn.com/2019/08/09/health/plant-based-diet-heart-disease-study/index.html>

Plant Based Diet Linked to Improve Cognitive Health by Eliza Erskine

<https://www.onegreenplanet.org/natural-health/plant-based-diet-linked-to-improved-cognitive-health/>

ABC news by Katie Kindelan entitled Teacher who had heart attack inspires colleagues to try 10-day

plant based diet <https://abcnews.go.com/Health/teacher-heart-attack-inspires-1300-colleagues-10-day/story?id=52232892>

### *#3 Intermittent Fasting discussion with the Dream Team*

IF No More effective than a regular diet <https://people.com/health/intermittent-fasting-no-better-regular-diet-study/>

Fruit Fly Study <https://www.inverse.com/mind-body/fruit-fly-study-reveals-the-hidden-costs-of-intermittent-fasting>

Cancer Research and IM article <https://osher.ucsf.edu/patient-care/integrative-medicine-resources/cancer-and-nutrition/faq/cancer-and-fasting-calorie-restriction>

## #5 Fitness and the Immune System PART ONE

Why covid 19 is hitting us now - how to prepare for the next outbreak

[Why COVID-19 is hitting us now -- and how to prepare for the next outbreak | Alanna Shaikh](#)

Distribution Pie Chart

<https://www.statista.com/statistics/1103023/coronavirus-cases-distribution-by-age-group-italy/>

Young people are getting extremely sick from corona virus according to new evidence.

<https://fortune.com/2020/03/18/coronavirus-young-people-getting-sick-covid-19-us-italy-france/>

CDC Analysis shows youth at increased risk

<https://thehill.com/policy/healthcare/488325-cdc-data-show-coronavirus-poses-serious-risk-for-younger-people>

How soap kills virus vid [How soap kills the coronavirus](#)



Hand sanitizer link <https://www.ehstoday.com/industrial-hygiene/article/21126483/fda-warns-purell-following-misleading-effectiveness-claims>

Exercise and Immunity <https://medlineplus.gov/ency/article/007165.htm>

Dispelling the Myth about exercise and suppressed immune system

<https://www.frontiersin.org/articles/10.3389/fimmu.2018.00648/full>

## *#6 Body Types and Training*

Somatotypes [https://www.mysomatotype.com/body-type/?page\\_id=1299](https://www.mysomatotype.com/body-type/?page_id=1299)

Guidelines from NASM <https://blog.nasm.org/fitness/body-types-how-to-train-diet-for-your-body-type>

Coach Mag from the UK <https://www.coachmag.co.uk/lifestyle/4511/ectomorph-endomorph-or-mesomorph-what-is-your-body-type>

## *#7 What is Metabolism?*

How Metabolism works and why you can't speed it up <https://www.insider.com/how-is-metabolism-related-to-weight-loss>

Exercise Benefits your metabolism Even more than we thought  
<https://www.runnersworld.com/news/a32145992/exercise-benefits-on-metabolism-study/>

## *#8 Fitness and the Covid Connection*

Secretary of Health and Human Services Alex Azar says American's Health part of blame for Death Toll of Covid 19

<https://www.msn.com/en-us/news/us/azar-lays-part-of-blame-for-covid-19-death-toll-on-state-of-americans-health/ar-BB14dsjU?ocid=spartandhp>

To fight Covid 19 Don't Neglet Immunity and Inflammation  
<https://www.nytimes.com/2020/05/25/well/live/to-fight-covid-19-dont-neglect-immunity-and-inflammation.html>

Vitamin D levels appear to play a role in Covid 19 mortality rates  
<https://www.sciencedaily.com/releases/2020/05/200507121353.htm>

I was so alarmed to hear that when you consider the link between BMI and Covid 19 infections which was covered in an article from the Guardian <https://www.theguardian.com/world/2020/jun/03/obesity-and-coronavirus-how-can-a-higher-bmi-increase-your-risk>

