



DANNY LENNON: And we're live. Richard, welcome back to the podcast.

RICHARD NIKOLEY: Thanks, Danny. It's good to be here. I think it's just been a bit over a year or so. Maybe a year-and-a-half, I can't remember when we were talking about gut stuff and resistance starch and things like that.

DANNY LENNON: Yeah, we got into a lot of stuff in that and I think maybe just let's start with what you've been focusing on lately with the blog, and obviously the new Facebook group 'cause I think that really sets the scene for the remainder of our conversation. We can really go from there and a different area, but maybe let people know what you've been going on, and what's your main keen interest right now?

RICHARD NIKOLEY: Yeah, well, by way of a quick overall background, you know, I got into this whole health and fitness and diet stuff, evolutionary stuff, you know, back in 2007-2008. So, it's been a while now, you know, 10ish years. So, for the first few years it's like all these, it's pretty cool, you know, you see, myself and lot of people have lost weight and improved health, all these different supposed benefits from eating whole foods, you know, we called it Paleo, but really it comes down to a more whole food approach and avoiding the junk.

And so, but the thing is it's been a long about 2012ish or so. I started becoming more of a contrarian because you keep getting these silly fat things and then, you know, everybody has Paleo tricks coming out which is kind of like a contradiction in terms, you know. Then, you know, time roles on and, you know, so, I'm like talking and thinking, "Well, is it really – is – are Tubers really not good to eat? Are legumes really not good to eat?" Things like that kind of goes against the Paleo narrative. But then, we start looking into things like the Inuit, you know, and for years you've heard about high fat diet just creating beating fat adaptive and so on and Inuit, Inuit, Inuit. So, I did like series of posts, we're talking a few years ago now, about how the Inuit really have never been clinically measured in Ketosis and in fact, of huge percentage of them having a genetic mutation that makes them being a Ketosis very difficult ironically, given their living conditions.

I'd looked at tons of research and read journals, what their diet really was and it was actually more high protein preserved a lot of their fat to keep oil lamps lit and then, igloos warm in the winter and things like that. So, it's just one of those things where I'm like, you know, there's this narrative out there that nobody questions anymore, nobody goes back and looks at anything, right. But if you were to go to my blog freetheanimal.com and just plug "Inuit" into the search function, you'll get the whole posts there if you're interested in that. But so, then the whole ketosis thing just exploding. I did a post recently about how Paleo is on the wane in terms of Google trend population and the keto thing as of Christmas in 2015, I guess. It's just been increasing, increasing, increasing. You hear it everywhere.

DANNY LENNON:

Yeah, it's really interesting. I think a lot of people listening will probably see a lot of parallels about what I've talked about before. Initially, getting interested in a lot of this evolutionary biology side of things from that initial early explosion of Paleo and then, I think the same as with a lot of people have found when you started adopting some of those principles. Sure, you get benefits and you see things working. But then, after a while you start to wonder well, why is it working? What are the – rather than this method

what is the principle behind it? And then, you start questioning things. And I think doing that has in the same way as you're describing hasn't allowed me as well as what you've done is to apply that same critical thinking to other areas that come up and it's just interesting to see how – I mean, Ketosis was something that I'd been talked about within low-carb groups, I remember many years ago, but it was kind of on the undercurrent, right? And now, it's just become this more popular thing and you're seeing so many areas where people are taking it and running with it and just coming out with all sorts of inaccurate statements, right? So, what's the best way to maybe start talking about what's going on here or how you think we should frame this thing?

RICHARD NIKOLEY:

Okay. Yeah. Well, there's a couple of things back in the early 70s, the original Atkins Diet. That was designed to, you know, there was a period of two week induction as I recall and you're – now you're below 30grams of carb a day, you know, the recommendations were for actually some limitation on fats, but there was a good hefty amount of protein. And so, what people were finding is that, you know, they would go into the Ketosis and you're kind of supposed to that kind of deal and then, you ramp it up to where you're not. And it's kind of funny look in the original, you know, Atkins Diet revolution, you know, he considered, you know, after you've done that in induction and you're maintaining, he figured that for most people you're going to feel best at somewhere in a range of 60 grams to 120 grams of carbohydrate a day. I mean, you told that – you tell this people now Ketotards, I called them, that 120 grams of carbohydrate is a low carbohydrate diet, you know, they go apocalyptic, you know, it's like – it's crazy. So, that's one thing and so – and then, another thing is there was all this for so many years because the Warburg effect in, you know, sugar feeds cancer and all this stuff. It was just absolutely assumed that ketogenic diet or a moderately ketogenic diet are very low carbohydrate diet, not only prevents cancer, but could be therapeutic in cancer.

