

Zero Calories Five Days 100 Miles

3.5 marathons in 4 days: amazing what the human body is capable of! Have to admit today I couldn't face running due to muscle fatigue. But my mind was well up for it. Brain energy and mental clarity both excellent. Played it safe & rested by covering today's distance mostly at a brisk walk with some running thrown in. Being alongside Ian, Gayle and Trudi was really great. Chattering really helps. (On day 3 James & I were 'in the zone' & stopped talking for a long while, making it much harder (started to count the km & pain.) Seeing Charlie Babb (movement coach) to stretch us out yesterday evening really helped cope with day 4

Hunger: today was the first I was aware of my stomach. If I were living 'in the wild' this might be my first signal to start hunting / gathering. So wouldn't say I was feeling hungry, in fact the revolting fumes pumped out of Subway adjacent to our Travelodge made the thought of food completely unappealing. I've passed so many inviting canal-side pubs now, which look lovely but still not dreaming about them. Being in ketosis (fat burning mode) is like a superpower with respect to need to eat. Doesn't mean you never need to eat, fat reserves are limited. Just frees you up from being hungry

Lab rat time: 76kg, still losing 1kg a day: we're not concerned about or focussed on weight, just interested. Some people concerned we might be burning muscle protein: very unlikely since ECAL shows we're all now burning 100% fat for energy requirements. See [wikipedia.org/wiki/Starvation](https://en.wikipedia.org/wiki/Starvation). Only when bodies fat stores fully depleted does we start relying on breaking down muscle protein, the liver would convert this to glucose. Metabolic testing has proven we aren't burning glucose. Correction on reported resting metabolic rate: 2,300-2,700 calories, slightly lower today at 1,900. Pre-run ketones 5.8 mmol/L (by the way, ketones alone do not signal ketoacidosis, that happens after VERY high blood glucose; my BG has been normal (non-diabetic) throughout. Euglycaemic DKA is EXTREMELY rare. If ketones were 15-20 I might be worried, that's not happening. Lactate steady at 3.4 mmol/L. Forgot to mention we've been measuring cortisol but will wait for lab to send results back

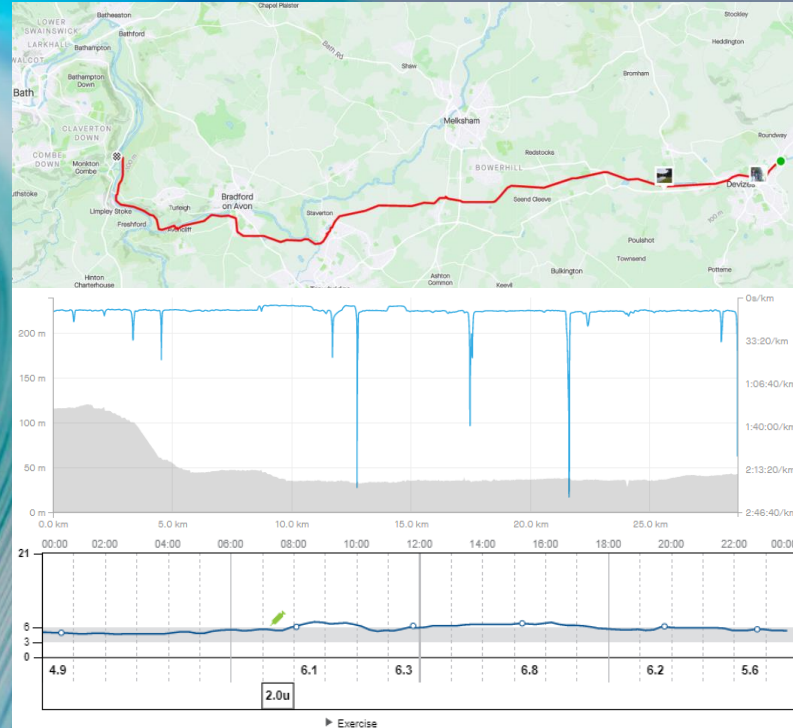
Today's route: a beautiful stretch of Kennet & Avon canal, finishing in Bath. Would have loved to sit in a bath, but only a shower in the room. Saw the Dundas aqueduct, amazing to see a barge going over a bridge. Got to love engineering and barges Adam, and yes we do need to build a model & history match all this data! Even one on the back of a fag packet would be better than Neil Ferguson's. Thanks to his shonky model, we tried to get into a pub in Bath for a fizzy water but were asked to book a table for an allotted time slot and download an app. We went to Five Guys who were very happy to serve us. My metabolic health markers are all perfect, but regardless almost nobody is dying or even getting hospitalised with Covid. Another aspect of public health that refuses to listen to evidence

Blood glucose management: again, excellent: 99% in range of 3-7mmol/L, and again only 2U of basal injected to cover dawn rise, not so much of a drop today on starting to move but pace was much slower. We are doing this to help educate medics on fundamentals of metabolism. Diabetics, even more than the average person, are harmed by our dietary guidelines: leading us all (carb intolerant or not) to eat 55% of energy in the form of carbs. Some people have shared concern that what we are doing might not be safe in some way. What's amazing from my vantage point is that we don't question the safety of following the 'eatwell' plate or from a nurse to a T1 diabetic 'eat what you want and cover it with insulin' when we know that this leads to double diabetes (T1 + T2), obesity, and rapidly accumulating complications of diabetes (heart attack, stroke, blindness, amputation, kidney failure). I would call this negligence on behalf of our public health institutions

Pace: slower today: avg 12:15/km, with much more walking, but sat here in the hotel room my muscles are thanking me for it and I'm feeling well up for taking on a double-Olympic gold winner in the sprint to the finish line in Bristol tomorrow: William Hill have opened the betting lines now!

End in sight: 136km down, 24km left. Louise and the BMC will be pleased to hear I've secured a table at a Brazilian BBQ. Even though I'm not hungry, I'm very excited. My disc will be flipped to green for a good 2 hours! Don't worry about re-feeding syndrome, I won't be eating any carbs so BG rise will be limited (protein leads to a much slower and lower blood glucose rise)

Day 4: Tue 22 Sept, 29km Devizes to Bath



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