Worried about the Quarantine 15? Now's not the time to stress about weight gain.  
<https://www.today.com/health/quarantine-weight-gain-why-you-shouldn-t-worry-about-it-t180022?cid=googlnews-todayhealth>

### *#9 Body Mass Index vs. Percent Body Fat*

What you need to know about your BMI

<https://www.yahoo.com/lifestyle/know-bmi-153400079.html>

Jackson Pollock BF% Formula

<https://fitties.com/fat-caliper-plus/body-fat-calculation-methods/jackson-pollock-4/#:~:text=The%20Jackson%2DPollock%204%2Dspot%20body%20fat%20test%20was%20developed,fat%20percentages%20through%20skinfold%20measurements.>

Can we use %BF as a health measure? Updated with power-function testing capacity

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2891061/>

Heart attacks while snow shoveling <https://www.bbc.com/news/blogs-magazine-monitor-30119410>

Men's Health Article <https://www.yahoo.com/lifestyle/know-bmi-153400079.html>

## Motivation Monday

### *#5 The Covid Long Game*

WHO declares Covid 19 the Most Severe Global health emergency ever faced

<https://www.iflscience.com/health-and-medicine/who-directorgeneral-declares-covid19-the-most-severe-global-health-emergency-ever-faced/>

What's the Backup Plan if there's no vaccine?

<https://www.nbcnews.com/politics/meet-the-press/what-s-backup-plan-if-there-s-no-covid-19-n1234742>

Bill Gates Talks about Vaccines

<https://bgr.com/2020/07/27/coronavirus-vaccine-bill-gates-two-doses/>

Inverse Weight Lifting and Immunity

<https://www.inverse.com/mind-body/muscles-weightlifting-immune-system-fatigue>

Stress and Weight Gain

<https://www.fatherly.com/health-science/stress-and-weight-gain/>

Stop shaming yourself for the quarantine 15

<https://www.cnet.com/health/stop-body-shaming-yourself-for-the-quarantine-15/>

<https://www.cNBC.com/2020/07/28/planet-fitness-ceo-gyms-are-part-of-the-solution-to-pandemic.html>

## #10 The Sirt Food Diet

Adeles new diet [https://tiphero.com/adeles-inspires-fans?fbclid=IwAR0k9\\_0cX6Qp1eSa0AxyzmHi0i\\_w5mCuny-2J3MkNAXEaqymQ1z8iZV2Oo](https://tiphero.com/adeles-inspires-fans?fbclid=IwAR0k9_0cX6Qp1eSa0AxyzmHi0i_w5mCuny-2J3MkNAXEaqymQ1z8iZV2Oo)

Sirt Food article and study [https://www.healthline.com/nutrition/sirtfood-diet?fbclid=IwAR25eKyhKbz56Imquajplu2wMWaIYGQ0sLgVwGFKe1Ht6JCjfO7P60Aawgg#TOC\\_TITLE\\_HDR\\_2](https://www.healthline.com/nutrition/sirtfood-diet?fbclid=IwAR25eKyhKbz56Imquajplu2wMWaIYGQ0sLgVwGFKe1Ht6JCjfO7P60Aawgg#TOC_TITLE_HDR_2)

## Technical Tuesday

### #1 Training to Train

My New Years resolution landed me in the hospital ARTICLE ->

<https://www.nbcnews.com/better/lifestyle/my-new-years-fitness-resolution-landed-me-hospital-ncna1112086>

Funny Farm. Losing fat and gaining muscle at the same time article ->

<https://www.nerdfitness.com/blog/lose-weight-and-build-muscle-or-do-one-then-the-other/>

The dangers of clean eating and tell tale signs to look for article ->

<https://www.dailymail.co.uk/femail/article-5571499/The-dangers-clean-eating-telltale-signs-need-look-for.html>

### *#3 How do I bulk up coach?*

Best exercises to build muscle <https://health.usnews.com/wellness/fitness/articles/the-best-exercises-to-build-muscle-and-lose-weight-at-the-same-time>

How to gain muscle and lose fat at the same time

<http://healthylifedream.com/2018/07/01/how-to-gain-muscle-and-lose-fat-at-the-same-time/>