And then, low and behold, was a few months back, you had that guy – you had the guy on your podcast Chad Macias, the cancer researcher, and he just – he's like it can be some

cancers whether they're not all cancers, and sometimes some cancer cells, tumours love ketones, right? This is kind of his process of refine that when we'd been living under this kind – what turned out to be false narratives for so long to get back to the brand of the question is I find it now. I think it was Balick or somebody coined this thing called Nutritional Ketosis. I'm like, "Okay what is it, what are they differentiating there?" And what it turns out to be, it means that it's not a ketosis that comes from starvation. Ketosis, it's not a ketosis that comes from a sufficient chloride deprivation. So, you know, no matter what you eat, if you reduced calories enough that's ketogenic as well. So, you know, starvation or fasting. So, nutritional ketosis is a form of ketosis where you're basically eating it energy balance. And, of course, some of these people out there, if you go to the various groups and things, they're eating in energy excess a lot, and we could talk because the way they formulate the diet. So, I'm like, "Where did this come from?" Well, it turns out that quote nutritional ketosis on quote. If you look at the parameters of it, you can easily find the diet that has the exact same parameters that was created in 1920-1921 by some guys who helped epileptic because there was anecdotal evidence that when a person was fasting if they had epilepsy that it improved their seizures. So, you know, the guess was, "Okay. What happens in fasting?" And that's ketones. So they developed the diet where it's not a calorie restricted diet, but the fat is so high. You're basically 80% plus fat. And so, you only have, you know, 20% room for protein and carbohydrates, you're talking like max 5% carbohydrate and that leaves you 15% protein. But I've seen some of these people post their Macros out there and they're eating upwards of 85% fat. Well, it doesn't take a genius to figure out that if fat makes up that much of your diet, of course, you're going to show measurable ketones. But the point of it back then was to keep you an energy balance, but to produce the ketones because the ketones help these neurological conditions. And then, you know, I started look at studies of, you know, case studies of, you know, adolescence that were on this diet and they developed some serious health problems because it also turns out that if you start looking, you know, people – there is this meme out there that fat is

highly nutritious. Well, I have a post write on my blog a couple of things down that it's like I take all the fats, you know, all the people's favorite fats, butter, tallow, lard, olive oil, coconut oil, all these things that people munch. And you do the nutritional analysis and they got literally nothing in terms of vitamins and minerals with the exception of some of them have a pretty decent level of Vitamin E, but that's it, right? So, if you're eating 80% of your energy from something that has no vitamins and minerals, you're starting from a pretty damn deep math hold I think.

DANNY LENNON:

There's a number of really interesting points you got there that I want to bring back up just to recover for people, but also 'cause I think there is some maybe more context to add. And I think one really important distinction that you did make that I think maybe a lot of people don't realize is that if you get your calories low enough, you will get to a point where you're probably going to start producing ketones. And people may have seen this if they've ever gone through a period of say, prolong fasting is the obvious one. But also even something like a Protein-Sparing Modified Fast, right which is –

RICHARD NIKOLEY:

Oh, absolute. Yes.

DANNY LENNON:

That's another narrative we see of, "Oh, if your protein is too high that's going to kick you out of ketosis." But if your calories are low enough, you're going to be going – and people who have done Protein-Sparing Modified Fast for long enough to see this. So, I think that's an important distinction and that kind of ties into – Well, I think it's maybe one of the real crocks that matters that you mentioned was when people are doing a Ketogenic Diet with the idea that because they're producing ketones in the state of ketosis. They're liberating all these body fat stores and they're going to be burning fat all the time, not realizing that doing that in a state where you're really trying to just drive up your ketone by having more and more dietary fat if that's causing your calorie balance to be out of place, you're not going to be burning fat. And it reminded me a point actually that my friend Luis Villasenor, which – who I think –

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RICHARD NIKOLEY: Yes.

DANNY LENNON: You know from Ketogains who was one of the sanest people in this area and does really good work of explaining –

RICHARD NIKOLEY: Absolutely.

DANNY LENNON: The context to this. He uses term of people chasing ketones that –

RICHARD NIKOLEY: Yes.

DANNY LENNON: Makes no sense, right? Their goal is to try and get their ketone measurements as high as possible which makes no real sense if they're doing that diet purely to lose body fat.

RICHARD NIKOLEY: Excuse the quick interruption, but I've actually coined the term for this. I called it fauxtosis F-A-U-X-tosis, right, because it's kind of this fooling oneself, right. So, this people, they eat all this fat, this high percentage of fat. And then, they were also drinking it, you know, they get the exogenous ketones in this, you know, orange flavored drinks and stuff, and they drink that and then, they go and they poke their finger or they breath into their tube or they pee on a stick and they say, "Well, look I've got ketones." "Well, of course, you do." When also you have to metabolize, you're eating 80% of your diet's fat. So, once your body is through that carbon protein what do you think it's going to be burning? But it doesn't mean it's not necessarily going to be body fat, not if you're eating to energy balance or like these people do, they say, "Well, you got a limit the carbs, you know, they're less than 30 grams and you got that protein can't be – and you've got people – you've got grown men out there eating at a level of protein that is appropriate to a 13 year old girl.

DANNY LENNON: It's really interesting, I mean, the thing that strikes me is, again it's that, at least, it's the misunderstanding of how people are losing body fat with a ketogenic diet, because no doubt people can do it. But the reason why that's happening is again going back to, if they're doing it that causes them to be a negative calorie balance because generally when they do that some people are going to be eating more protein foods

than usual maybe. Maybe they're cutting out a lot of the typical processed food because they can't have carbohydrate, for example. Some people find it more appetite suppressing, but if that's leading to a calorie deficit, sure, they're going to do that. But that's – conflating that with the ketones themselves or even more fat driving fat loss is the big problem. And there's two points really, I suppose, we can maybe talk about there; one is something that I've tried to adjust; is people misunderstanding the difference between oxidizing more fat and dietary fatty acids versus actually losing body fat, they're two very distinct things. And the second one that you bring up just moments ago around Exogenous Ketone is really interesting because I was actually just recently talking to a researcher here in Arden, Dr. Brandon Negan, who works with Exogenous Ketone supplements in athletic sports trails. And one of the big things he mentioned was that people don't realize is that Exogenous Ketones themselves are actually anti-diet Palaeolithic. They're going to stop –

RICHARD NIKOLEY: Exactly.

DANNY LENNON: Fat being liberating, right?

RICHARD NIKOLEY: There's nothing more anti-ketogenic than exogenous ketones nothing, right? It's the negative feedback. It's just like ketose. Ketosis in itself is a negative feedback against continued ketosis, right? So, in other words, is how we feeding back trying to get you to get out of ketosis. So, it's really kind of funny, and the other thing is Danny, is that what's going on here is a big cause in effect reversal. And Lyle McDonald who was just on your program, great stuff, great podcast. But he is always – he's since been saying that for a long time, you know, ketones don't cause any – ketones aren't effect of, and going back to Luis Vellaseñor, you chased the results. The ketones aren't effect of achieving those results, right? You don't go and eat a bunch a fat, drink a bunch of ketones and say, "Boom! Look, I've got high ketone levels, so this is going to cause me to lose body fat and consequently weight and improve my body composition." Great luck with that when your protein is so low.

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DANNY LENNON: Yeah, I mean, it's the classic example, I think so many people now appointed to bulletproof coffee is being one example of people saying, "Oh, it's a fat burning drink." It's like, "Sure you drink that." Your fat oxidation goes through the roof because you have a ton of fatty acids now to oxidize. It's nothing –

RICHARD NIKOLEY: Exactly.

DANNY LENNON: To do with actually body fat loss. The big thing that interest me is that I've tried to stress before is that this is nothing that's a slight on the ketogenic diet itself or people who use that in certain circumstances because, as we've mentioned, there's people that I've great respect for like Luis Vellaseñor is doing great work that he does have – he has preference to that diet, he understands energy balance and this concepts that we're discussing, those great work there. And we've other people, I really like the work that Marty Kendall puts out on his blog.

RICHARD NIKOLEY: Yes, absolutely.

DANNY LENNON: Another guy that's within that kind of low-carb ketogenic world, but comes from a real understanding of nutrient density, right? And understands –

RICHARD NIKOLEY: Exactly.

DANNY LENNON: All those fundamentals. And there are so many other people in doing great work and my big worry is that a lot of that work then ends up being dismissed maybe by the more "evidence based" crowd or people that are just sick of seeing a lot of nonsensical stuff around ketogenic diets. And then, end up just dismissing the whole lot where's – really there are people doing great work there and people getting great results from it, but it's being overshadowed by a lot of the nonsense.