So during the different periodization cycles how does one ensure they are gaining lean body mass (muscle) or taking off excess adipose tissue (fat). Article from Pop Sugar has some helpful hints:

<https://www.popsugar.com/fitness/photo-gallery/46560968/image/46561148/How-Muscle-Forms-vs-How-Fat-Forms-How-You-Can-Actually-Gain-Both-at-Same-Time>

### *#4 Energy Systems and Progression*

Essential Amino Acids by Health line <https://www.healthline.com/nutrition/essential-amino-acids#definition>

Amino Acid Biosynthesis and Catabolism article <https://themedicalbiochemistrypage.org/amino-acid-metabolism.php>

## *#5 Immune to Nutrition*

Hospitals are being overwhelmed and Patients being treated in tents

<https://time.com/5107984/hospitals-handling-burden-flu-patients/>

Stock up on these healthy foods to boost immune system <https://www.cNBC.com/2020/04/03/stock-up-on-9-healthy-foods-to-boost-immune-system-during-coronavirus-doctor-dietitian.html>

Obesity Linked to Severe Cases [https://www.nytimes.com/2020/04/16/health/coronavirus-obesity-higher-risk.html?fbclid=IwAR3RqiclWhcb9I88pP8UdtOyyFMOY\\_AmvYnG\\_jxpiyc2tsN-8AlrafmRV3k](https://www.nytimes.com/2020/04/16/health/coronavirus-obesity-higher-risk.html?fbclid=IwAR3RqiclWhcb9I88pP8UdtOyyFMOY_AmvYnG_jxpiyc2tsN-8AlrafmRV3k)

Runner Article <https://www.runnersworld.com/uk/news/a32062394/experts-react-to-the-idea-of-banning-exercise-outside-the-home/>

How your diet can flatten the curve <https://www.cnn.com/2020/03/27/opinions/healthy-diet-immune-system-covid-19-mozaffarian-glickman-nikbin-meydani/index.html>

## *#7 Overfed and Undernourished*

The US has an epidemic of processed food and its killing us

<https://blog.usejournal.com/the-united-states-has-an-epidemic-of-processed-food-and-its-killing-us-bb3a9a9a0547>

Ultra Processed food link to disease and death grows

<https://www.abc.net.au/news/health/2019-05-30/highly-processed-food-and-disease-risk-food-labels/11153774>

NOVA Food Classification System

<https://educhange.com/wp-content/uploads/2018/09/NOVA-Classification-Reference-Sheet.pdf>

Deficiencies and Mental Health

[https://www.huffpost.com/entry/vitamin-deficiency-mental-health\\_I5e3d88e3c5b6f1f57f100995?ncid=NEWSSTAND0001](https://www.huffpost.com/entry/vitamin-deficiency-mental-health_I5e3d88e3c5b6f1f57f100995?ncid=NEWSSTAND0001)

Are diet sodas safe to drink?

<https://scitechdaily.com/do-low-cal-sweeteners-disrupt-metabolism-new-yale-study-explains-conflicting-findings/>

## *#10 Era of the Pandemic*

Covid 19 Death Rates are on the decline <https://www.yahoo.com/news/covid-19-death-rates-drastically-140002737.html>

Pandemic fatigue [https://news.yahoo.com/coronavirus-surges-culprit-emerges-pandemic-152612732.html?.tsrc=daily\\_mail&uh\\_test=2\\_10](https://news.yahoo.com/coronavirus-surges-culprit-emerges-pandemic-152612732.html?.tsrc=daily_mail&uh_test=2_10)

Fauci warns of pandemic era <https://www.washingtonpost.com/nation/2020/09/04/coronavirus-covid-live-updates-us/>

410, 000 Covid 19 deaths by Jan 1, 2021 <https://www.cnbc.com/2020/09/04/key-coronavirus-forecast-predicts-over-410000-total-us-deaths-by-jan-1.html>

Obese people in their fifties could be asked to shelter in place <https://www.yahoo.com/news/obese-people-50s-could-asked-173614428.html>