RICHARD NIKOLEY: Yeah. Well, you know, it was just about two months ago, so 10 weeks ago. And I was down in Southern California, my wife and I were out for dinner and I'd been reading, in fact, I just was reading the study again this morning is called "Measuring Breath Acetone for Monitoring Fat Loss" it's a

2015 paper, I can shoot you the link. But you read through this and it's talking about the various forms of measuring ketones, you know, you can do the blood and beta-hydroxybutyrate, and, you know, the urine. But this one specifically, is talking about the breath and it goes into all these different levels where, you know, you got a baseline level of under two parts per million of the breath acetone for that anybody would have 'cause you're always going to be having some level of ketosis when it gets above that level when you're talking about you're probably oxidizing fat at a greater rate right now, whether that's dietary fat or body fat is something we've been – is what we're – is the distinction we're trying to make here, right? And if you're in a calorie deficit through fasting or starvation or dieting with energy restriction, then you're going to have certain levels and that's the primary thing going on when you're talking about losing weight or fat. And the secondary thing's like what you're fat to carb ratio is a greatly secondary importance. There's two reasons I think for the carbohydrate restriction. So, if you're going to trade your carbs for protein, well you're trading – you're getting something that number one has a much higher thermal effective food which is an advantage plus the satiation factors. So, that's one very legit way in my view to use low-carb as the lever within the context of a calorically restricted diet that's higher in protein. I just don't think there is anything better, but I think that if you used higher protein talking, you know, 25% plus, and at that level and if you're like 5-600 to 800 calories restricted per day, to me whether you do the low-carb or low fat, I think it's not – that's tough at the margins and it becomes like a style preference to me.

Anyway so, I started this group called Richard Nicoley's Kitotard Chronicles on Facebook. It's kind of making fun of this nonsense out there like you get people who'd say, "Okay, you just limit the carbs to under 5%, you limit your protein and then, you eat fat to satiate." But like they literally got people that drink shots of olive oil and spoon fulls of coconut oil to reach satiation. That's a very – and no wonder you got so many people who'd say, "I'm losing anything or I've actually gained weight." Because that stuff is so energy

dense, you know, can you imagine? You know, or the nut butters and stuff like that they're doing. But one of the things that group does is also highlights some of the keto groups to do it right. And Luis's group Ketogains is one of those because, you know, calories are number one. I use, you know, low-carb, but its adequate protein to a bit higher protein and they achieve results and the ketosis part of it isn't effective those results.

I think, actually, the way the diet is outlined is – it's very similar to Martin Berkhan – Leangains. Because when I did Leangains with Martin some years back, because I was Paleo 'cause I was pretty average low-carb all the time. He had me on pretty hyper-protein, you know, I mean, 180-230 grams a day range depending on workout or rest days. But then the low-carb, he had the low-carb on the rest days and then it was low fat on the workout days and higher carb. But I think it's very similar in terms of getting gains with the calorie restriction. And so, I think ketogain is kind of very similar to that only you just do the low-carb thing all the time. And I don't think it's going to make that huge difference. People may disagree with that, but I think whatever is going to work for you, is going to be the best situation. But you've got to do the two things; you got to do the caloric restriction and you got to get enough protein.

DANNY LENNON:

Yeah, I think it just baffles me 'cause I've seen essentially that same hierarchy just extends across the board, so many smart people I've seen, I mean, we've even seen and researched now Kevin Hall's metabolic ward studies, and obviously, you're going to have people in keto groups give out certain elements of that. But that plus pretty much everything else we have goes to show that if you match calories and protein, generally, the amount of carbohydrate and fat won't really matter that much. And so, from a practical level just like you said that's probably going to come down to preference.

And that hierarchy you just outlined; Number 1 is going to be energy balance with your calories, Number 2 then if any macronutrients and most important for body composition is going to be protein and we see this across the board. So,

whether that's Ketogains setting calories first then, protein and then getting most of the remainder from dietary fat or many other people that have been on this podcast including some researchers Eric Helms comes to mind, Brad Schoenfeld, Mike Rickett, Lyle McDonald, all these guys have the same thing that you – your calories is Number 1, proteins Number 2 and then, you set carbs and fats based on maybe your preference or your athletic goals if you're an athlete, right? And these people are getting not only results anecdotally, but this is like what we're seeing in research as well. And particularly, a lot of these guys have their foothold in more of that community that is body composition centric. So, if you look at natural body building, you can't get any more extreme than that, and that's basically what people are manipulating there. And so, I think it's just if people want to go low-carb that's perfectly fine. I think that's certainly a worthwhile way to go. But understanding that the reason why is because you've got your calories in-check, you're probably insufficient protein if you're muscle mass is good, and you're maintaining a good degree of body composition. And then, the rest is really down to preference in what you do best. And it's strange that people still want to argue are you against that and it's got to be a low-carb for all type of thing.

RICHARD NIKOLEY:

What was that we – well, it was really a body, a little more than a year ago, you know, when Kevin Hall's study was the last one, I guess. The one that everybody was all, you know, the NuSi funded one, the one that the Low-Carbers were all up in arms about. But I looked at the thing and I'm like, "Dudes, you know, what he did in one sense if you look at it properly is by clamping protein in both groups, I think at 15%." And then achieving, you know, results to whether your low-carb or whatever achieving similar results between the groups because protein is similar. Well, one way to look at that is he's full – he'd shown why sometimes people on Atkins style is sensible low-carb diet, right, where you're eating? Basically, in many cases, not being afraid of the fact that instead of this idea of load on the fat, load on the fat, people were – if they go low-carb they're going to tend to just eat more, they're going to tend, naturally, to eat more protein, you know, I have another piece of chicken, I'll have a

bigger steak. And, of course, the fat comes with the food. So it's not why pour on the fat, right? So, you're eating more protein, it's more satiating. So, that's why a lot of time both anecdotally and just in lifestyle, you know, reviews you can see some advantages to low carbohydrate. And I maintain that if you dig down into it, it's going to be because these people who got results because they tended more to switch out protein for the carbohydrate they were giving out. And this...and so that's why it works, right. So, it's easy – so, they do a natural caloric deficit. They don't even know they're doing it.

DANNY LENNON: Yeah, I mean, that's not even anecdotal, I'd say just born out and pretty much the research that every trial while you're seeing this advantage. You look at the changes in macronutrient composition, and the low carbohydrate group is going to have higher protein, and in all the studies where you have much protein, you don't see really any difference.

RICHARD NIKOLEY: Exactly.

DANNY LENNON: At least, in the vast majority of cases that we've seen so far. And I think it's really just understanding the principles behind why someone's body comes with change, and why you're going to lose body fat. And when you understand those principles in a hierarchy, then you can start working with all these things, and actually, having a bit more same discussion around, I think because, I mean, there's certainly cases where people are going to do better on low-carb diet or a ketogenic diet if that's their preference. And there's certainly some maybe clinical applications we may see in the future. But the problem like I mentioned before is, I think, some of that is going to get lost because of all the other craziness outside, and that's why I think just having some more same discussion around what's actually happening and why these things are working is probably where a lot of these discussions shouldn't and need to go for the benefit of these groups.

RICHARD NIKOLEY: Yeah. My deal is kind of, you know, to make fun of it and also to just highlights some of these what I called, you know, it's basically "Keto-shyster", is about there were, you know,

it's like by the...by the meter , by the ketones which were consumable, right. So, eat a lot and make sure your fat is up and by this exogenous ketones, "Hey, we've got a multi-level marketing scheme for you there, and all these stuff to kind of be yourself emphasizing or, you know, self feedbacks kind of loops." So, the people who are eating high fat, they're drinking exogenous ketones they're testing regularly and saying, "Oh, I've got ketones." So, it's just the self enforcing kind of loop, and people need to be aware that it's probably not a great idea in a lot of ways that there's way better stuff to do out there in terms of a diet plan, if your aim is principally to lose body fat.

DANNY LENNON:

Sure. And I think, from my perspective I was just being trying to think of how to approach this in a manner of that's still going to get through to people and get across what I think is fair to conclude but also in a manner that's going to actually be affective. And, I mean, it's hard to stop the kind of whole waves of stuff that were seeing with many popular people with large followings that they're putting out. And so, I think obviously, only one thing we...on one side, one thing we can do is point out where we think there's some illogical things here. And I think the 2nd that I've tried to do on top of that is, "Well, if you want to explore this through and you want to get something that's actually more accurate here are some people I think are within that kind of low-carb ketogenic realm or at least have been using it with themselves or cleanse but are actually coming from scent, so whether that's a ketogains , well that's Marty Kendall, people that...even Robb Wolf was talked a lot of kind of sense in this area as well. People I respect that are many coming out from a different angle than me and some other people that tend to get... put in this evidence based community circle that people maybe are a bit sceptical also. I think there are two things to do. Apart from that, do you think — is this simply just another phase in your mind, or is this something that's taken on a whole other kind of realm, and what do you think is maybe a good solution in matter of people being better consumers of information, or is there anything we can do?