Deadliest preexisting conditions <https://www.yahoo.com/lifestyle/deadliest-pre-existing-condition-could-155143463.html>

CDC expands covid risk warning to include obese peoples <https://www.bloomberg.com/news/articles/2020-10-08/cdc-expands-covid-risk-warning-to-include-overweight-people>

Outbreak of historic proportions <https://www.marketwatch.com/story/dr-fauci-this-is-an-outbreak-of-historic-proportions-the-likes-of-which-weve-not-seen-in-102-years-2020-10-13?siteid=yhoof2>

The darkest days of the pandemic are to come <https://www.yahoo.com/huffpost/osterholm-pandemic-forecast-175004686.html>

Covid 19 likely an Endemic <https://www.yahoo.com/lifestyle/experts-believe-covid-19-likely-160605434.html>

Gyms during the pandemic? <https://www.wdbj7.com/2020/10/15/health-and-fitness-experts-weigh-in-on-exercising-in-gyms-amid-the-pandemic/>



*#11 Workout Intensity: How hard do you REALLY need to workout?*

What exercise burns the most calories?

<https://www.cnet.com/health/what-exercises-burn-the-most-calories-we-have-the-list/>

Scientist figured out how much exercise you need to offset a day of sitting

<https://www.sciencealert.com/getting-a-sweat-on-for-30-40-minutes-could-offset-a-day-of-sitting-down>

Staying fit needs to be more than a walk in the park <https://www.dailymail.co.uk/health/article-8899473/Why-staying-fit-needs-walk-park.html?ITO=applenews>

Study on mild increases in activity and movement

<https://www.frontiersin.org/articles/10.3389/fspor.2020.587789/abstract>

## Fast Forward Friday

*#7 Processed Food and YOUR Health*

Why are processed foods bad for you?

<https://www.sweat.com/blogs/nutrition/processed-foods>

9 Worst things about processed foods

<https://www.t-nation.com/diet-fat-loss/the-9-worst-things-about-processed-foods>

Processed Foods to Avoid when you have diabetes

<https://blog.thediabetessite.greatergood.com/processed-food/>

15 signs you're eating too much processed food

<https://www.eatthis.com/signs-eating-too-much-processed-foods/>

Beginner guide to ditching processed foods

<https://www.prevention.com/food-nutrition/g20454808/the-beginner-s-guide-to-ditching-processed-foods/?slide=1>

Processed Foods and Cancer Risks

<http://pix11.com/2018/02/20/ultra-processed-foods-linked-to-increased-cancer-risk/>

Ultraprocessed Foods and Cancer Risk Study

<https://www.ecowatch.com/ultra-processed-foods-early-death-2638513767.html?rebellitem=3#rebellitem3>

## *#8 Why do people Hate The Gym*

12 legit reasons to hate the gym <https://www.cosmopolitan.com/uk/body/fitness-workouts/a30798/reasons-to-hate-the-gym/>

I went all out for 2 weeks and I'm cancelling my gym membership  
<https://www.menshealth.com/fitness/a33472941/all-out-fitness-app-trial/>

Will Covid 19 make gyms extinct? Worries mount for health clubs. <https://www.today.com/health/it-safe-go-gym-during-covid-19-pandemic-can-health-t192771>

The pandemic is turning Americans against the gym  
<https://time.com/5867166/covid-19-gyms-exercise/>

## *#10 Can Candy Kill You?*

Man dies from eating bags of black licorice  
<https://www.yahoo.com/news/too-much-candy-man-dies-210228886.html>

Whats wrong with the American diet  
<https://www.latimes.com/science/sciencenow/la-sci-sn-ultra-processed-foods-diet-20160309-story.html>

Processed foods bad for the heart  
<https://www.yahoo.com/news/public-health-researcher-warning-ultra-160200370.html>

Study finds ultra processed foods encourage muscle pain  
<https://www.slashgear.com/study-finds-eating-too-much-ultra-processed-food-may-fuel-muscle-pain-13647251/>