RICHARD NIKOLEY:

Oh, at one point, you were mentioning these are the people. I would draw out one other name and that's Alexis.

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DANNY LENNON: Mm-hmm.

RICHARD NIKOLEY: Yes, he's doing some good stuff now, a really good stuff. So, what I would say is what we need to do is contrast, you know, but, you know, what I called Ketotarded versus Ketosane. So, and like — when you hear stuff like, “Calories don't matter. Eating fat won't make you fat. Eating too much protein will knock you out of ketosis. Just eat fat to satiety.” When you hear — start hearing these things, it's time to be very sceptical at the minimum and run away is your best bet. When you start hearing like, “You will at ketogains is you have to create a caloric deficit to whether it's a way your protein should be adequate minimally” and you chased results not ketones, right. And fat is a lever, it's not something you just piled on, and piled on, and piled on. You've gotta keep your — you've got to keep your caloric deficit going. So now, you're using — and what, you know, some people have anecdotal reports that, you know, they function better, they sleep better, they have better mental clarity or whatever when they're in a state of measurable ketones, so still fine in terms of once you're going to be eating an energy balance most of the time. I just can't see it unless you have a very, a very conscientious supplement strategy because since your diet is fat with no vitamins and minerals. And speaking of Marty Kendall around optimizing nutrition, how many times he showed that he throws up these charts from this ketodietaries, and they're just they're hardly eating any nutrients at all.

DANNY LENNON: Yeah, it's one of those cases where it becomes so centered on the macronutrients particularly limiting carbohydrates is the main goal. And then almost, the food choice has become so secondary that you end up with in some cases, at least, these nutrient poor diets, or these food choices where — sure, you can be very low on carbohydrate, and you're in ketosis, but you're still not eating all that good quality of food. So, missing that whole nutrient density piece which, like, we mentioned is one of the great things about, kind of, what Marty is promoting over there as well as many other places I like reading Billy Guyatts kind of stuff, calories proper —

RICHARD NIKOLEY: Yeah.

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DANNY LENNON: He tends to put out —

RICHARD NIKOLEY: Yeah.

DANNY LENNON: Some really good pieces around low-carb nutrition as well looking at a research, but again coming back to this food focus and nutrient focus idea, I think, so, there's so many people that we've, of course, mentioned that are putting out some good information, and I like that you have those kind of two checklists of essentially red flags for certain statements here. And I would probably add on if someone hears about taking fat bombs, that's probably another one I want to hear.

RICHARD NIKOLEY: I'll hit you.

DANNY LENNON: That sounds great.

RICHARD NIKOLEY: That's perfect death.

DANNY LENNON: Yeah. And I think it's surprising how far people can get away from things that we may think is obvious, and of course, we can question things that are being conventionally thought. But, I mean, a typical healthy looking meal of including some fruits and vegetables within your diet, and maybe some legumes and some beans, and that with some lean proteins, I mean, really to think that, that's going to be super and healthy is so logical. If you don't want it as a preference, fine. But, I mean, to call out unhealthy is very questionable, at least.

RICHARD NIKOLEY: You have people out there, you know, they used the word "Carbage" now which, of course, is designed to keep contour the idea of garbage. That's just really, really stupid thinking. I don't know —some of the stuff that you hear out there, they called whole food, you know, regularly they'll call it poison, right? I mean, you're really beginning to deal in a realm that's more accurately described as religious than you are as describing it as dietary advice.

DANNY LENNON: Yeah, 100%, I couldn't agree anymore. And like I said, it's just on a huge to service that people are actually putting out inaccurate information that is actually probably going to help people within the area, particularly if people are going to do

that for their own health or their food preference, etcetera, etcetera. So, before we start wrapping up here, Richard, is there any like a couple of key points that either we haven't addressed yet that you want to get to or even things that we have touched on that you think are the big two or three things for people to take away from this conversation that you really want to get across?

RICHARD NIKOLEY:

The thing I want to get across, I think more than anything is the distinction between ketosis and fauxtosis, right. So with it — so, let me make those distinctions. So, if you are talking about some form of fat loss, weight loss, body recomposition kind of thing, and you're going to be using some level of a ketogenic diet whether it's mild elevation or whatever, then you are going to have to be — eating at an energy deficit, so that the remainder of the energy balance equation is from your own body fat. Whether you use ketosis or not, I mean, it's ridiculous to imply or just to assert that one diet is absolutely the better one for anybody. But you have to have the caloric deficit, right, to do that. So, fauxtosis is this idea that as long as you're measuring elevated ketones, then you're good, you're fat burner, you're fat adaptive, and you should start seeing weight loss is bogus because you're not in a caloric deficit. So, it is not the ketosis that causes the fat loss, or the fat loss combining with recomposition. It is the caloric deficit. The ketones are the result if you are just getting ketones, and that's all you're looking at, and they say, "Don't — and one of these, don't bother to count calories. Don't bother to wear a Fitbit, and find out what you're, you know, estimate what you're energy burn is, don't use, lose it or my fitness pal or chronometer on your ab. Don't do any of that stuff, just measure ketones. And Oh, when you get hungry just down some more fat, watch your protein." Then you're just fooling yourself at that point. You see, you're not going to — you're probably not going to get the results, and you may be getting adverse results because there's plenty of people out there that are still — that are actually gaining weight, and they're like, "But I've got all these ketones, but I'm gaining weight." So.

DANNY LENNON:

Yeah. For sure, and I agree that most people, especially, now at this massive upticking, how many people are just

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inquiring about ketogenic diets and ketosis, and exogenous ketones, they're coming at it from the perspective of this being the new thing even though it's been around for sometime within fat loss circles, and so many –

RICHARD NIKOLEY: Yeah.

DANNY LENNON: People are promoting it now without really understanding. And yeah, I'm glad you really hammered that point like really touching.

RICHARD NIKOLEY: If I hear, "Limit your protein 'cause it'll turn into glucose and kick you out" Oh, it's just one more time for – the so called – these are like used, people who've been in the business for a long time. You know, who've decided to adopt this keto diet, and they're saying this, and they have no idea what they're talking about.

DANNY LENNON: Yeah.

RICHARD NIKOLEY: So, it's like, "Wow."

DANNY LENNON: Protein is like...

RICHARD NIKOLEY: You know.

DANNY LENNON: Chocolate cake, right?

RICHARD NIKOLEY: Yeah.

DANNY LENNON: So, yeah. And so yeah, I think, certainly, some points that are important for people to take away. Richard, I think we'll wrap it up there, I think –

RICHARD NIKOLEY: Yeah.

DANNY LENNON: This has been –

RICHARD NIKOLEY: That sounds great.

DANNY LENNON: A great discussion. And just before I let you go, just remind people where they can find more of your work, your blog, Facebook group, all that type of stuff, if they want to get more of your information?

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RICHARD NIKOLEY: Yeah. Yeah. So, the blog is freetheanimal.com. all one word. Then I have the group, it's called Richard Nikoley's Ketotard Chronicles, it's Facebook group. And I'd started — like I said, it started all kind of just this— like of idea that I head out to dinner, I came back, I created the group. And so, that's — it's now, you know, surpassing 1500 members just by organically. I didn't even promote that much except a couple of posts on my own blog about, you know. So, it's — there's a lot of smart people in there, you know, some of the names that we mentioned, you know, will come in there and post comments, and try to keep things on track, you know, as to what is this — what is ketosanity versus ketotardedness, you know, that's the theme.

DANNY LENNON: Right.

RICHARD NIKOLEY: So.

DANNY LENNON: Yeah, I think that's another big distinction that you just mentioned right at the end there that it's not a case of, "This is a good or bad thing." It's like, "There's a sane way to approach this and an insane way to approach this thing as well." And I think that's the big distinction. So, Richard, thank you so much for taking the time out to do this, for the discussion today, and then for everyone listening, I'm going to link up to that stuff that Richard just mentioned in the show notes to this episode. So, you can either go and join the Facebook group if you wish, and also check out Richard blog and some of the post on this. And yeah, Richard, thank you so much for your time and info.

RICHARD NIKOLEY: Thanks. Thanks Danny. Danny, you really do — you're really doing good work there with some of the guessing, and all in the very, very science based, a result based stuff. Really good. Thank you.